

## NEWS RELEASE

FOR IMMEDIATE USE – Aug 2019



### HOME ENERGY SCOTLAND LAUNCHES COMPETITION QUIZ TO HELP PEOPLE DISCOVER THE BENEFITS OF ACTIVE TRAVEL

*\*\*\* Home Energy Scotland invites partners and third sector colleagues to share local advice quiz that raises awareness of greener travel options and gives one lucky winner the chance to win £1,000 worth of Evans Cycles vouchers\*\*\**

Home Energy Scotland's mission is to help people in Scotland create warmer homes, reduce their bills and help tackle climate change – at home and on the move.

As part of its summer campaign, Home Energy Scotland has devised a **competition quiz** designed to help people discover the benefits of active travel.

We know that climate change is an immediate and urgent problem, but driving a car is still an essential part of many people's everyday routines. Most of these journeys - over 40% in fact - cover a distance of less than 5km.

The competition quiz raises awareness of alternatives to taking the car, and encourages people to embrace greener travel options for those short, everyday journeys that not only reduce carbon emissions and help the environment but are also rich in other benefits too.

Walking, cycling, car sharing and public transport are all great alternative methods of transport that reduce travel costs and improve both our health and our environment.

The NHS recommends that people aged 19-64 should try to be active on a daily basis, but it can be a little intimidating trying to find time to start a new class or go to the gym. The easiest way to adopt a more active lifestyle is to integrate small changes into your everyday routine, and swapping your car for a bike or some trainers is a simple way to get started.

Air pollution is a challenge that affects us all, not only in terms of our personal health but the health of our environment. The good news is that air pollution can be reduced, and that free, impartial advice and information on greener travel from Home Energy Scotland help you play a part in improving the quality of the air we breathe.

To enter the greener travel competition quiz, householders go through a simple process:

**Read** – useful sustainable travel top tips

**Answer** – a number of questions, the responses to which can be achieved as the result of digesting this useful information

**Enter** – entrants answer three multiple choice questions, consent to entering and insert their details to enable Home Energy Scotland to contact the individual should they be the lucky winner.

The **greener travel quiz** can be completed in a range of ways including by calling Home Energy Scotland free on **0808 808 2282** or [online](#).

<http://bit.ly/2XA4c0e>

**Terms and conditions apply**

**Invitation:** Partners and third sector colleagues are invited to engage with Home Energy Scotland by sharing news of our greener travel advice competition to help people benefit from free and impartial energy and money saving advice and support – and put themselves in the running to win £1,000 worth of Evans Cycles that could help people in your area get out and active, or out and more active.

**Social media pack**

We have created and attached content to help partners share news of the advice quiz, open now and running until 30 September 2019.

**CONTACT INFORMATION**

For further information please contact:

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**Home Energy Scotland**

Home Energy Scotland is a network of local advice centres covering all of Scotland. Our expert advisors offer free, impartial advice on energy saving, keeping warm at home, renewable energy, cutting water waste and greener travel.

We are funded by the Scottish Government and managed by the Energy Saving Trust, and our mission is to help people in Scotland create warmer homes, reduce their bills and help tackle climate change – at home and on the move.

**Ends**