

# GETTING STARTED

## Home Energy Checklist:



	Already done this	I'd like to do this	Don't fancy, N/A
<b>'Good housekeeping'</b>			
Turn off lights when they're not in use			
Turn off appliances, rather than leaving on standby			
Turn down thermostat by at least 1°C			
Have warm clothes that are comfortable indoors			
Turn down hot water to 50°C - or 60° if you have a hot tank			
Review times when heating and hot water turn on and off			
Review settings on thermostatic radiator valves			
Take short showers instead of baths			
Don't overfill the kettle			
Put lids on saucepans and simmer gently			
Run the washing machine at 30 or 40°C and only when full			
Run the dishwasher at 55°C and only when full			
Dry clothes outdoors - put up outside washing line?			
Defrost fridge and freezer regularly and where possible dust coils			
Close curtains at dusk, making sure they don't block radiators			
Check radiators are off and doors closed in unused rooms			
Buy or borrow an electricity monitor			
Read gas and electricity meters monthly			
Sign up to <a href="http://www.imeasure.org.uk">www.imeasure.org.uk</a>			

### **'Weekend jobs'**

*Whenever you're thinking of replacing an appliance*

Replace all lightbulbs with energy-efficient ones			
Draught-strip all external doors and windows			
Fit draught-strip to your letterbox (eg: <a href="http://ecoflap.co.uk">ecoflap.co.uk</a> )			
Seal gaps around anything in external walls (pipes, cat-flap etc.)			
Add or replace hot-water tank insulation, if less than 75 mm thick			
Insulate hot water pipes			
Fit reflective foil behind radiators on external walls			
Put up DIY secondary glazing on appropriate windows			
Check the insulation in your loft. Add more if it's less than 300 mm			
Find out if you have an unfilled cavity wall and (if yes) have it filled			
Put your fridge and freezer in the coolest places possible, consistent with "minumum ambient temperature" in their manuals			

	Already done this	I'd like to do this	Don't fancy, N/A
<b>'Taking opportunities' - appliances</b>			
Whenever you buy electrical goods, choose the most efficient based on the EU energy label			
Buy the smallest appliances suitable for your needs			
When renewing C.H. system choose the most efficient 'A' rated boiler			
Check that new lights take suitable energy-efficient bulbs			

<b>'Taking opportunities' – building work</b>	<i>Whenever you're considering building work</i>		
Before any new build/renovations - get advice about 'best practice' for energy saving & exceed current building regulations			
Ensure all new lighting takes energy-efficient lightbulbs and upgrade other fittings while the electrician is at your house			
Internally insulate external solid walls - OR:			
Externally insulate external solid walls			
Externally insulate flat roofs			
Choose high-performance double/ triple-glazed windows & doors			
Choose a wood-burning stove rather than an open fire			
Upgrade central-heating controls			
Fit kitchen and bathroom extractors with heat recovery			

<b>'Big Projects'</b>	<i>Bigger projects - mainly after the above</i>		
Investigate installing renewables: solar thermal /PV / ground or air source heat pump / CHP/other			
Install biofuel heating (e.g: woodchip boiler, wood-burning stove)			
Install photovoltaic solar panels for electricity			
Replace all windows and any glazed doors with high-performance double- or triple-glazed units			
Replace external doors with high-performance, insulated doors			
Insulate under the ground floor			
Internally insulate external walls			
Externally insulate solid walls			

**Links:**

- [Getting started – energy saving at home](http://transitioncambridge.org/faqs) transitioncambridge.org/faqs & click "Getting Started"
- [Energy Advice: Self survey](http://transitioncambridge.org/energy-advice/survey.php) transitioncambridge.org/energy-advice/survey.php
- [Simple Home Heating Model](http://nicola.qeng-ho.org/housemodel/interactive.php) nicola.qeng-ho.org/housemodel/interactive.php
- [Home Electricity Calculator](http://nicola.qeng-ho.org/elec-usage/elec-app.php) nicola.qeng-ho.org/elec-usage/elec-app.php
- [CCF Home Energy Resources](http://cambridgecarbonfootprint.org/home-energy-resources) cambridgecarbonfootprint.org/home-energy-resources
- [Local Resources – Home Energy](http://cambridgecarbonfootprint.org/resources/local-home-energy) cambridgecarbonfootprint.org/resources/local-home-energy
- [Sust-it](http://sust-it.net) (appliance energy ratings) sust-it.net
- [Thermal Imaging training](http://cambridgecarbonfootprint.org/ti-training) 28<sup>th</sup> Oct & 2<sup>nd</sup> Dec cambridgecarbonfootprint.org/ti-training
- [City Council Home Energy Efficiency Pages](http://cambridge.gov.uk/home-energy-efficiency) cambridge.gov.uk/home-energy-efficiency
- [Action on Energy](http://actiononenergy.net) actiononenergy.net
- [Cambridgeshire Solid Wall Insulation Fund](http://actiononenergy.net/save-money/swi-fund) actiononenergy.net/save-money/swi-fund