

## ENERGY SAVING BULBS MYTH BUSTER

Not all information you read about energy saving light bulbs is accurate. The following Q&A should help put you in command of the facts.



### **Why use them?**

Compact fluorescent light bulbs (CFLs) use 80% less electricity, save you about £3 a year each, and last up to 12 times longer than old fashioned tungsten bulbs.

### **What are they?**

Think of them as compact versions of the strip lights found in work places since the 1950s.

### **Have they improved?**

You can now get all shapes and sizes, fittings and levels of brightness, including 150W equivalent and dimmable options. A recent test of 761 shoppers, found that 64% preferred the light from them.

### **Is it better to leave them running?**

No, switching them on uses the equivalent electricity as leaving them on for a few minutes. Most now light instantaneously.

### **How should I dispose of them?**

Use the service for the safe disposal of fluorescent tubes provided by your local waste and recycling centre.

### **Is mercury an issue?**

Ironically, installing CFLs ought to help reduce the need for coal-fired electricity production - a major cause of global mercury emissions. CFLs contain mercury - about 5 mg. Locked into its tube, this is harmless.

### **What should I do if I smash one?**

Ventilate the room for 15 minutes. Put on your rubber gloves, brush the bits into a bag, seal it and drop it at your local waste and recycling centre next time you visit.

### **Are tungsten bulbs banned?**

No. Manufacturers have agreed to withdraw them for sale, starting with 100W in 2009, 60W in 2010 and 40W in 2011.

### **Where can I find out more?**

Contact the Energy Saving Trust on 0800 512 012.

Thanks for this update from



## LOCAL RESIDENTS LOSE A MASSIVE 114 STONE!

Members of a local Weight Watchers class have lost a whopping 1606 lbs so far in 2009.

The group, which meets at Kents Hill Community Centre at 6pm on Thursdays is friendly, welcoming and supportive to new members and regulars.

The WW 'Discover' plan is based on healthy, sensible eating in conjunction with any level of exercise.

The leader of the group, Hannah Boyd, told iNFACT "I am obviously incredibly proud of the achievements made by the group so far this year. We set small, achievable goals as soon as a new member walks through the door and to date, 59 members have lost 5% of their body weight and 21 members have lost 10%. The results are apparent in their soaring confidence and shrinking waist lines!"

No doubt the group will continue in their success.

Perhaps a new years resolution will inspire you to start fighting the flab!

Just go along on Thursdays at 6.00 p.m. and get the process started.

The Community Centre in Kents Hill is on Frithwood Crescent, just off H9 Groveway, next to the Church of Christ the King. Parking is in the Kents Hill School car park across the road.