

## Eco-tips January 2025

### Heating and home insulation

It's a cold month and following on from our energy saving tips in November we are focusing on reducing our impact on the environment by tips to conserve the heating in our homes.

Identify and seal draughts in the home especially loft openings windows and doors. Thick curtains can keep heat in. Draught proofing strips can be added to doors and windows. A door may have a brush at the bottom or you can use portable sausage shaped draught excluders!

Foil or radiator panels can reflect heat into the room

Getting professional help is the best advice when considering loft and wall insulation both of which considerably lower environmental impact. You can get a free survey with some companies.

Turning down the thermostat from 19C to 18 C can save over £100 annually. Your room must be at least 18C. If you are older, or ill, you may need it to be warmer.

Use your timer so that heating is switched off when the house is empty. A smart device or hive can monitor room temperature and can be remotely controlled by your phone for efficient heating and energy conservation.

Turn down radiator valves (if indeed you have them!) in unused rooms to say 3 out of 5 and keep doors closed.

Have you considered an air source heat pump (sometimes called an air-to-water heat pump) which transfers heat from the outside air to the water in your central heating system? This heats rooms in your home via radiators or underfloor heating. It can also heat water stored in a hot water cylinder for your hot taps, showers, and baths. Unlike traditional boilers (which use fossil fuels), heat pumps use electricity. And heat pumps are more than three times more efficient than a gas or oil boiler, helping to lower your energy use.

Dress in warm clothes to keep the body feeling comfortable

Did you know that Energy saving week is from 17<sup>th</sup>-23<sup>rd</sup> January

See link: <https://www.gas-elec.co.uk/energy-saving-week/>