



Footsteps Energy Champions

Reducing Heating Bills

Acknowledgement:

These cards are based Centre for Sustainable Energy and Energy Saving Trust resources and draw on John Newson (Balsall Heath One Planet) and Footstep' members' experiences



Footsteps
Faiths for a Low Carbon Future



Central
England
Quakers



SUGGESTIONS and TIPS

Using Footsteps
flash cards

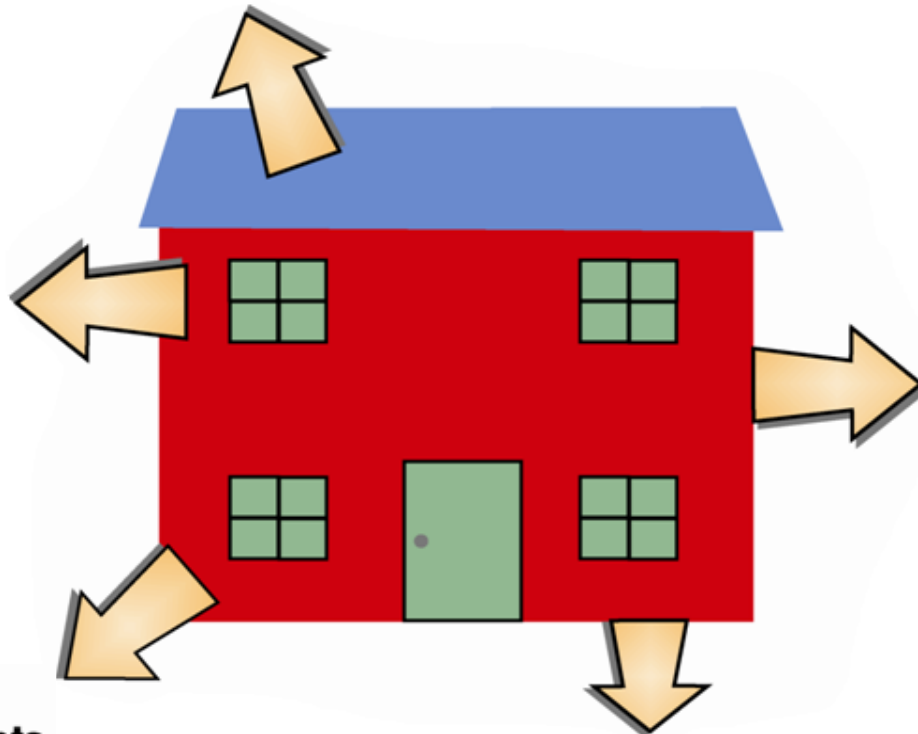
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- An **Important Aspect** of the Reducing Heating Bills is described on the **front**
 - The **Suggestions and Tips** on the **back** identify initial steps that can be taken
 - If you have internet access, Footsteps recommends that you visit the **Energy Saving Trust, Citizens Advice Bureau, Centre for Sustainable Energy** for further information



Heat loss in the home

25%
through the roof

15%
through
windows
and doors



Loft insulation is
very important

35%
through
the walls

15%
through draughts

10%
through the floor

Keeping warm involves
stopping heat escaping
and then using as little
fuel as possible to
produce the heat



SUGGESTIONS and TIPS

Buy a Thermometer gun



A thermometer gun is a good way to help find out where heat is leaking.

- Identify cold walls and spots
- Look for gaps in insulation
- Find draughts
- Thermometer guns can be bought over the web

Cost about £20



Simple Ways to Reduce Heat Loss

There are many simple yet effective ways to insulate home, which can significantly reduce heat loss and help lower heating bills.

- Draught-proofing - block up unwanted gaps that let cold air in and warm air out.
- Install simple insulation
- Insulate hot water cylinders and radiator pipes

Even little fixes around the home can mount up to significant savings in your energy bills.





SUGGESTIONS and TIPS

Draught- proofing

First find out where the draughts are

- Find gaps using a candle, incense stick or a heat gun
- Focus on front and back doors and the windows
- Find gaps in floors and skirting boards



Don't block ventilation in kitchens, bath rooms and open fire areas





Draught proofing doors and windows

Draught-proofing external doors can stop a lot of heat from escaping, and won't cost you much.

- Keyhole – buy a purpose-made cover that drops a metal disc over the keyhole.
- Letterbox – use a letterbox flap or brush, but remember to measure your letterbox before you buy.
- Gap at the bottom – use a brush or hinged flap draught excluder.
- Gaps around the edges – fit foam, brush or wiper strips like those used for windows.



SUGGESTIONS and TIPS

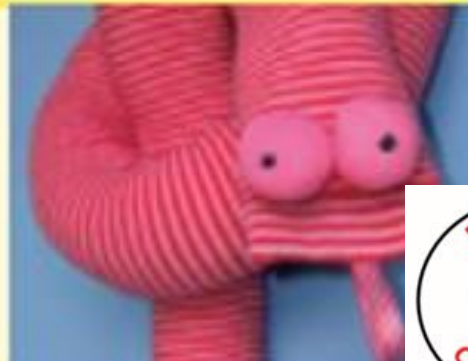
Draught- proofing

Windows: Use foam, metal or plastic draught strips (see over), or brush seals for sash windows (photo, right). Temporary secondary glazing is another option



Exterior doors: Fit brush or hinged-flap draught excluders, fitted along the bottom of the doors (see over).

Interior doors: Cut draughts with 'snake' draught excluders (like the one in the photo, right), brushes or similar strips of material, (see over).





Other draught-proofing

Draught-proofing external doors can stop a lot of heat from escaping, and won't cost you much.

- Keyhole – buy a purpose-made cover that drops a metal disc over the keyhole.
- Letterbox – use a letterbox flap or brush, but remember to measure your letterbox before you buy.
- Gap at the bottom – use a brush or hinged flap draught excluder.
- Gaps around the edges – fit foam, brush or wiper strips like those used for windows.



SUGGESTIONS and TIPS

Other Draught- Proofing

Around pipework: Apply silicone mastic, wall-filler or expanding foam as appropriate.

Floorboards and skirting boards: Fill the gaps with flexible fillers, clear or brown silicone mastic, decorators' caulk or similar products.



Cracks in walls: Use cement or a hard-setting decorators' wall-filler.

Redundant extractor fan outlets: These should be blocked up.



Install loft insulation

A quarter of heat is lost through the roof in an uninsulated home.

- Insulating your loft, attic or flat roof is an effective way to reduce heat loss and reduce your heating bills
- Loft insulation is also relatively easy to do

Watch video at <https://youtu.be/yOLRh8BqVS4>





SUGGESTIONS and TIPS

Install loft
insulation

If a loft is easy to access and has no damp or condensation problems, it should be easy to insulate.

- Use rolls of mineral wool insulation.
- The first layer is laid between the loft joists
- Then another layer is laid at right angles to cover the joists and make the insulation up to the required depth





Insulate hot water cylinders and radiator pipes

Insulating your water tank, pipes and radiators is a quick and easy way to save money on your bills. Reduce the amount of heat lost by

- Lagging water tanks and pipes
- Insulating behind radiators

And you will spend less money heating water up, and hot water stays hotter for longer.





SUGGESTIONS and TIPS Insulate hot water cylinders & radiator pipes

- Buy a water cylinder jacket (about £20 from [B&Q](#)) and follow the instructions to fit.
- Cover exposed pipes between your hot water cylinder and boiler with pipe insulation from a DIY store
- Fix heat reflector panels behind your radiators on external walls





Footsteps Energy Champions

Reducing Heat Loss from a Home

Please email feedback and comments to
hello@footstepsenergychamps.org.uk

See www.energysavingtrust.org.uk/energy-at-home/reducing-home-heat-loss/ for more information

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**Register to become part of the Footsteps energy
champion network at**

<https://footstepsenergychamps.org.uk/>