

# How to SAVE MONEY and ENERGY once your home has been insulated



**When you insulate your loft or cavity wall, heat will stay inside your home for longer and you will need to use less energy to keep your house warm. There are a few things you can do to make the most of your insulation and maximise your savings.**

## If you have room thermostats

Your house will be the same temperature as before, but the heating will be on for shorter periods and your bills should fall, without adjusting the programmer. However, make sure that your room thermostat is set appropriately (18-21°C) and in a suitable location - for instance if it is in a cold hallway it may make the heating come on when it doesn't need to.

## If you don't have room thermostats

The heating will still keep coming on for the same time as before, your house will be hotter and your bills will be roughly the same. So to save money and energy you need to reset your central heating timer and lower the thermostat on the boiler. Try having your heating on for half an hour less in the morning and in the evening and reducing the boiler thermostat by a few degrees. Every house is different so you'll need to experiment to find the right balance for you. If it is summer now, why not put this leaflet by your programmer to remind you to make these changes when winter comes.

## Ventilation is important

Installing insulation may cut down the amount of air flowing into and around a property. It is especially important to have good ventilation in rooms where a lot of moisture is produced such as the bathroom, the kitchen, rooms where you hang clothes to dry and rooms where an open fire or an enclosed multi-fuel stove is consuming a lot of oxygen. Make sure that you regularly open windows, even for a short time, and, if this is not enough, then consider fitting a vent or an extractor fan in these rooms.

## Draught proofing is easy

Less heat will now be escaping from your roof and/or walls, but if you've still got gaps around doors, windows, or in the skirting board, you'll still feel cold. Draught proofing products are cheap, widely available from DIY and hardware stores and easy to fit yourself.

## Top Ten Tips

Fitting insulation isn't the only way to save energy and money in the home...

- 1. Monitor your energy usage** Use the form on the other side of this leaflet, borrow an energy monitor (for electricity only) from your library or create an account here: [www.wesave.org.uk](http://www.wesave.org.uk)
- 2. Turn down your room or radiator thermostats** Reducing room temperatures by 1°C could cut your heating bills by 10%, typically saving £60 a year.
- 3. Set your water to 60°C/140°F** Your hot water cylinder thermostat should be set at 60°C/140°F.
- 4. Close your curtains at dusk** to stop heat escaping through the windows.
- 5. Turn lights off** when you leave a room.
- 6. Turn appliances off standby** and don't leave laptops and phones on charge.
- 7. Fill the washing machine/dishwasher** 1 full load uses less energy than 2 half loads.
- 8. Only boil as much water as you need** but do remember to cover the element.
- 9. Fix leaking taps** In a single week a dripping hot water tap wastes half a bath of water that you have paid to heat!
- 10. For more advice and tips visit [www.everybodys-talking.org](http://www.everybodys-talking.org)** the energy saving and climate change website for Nottinghamshire and Derbyshire.



Give your friends, family and neighbours information about getting their home insulated. There's a tear off slip on the other side of this sheet that you can give them with details of who to contact.





## Tip #1: Monitor your energy use

How are your actions affecting your energy use? Use this meter monitor to keep an eye on the changes you're making!

### Using your Energy Monitor

#### Getting started:

Pin this chart to the wall next to your meters or if this isn't convenient, somewhere that is easy to see and use. Decide on a date each month when you will take readings from the meters that you have.

Fill in the names of the months under the numbers in the top row (we've left these blank so you can decide which month you want to begin).

#### Each month/ throughout the year:

1. Fill in your meter readings for electricity, gas and water (if you have a water meter).
2. Calculate how much you have used for the previous month by deducting last month's reading from this month's reading (e.g. month2 - month1 = month 1's energy use)
3. If you use LPG, oil or coal, use the boxes provided to keep a record of your fuel use. This will help you calculate your financial and carbon savings at the end of the year.

Month	1	2	3	4	5	6	7	8	9	10	11	12	13
<b>ELECTRICITY</b> meter reading													
used	2 - 1	3 - 2	4 - 3	5 - 4	6 - 5	7 - 6	8 - 7	9 - 8	10 - 9	11 - 10	12 - 11	13 - 12	-
<b>MAINS GAS</b> meter reading													
used	2 - 1	3 - 2	4 - 3	5 - 4	6 - 5	7 - 6	8 - 7	9 - 8	10 - 9	11 - 10	12 - 11	13 - 12	-
<b>WATER</b> meter reading													
used	2 - 1	3 - 2	4 - 3	5 - 4	6 - 5	7 - 6	8 - 7	9 - 8	10 - 9	11 - 10	12 - 11	13 - 12	-

<b>LPG (Bottled Gas)</b>		<b>Oil</b>		<b>Coal</b>	
kg left over at start of year	(1)	Litres left in tank at start of year	(1)	kg left in store at start of year	(1)
kg delivered <i>(note all delivery weights and add up at end of year)</i>	(2)	litres delivered <i>(note all delivery quantities and add up at end of year)</i>	(2)	kg delivered <i>(note all delivery weights and add up at end of year)</i>	(2)
kg left at end of year	(3)	litres left at end of year	(3)	kg left at end of year	(3)
kg used: (1)+(2)-(3)		litres used: (1)+(2)-(3)		kg used: (1)+(2)-(3)	

## Tip #11: Tell a friend! Tear off the strip below and pass on.

I've had insulation installed in my house to make it cosy during winter and cheaper to heat. Why don't you get insulation too?

Contact: [www.warmstreets.co.uk](http://www.warmstreets.co.uk) / 0800 043 9569

If calling from a mobile: 0333 577 9569