



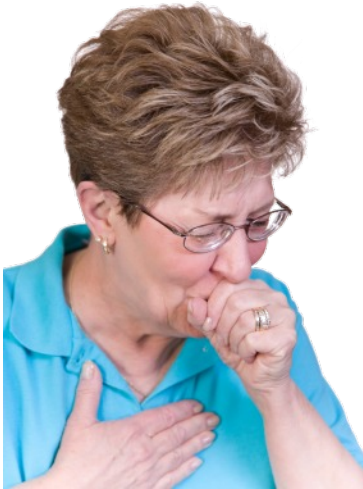
How to stay warm for less



EasyRead version



Living in a damp, mouldy home is bad for your physical and mental health.



It can cause serious health conditions, such as strokes.

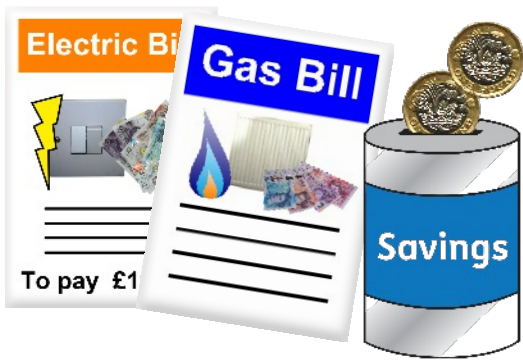
It can make existing conditions like asthma or arthritis worse.



You need to heat the rooms where you spend most time between 18 and 20 degrees.



This will keep you warm and stop the damp.



If you can't afford to keep your heating on, this factsheet will tell you 8 ways to save money on your power bills and stay warm.



1. Heat just one room in your house



2. Stop draughts



3. Wear warm clothes



4. Stay active to keep yourself warm



5. Cover up with a heated throw, blanket or sleeping bag



6. Have hot food and drinks



7. Find warm places to go near your home



8. Stop damp and mould

1. Heat just one room in your home



Make this the room that:

- is usually warmer than the others



- you spend most time in



- gets a lot of sun.



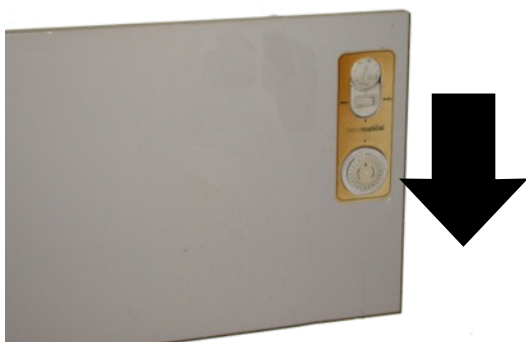
A small room is cheaper to heat than a big one.



Heating a room with a heat pump, gas, LPG or oil boiler is cheaper than a plug-in electric heater.



Turn down the radiators in the rooms you are not using.



Turn down electric storage heaters you don't need.



Put a **reflective** panel behind radiators on **external** walls.

A **reflective** panel is made of shiny material. You can buy it online and in DIY stores. It will stop the heat from escaping outside.

External walls are the walls around the outside of your house.



If you have a plug-in heater keep it away from windows and external walls.



Try not to use portable gas heaters because they can be dangerous and can make your home damp.

2. Stop draughts



A **draught** is when cold air blows through a room and makes you cold.



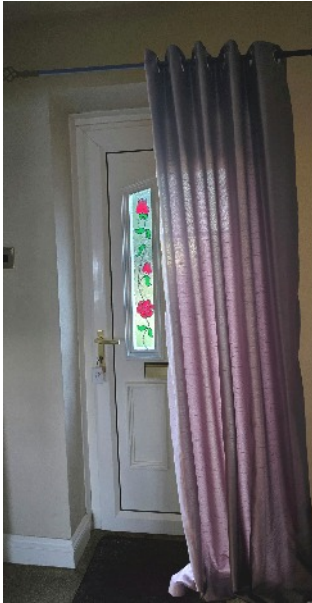
Heat can escape from the room through windows, doors and floors.

We have a factsheet that tells you more about stopping draughts.



Doors

Keep all doors closed.



Hang curtains over **external doors**.

External doors are the doors you go in and out of your house through.

Cover keyholes and letter boxes.



Block gaps under the doors with draught excluders such as a rolled up blanket. Attach the draught excluder to the door so you don't trip over it.

Windows



You can buy draught-proofing strips to seal your window frames. These strips are **self-adhesive** which means they stick on.



Line your curtains with liners or blankets so they keep the heat in better.



Close the curtains when it's getting dark and open them in the morning to let the sun warm the room.



Be careful that your curtains don't cover radiators. Tuck them behind if possible.



Floors and walls

If you have no carpet on your floors keep your feet warm by adding some rugs.



Fill in the gaps in your floorboards and skirting boards to keep draughts out.



How to place your furniture

Move chairs and sofas away from external walls as sitting near them will be colder.



Leave a gap of 6 inches or more between furniture and radiators so the heat can spread around the room.

3. Wear warm clothes



Wear thick, warm socks and slippers. Slippers that are like boots are good because they cover your feet and ankles.

Tuck your trousers into your socks or slippers to prevent cold air from getting in.



Wear a hat, gloves, scarf or coat indoors. You may feel a bit silly, but it will keep you nice and warm.



Wear lots of layers (such as leggings, tights or long-johns under your trousers). This will keep you warmer than a single layer.

Materials like wool and fleece are good at keeping you warm.

4. Stay active to keep yourself warm



Don't sit for long periods. Get up and move around. Being active helps you to stay warm.



Just gently walk around your home or on the spot. If you exercise too much you'll sweat and this will cool you down.

5. Cover up with a heated throw, blanket or sleeping bag



Running a heated throw only costs £3.36 a week, even if you have it on all the time.

Heated throws cost around £50 to buy. But using a one means you can turn your heating down. This will save you money.



Fluffy blankets or sleeping bags will also help you stay warm. They don't work as well as a heated throw but you may have one already and they are cheaper to buy.



Other things that can keep you warm are heated pads, heated floor mats, electric blankets and microwaveable wheat bags. These all cost less than 2p per hour to use.

6. Have hot food and drinks



A hot drink makes you feel warmer inside, so have plenty of tea, coffee or other hot drinks during the day.



Only fill the kettle with as much water you need to save energy.



A microwave is the cheapest way to heat food and drinks.

7. Find warm places to go near your home



Many councils have a warm hub which is a heated public place you can spend time in for free and keep warm.



If your council does not have a warm hub, many churches, community centres, libraries and museums offer free entry and activities.



Some community venues also offer cheap or free hot meals.

8. Stop damp and mould



A damp house feels colder and is bad for your health.



We make a lot of moisture in our home when we cook, shower and dry clothes.



When this moisture is trapped in your home, it can cause damp and mould.



Here are some ways to help your home stay dry and mould-free:

- Keep the doors closed and the windows open in rooms where you shower, cook or dry laundry.



- Use extractor fans if you have them.



- Keep furniture away from walls so the air can circulate.



- Clean mould off the walls to stop the mould spores from spreading.



- Try to dry your clothes outside. If you can't, use the fastest spin speed on your washing machine to get as much moisture out as possible before you hang them up.



The Centre for Sustainable Energy is a charity.



To contact us for more information:

Call free: **0800 082 2234**



Email: **home.energy@cse.org.uk**



Web: **www.cse.org.uk**



Twitter: **@HelloCSE**

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