

Keeping Cosy

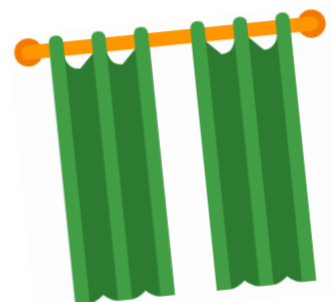
Did you know, keeping our homes warm is one of the largest contributors to our personal carbon footprints? However, there are lots of things we can do to keep warm without it costing you more energy or money. The Centre of Sustainable Energy has some great advice for reducing your energy consumption. For more information, follow the link to their website:

<https://www.cse.org.uk/advice/energy-saving-tips>

You can also find advice on grants/ funding that are available for heating upgrades and insulation. They have local advisors who will help you through the process of improving your energy efficiency

Quick Tips for quick results!

- Thermal or heavy curtains will help regulate the temperature in your home, trapping heat in the summer and blocking it in the winter.
- Placing rugs on the floor will help keep the heat in—especially in homes without carpets
- Get a thicker duvet for the winter and layer up with blankets or brushed-cotton sheets to reduce the need for heating in the night
- Place simple draught excluders in front of doors to prevent cold air from coming through the gaps (see the super-simple-draught-excluder guide)
- Create a cosy atmosphere in your room with textiles and ‘warm’ coloured LED lights/ lamps. This will make you feel warmer even if the temperature doesn’t change.

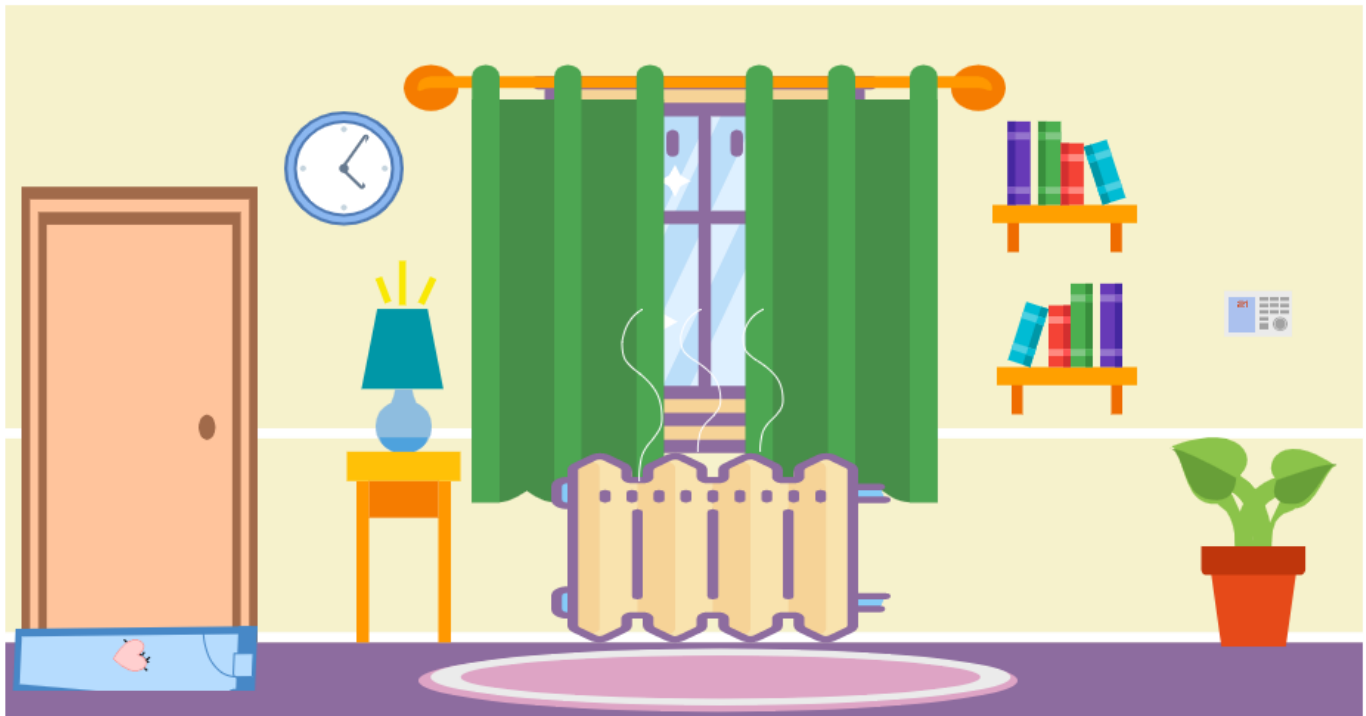


Use lamps with 'warm' coloured LED bulbs to make your rooms

Avoid placing furniture in front of your radiators

Thick/ thermal curtains help keep the heat in

Use heat controls to set your heating to a comfortable temperature



Place a draught excluder in front of your doorways to keep the chilly air at bay

Tuck your curtains behind the radiator to stop air from being pushed out of the window

Rugs help trap the heat and make your home feel warmer

Of course, there are also larger improvements you can make to your home to keep it warmer. Draught proofing is one of the most effective ways to reduce your energy bills!

25% of heat is lost through your roof

Good loft insulation is a great way to keep heat in your home. If you have an accessible loft with no damp problems, standard loft insulation will be a good fit for you. The recommended depth for wool insulation is 270mm (roughly 1ft) and will be effective for at least 40 years! If you like to store things in your loft space, make sure you put boards down over your insulation to prevent it from being compressed (the air gaps in the wool hold the warm air!). You can hire a professional to install your insulation, or you can do it yourself! See the Centre of Sustainability's DIY guide: <https://www.cse.org.uk/downloads/advice-leaflets/energy-advice/insulation-and-heating/>

Floor Insulation

Improving your floor insulation could save you up to £70 a year on your energy bills!

Insulation methods will depend on what type of floor you have. If you have suspended timber flooring, you can install solid insulation boards in the cavities. If you have a solid/ concrete floor, insulation slabs can be fitted beneath the carpet.

For more detail, head to The Centre for Sustainable Energy and search “Floor Insulation”.

Wall Insulation

You can insulate both your internal and external walls to prevent heat loss— around half of all the heat lost from an average solid-walled home is through the roof. There are various methods for wall insulation depending on your wall type. Wall insulation can be expensive, however the average 3-bedroom semi-detached home can save around £260 a year on heating bills.

For more information, head to The Centre for Sustainable Energy and search “Wall Insulation”.

Secondary Glazing

Windows add a lot of character to a property. In a city such as Wells, with a beautiful range of historic buildings, window insulation is a contested topic. Planning permission is often denied for the replacement of original windows with PVC/ double glazing in Listed buildings. Often, planning permission calls for like-for-like window replacement, which is often very expensive. However, there are options to reduce heat loss through windows without the loss of key historic features. There are various forms of secondary glazing, including :

- transparent plastic film: the cheapest and simplest option, transparent film looks like cling-film and is almost invisible. You can easily install and remove it yourself
- Temporary secondary glazing: this is a sheet of rigid, transparent plastic that you attach to the window frame. There are various methods to attach the glazing including magnets and Velcro
- Semi-permanent secondary glazing: more expensive, however will last longer. Usually a heavier material such as glass, they can be installed in panels to allow you to open your windows.

For more information head to The Centre for Sustainable Energy and search “Secondary Glazing”.

Retrofitting a historic building

If you are hoping to improve the energy efficiency of a historic or listed building, there are extra considerations. There are lots of guides available from Historic England for retrofitting historic/ listed buildings, from windows to floor insulation.



Grants and Funding

The cost of insulation your home can be intimidating. However, you may be eligible for a grant to help cover the cost!

The **ECO Grant** (Energy Company Obligation) may be able to help you cover the costs of a new boiler, insulation, heating systems etc. This grant aims to help low income households, however you may still be entitled to funds for insulation even if you are not classified as a 'low-income' home. This scheme will close in March 2022.

You can contact the Centre of Sustainable Energy for more advice on grants and loans through their website: <https://www.cse.org.uk/advice/funding/grants>

Or you can contact the Home Energy Team directly for advice tailored to the South West: <https://www.cse.org.uk/projects/view/1218>

If you are considering updating your old **heating system**, you could also be eligible for the **Domestic Renewable Heat Incentive** fund!

The DRHI fund can help cover the cost of sustainable heating systems such as **air-source heat pumps, solar thermal plants, ground source heat-pumps** and **biomass boilers** (although great care must be taken to ensure biomass boilers do not harm the natural environment and contribute to habitat degradation. Extra measures must be proven to ensure air quality requirements are met. This energy source is the most complicated to fund, with extra certifications required. Changes of funding air/ ground heat pumps and solar thermal plants are higher). More information is available online, with a 63 page 'essential guide' that explains applicable technologies, necessary certificates, housing requirements and information on how to apply. This scheme will close at the end of March 2022. You can find it here:

<https://www.ofgem.gov.uk/publications/domestic-renewable-heat-incentive-essential-guide-applicants>

General information is available from the Government Website:

<https://www.gov.uk/domestic-renewable-heat-incentive>

