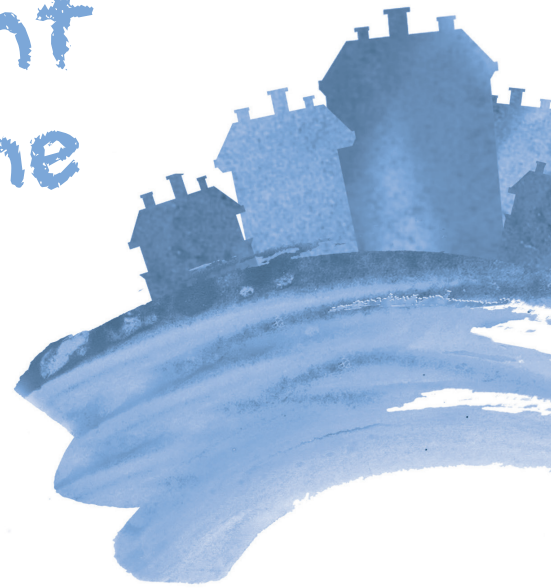


Insulation & Draught Proofing Your Home

Warm air in a room **cools quickly** when it hits cold walls or windows. Insulation and draught proofing are great ways to save money on your heating bills!



- A draughty house not only **loses heat** more easily, it **feels colder** than a non-draughty one at the same temperature. Deal with yours draughts and you will find it easier to turn your thermostat down a degree or two. You should consider draught proofing:
 - around your **windows** and **door frames**
 - around **letter boxes** and **key holes**
 - **gaps** around the floor and skirting board
 - the **edges of the loft hatch**
- Don't heat the sky! Think about **loft insulation** – a good amount to have is **300mm**, so pop your head in your loft and see if you need a top up.
- **Cavity wall insulation**, if suitable for your home, can save you **£135 a year**
- If you can't have cavity wall insulation, consider **external or internal insulation solutions**. You could save around **£450 a year**.
- **Floor insulation** is a good solution for many homes, saving around **£60 a year**.
- **Double glazing** can save **£160 a year**.
- If you have a chimney, a **chimney balloon** can save around **£40 a year**.
- Use **curtains** to keep the heat in, opt for **heavier** curtains in the winter months and draw them at **dusk**.



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