

CAYNHAM NEWS

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www.caynham.eclipse.co.uk

August 2022

Produced and published monthly by Caynham Village Hall.

If you are organising anything and would like it to be listed here, please contact Peter van Duijvenvoorde (tel: 891396, email: pvanduij@gmail.com) at least one month in advance.

Sadly, this will be the last Caynham Newsletter compiled by David Faulkner.

As many of you will know, David was diagnosed with cancer in October 2019 with an average life expectancy of 6 months but fortunately, with chemotherapy, was granted over 2½ more years of life, most of it active. However, regrettably he died in hospital on 29th July, just one day before his 75th birthday. David had always been open about the challenges that his illness presented and faced them with a resolute cheerfulness and a business as usual approach.

David contributed considerably to the village both as the Chairman of the Village Hall Committee for nine years and as Editor of this newsletter. David was a man who cared about community both today and in looking to the future. Thanks to his work and leadership, the Village Hall has been transformed into a place fit for use by the village in the 21st century. Working with others, in particular Terry Anley and also his wife Jean and the Committee, funds were raised, events organised and a radical re-imagining of the Village Hall implemented.

As editor of Caynham News he handled its conversion into a digital communication to overcome the obstacles that the Covid Pandemic placed on physical deliveries. It is, and hopefully will remain, part of the cement that glues the village together, keeping us informed about life in Caynham.

Our sympathies go to his wife Jean at this sad time as we say “Thank you, David”.

Some suggestions to help reduce your energy costs

You may already be doing or have done many of these, but hopefully you'll find a new idea too. There are useful details and tips at the Energy Saving Trust:

<https://energysavingtrust.org.uk/energy-at-home/>

There are 8760 hours in a year, so continuous consumption of 1W of electricity would use 8.76 kWh. 1 kWh is a standard charging unit for electricity and costs about 28p giving an annual cost of £2.45 / kWh.

Heating is the largest contributor to energy consumption. Short of upgrading your heating (expensive), try to insulate your home. Your roof space should be insulated with 270mm of mineral wool or similar. An easy, but unpleasant, DIY job. Insulation can cost about £350 for a 3-bed house. Professional installation may cost £500 - £700. This should save you around £250 a year.

Other simple actions you can take include:

- Drawing the curtains at night
- Closing off rooms which are not used and turning off the heating in them
- Draughtproofing doors, windows, and skirting boards

Appliances: Only replace them if you must. Look for low consumption models: manufacturers publish this data. *Which?* is a useful independent source of information which you can access for £5 for 1 month (don't forget to cancel the direct debit). *Which?* cover televisions, washing machines, tumble dryers, fridges, and freezers well, but cooking and heating are limited.

'Vampire devices' suck electricity without doing anything useful. Advice to switch off at the wall socket is largely out of date and wrong: many modern appliances should be left in stand-by to obtain downloads etc. But it's not entirely wrong. There was a trend to supply mains power to smaller appliances via an external box e.g. laptop chargers. Turning the appliance off still leaves this box connected to the mains and consuming power. This was the heyday of vampire devices as manufacturers made little effort to minimise stand-by consumption (we had a washing machine which consumed 12W when turned off at the front panel!). Legislation was introduced to limit stand-by power and now it is unusual to find new appliances where this exceeds 1W. The old box power supplies, which could consume 8W in stand-by, have been replaced by smaller, more efficient units (much less than 1W).

If you have an older appliance that uses stand-by for convenience (e.g. faster start up) rather than function and the instruction manual doesn't mention consumption, then it could save you money to turn it off at the wall socket. You may also have old box power supplies which still work. These should also be turned off at the wall socket – in fact, they're so inefficient that it may be better to recycle them. If access to the wall socket is difficult or you have several items which all need to be switched, it could be worth using a remote switching device that fits between the wall socket and the appliance. e.g. Pro-Elec, available from:

<https://cpc-farnell.com/c/electrical-lighting/home-automation-smart-home?brand=pro-elec>.

Lighting Significant savings can be made at low cost. Philips Lighting suggests that the average household still uses 15 traditional bulbs for an average of 3 hours a day. An LED replacement for a 60W bulb costs £2.00 and consumes one sixth of the power. If it is on for 3 hours a day changing will save over £15 a year. Similar savings can be achieved by replacing a 50W GU10 spotlight with an LED equivalent. Replacing a mix of 15 spotlights and 60W bulbs will *save £225 a year for an outlay of under £30.*

If you are using up a stock of traditional bulbs, you would save significant amounts by discarding them and using LEDs instead.

It can be confusing choosing the right bulb because LEDs are rated in lumens (lm), rather than watts (W). The LED equivalent of a 60W bulb produces 806 lumens, that for a 50W spotlight produces 395 lumens.

	Traditional bulb wattage			
	40W	60W	100W	50W spot
Equivalent lumens	470lm	806lm	1521lm	360lm
Equivalent LED wattage	4.5W	10W	13.5W	3.6W

LED bulbs last longer than incandescent ones, although some of the claims made are excessive. In my experience, the best performers are equivalents to standard bayonet or screw cap and GU10 spotlights. The worst are candle and golf ball, which can fail quite quickly if used hanging inside a solid shade. All the failures I've seen show a crack in the base of the bulb which strongly suggests overheating. Using lower power bulbs might improve reliability whilst accepting a slight reduction in light output.

Events in August and September (Caynham Village Hall unless noted)

Tues 2nd Aug Gardening Society
 Mon 8th Aug Caynham Book Exchange 10.30am
 Weds 10th Aug WI: Lunch at Kin Kitchen 12 noon
 Sat 13th Aug Caynham Walkers - details from organiser
 Tues 6th Sept Gardening Society
 Sat 10th Sept Caynham Walkers - details from organiser
 Mon 12th Sept Caynham Book Exchange 10.30am
 Weds 14^h Sept WI talk: Peter Sell 'Bell Ringing' 7.30pm

Contact details (area code 01584 except where noted)

Caynham Ashford Women's Institute (<https://sites.google.com/site/caynhamashfordwi/>)

Meets monthly 7.30pm 2nd Wednesday at Caynham or Ashford Carbonell village halls
 President Mrs Christine King 876819
 Secretary Mrs Jane van Duijvenvoorde 891396 janevanduij@gmail.com
 Treasurer Mrs Ann Morris 831692

Caynham & District Gardening Society (<http://caynhamgardening.blogspot.co.uk>)

Meets monthly 7.30pm 1st Tuesday Caynham Village Hall
 Chair Mrs Christine King 876819
 Secretary Mrs Jean Faulkner 879515 jeanmfaulkner@btinternet.com
 Treasurer Mrs Ann Morris 831692

Caynham Book Exchange

Meets monthly 10.30am 2nd Monday Caynham Village Hall
 Contact Mrs Paula Spencer 875419

Ashford & Caynham Butterflies Pre-school Playgroup

Every weekday in term time, 9am to 3pm Bishop Hooper CE Primary School
 Committee Chair Ms Julia Harmen
 Leader Ms Leigh Turner 07779171674

Caynham Parish Council (<http://www.caynhampc.org.uk>)

Meets bimonthly 7pm 1st Monday usually Knowbury Memorial Hall, occasionally Caynham or Clee Hill Village Hall
 Caynham Councillor Mrs Barbara Ashford (Chairman) 874402
 County Councillor Mr Richard Huffer 891215 richard.huffer@shropshire.gov.uk
 Clerk Mr Eric Williams 874661 cewilliams1@btinternet.com

Caynham Walking Group

Meets monthly 2nd Saturday: walks are 4 to 6 miles starting about 10am. For details please contact Catherine Newcombe (891225 or cathnewcombe@btinternet.com).

Caynham Village Hall Committee (<http://www.caynham.eclipse.co.uk/vhall.html>)

Acting Chair Mrs Barbara Ashford 874402
 Hall Bookings Mrs Gillian Bissell 872606 caynhambookings@gmail.com

St Mary's Church Caynham

Rector Revd Lynn Money 831203 ashfordsrector@gmail.com
 Churchwardens Mrs Ann Reid 875519
 Mr Stephen Ashford 874402 sjashford@hotmail.com

Friends of Bishop Hooper CE Primary School

Contact Mrs Anna Gittins (Headmistress) 831110