

1 September 2010

Press Release

SAVE CASH AND CARBON WITH CAMBRIDGE REGIONAL COLLEGE'S NEW 'GREEN' EVENING CLASS

Banish the winter blues with a new eco course at Cambridge Regional College which helps you save cash and the environment.

If you've always wanted to save energy at home - and say goodbye to those whistling draughts - then this is the course for you. Run by eco expert Sarah Bearpark, the College's Environmental Sustainability specialist, the five-week course will show you just how easy it is to make a difference.



Sarah Bearpark testing out draught-proofing materials

Eco-Refurbishment for Householders starts on September 21 and is full of expert tips, focusing on practical steps and advice and information on everything from draught-proofing to renewable energy.

“We’ll be giving householders key facts about saving energy in their homes, telling them what practical actions they can take and showing them how to overcome potential pitfalls,” said Sarah, who knows just what she’s talking about - her own home featured in Cambridge Carbon Footprint’s eco houses event during the summer.

“We’ll be looking at the most effective steps you can take, how much they will cost, what grants are available and the savings you can make in cash and carbon. We want people to leave the course feeling confident about improving their homes.”

The first week of the course will focus on energy-monitoring and draught-proofing, with the following four weeks covering roofs and lofts, heating, walls and lighting and renewable energy.

The course will show householders how to make their heating systems more efficient, explain which controls are worthwhile installing, explore the different insulation materials available and even help to assess whether the claims of “green” energy providers are realistic.

Classes take place at Cambridge Regional College – which recently won a climate change award for cutting its carbon footprint by 10 per cent in a year. The five-week course costs £45 or £25 for certain concessions. To enrol, contact Sarah Bearpark on 01223 226430 or email sbearpark@camre.ac.uk.

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MEDIA ENQUIRIES:

For more information, please contact Lynn O’Shea, PR & Events Co-ordinator, on 01223 418773 or email loshea@camre.ac.uk

NOTES TO EDITORS

Cambridge Regional College is the second largest provider of full-time education for 16 to 19 year-olds in the eastern region. The College has around 3,500 full-time and 6,000 part-time students. Students come in from a 40-mile radius, covering Cambridge and its surrounding villages, eastern Bedfordshire, northern Essex and western Suffolk.

Over 80 per cent of full-time students are aged 16 to 18 years old and come to the College after secondary school; the rest are mature students, studying on a range of Access to Higher Education and vocational programmes. The College offers the largest and most comprehensive range of vocational courses in Cambridgeshire.