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## Guide to Energy Saving





# Where do I start?



If you live in a home constructed in the last ten years or a property that has already had an eco makeover then your heating system and insulation are probably already energy efficient and you should focus on energy saving appliances and lighting. If however you live in an older house then heating and hot water are pivotal areas. Start with insulating your loft and walls and remember to insulate your windows and draughty areas too. Insulation is fairly inexpensive and is one of the most effective ways to achieve substantial energy and cost savings as it significantly reduces the amount of gas, electricity and oil used to heat your home. The benefits will typically last as long as your home and insulation will negate the 'waste heat' from appliances that use more energy than they need as the heat will be trapped inside your home.

## Small steps to increase energy efficiency in your home and save you money

### 1. Insulate your loft

Homes which don't have any loft insulation can save up to £175 per year on their fuel bills from when it's installed to the recommended depth of 270mm. Not only is installing loft insulation a pretty straightforward job, but it will boost your home's energy efficiency rating too. And even if you've already installed loft insulation, by topping it up to 270mm you could save on average an additional £25 a year. Space Insulation mineral wool products are manufactured with **ECOSE® Technology**, a formaldehyde-free binder based on rapidly renewable bio-based materials which is up to 70 per cent less energy intensive than traditional binders. They are also light weight and odourless so are really easy to install. Check out Space Insulation's range of products at [www.space-insulation.com](http://www.space-insulation.com)



Empty lofts which are insulated with 270mm of insulation can help homeowners save up to £175 per year on fuel bills\*



\*Based on insulating an un-insulated loft to a depth of 270mm

Space Insulation is available from all major DIY retailers

## 2. Insulate your walls

**Cavity wall insulation** - Most houses built in or after the 1930's have cavity walls. There are still 6.3 million homes in the UK which need cavity wall insulation. Cavity wall insulation pays for itself in around two years, and it will typically save up to £135 a year on your home's fuel bills. Although not a job for the DIY'er, cavity wall insulation can be installed by a professional in a single day.

**Solid wall insulation** – Around a third of the UK's 24 million dwellings were built before 1930 and have solid walls and around 7 million of those are un-insulated. Upgrading solid walls can be achieved by installing either an external or internal wall insulation system which typically provides energy savings around £445 - £475 per year and reduces CO<sub>2</sub> emissions by 1.8 tonnes annually. In some instances both systems may need to be installed due to restrictions placed on the façade of the building under consideration. For instance a row of terraced houses which have an attractive brick façade may need to have internal insulation installed to the front elevation of the property with external insulation to the rear elevation.



Cavity wall insulation being installed by a qualified professional



Internal wall insulation being installed in a terraced home

## 3. Double glazing

Old single glazed windows can often be a major source of heat loss, so if you have them in your home, or even if you have broken or leaky double glazing it's well worth considering modern energy-efficient replacements. Double glazed windows are available in wooden, PVC or metal frames but whatever type you choose make sure they carry a BFRC (British Federation Rating Council) label which indicates a good energy efficiency rating.



## 4. Floor insulation

Some homes lose as much heat to the ground as they do through their windows. For houses with wooden floors on ground level, floorboards just need to be temporarily taken up and insulation is installed between the joists supported on a wire or plastic cradle mesh. For homes with solid floors, boards of insulating material are placed above the underlying concrete, with chipboard and a finishing layer on top.



Insulation installed between wooden floor joists

## 5. Upgrade your boiler

If your current boiler is more than ten years old, upgrading to a modern condensing model could easily slash your heating bills and emissions by a third. Condensing boilers extract more usable heat from each unit of fuel thanks to a heat exchanger that captures the energy in the hot gases exiting the flue. In fact they can extract more than 90 per cent of the energy in the fuel, compared to around 80 per cent for a new non-condensing boiler and just 60-70 per cent for an older boiler. Check the energy efficiency of your current boiler at [www.sedbuk.com](http://www.sedbuk.com)



## Grants and offers

The Government has pledged to slash the UK's greenhouse gas emissions by 80 per cent by 2050 and as a result there are various grants available to people wanting to make their homes greener and more energy efficient. These grants and offers come from both government and local councils and energy suppliers.

### Green Deal

This Government scheme will encourage home energy efficiency at no upfront cost to homeowners.

Visit [www.decc.gov.uk](http://www.decc.gov.uk) for more information.

### Renewable Heat Incentive

This scheme will help families reduce their bills by incentivising renewable heat measures in homes and will be funded by the Government. For more information on this plus other energy saving grants available to you, visit [www.direct.gov.uk](http://www.direct.gov.uk)



## Adding value to your home

All domestic energy efficiency measures should add value to your home, however the most economic and cost effective energy saving measure the homeowner can undertake is to make sure that the fabric of the dwelling is as well insulated as possible. With rising energy prices, environmental awareness and income to be had from home generation through feed-in tariffs, you may even find that the entire cost of your initial investment could be offset by the value added to your home.



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