



ABERDEEN
CITY COUNCIL

A GUIDE TO energy efficiency

www.aberdeencity.gov.uk

Aberdeen City Council have produced this guide as part of our commitment to help all householders in the city to heat their homes affordably.

2014/15

energy efficiency
www.aberdeencity.gov.uk

WELCOME to our guide on energy efficiency in the home

With the cost of providing heat and power into our homes becoming more expensive, paying these bills is of concern to most of us. This guide aims to provide information on ways you can reduce your fuel bills while still staying warm and providing the electricity you need. Whether your looking to save money or keep your home warmer without spending more this guide is for you.

When looking at ways to reduce your bills and make every penny spent on energy in your home go as far as possible, there are many things to consider , and it can be quite daunting knowing where to start. This guide will be that starting point.

We have tried to cover everything, from actions that will cost you nothing, to low cost options, to more costly home improvements, however where there is a cost there may be a grant!, we give advice on where to get these grants and other funding options.

Saving energy not only saves money it will help save the environment by reducing carbon emissions, as can installing low carbon technologies and renewables, and therefore you will find have information on solar thermal, PV, heat pumps, biomass, and district heating.

You will also find advice on the causes of dampness and condensation, and on how to tackle this problem. Dampness and condensation problems can be linked to a poorly insulated, or poorly heated house, so improving the energy efficiency of your house can solve condensation problems (although it is important maintaining adequate ventilation.

Whether you have not looked into ways of saving energy or have done some things but wondering what next, we hope you will find this Guide useful.

HOW you can save energy, and money, in the home

Saving energy – and therefore money – in the home starts with you. There are loads of ways to make your home more energy efficient and a few simple changes can save some serious money. Are you ready to start saving? Let's go...

NO Cost Savings

We're all guilty of leaving a light on when we leave a room, but turning unneeded lights off is one quick and easy way to start saving money. And more money than you might think. Add to this turning off electrical appliances at the plug, like your TV, and all of a sudden your savings are starting to rack up to between £45 - £80 a year!

Want to save an extra forty quid a year? Let's head to the kitchen. By setting your washing machine to 30oC makes immediate savings, because you are using less energy to (over)heat the water.

And why not try running a bowl of water when you are washing up rather than leaving the hot tap running... if you leave the tap running you are literally pouring money down the drain.

When you're making your morning cuppa, just put enough water in the kettle for what you need, rather than filling it up – why use electricity, and money, boiling water you don't need? Do these three things and that's an extra £43 a year in your pocket rather than the energy company's.

Finally, try turning your room thermostat down by just 1oC. A comfortable temperature is between 18-21oC, so if you can turn your thermostat down, and maintain this comfortable temperature range, you'll be saving £75 a year.

TOTAL NO COST SAVINGS:
Up to £198 a year

LOW Cost Savings

Most of us don't live in new, super energy efficient houses, which means most of us will be losing heat, and money, through draughts. But fitting effective draught-proofing to your home is pretty easy and will save you money.

Doors, letterboxes, windows and skirting boards are the main culprits so head down to your local DIY store and stock up on some draught-proofing products and silicone sealant (for the skirting boards).

And don't forget the chimneys. If you have open, unused chimneys in your house without a proper draught excluder, it's like leaving a window open all year round. Invest in a proper chimney balloon – with the money saved through losing heat up the chimney it will pay for itself pretty quickly.

By excluding all your draughts, you will be saving between £20 and £30 a year.

Next, let's look at your bulbs. You can make light work of saving money by switching all your lighting to energy efficient light bulbs. Hardly worth it? Think again. By switching just one traditional bulb to an energy efficient one will save you £3 a year or £45 over

the age of the bulb. Now, imagine the savings you would make if you switched your entire house to energy efficient light bulbs!

Now, let's see if we can save some money in the bathroom. If you have a shower that is fed by a boiler or hot water tank (so, not an electric shower) a family of four could save £65 a year by fitting a water-efficient shower head. Many water companies offer these free of charge, and you can fit them yourself, so why not give your water company a call to see if you could get one free?

Now we're really starting to make savings. But, if you want to spend a little more and make even bigger savings consider fitting new controls to your boiler, like a programmer, a room thermostat and thermostatic radiator valves. The ability to control your heating more effectively and efficiently could save you between £70-£150 a year.

So, now we're beginning to act more energy efficiently, and saving plenty of money too, let's talk insulation. This is the stuff that helps keep the warmth in...

TOTAL LOW COST SAVINGS:

Up to £275 a year

LOFT Insulation

Where does your house lose heat?

33% Through the walls

26% Through the roof

18% Through windows

8% Through floors

3% Through doors

If you have no loft insulation, over a quarter of all your heat will be lost through your roof every year. The current recommended depth for loft insulation is 270mm and it will last for around 40 years. Insulating your loft or attic is easy and could save you around £180 a year.

While loft insulation is a bit more expensive than some of the other things we've talked about, it will pay for itself over and over again.

Free loft insulation schemes are often being run by the government or your local authority, so it's always worth calling the Energy Saving Trust

**freephone on
0808 808 2282**

**SO SEE IF A SCHEME
IS CURRENTLY BEING RUN.**

If you insulate your loft, you should remember that your living spaces will be warmer, but your loft will be colder, so it's well worth insulating pipes and your hot water tank to prevent freezing. You might also want to put insulation strips around your loft hatch to prevent draughts.

CAVITY Wall Insulation

If your home was built after 1920, the chances are that its external walls are made of two layers with a gap, or cavity, between them. Cavity wall insulation fills that gap, keeping the warmth in and saving you energy and money. It can also help reduce condensation inside the house. Cavity wall insulation is not a DIY job – you will need a registered installer.

Cavity wall insulation saves up to €250 a year and though it can be a bit more expensive to install, with the money you save on fuel bills it will pay for itself within three years. There are also often schemes being run by the government or local authority that could offer free cavity wall insulation, so it's worth calling the Energy Saving Trust on 0808 808 2282 to find out.

HOMEENERGYSCOTLAND.ORG

0808 808 2282

FUNDED BY THE SCOTTISH GOVERNMENT

SOLID Wall Insulation

If your home was built before 1920, its external walls are probably solid rather than cavity walls. Solid walls do not have a gap like cavity walls, and lose twice as much heat as cavity walls do.

The good news is that they can be insulated – either from the inside or the outside. This will cost more than insulating a cavity wall, but the savings on your heating bills will be bigger too.

EXTERNAL WALL INSULATION

involves fixing a layer of insulation material to the wall, then covering it with a special type of render (plasterwork) or cladding. The finish can be smooth, textured, painted, tiled, panelled, pebble-dashed, or finished with brick slips. As well as keeping your house warmer, it also renews the appearance of your house.

INTERNAL WALL INSULATION is done by fitting rigid insulation boards to the wall, or by building a stud wall filled in with mineral wool fibre. While

it is cheaper than external wall insulation, it can be disruptive, requiring redecoration and skirting boards and doorframes to be removed then reattached. However, it can be done room by room.

Depending on your type of property, either internal or external wall insulation can save you up to £460 a year on heating bills.

As with cavity wall insulation, there are often schemes being run by the government or local authority that could offer solid wall insulation free of charge, so it's worth calling the Energy Saving Trust on 0808 808 2282 to find out.

FLOOR Insulation

Gaps and draughts around skirting boards and floors are simple to fix with a tube of sealant bought from any DIY store. However, you need to remember that floorboards will rot without adequate ventilation, so don't block under-floor airbricks in your outside walls.

Once you have excluded draughts from in and around your floors, you can go a step further and properly insulate under the floor.

Older homes are likely to have suspended timber floors, which can be insulated by lifting the floorboards and laying mineral wool insulation supported by netting between the joists.

Many homes, especially newer homes, will have a ground floor made of solid concrete. This can be insulated too with rigid insulation laid on top.

You don't need to insulate the floors of upstairs rooms in your house if they're above heated spaces (like the living room). But you should think about insulating any floors that are above unheated spaces such as garages, as you could be losing a lot of heat through those.

Insulating under the floorboards on your ground floor will save you around £60-£75 a year.

TOTAL SAVINGS
AFTER INSULATING:
Up to €715 a year

RENEWABLES

Renewable and low-carbon technologies are good for the environment and good for your pocket too, particularly with government financial incentives available. So, it's never been a better time to consider installing renewable technologies that can generate electricity, heat, or both!

When deciding on the right technology for your home a professional and impartial opinion can be invaluable, even more so when that service is free!

Here's where Home Energy Scotland comes in. They have renewable specialists who can visit your home to talk you through the best renewable technologies to suit your property and your circumstances. They can explain savings you might make, and discuss technical or planning issues and tell you more about funding available.

Because they are funded by the government, the service is free of charge. Just call Home Energy Scotland on 0808 808 2282.

HOMEENERGYSCOTLAND.ORG

0808 808 2282

FUNDED BY THE SCOTTISH GOVERNMENT



energy efficiency
www.aberdeencity.gov.uk

SUPPORT and Advice

Home Energy Scotland

Home Energy Scotland (HES) is funded by the Scottish Government and delivered by the Energy Saving Trust.

SCARF operates Home Energy Scotland in the North East.

Home Energy Scotland provides free, impartial advice on making your home warmer, more affordable and greener. Whatever a person's circumstances and wherever they live in Scotland, Home Energy Scotland can help them.

You can contact Home Energy Scotland on freephone 0808 808 2282 or visit energysavingtrust.org/scotland

SUPPORT and Advice

HEAT

The Home Energy Advice Team (HEAT) from SCARF is funded by Aberdeen City Council to provide free and impartial advice to householders in an effort to improve affordable warmth and help people heat their homes for less.

Local authority, housing association, privately rented tenants and homeowners can contact HEAT for tailored advice suitable to their property and circumstances.

Advice can be provided over the phone or face-to-face in the home, where an advisor can provide a heating demonstration to ensure their client gets the most out of their heating system through effective use of controls, timers and programmers.

To arrange a home visit or for more information call HEAT free on 0808 129 0888 or visit scarf.org.uk

SUPPORT and Advice

Aberdeen Affordable Warmth

Operated through Aberdeen Care and Repair, the Affordable Warmth Scheme is aimed primarily at owner-occupiers who are paying 10% or more of their income on heating their homes.

The Affordable Warmth Scheme offers step-by-step assistance to improve the energy efficiency of a property; from an initial assessment to completion of the works.

Aberdeen Affordable Warmth Scheme is managed by Castlehill Housing Association and funded jointly by Aberdeen City Council and Communities Scotland.

To contact the Aberdeen Affordable Warmth Scheme call 01224 251130 or 251133 or visit aberdeencity.gov.uk

SUPPORT and Advice

Victorian Tenement Project

If your home is one of over 12,000 flats in granite tenements built in Victorian or Edwardian times, it is now over 100 years old. Some of these flats are hard to heat and your fuel costs can be high.

Aberdeen City Council set up this project to look at ways in which the heating systems and insulation in these properties can be improved.

The scheme is open to owner-occupiers, tenants of private landlords, private landlords and local authority tenants. Visits can be made to individual householders for initial discussions, or groups of neighbours, particularly when there are problems common to all the flats in the tenement.

To arrange a home visit or for more information call 01224 522016, email homeenergy@aberdeencity.gov.uk, or visit aberdeencity.gov.uk

SPARE PAGE

SPARE PAGE