

# 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)



## Damp

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Do you have  Dampness and/or mould

## Heating

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Do you have heating from  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  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

## Hot water

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Do you have  a hot water tank  hot water straight from the boiler (a combi boiler)

# Report

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

- [Avoid using cold hot water](#)
- [Tuck your curtains behind the radiator.](#)
- Ensure doors and windows are kept closed to reduce draughts. However you need see our [advice page on ventilation](#)

## 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 [thermal breaks](#)
- [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)

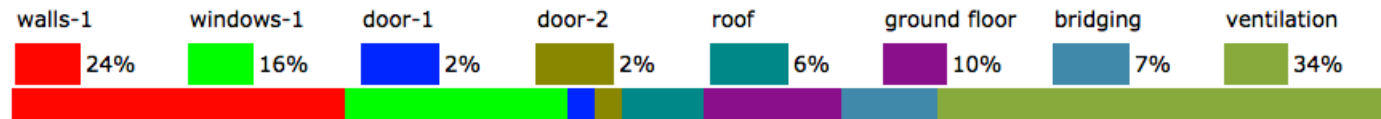
- Whenever you replace an appliance, get one with a [good energy rating](#).
- [Upgrade your boiler.](#) This measure qualifies for the [Green Deal Home Improvement Finance](#) at the same time.
- [Upgrade your heating controls.](#) You should have a timer, a thermostat and thermostat hot water cylinder at the same time.
- [Fit an extractor in your bathroom and utility rooms](#) so you don't have to leave the windows open.

## Big Projects (a few thousand £s and major dis

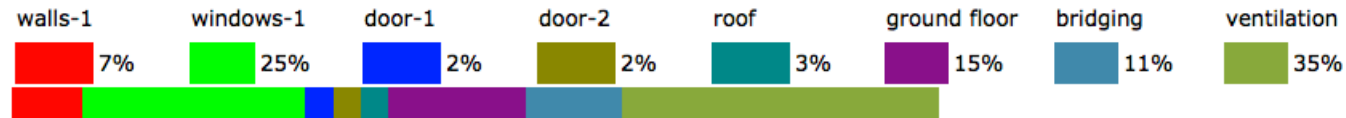
- Check where your major heat losses and how much you could save using [this tool](#)
- Replace any single glazed windows with double or triple glazing. For your sash windows see our [advice page on draught proofing](#)

# Simple Home Heating Model

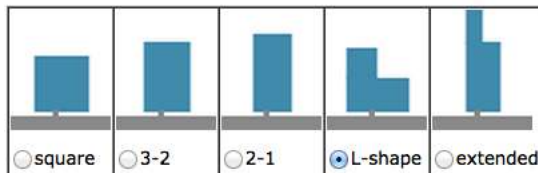
**Your heat loss now: 3.6 W/C/m<sup>2</sup>** [Help](#)



**With changes: 2.4 W/C/m<sup>2</sup>, saves 34%**



First select the general shape of your house:



- type:  terraced  semi  
 floors: (excluding converted roof space)  2  1  
 windows:  few windows  average  
 age (for thermal bridging [Help](#)):  Pre-2003  200

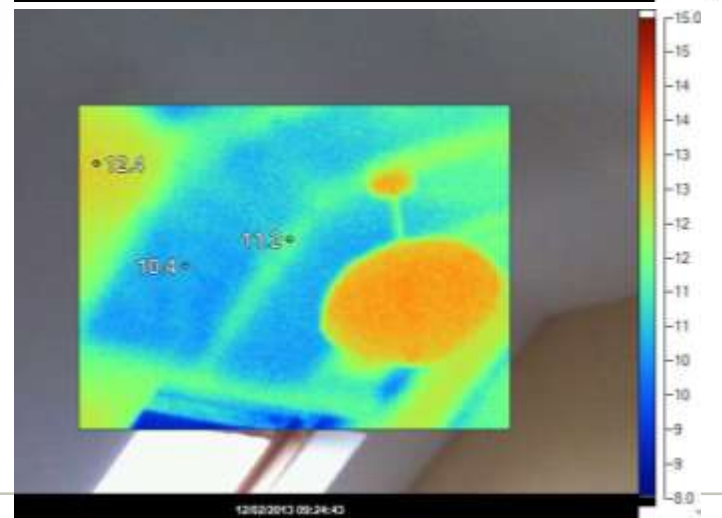
Now select the construction features for your house: [Help](#)

	What it is now	With changes you are considering
walls-1	Solid brick as built	Solid brick with insulation
walls-2	Solid brick as built	Solid brick as built
proportion of walls type1:type2	<input checked="" type="radio"/> 100:0 <input type="radio"/> 75:25 <input type="radio"/> 50:50	
windows-1	Double glazed pre 2002	Double glazed pre 2002
windows-2	Double glazed pre 2002	Double glazed pre 2002
proportion of windows type1:type2	<input checked="" type="radio"/> 100:0 <input type="radio"/> 75:25 <input type="radio"/> 50:50	
door-1	Solid wood	Solid wood
door-2	Solid wood	Solid wood

# Thermal Imaging Survey

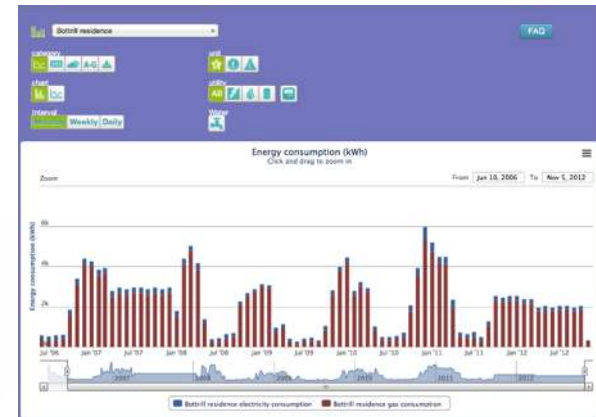
Ask CCF for a survey

- Draughts
- Missing insulation



# Monitoring your energy

- Check your meters weekly
  - [www.imeasure.org.uk](http://www.imeasure.org.uk)
- Clip on monitor
- Plug in monitor



# Other tips

- Compare your energy use with similar households at [www.comparemyenergy.org.uk](http://www.comparemyenergy.org.uk)
- Get a Green Deal Assessment (£50-£150) or a Parity Home Energy MasterPlan (£290+)
- Financial assistance

