Saving energy – how to get started

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Energy and Carbon Emissions: the way we live today
Transition Cambridge – Cambridge Carbon Footprint

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How do we waste energy?
Energy Advice Self Survey

Go to [www.transitionncambridge.org/faqs/](http://www.transitionncambridge.org/faqs/) and click on ‘Getting Started (personal advice)’

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**Damp**

Do you have:  [ ] Dampness and/or mould

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**Heating**

Do you have heating from:  

- [x] Boiler and radiators
- [ ] Electric storage heaters
- [ ] Open fire
- [ ] Room heaters
- [ ] Other

Your boiler:  

- [ ] Do you have a condensing boiler, or one that is A rated for efficiency?

Is your heating controlled by:  

- [x] Programmer/timer
- [ ] Central/wall thermostat
- [ ] Thermostatic radiator valves

For radiators or heaters on external walls:  

- [ ] Do you have reflector panels behind radiators on external walls

For radiators or heaters under windows:  

- [ ] Do you have a shelf above
- [ ] Do you let curtains hang in front

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**Hot water**

Do you have:  

- [ ] a hot water tank
- [x] hot water straight from the boiler (a combi boiler)
Report

• No need to do it all at once
• Make a plan

Fast and cheap solutions (a few tens of £)
• Get an aerating head for your shower
• Fit low energy light bulbs (CFL or LED).
• Fix your draughty windows with draught strip. Since you have sash windows it may be draughty and are tricky to seal well.
• Fix your draughty doors with draught strip, brush excluder and keyhole cover.
• Reduce heat loss through single glazed windows with secondary glazing film and/or t
• Fit foil behind your radiators that are on external walls to stop the heat going out through the walls.
• Extend the window ledge or fit a shelf above radiators under windows.
• Top up the insulation on your hot water tank
• Insulate your loft

Medium sized projects (a few hundred £s)
• Whenever you replace an appliance, get one with a good energy rating.
• Upgrade your boiler. This measure qualifies for the Green Deal Home Improvement Fi
• Upgrade your heating controls. You should have a timer, a thermostat and thermostat for the hot water cylinder at the same time.
• Fit an extractor in your bathroom and utility rooms so you don’t have to leave the window open.

Big Projects (a few thousand £s and major dis...
• Check where your major heat losses and how much you could save using this tool
• Replace any single glazed windows with double or triple glazing. For your sash windo...
Simple Home Heating Model

Your heat loss now: 3.6 W/C/m²  Help

- walls-1: 24%
- windows-1: 16%
- door-1: 2%
- door-2: 2%
- roof: 6%
- ground floor: 10%
- bridging: 7%
- ventilation: 34%

With changes: 2.4 W/C/m², saves 34%

- walls-1: 7%
- windows-1: 25%
- door-1: 2%
- door-2: 2%
- roof: 3%
- ground floor: 15%
- bridging: 11%
- ventilation: 35%

First select the general shape of your house:

- square
- 3-2
- 2-1
- L-shape
- extended

Now select the construction features for your house:  Help

<table>
<thead>
<tr>
<th>Feature</th>
<th>What it is now</th>
<th>With changes you are considering</th>
</tr>
</thead>
<tbody>
<tr>
<td>walls-1</td>
<td>Solid brick as built</td>
<td>Solid brick with insulation</td>
</tr>
<tr>
<td>walls-2</td>
<td>Solid brick as built</td>
<td>Solid brick as built</td>
</tr>
<tr>
<td>proportion of walls type1:type2</td>
<td>100:0  75:25  50:50</td>
<td>Double glazed pre 2002</td>
</tr>
<tr>
<td>windows-1</td>
<td>Double glazed pre 2002</td>
<td>Double glazed pre 2002</td>
</tr>
<tr>
<td>windows-2</td>
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<td>proportion of windows type1:type2</td>
<td>100:0  75:25  50:50</td>
<td>Double glazed pre 2002</td>
</tr>
<tr>
<td>door-1</td>
<td>Solid wood</td>
<td>Solid wood</td>
</tr>
<tr>
<td>door-2</td>
<td>Solid wood</td>
<td>Solid wood</td>
</tr>
</tbody>
</table>
Thermal Imaging Survey

Ask CCF for a survey
• Draughts
• Missing insulation
Monitoring your energy

- Check your meters weekly
  - www.imeasure.org.uk
- Clip on monitor
- Plug in monitor
Other tips

• Compare your energy use with similar households at www.comparemyenergy.org.uk

• Get a Green Deal Assessment (£50-£150) or a Parity Home Energy MasterPlan (£290+)

• Financial assistance