

KEEPING THE HOME WARM

We lose heat through walls, floors, doors, windows and rooves. It costs money to replace heat.

You can save money and it can help with damp!



The easiest way to reduce heat loss is to **get rid of draughts** where air escapes when you don't want it to.

That means that you can encourage air to flow through your home in the best way to deal with damp too.

In this leaflet, we focus on affordable and easy tips which when added together could keep your home warmer and save on your heating bills.

Professional insulation

Larger works, such as insulating the external walls, floors and rooves (where applicable) are more expensive to do and will need permission from a landlord, but can save you significant amounts of money. Things to investigate are:

Cavity Wall and Solid Wall Insulation

Loft and Floor Insulation

Double Glazing

DIY DRAUGHT - PROOFING

Start draught-proofing with easy and cheap methods!

FREE! Close your curtains when it gets dark to keep in the heat

Stick secondary glazing film (around £7, a bit like cling film) to your bedroom or living room windows.

Get thermal linings for your curtains

WARNING:
Don't seal up your home. It's important for air to travel through your home - use extractor fans and open your windows every day

A curtain over the door helps reduce heat loss



Put foil behind the radiator. It reflects heat back into the house

Don't fill in air vents - you still need some way for damp air to escape.



Use draught excluders on doors

A thick carpet will reduce heat escaping through the floor



Letterbox brushes reduce heat escaping through the door

Use seals around doors and windows too, so warm air doesn't escape

Fill in any cracks in walls, floorboards, around windows and gaps around fittings- you can use foams and putty, and even tissue!



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These leaflets have been put together by residents and staff from:

The Bromley By Bow Centre, EastendHomes, Gateway Housing, Spitalfields Housing Association, Tower Hamlets Homes and Tower Hamlets Community Housing. To see all of our leaflets

Visit: www.bbbc.org.uk/empower-resources

