



WIN AN INVERURIE LOCOS MASCOT MATCHDAY EXPERIENCE!

Win a Locos Mascot Match Day experience for your son/daughter at the Inverurie Locos Highland League fixture v Rothes at Harlaw Park on Saturday 13th April 2019, 3pm kick-off.

- A boy and girl winner will be drawn from forms returned
- Each winner will get a full Locos kit
- Complimentary match tickets for Inverurie Locos v Rothes x 4 (Stand seats)
- Meet the players
- Stadium tour

All you need to do is take readings from your gas and electric meters over a 2-week period (3 from each). Then add in your contact details and return to your school or the Garioch Sports Centre by 28th March 2019.

Start date Take readings from your meters and write them down and carry on what you do in the home as normal.

Gas reading:

Electric reading:

One week later

Take 2nd readings and write them down and follow the behavioural changes below prior to taking a 3rd reading.

Gas Reading:

Electric reading:

Changes to make in week 2

Please follow the advice below for one week and take **a 3rd and final meter reading** at the end of that week.

- Turn your thermostat down by 1 degree (if your heating needs to be on). This can cut up to £80 off your heating costs – this is based on turning a room thermostat from 22deg to 21deg over a whole year
- Avoid standby, switch all appliances off when not in use, TV, games consoles etc – this can save up to £30 per year. (Not your Sky box though as you may annoy a family member if they are recording something)
- If you are making one cup of tea – only fill the kettle with that amount of water.
- If you can live with it switch off your cooker too – although I know the clock being off might be a bit off putting.
- Put lids on your saucepans when cooking – the water will boil faster
- If it is daylight do you need to switch the light on? If you leave a room switch it off – switch to LED bulbs
- Cut down on the time you spend in the shower – a minute less per person per day can save £7 per year whilst also saving water – Challenge can you be in and out within 4 minutes?! (continued over page)

One week later - 3rd reading - Take a final meter reading:

Gas Reading:

Electric reading:

An example of dates for readings:

1st reading (Monday 11th March) - Reading 4567 – carry on as normal

2nd reading (Monday 18th Mar) - Reading 4626 - follow the changes for 1 week

3rd reading (Monday 25th Mar) – Reading 4673 – hopefully there will be a saving this week. 😊

The winners will be announced on the Garioch Sports Centre Facebook page on Friday 29th March 2019.

Thank you for taking part in the Garioch Sports Centre Goes Green Project!

Name: _____

Address: _____

Postcode _____

Email _____

Tel No _____

Childs name: _____

Male / Female (please circle)

Primary School: _____

Kit Size required:

S 26"/28"

M 30"/32"

L 34"/36"



EUROPE & SCOTLAND
European Regional Development Fund
Investing in a Smart, Sustainable and Inclusive Future