

Energy Efficient Homes – DIY ideas

- Fit low energy light bulbs
- Fit reflective sheets behind the radiators mounted on your external walls
- Take showers instead of baths, and fit water and energy efficient shower heads and taps
- Make sure your hot water pipes and hot water tank are well insulated
- Make sure your loft is well insulated – 300mm thickness is ideal - but ensure the space above is well ventilated to prevent condensation
- Try turning your thermostat down by a degree – between 18° and 22°C is usually comfortable
- Fit curtains to your windows – during cold weather close your curtains to keep heat in overnight and during the day in rooms you do not use. However on cold sunny days open the curtains to get heat from the sun. During hot weather close your curtains to keep your house cool.
- Consider fitting inexpensive acrylic secondary glazing held on by magnetic strips – saves heat, feels warmer, and reduces noise
- Don't obstruct your radiators - but if you do have furniture in front of a radiator consider a radiator fan
- Reduce drafts - add a cover to your letter box or a draft sock to your back door - but ensure good ventilation of moist air and also where there is an open fire or stove
- If you have an open fire use a chimney balloon when not in use to reduce heat loss – BUT remember to remove it before lighting the fire next time!
- Don't leave electrical items on Standby
- When you put the kettle on only boil as much water as you really need
- Use lids on pans when cooking
- For maximum efficiency defrost your fridge regularly (if not self-defrosting)
- Buy energy efficient appliances eg tumble dryers, TVs etc
- When you wash clothes try to use the 30 degree setting more often and dry your washing on racks or outdoors as much as possible