

Dark Skies Herefordshire

Dark Skies Herefordshire aims to conserve and enhance dark skies across the rural landscape of Herefordshire and raise people's awareness of Artificial Light At Night (ALAN). It is a volunteer-led initiative that is supported by Herefordshire CPRE (HCPRE). For more information, please contact volunteer@cpreherefordshire.org.uk.

What can residents and businesses do to conserve and enhance dark skies?

Before installing any additional lighting: what is the purpose of the lighting? Is the lighting necessary? If lighting is necessary - **Put the Right Light in the Right Place at the Right Time Using the Right System.** There are plenty of guidance documents on the internet to help you. Have a look at the following documents from the Institution for Lighting Professionals:

- **External Lighting:** <https://theilp.org.uk/publication/guidance-note-9-domestic-exterior-lighting-getting-it-right/>
- **Obtrusive Lighting:** <https://theilp.org.uk/publication/guidance-note-1-for-the-reduction-of-obtrusive-light-2021/>

There are some simple tasks you can do to reduce light pollution and save money:

- Turn off exterior lights – don't leave porch or security lights burning all night long. They waste energy and money as well as have a negative impact on the health and well-being of flora, fauna and humans.
- Make sure that any exterior lighting is controlled by a movement sensor and has a hood so it will then shine only when it's needed and where it is needed
- Reduce spillage from windows and, particularly, from roof lights by using thick curtains or blackout blinds. Light-activated controls for roof light blinds are quite easy to fit
- Use only external light fittings specifically designed to reduce spillage, and ensure that they are correctly fitted. Refer to the Institute for Lighting Professionals Guidance Notes for the Reduction of Obtrusive Lighting or External Lighting for Domestic settings
- Light only what you need – concentrate only on the features that you really need to see – trip hazards, steps or door locks
- Use carefully directed lighting-use cones, shades, and appropriate aiming angles to ensure that light is directed to the ground, where it is needed.
- Don't use upward-facing ground lights to show where your drive is. They can confuse wildlife, and contribute to sky glow. Illuminated bollards are no better.
- Be careful about colour temperatures – LED lights are typically high. Aim for lights with a colour temperature of between 1750 and 3000 Kelvin. That will minimise the more harmful blue wavelengths.

If you are inspired to make a difference in your neighbourhood, share these tips with your friends and family. Alternatively, ask your local parish or town council about what they are doing to reduce light pollution in your community. Help make Herefordshire a dark skies landscape.