

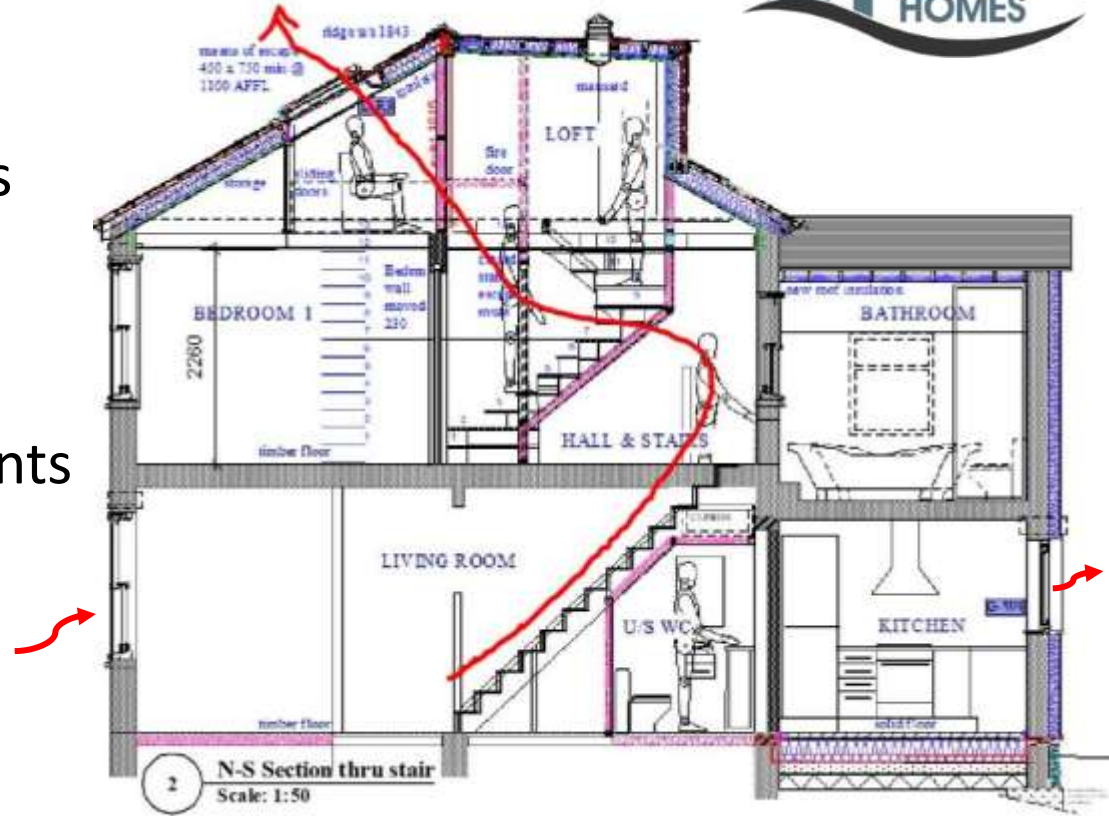
Ventilation

When it's Hot outside:

shut doors, windows & vents
- if they let in hot air

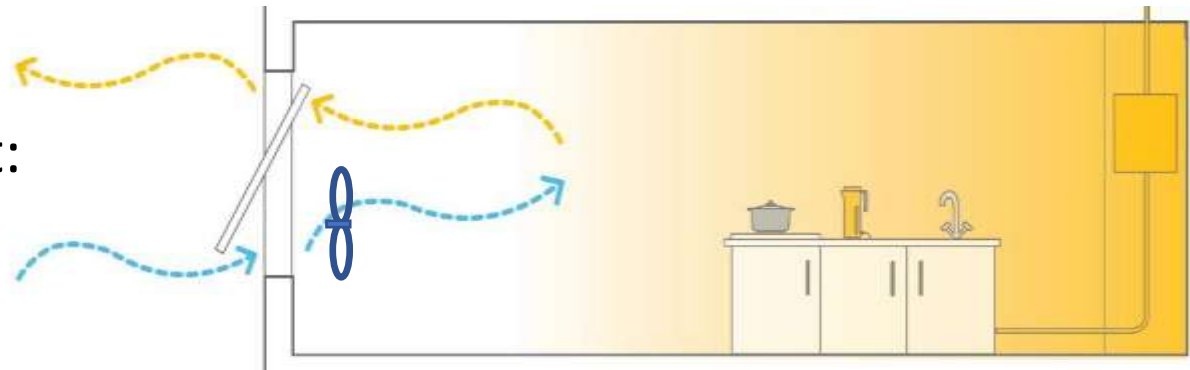
When it's cool outside:

Open windows, skylights, vents
at bottom & top of house
or across your home



for a single-aspect flat:

a fan may help



Security for Night Cooling

Look for Secured By Design



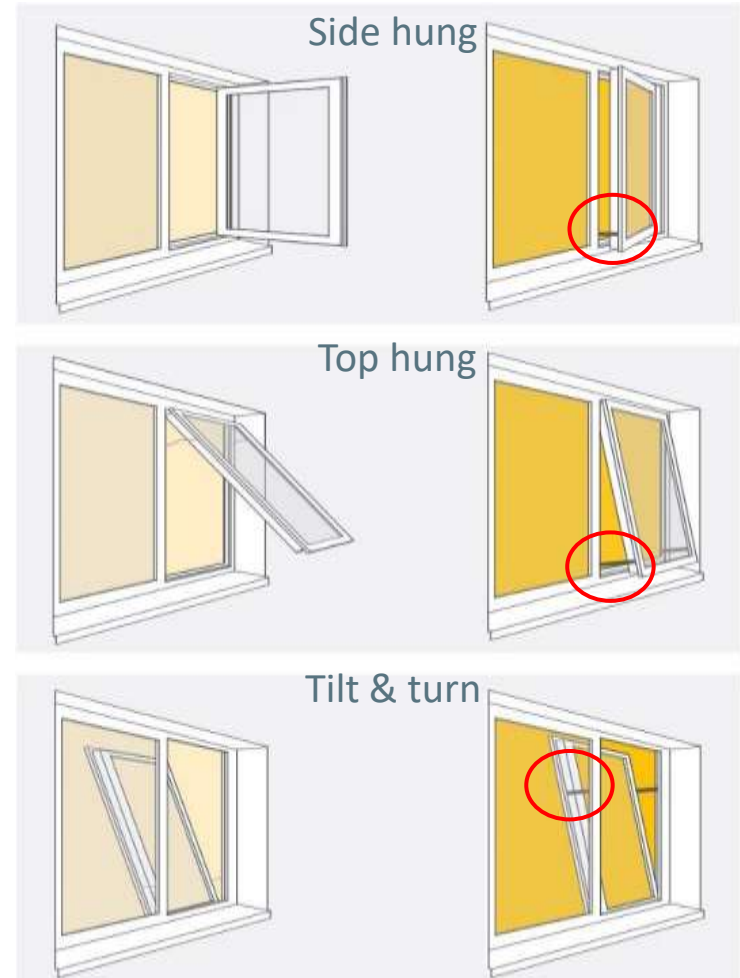
Ventlock for Sash windows



Do you have a problem with external noise or pollution?

Poll

Secure:



Insulation

Lofts, Roofs, Walls

Hot pipes, tanks

Slate roof surface
at 74.4°C



Multifoil
insulation



Thermal mass

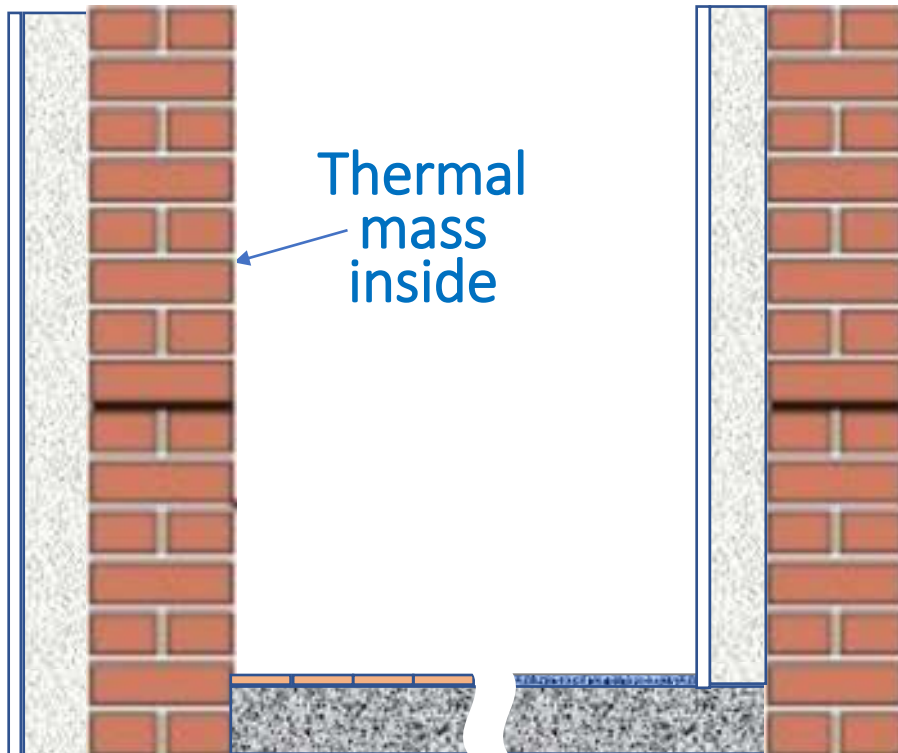
Brick, stone, concrete
Steadies the temperature



Solid Wall Insulation

External

Internal



Thermal mass inside

External Surfaces

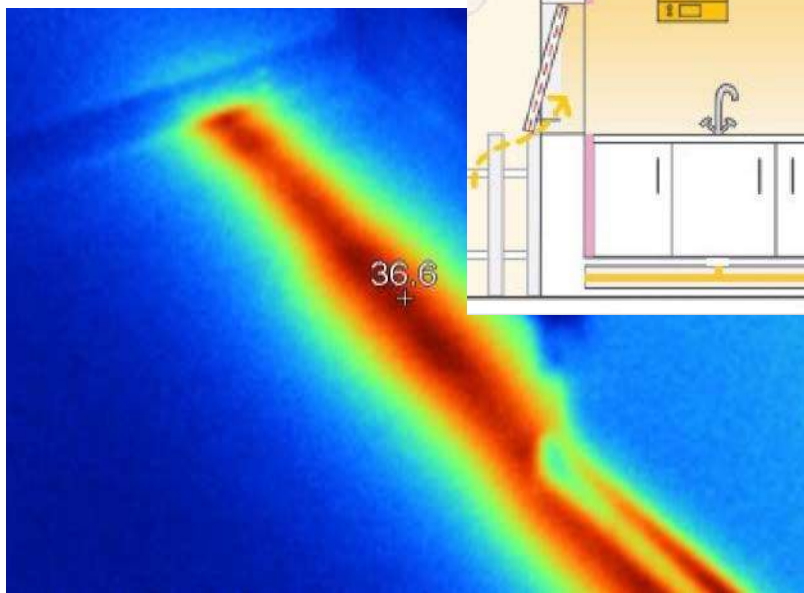
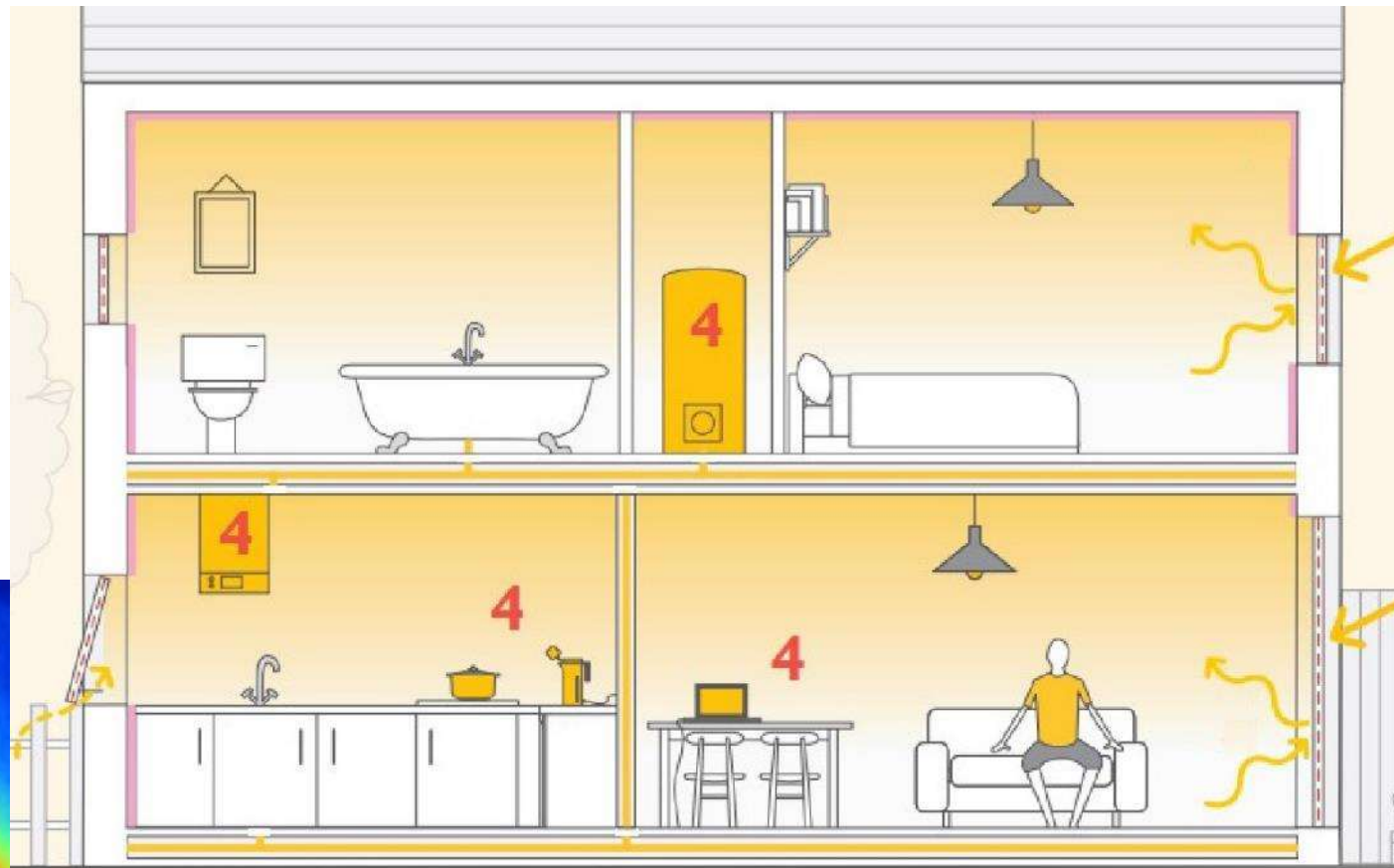
48.3°C 7.5°C cooler



Accidental Heating



What's missing?



Efficient appliances & Tech

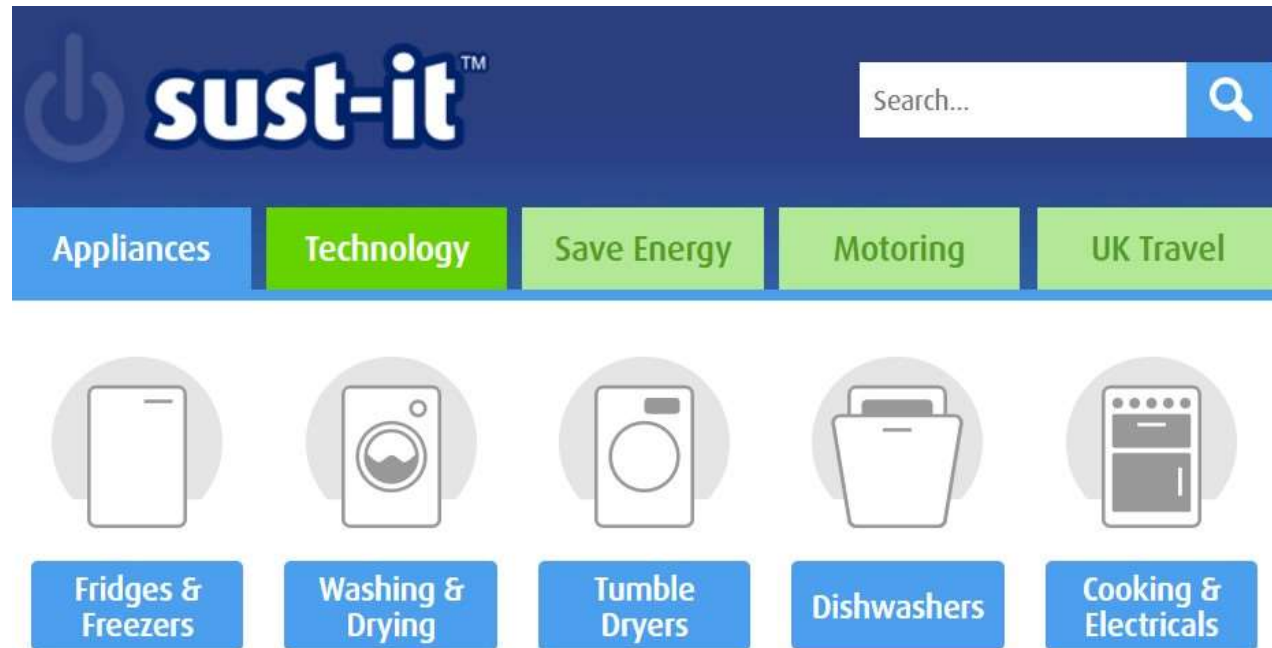


Energy labels



and switch them off when not in use....

Find efficient appliances & Tech



Personal Cooling



- drinks, cool showers, fans, spray
- loose, light clothes
- ‘hot’ water-bottle in the freezer
- consider sleeping where it’s cooler
- beware [heat exhaustion/ heatstroke](#)
- avoid going out, exertion at midday
- look out for your neighbours:
old, young, vulnerable



Mark Brinkley's self-build



Tues 23rd June 6:30-7:30pm - Free Registration



- low G glass to avoid summer overheating
- MVHR for filtered fresh air: auto summer bypass
- 3.5 kW PV : excess electricity to hot water heating
- Low Energy Building Standard – “Passivhaus-lite”

More Online tours

Sept - Oct



More Webinars soon: Better Insulation
Heat pumps

Thermal Imaging training, loans : Autumn??

Resources:

[Staying Cool in a Heatwave](#)

CCF online resource

[How to Keep Cool in Summer](#)

Transition Cambridge

Enjoy the hot weather



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Footprint**



Pls write in Chat: something good & something to improve

Donations: cambridgecarbonfootprint.org/donate

Thanks for taking part,

Tom Bragg

Margaret Reynolds

tom@openecohomes.org

mrriba2018@gmail.com