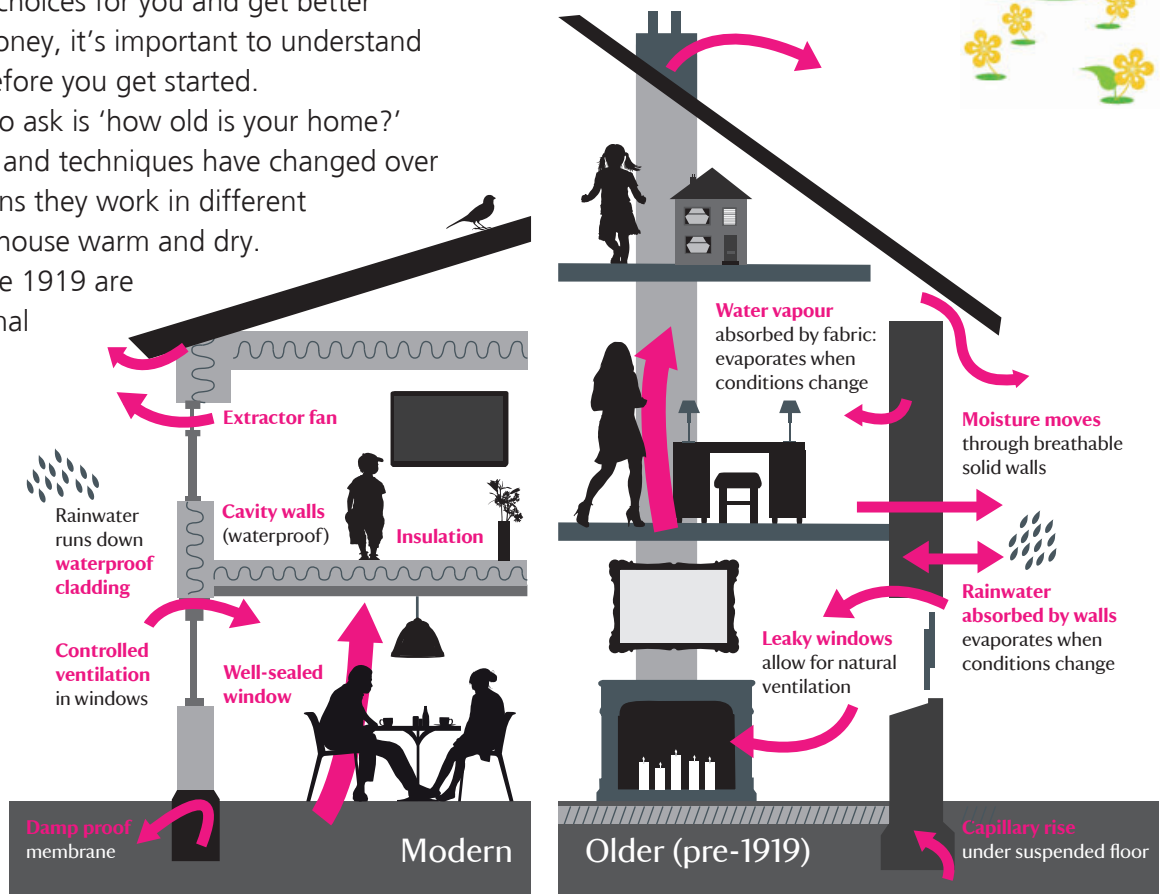


# Love your home

## Energy advice to help protect your own special place

With the wide range of energy saving options available there is always something that can be done to make our places even more special, no matter what age, size or type of home we live in. But to make the best-fit choices for you and get better results for your money, it's important to understand your home first before you get started.

The key thing to ask is 'how old is your home?' Building materials and techniques have changed over time and this means they work in different ways to keep the house warm and dry. Homes built before 1919 are known as traditional buildings and they behave very differently from those built later.



## Finding what's right for your home

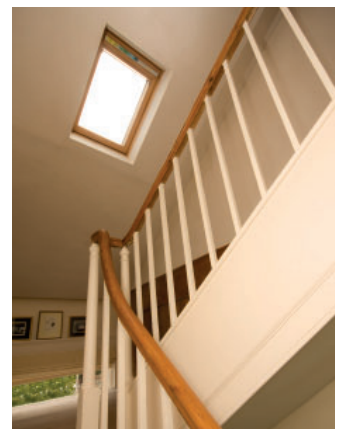
**We love our homes and want to make them as comfortable and special as possible.**

The UK has some of the oldest homes in Europe with over a quarter built before 1919. It is often said that older buildings are leaky and cold, but there is plenty of evidence that shows traditional homes can be made warm and energy efficient, especially when we use compatible measures, traditional materials and a little extra care.

Newer buildings vary hugely in how energy efficient they are,

depending on how they were built, the materials used and how we live in them. Even very efficient buildings often rely on us to make good decisions about what temperature we set the heating at, and so on. So if your home is modern, it's still important to understand how it works and the best approach to take. Lots of the measures on our list of quick wins help cut down energy use in any age of building and

will help you on the way to making your home cosy and cheaper to run.



# Quick and easy lifestyle changes that will save energy in all homes

There are lots of simple things we can all do each day to cut down our energy use and save on our bills. We can close the curtains or shutters when it gets dark, make sure the furniture isn't blocking your radiators and close doors to keep warm air from escaping. Turning the thermostat down by one degree won't make it feel chilly but can save up to 10% on your bill.

And don't forget the little things like regular care and repair. A damp wall loses more heat than a dry

one, so clearing leaves and checking all is well with the drainage as part of an autumn tidy-up is a good way to help stay cosy for winter. Fixing guttering, repairing broken window panes and closing gaps around windows and doors will instantly improve the energy performance of our homes.



For lots more tips check out CSE's home energy advice website at [www.cse.org.uk/loveyourhome](http://www.cse.org.uk/loveyourhome)



# Looking after your pre-1919 traditional home

Older homes tell us a great deal about the past and the way people used to live.

A house built before 1919 is likely to have been made using traditional materials and techniques. In particular, it will probably have solid (non-cavity) walls and plenty of natural ventilation.

As a consequence, traditional homes can sometimes be quite cold and expensive to heat.

It is possible to make your traditional home warmer and cheaper to run – for example by insulating the walls, mainly on the inside – but you need to bear in mind the way your house was built. Walls of solid, breathable or permeable materials, like limestone and brick, can absorb moisture without damage and release it slowly as it dries out (new

buildings, by contrast, are designed to keep moisture out with layers of waterproof or impervious materials such as cement and plastic). Problems such as damp can occur in traditional buildings when



they are unable to dry out – this is often caused when modern materials are used incorrectly.

You will need to get planning permission from your local council if your home is a listed building, in a Conservation Area, or otherwise of historical interest. And to make an application to them, you need to arm yourself with some information about what makes your home special and interesting and show that you can protect these features.

Do all this, and you'll be able to make your home cosier and more efficient without changing or damaging the things that give it its historical value.

The tips on the following pages will help you get to know your traditional home a little better and begin saving energy in a ways that really work ...



The National Trust cares for many traditional houses and cottages that need to be loved, maintained and helped to use less energy. We believe that there is always something that can be done to make a traditional home warmer and more efficient, but we also recognise that older buildings work differently from modern ones and a little more care needs to be taken when deciding what to do.



## Windows and doors

Original doors and windows are a special part of the beauty and character of traditional buildings. Often they have lasted hundreds of years because they are built with replaceable elements so can easily be maintained.

But some older windows and doors are draughty, even if they have been well cared for over the years. Draught-proofing is one of the cheapest and least intrusive ways of tackling this, and the costs can be quickly recovered by the energy savings. Draught-proofing also helps reduce noise and dust.

Window shutters and curtains are both effective in reducing heat loss. Curtains can reduce heat loss from a window by about 15%, shutters by 50% and insulated shutters give a nearly 60% reduction, which is more than double glazing.



### Things you can do for windows:

1. Refurbish tired shutters or reinstate them if they've been removed
2. Refurbish and draught-proof original windows
3. Put secondary glazing film on to windows
4. Install temporary secondary glazing, which fits to window frames
5. Replace windows damaged beyond repair with a high performance traditional design

### Things you can do for doors:

1. Draught-proof your door
2. Refurbish a tired door
3. Create a draught-proof hall or porch
4. Replace doors damaged beyond repair with high performance thermal doors

Feeling creative? Try making some thermal curtains with the National Trust how-to video. Go to [www.bit.ly/1Ays39d](http://www.bit.ly/1Ays39d)



## The loft

A quarter of the heat from a home is lost through the roof which is why loft insulation is so important. Luckily it is also one of the easiest and cheapest things to do to improve our homes. Insulating water tanks and pipes in the loft will also make an instant difference to how much energy we use.

There is a wide range of insulation materials available but those which enable the building to breathe are better suited to older buildings because they are 'breathable' and can absorb and let out moisture without loss of thermal efficiency.



### Things you can do for lofts and roofs:

1. Insulate the loft hatch
2. Insulate your loft (where the loft is only used for storage and is unheated)
3. Rafter insulation (where the loft is in use or heated)
4. Flat roof insulation

For more energy advice for new or traditional homes, see [www.cse.org.uk/loveyourhome](http://www.cse.org.uk/loveyourhome)

## Fireplaces and chimneys

An attractive fireplace can be the focal point of the home, bringing to mind brightly burning logs on a winter's evening. Striking the right balance between enjoying these lovely original features that make our homes special and losing warmth from a room can sometimes be tricky.

How we use and look after chimneys is really important. Good ventilation is essential to maintain a comfortable traditional building, but too much wastes heat and makes us feel cold. Chimney dampers can reduce draughts when flues are not in use but should not be a tight fit as some air is needed to

ventilate the chimney flue. A cheap and effective temporary alternative is a chimney balloon which inflates to block up the chimney. A bit of care needs to be taken to make sure there is enough ventilation so damp doesn't build up in the chimney flue.

During the summer, chimney balloons can be removed and dampers and register plates can be opened to allow more air to flow through and reduce the risk of overheating.





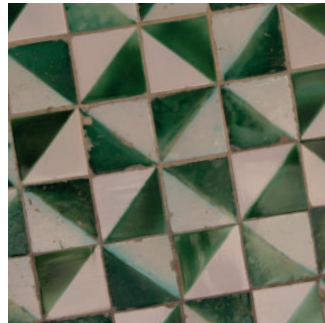
## The floor

Depending on the age and construction of a building, traditional floors come in all shapes and sizes, from beautiful slate flag stones to oak or pine boards.

But both suspended timber floors (pictured) and solid floors can be cold and draughty, and in some cases a home may benefit from floor insulation. However, it's an intrusive process; solid floors need to be excavated to install insulation beneath them and suspended floors may need all the boards to be lifted, risking damage to the original materials. This

means you should probably focus your insulation and draught proofing on other areas of the house before tackling the floor.

If the floor feels particularly chilly or is a source of draughts then filling gaps and covering your floor with rugs will have an immediate effect. Using natural materials, especially on solid floors, will allow the buildings to breathe and won't trap moisture.



## Domestic renewables

Renewable energy is clean, produces few waste products, and comes from sources, like the sun or wind, that won't run out. This is in contrast to sources of energy such as oil, gas, coal or nuclear power.

Small-scale renewable energy is becoming more common in the home, particularly solar panels (either for heating water or for generating electricity), heat pumps, wind turbines and biomass. But of course it's worth taking all the energy saving measures we can before spending time and money on renewable energy installations.



The National Trust continues to exploring all sorts of ways to generate energy at its properties, from solar (pictured) to hydro and biomass to air source heat pumps.

To find out more about micro generation and start your cleaner energy journey, see [www.cse.org.uk/micro-generation](http://www.cse.org.uk/micro-generation)



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Charity: 298740  
Founded: 1979

The Centre for Sustainable Energy is a national charity that helps people change the way they think and act on energy.

Our Home Energy Team offers free advice on domestic energy use to householders in Bristol, Somerset, Wiltshire, South Gloucestershire and Dorset.



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