

**CONTACT THE ENERGY SAVING TRUST ADVICE CENTRE ON:
FREE PHONE**

0800 512 012

The Warm and Well scheme has been set up to help people in Gloucestershire keep their homes warm, comfortable and healthy. The scheme is aimed at home owners and private tenants.

Gloucestershire



Warm & Well



SevernWye
ENERGY AGENCY



*make your home energy efficient
keep your home warm
and stay well*

Read this leaflet to find out how to save energy and money, and protect your family's health by making your home as energy efficient as possible.

Gloucestershire



Warm & Well



How to keep warm and well

- **An energy efficient home.**
- **Easier and cheaper to keep warm and free from draughts.**
- **Less risk of respiratory illness, including asthma.**
- **Easier to avoid condensation, damp and mould.**
- **Easier to control the temperature and prevent overheating.**
- **Protects the environment.**

Make your home healthy and comfortable for you and your family



Energy efficiency can help you to do this by making it easier and less expensive, to keep your home warm and free from draughts and damp. It also makes it easier to control the temperature and stops you getting too hot or too cold.

Why is this important for health?

- If a home is too cold, this can increase the risk of:
 - **Respiratory (breathing) illness:** thought to be more likely at below 16°C (61°F). Typical examples are secondary infections to colds or 'flu', including bronchitis and pneumonia. Asthma is a common respiratory illness.
 - **Heart attacks and strokes:** at temperatures below 12°C (54°F) it has been found that there is an increased risk of heart attack or stroke in vulnerable people.
 - **Hypothermia:** can occur if a vulnerable person (particularly the elderly or very young) is exposed to a temperature of less than 9°C (48°F) for two hours or more.
- **Overheating** on the other hand, can increase the risk of Sudden Infant Death Syndrome (cot death). Babies can overheat because of too much bedding or clothing, or because the room is too hot. FSID safety advice is a room temperature of between 16 and 20°C.



For more information on Sudden Infant Death Syndrome please visit www.fsid.org.uk

Keep the heat in

In most homes, heating uses more energy than anything else. To control your heating costs make sure that heat cannot leak out too quickly.



- **Insulation of cavity walls** is generally a straightforward job, for a specialist installer. If you have solid walls you can line them with insulation if and when you are replastering.
- Put 270mm of **insulation in your loft**. Include insulation when you repair a leaky flat roof.
- New or replacement **windows can be double glazed**. DIY secondary glazing is an alternative, for selected windows.
- **Draught proofing** will make you more comfortable, but be careful not to block off all ventilation.
- **Floor insulation** may be installed from a cellar, or during repairs.

There are grants to help with insulation work, especially for people on benefit or aged 60 and over. To find out what is available and whether you are eligible phone the number on the back of this leaflet and ask about Warm and Well.

Keep warm for less money

- **Keep your heating and hot water under control**, by using timers and thermostats. If you buy a new heater or heating system, remember to ask about efficiency and running costs.
- **Be extra careful not to let a baby get too hot or too cold.**
- **Use thermostatic radiator valves** to set different temperatures in different rooms.
- **Closed front coal or wood fires** are much more efficient than open ones.
- Individual fires and heaters may have **thermostats or heat output settings. Turn them down** if the room gets warmer than you need.
- **If you buy a new gas fire, ask about efficiency and running cost.**
- Make sure that the **hot water tank is lagged**, and that there is a thermostat set to 60°C. This protects against scalding as well as saving energy.
- **Small shelves above radiators or storage heaters** will make you more comfortable by pushing rising heat out into the room.
- **Foil behind radiators on outer walls** will reflect heat back into the room.





- **Use a timer** to make sure the heating and hot water are only on when needed.
- **Do not leave hot taps running or dripping.**
- **Set your wall thermostat to 18-21°C**, to avoid overheating.
- On manual electric storage heaters, put the **input** (sometimes labelled 'charge') on **high** and the **output** (also called 'room temperature' or 'boost') on **minimum** overnight in winter.
- The output lets warm air out; you can turn it up later on, if the heat radiated from the front panel is not enough to keep you warm.
- Remember that **electric fires and convectors are much more expensive to use than storage heaters**. Use the controls they are fitted with to keep costs down.
- If your water is heated by an electric immersion heater, do not leave it switched on all the time. Using a timer will make this easier.
- Note that **heating water using electricity** is generally much **cheaper on an off-peak tariff**.

Don't let damp and mould get the better of you

- **Damp from condensation can cause mould to grow** and the number of dust mites to increase. Protect your family's health by taking steps to avoid it. Making your home energy efficient will help.
- Condensation happens in the home because household **activities add moisture to the air**. This turns back into water when it comes into contact with a cold surface such as an outer wall or window.
- **Insulate your home to make it warmer overall and warm up the surfaces.**
- **Dry clothes outside, or in a tumble dryer** which is ventilated to the outside. If neither is possible, dry them in a well ventilated room with the inner door closed.
- **Get rid of uncomfortable draughts** but allow for a little ventilation in every room, to provide fresh air and remove the moisture that people breathe out.
- **Never block up vents for boilers or fires**, as these are for your safety.
- In the bathroom and kitchen **use an extractor fan or open a window (or back door) to get rid of moist air**. At the same time close the inner door, or the moisture will find its way into other rooms.
- **Put lids on cooking pans** if possible.
- **Avoid using gas or paraffin heaters without flues.**



Keep your electricity bills under control

If you have children, you probably have a huge pile of washing to do every week. The cost of running other electric appliances may have gone up too.

Laundry



- **Wait for a full load**, rather than washing half loads, if possible.
 - **Dry clothes outside** whenever you can.
 - **Try washing at a lower temperature**, if clothes are not very dirty.
- **Make use of any energy saving features on your machine.**

Refrigeration

- **Don't put your fridge or freezer next to something warm** like a radiator or cooker.
- It will work better if there are **gaps around the sides, back and top, for air to circulate.**

Energy labels

- If you buy a new washing machine, dryer, fridge or freezer, **choose one with a good rating on the Energy Label.**
- **Do you leave your TV on standby all the time?** You will save money if you switch it off when you are not watching it.

Lighting

- **Low energy light bulbs** last up to ten times as long as a standard bulb and use around a quarter of the electricity compared to an ordinary one of the same brightness.
- They come in different shapes and sizes, so choose one that fits best in the position it is intended for.
- To choose the right brightness, look on the box to see how it compares to a standard bulb



