

PSY SESSION 2 TRANSCRIPT

Recording starts

9MS: I've sort of thought about rooms for some reason, things that can go in certain rooms.

14MS: I tend to also bear in mind about what the object of the exercise is, because if you go too far away from that, you can almost defeat the object of that exercise. So these are classified into how I feel about what the amount of energy they will consume would be.

9MS: That's was what I was trying to think of, but I put them in rooms so that you could see what electricity you use in which rooms.

MS: This must be geared like that.

E: We want to see the way people put it.

MS: What sort of energy you're using, you're using per room and things.

MS: Yes, but if you do this in another way, it could be connections of notion of use rather than connections of cost of use.

E: Exactly, yes. These kind of things you're not really sure where you'd put those ones?

11FS: No, they're really kitchen still.

E: They are in the kitchen?

11FS: Yes.

14MS: You were trying to sort them out into room applications?

11FS: Yes.

E: So you've got the kitchen.

10FS: I have but only in one case. I've said, 'kitchen' as well, I think we all have, but the others aren't rooms, kitchen is the only room.

11FS: That's what I was thinking, rooms.

14MS: I haven't, I've done it differently, but that's the way my head works.

E: A lot of people do it like that, but then other people do it in completely different ways.

9MS: I've done mine in all rooms.

10FS: I've done mine in 'personal use', 'low consumption', 'rare use', 'kitchen', 'uses a lot of water' and 'electronic and non-essential'.

9MS: I've done mine in rooms, because each appliance is in each room and some use more energy than others, and some you don't put on as often.

E: What things do you have that you put on?

9MS: My central heating I only put on first thing in the morning and then last thing at night, or if it's really cold, just when I need it, and then that way you don't use up so much gas and things.

14MS: I think you'd be surprised, sometimes it's better left on at a tick over level than you peak it, because if you peak it twice or three times a day then you drive the consumption very hard, whereas if you drive it hard in the morning and then set it to plateau for the rest of the day then that works easier.

E: While we're talking about heating, how do you use your heating, you said you put it on in the morning?

9MS: Yes, that's just for when I shower and get dressed and then obviously in this weather, you put the right amount of clothing on to keep warm.

14MS: My sister and I managed to persuade my mum, who has a proper central heating system, that it's best to put it up in the morning and then just leave it where you've set it for the rest of the day, and then put it down at night. She used to switch it down every time she went out, and we managed to persuade her that wasn't a good policy, because it meant that there were a lot of peaks of driving in the day that would actually increase her gas consumption, whereas if she plateaued it, then the boiler would just *tick over (noises)* gently.

9MS: And yet I find I use less gas because I only put it on twice a day, or as and when needed, because you just put on the right amount of clothing.

14MS: Well, your house must retain the heat very easily.

9MS: My sitting room the sun rises there and lowers there, so I've got heat coming straight through those windows.

14MS: My mum's main sitting room only gets the sun in the morning, so by the time the afternoon and evening have come along, the sun is well over the yard arm, and that

side of the house, where she normally has her day, is much colder without the central heating plateauing and just keeping it on that plateau.

9MS: I never put the central heating on in the kitchen or the bathroom.

E: You don't, no?

10FS: No.

11FS: I've got Economy 7, which is useless, because they're hot.

9MS: Economy 7 is very expensive.

11FS: Yes, exactly. It's hot in the morning when you get up and then it gradually uses the heat that's been stored, so come the evening you haven't got any heat.

E: That's no good.

10FS: Are these storage heaters you've got?

11FS: Yes.

10FS: They're not technically central heating.

11FS: No, they're no good at all.

9MS: I used to have those and they're so expensive to run. When I had the gas central heating put in, it more than halved my fuel consumption, monetary wise as well.

10FS: We leave it on for the hot water all the time, not sure whether that's the right thing to do but it's what we do. The heating bit of it, which is off the same system, we're hopeless at gadgetry and things, both of us, so when we want it we switch it on and when we don't want it, we switch it off, and we tend not to switch it on if we're going to be out for the day. So we don't put it on in the morning, we manage with fan heaters and things if we're going to be out. Today, for example, we haven't switched the central heating on.

9MS: No, mine's not on.

14MS: But the other token (*10 name*) is that you can actually use your building as a storage radiator. If you get the building warmed up and keep the fabric of it warm, then it will help. In fact the worse I have it in my flat is when I come back from spending my week or my fortnight with my mum, when I do switch everything lower, and by the time I come back, it takes me at least a day to warm up

the walls of the rooms again, so when I touch them they don't feel cold.

10FS: Ours is quite a warm house, I'm not quite sure why but it is, because it's detached and it's got a flat roof so you'd think it would be freezing. We have had everything done, we've taken advantage of all the offers and things, and we've had cavity wall insulation. We get a phone call every now and then offering to insulate the loft and I say, you haven't done your research before you've made this call otherwise you would know I haven't got a loft.

14MS: Interesting to note that my mum's house has a loft in which the two tanks are, the cylinder that gives hot water to the central heating system and the cold water backup tank, and when she got her loft space insulated from the rest of the house, one of the pipes froze. We were told that if the person who had done the insulation of the loft had done their job right, they would have said to us that you needed to put insulation around each and every single pipe up there, because otherwise it would freeze because you were denying it the heat from the rest of the house.

10FS: We've had insulation put in between, in the flat between the roof felting and the ceilings. What we've also found, a bit surprising that seems to have helped, is we've also put solar panels on the roof.

14MS: Are they solar panels for water or electricity?

10FS: Electricity, it's a feeding tariff.

9: now there's a lot of houses with that

14MS: So they're PV, photovoltaic. You have to distinguish, solar panels are water and PV is power.

10FS: They're the power ones, because we had the water ones, we had the water ones installed back in 1973.

14MS: So you've got both?

10FS: No, this was a different house.

E: So you've been quite interested in this?

10FS: Yes. We're quite pleased with it and it does seem to have helped. We've had double glazing put in as well, so we've done all we can. We get phone calls saying, have you had your grant? But these grants aren't actually available to absolutely everybody, so to say, have you had your grant, is itself misleading, because I don't think we're eligible. We had the grant for the cavity wall insulation about 10 / 15 years ago, when they first

brought it in, we got quite a lot of money put towards that, but everything else we've paid for. The solar panel people were giving a reduction; if you went to them they had their own scheme.

E: So you paid for everything yourself?

10FS: Yes, the solar panels we did, because I do live in my own house. I'm a leaseholder of a property I don't live in, which makes me a bit unusual.

14MS: I'm also a leaseholder of a property that I do live in.

9MS: I used to have an old Victorian house and that was always freezing. You couldn't get into the loft because there was no entry to the loft for some reason, and the loo was outside, so we had to convert one of the bedrooms into a bathroom. The house was freezing; it was far too big for me.

14MS: There were a lot of houses like that, to get an internal bathroom and toilet, you needed to forsake a room. I had a flat in Aberdeen where the original toilet was in the basement of the three storey building and I was on the third floor. If I hadn't converted what was my box cupboard into my bathroom, every time I needed a loo, I had to dash down three floors into the basement. And my mum and dad had rented a house and they had to share a middle landing toilet with the flat below; and what's more the bath wasn't a fixed bath, it was a tin thing that you put in front of the fire and you filled it with kettles from the hob.

9MS: We had that when we were kids, my parents used to do that when we were children.

10FS: And we were evacuated down here to Bovey Tracey, the loo was up the garden and the bath was hanging on the kitchen door.

11: they don't realise the young people what it used to be like. Times were hard, yeah.

14MS: And the consequence of it being a box room was it was an internal room so it was one of these forced ventilation things as well; so every time I went in, it was a fan keeping me company. But it was a very useful toilet and bathroom that I had in that flat.

10FS: It was an outside toilet but it was integral to the house so you went out of the back door and along a path and in again.

E: Do any of you know what temperature your thermostat is set to?

9MS: Mine at the moment is 21°

10FS 68°F.

14MS: Well, I don't have a central heating system in my flat.

9MS: I do vary it though, because when it's not on my flat is always around 18.5° - 20° when it's not on.

14MS: That's about right.

MS: Yes, but when I put it on I put it on for 21°.

11FS: I never know with mine.

14MS: Somebody told us that if you had a room margin thermostat, you needed to leave the temperature you wanted the centre to be at by 4°, so if you wanted the centre of the room to be 18° or higher, you needed to set the wall thermostat to be 22° - 25°.

10FS: Mine is actually in the hall.

9MS: Yes so is mine, it's a new one, above the radiator in the hallway, you can't adjust.

14MS: The basic liveable temperature you and I are meant to live at is 68°F (20°C), that's why you feel very comfortable at that. Any lower than that and we begin to feel cold, and anything warmer than that, we begin to feel uncomfortably hot.

9MS: Not only that, I tend to feel the cold sometimes because I'm quite thin. I feel the cold quite a lot because of what I've had done, and when I was 5½ stone I had the heating on about 25°. If you've got an illness you tend to put it up a bit.

What I tend to do, I work on a very limited budget because I'm registered disabled, I don't get as much benefit as I feel I should, so if it's cold I just put on extra layers, put a vest under a shirt or a t-shirt, whatever, or thermos under your trousers. I know that's a bit old-fashioned. Before I went into the furniture trade, I trained to be a bricklayer when I was 15, and men used to wear women's tights on site under their jeans and boiler suits.

10: So how does this affect energy use (*talking about the card sorting*).

E: It's nice to see how people think about, like you were saying it could be the meaning behind what you're doing, some of you put them into rooms and how you

use the items, or it could be the sort of energy ones. We'll start with you you've gone for?

14MS: I've put them in four different batches, labelled 'high cost', 'second level cost', 'third level cost', and 'low level cost'.

E: What kinds of things have you got in the high cost?

14MS: Dishwasher, oven, tumble dryer, cooking hobs, steam cooker, freezer, electric fan heater, washing machine, blender, kettle, shower, pressure washer and boiler.

E: Do people agree with that, would you think of similar things? No. What would you have in 'high cost' if you had it?

6MS: Kitchen, for example, the blender, I just use a normal hand blender just to do the gravy and that sort of thing, so that doesn't use hardly anything; the coffee machine is on a timer, it comes on in the night, you don't use as much energy in the night because it's different tariffs.

E: Because you're on Economy 7?

9MS: Yes, so that doesn't really use a lot of electricity for me. The fridge that's on constant so I'm not sure what that exactly uses; tumble dryer I never use, I dry mine naturally; the washing machine I bought an economy graded washing machine, it's an A grade, and also with the washing machine again I put it on a timer so my washing comes on at 1 o'clock in the morning, it's on its cycle for about 2½ hours, you use less electricity during the night. Your cooking hobs, the only time I use that is if I'm making up a vast amount of stew or bolognaise, which I divide and freeze for meals for myself. The dishwasher, again I bought a grade A dishwasher which is only used twice a week and that's only when I've got a full load, so again that's on economy; my freezer is a grade A freezer, because I went for economy ...

14MS: People on limited benefit have to do that, otherwise they're running up money that they can't afford.

10: all my stuff's old.

9MS: ... toaster I very rarely use; the steam cooker, now they don't use very much if you buy, again, an economy one, they hardly use anything if you've got the three tier one, I've got a three tier one that hardly uses anything. The oven, I've got a combination oven, but they can use a lot of electricity, but it depends on which you've got different functions on it so it depends what you use. I normally use a halogen oven because that halves your consumption of a normal electric cooker, you can do a

joint of beef in a halogen and it would taste exactly the same as you do in a normal oven, doesn't taste any different, and again it's half the consumption.

The kettle what I do there is I've got two big thermos jugs and one I use for when I make up the gravy, so when I'm having people for dinner when the gravy is on the table, when somebody wants more, it's gone cold, but if you've got it in a thermos jug it keeps it boiling hot for hours.

14: very wise.

9: When I boil the kettle in the morning for a cup of tea I fill the kettle up, boil it once in the morning, fill the thermos up with hot water and then when I want another cup of tea I just use the thermos. So you're not using the kettle again for the rest of the day, because kettles burn electricity like it's going out of fashion.

14: oh, they are very heavy

9 If you put it in a hot thermos jug, it's not like a thermos flask, it is thermos but it's a lot better than a thermos flask, keeps it a lot hotter, so you hardly use anything.

Microwaves, again I've bought a grade A, it's 800 watt. The combination convection has also got a microwave in it which is a 1,000 watt, but if you just use that to cook a packet of Uncle Ben's rice, you only need it on for 60 seconds, and if you're doing soup, you just put it in your normal 800 watt microwave and it hardly uses anything, so kitchen consumption for me is quite low.

14: my goodness you could write an advice sheet.

E: You've tapped into something which I think is quite interesting, you were saying about this Economy 7, you delay doing things until it's on. Has anybody else got Economy 7, you said you had?

11FS: The heating yes.

E: Just the heating, it's not the electricity as well?

11FS: No.

14MS: I have Economy 7 on my electricity, but that is very specifically geared to the radiator in my bedroom only.

E: Do you actively delay using things until when it's cheaper?

9MS: I do for things like the washing machine, anything you can put on during the night, like the coffee percolator if I want that on.

14MS: You also have to be careful, because on two occasions when I first came here, the machine in the hallway that was designed to click over to this different rate didn't do it, and the result was I stayed on the expensive rate for a lot longer than I'd expected. You have to watch your electricity bills, because I could tell because my low cost one had gone right back and my high cost one had jumped. I got the man in and the timer device had failed.

11FS: Is it true that a dishwasher doesn't cost so much as if you wash the dishes in the sink?

9MS: Yes, it is cheaper than washing it in the sink.

11FS: I find that hard to believe.

14MS: It also uses less water, because it uses one lot of water to do the washing, it then flushes that out, and it takes only one more lot to do the rinsing.

11FS: I've heard that and I've thought, I don't believe it.

9MS: That's why I changed to a dishwasher.

14MS: It's not like keeping your tap turned on all the time to rinse out the dishes.

14MS: It's more hygienic, because if you leave the dishes in the dishwasher until the hot cycle is properly finished, you take them out dry, you don't have to touch them with a dishtowel that may be contaminated.

11FS: Oh I've survived so far!

9MS: Not only that, if you do the washing up in a bowl every time you use a cup or dinner plates, you use a big bowl of water, and you tend to rinse them off under the tap because they've been in the Fairy liquid of whatever.

10FS: I think whether it costs more depends on how you wash up, I mean up to a point.

11FS: Yes, once a day.

E: So you leave everything and then do it at once?

11FS: Yes, I don't keep doing odd bits. That's a waste of time.

10: No it's something I don't like to do

9MS: Now I don't like leaving dishes in the bowl.

10: you're going for what they call 'snake water'(?)

- 11: is it?
- 10: if you put the washing up to one side it's called 'siding the pots'
- 11: well I do that then. I'm a sider.
- 14MS: It's interesting that he's sorted himself out differently to the way I have, because I've only sorted them out as to cost, but this gentleman over here has looked at this whole organic, his individual way, whereas I've done it more generically.
- 9MS: I found when I was doing the dinner dishes in a bowl, using lots of water, when I got the dishwasher all I did was just waited, like I said, until the dishwasher was full, so you only had to do it twice a week, whereas with a bowl you're doing it every day.
- 14MS: I have to say that my mum's dishwasher when she's by herself is on once a week, but when the two of us, my sister and I, stay with her over Christmas and New Year it's sometimes twice a day that the poor thing is on. It's a bigger use of dishes to make food and eat them from. It's amazing how three people actually use more dishes.
- 10: my husband and I must be very greedy because we have to put it most days, or is it because of what you put it.
- 11: yeah everyone has got their own way
- 11: I haven't got half of these things
- 9MS: I'm like you, when I cook for my mother you tend to use more dishes so I have it on twice a week, or if I have people round for dinner.
- 14: Coz you've got all the preparation dishes.
- 9: If I have a dinner party then the dishwasher is on three times that particular week.
- 11FS: That's why so much electricity is being used, all these new gadgets everyone's got except me. I haven't got...
- E: That's an interesting point, she's just saying that she's got a 'leisure' category, and I think that's quite nice, but you said you don't own a lot of the things?
- 11FS: No.
- E: Any ones that you do own there?

11FS: Telly.

9MS: I own most things; I've got loads of gadgets, my kitchen is full of them.

11FS: I think my husband has got one of them, a mobile phone charger. I haven't got a mobile phone; laptop - no.

9MS: Have you got a meat slicer in the kitchen?

11FS: Have we got one of them? I think so but we never use it.

9MS: I've got one of those.

14MS: These are essential for the disabled. Because meat is difficult to cut when it's raw.

10FS: I did the same thing but I didn't call it 'leisure', I called it, 'electronic and non-essential', and I've got much the same, I've got the camera charger, the internet router, the screen system, all that sort of stuff.

11FS: That's a good system that, because they're definitely non-essential.

MS: My sister does a lot of meat stuff in America, she has a meat slicer she slices her joints with there, because in actual fact she finds it better because she can make the slices the same width and then you're cooking time is more standard, because you can devise your cooking time. If you get bits of meat that are bigger than others and you put them in the same pot, then you have to cook for the big bits, and then by the time that happens, the wee bits are overdone. So my sister always cuts her meat slices exactly the same, she puts them in the casserole at that size, and the result is that all of them, having had their cooking time, are equally well done.

11FS: Very methodical. I'm afraid I'm a bit of a.... chuck it in and hope for the best!

9MS: When I cook a joint of beef in the halogen, which uses half the amount of electricity, once it's cooked, then I put it in the big meat slicer like the butchers and, as you say, you keep the slices of meat the same. Not only that, it makes the meat go a lot further for more people.

E: We started saying about leisure and activity, did you have anything like that?

14MS: No.

E: I like yours, is it 'non-essential', that's nice. (at 10)

11: that's good that yeah..

10FS: Whether everybody would agree what I've put in it is non-essential is another matter. I did put computers in there, which I think you don't need it to keep body and soul together, not like you need an oven and a cooker, the fact you might use it every day doesn't stop it being non-essential. I had all the computer stuff, the games and everything, the router.

I have put the television in there although I wouldn't deprive anyone of their television, stereo system and hi-fi, DVD player, surround sound speaker system, mobile phone charger, printer, digital satellite and cable TV box and laptop. Of those I've just got basic computer stuff, if you were asking what we've got, basic computer and printer, a digital satellite and cable TV box, for which I get my television, so we can watch it again and that sort of thing, but all the other stuff we haven't got.

9MS: Yours is a bit like mine.

10FS: My grouping isn't very logical.

E: There sometimes is a different kind of logic, it doesn't matter.

10FS: Because although I've got 'non-essential,' I haven't got a group for 'essential'.

E: What would you say are the essentials?

10FS: The vacuum cleaner, the washing machine, the kettle, the cooker..

11: the fridge.

10: oh yes! the fridge. We were talking about living without a fridge the other day. How we managed

14MS: I had to make do without a fridge for eight weeks and that is hell, because you have to buy your milk virtually every day, or every second day, and then you end up chucking some of it down the drain because it's gone that yucky horrible way it does these days.

9: what spoilt was that?

14: when my fridge broke down I had to buy milk every second day

9: ah well I divide my milk, because I don't use as much milk because I don't drink tea that often, but in chest freezers

11FS: I used to hate it when we were kids, it used to be kept in a larder and it would go funny, you'd drink and you'd have bits on it. I couldn't bear it.

E: So you would agree with those essentials?

11FS: Oh yes definitely.

10: yes I think so, do you agree with the essentials? (at 9)

9MS: Yes, I do especially the fridge and fridge freezers. But they recommend that you keep you keep your fridge freezers...

10FS: Not sure that a freezer would count. We've only had freezers in our house since we moved into the house we're in now, which we moved into in 1988, so we managed for quite a long time without a freezer at a time when most other people had them. But a fridge, looking back, apart from do you remember having those earthenware containers that you put your butter and milk in, you stood them in water. Also we had pantries, which have all been knocked down, with marble slabs.

9: we had a larder

11: and you covered your meat with those things.. what you call it...

9: we had a mesh thing

11: mesh thing

10: yes! Things called meat safes

11: that's right. Night mare!

10: the last thing they did was keep it safe.

14MS: Sometimes these pantries were outside to keep things cold, they had very thick walls so they didn't get sunshine, radiation, and they were the same temperature all the year round.

9MS: If you've got a chest freezer, they recommend you keep it fully stocked so that it uses less energy.

14MS: Because you've got less air volume to cool down.

10: that's good, that's one god thing I'm doing then.

9MS: Mine is always full, because I tend to make up a lot of containers of food so I can just take it out the night before to defrost overnight for my meal the next day. It cuts down on fuel consumption and on money for the food bill.

14MS: I put in my second level cost: television; microwave; electric fan, because it's not on very much; extractor fan, because it's not on very much;

9: my electric fan's only on in the summer.

14: bath, because I don't have one, I have a shower; vacuum cleaner; central heating, because if you look after your central heating properly, it shouldn't be a major cost; toaster; coffee machine; computer, because they're very heavy on power both when they're on and even when they're on standby ...

9MS: I never leave anything on standby.

14MS: ... hairdryer; electric drill; fridge, that was my second level. The reason I put computer into this pile was that if you are on broadband, it's actually better not to switch your computer off, because it slows down your broadband rate. What happens, your computer and the server at your ISP constantly talk to each other, and the byte rate that the information is exchanged according to the quality of the telephone line that you're on, and the result is that they're constantly adjusting and talking to each other properly, and, therefore, they can maximise the byte speed at any time that you go online.

Whereas if you switch on your machine, it can take up to an hour for it to settle down, that byte rate, and that's why sometimes when you switch on your computer, you try to go online, it will come back very slowly because it has to work up to the byte speed. If it comes too fast it overloads.

9MS: Mine comes through quite quickly through the hub, because I use the laptop, I don't use a computer.

14MS: My sister has gone on to using a laptop because she finds it better.

E: In what way?

9: I've only just started learning the computer. I've never used one before.

14MS: All ways, more mobile. In fact she uses it now for her cooking recipes. It sits on the worktop and she's got her cooking recipes in it, she can follow them down, and the result is that she's actually developing a more paper free environment in her home than she's ever had. She used to be a business manager and one room in the house was an office for that business and that's since been cleared.

10: I could do with that

10FS: I had 'low consumption'.

E: What have you got in there?

10FS: Not much, the lights, the radio and lamps. Fan heater is in the wrong group, I don't know how that got in there, I think that's in 'personal use,' I think you just use them for yourself.

E: So 'personal use' you're thinking of just for you?

10FS: I've got alarm clock, electric toothbrush, electric razor, hair curlers and straighteners, electric fan heater under 'personal use'. 'Low consumption' hasn't got much in it. 'Rare use' - electric drill and electric fan, and over here I've got a group, 'water use', everything that uses water together.

E: Some people have done that, because I've been doing it with quite a lot of people so far.

10FS: The only room I did was the kitchen, because there was a lot of kitchen stuff so I put them all together.

Recording ends 38:31 minutes