

How to keep your home warmer, helping the planet and your pocket

Climate Week North East 2023



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How to keep your home warmer, helping the planet and your pocket

In Aberdeen, did you know a large percentage of carbon emissions come from energy to heat buildings, including our homes.

Making small changes at home can contribute to Aberdeen City's 2045 Net Zero target, helping the planet, and your pocket.

- **10 Top Tips to Save Energy in you home and reduce your bills**
- **What is Whole House Retrofit? Ventilate and Insulate**
- **Fabric First approach**
- **Aberdeen City Council Social Housing Retrofit Standard PAS 2035**



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10 Top Tips to save energy at home you can take today

1. Turning your combi boiler flow temperature down to 65°C will make cost savings

Refer to <https://energysavingtrust.org.uk/should-i-turn-boilers-flow-temperature-down/>

2. Turning down radiators in rooms you aren't using

Turning off radiators completely in rooms you are not using is less energy efficient as this means your boiler has to work harder to increase the temperature back up again.

3. Turning appliances off at the socket

Switch off instead of leaving on standby.

4. Washing clothes at a lower temperature

Changing from 40°C to 30°C means you reduce costs

5. Using your tumble dryer less

Tumble dryers are one of the most energy-intensive devices in the home.

Remember to open windows and ventilate your home!



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www.savingenergyaberdeen.co.uk for hints and tips

6. Closing all your curtains and blinds at night

By closing your curtains and blinds, you can help stop warm air escaping through windows and reduce heating costs.

7. Appliances Energy Efficiency labels

Models labelled 'A' are the most energy efficient and can use less than half the energy of a similar 'G' rated model.

Remember to check the label and to buy appliances as close as possible to 'A'

8. Switch to Energy saving lightbulbs

There are two types of energy saving lightbulbs, Compact Fluorescent Lamps (CFLs) and Light Emitting Diodes (LEDs). LEDs are the most efficient energy lightbulb.

9. Heating Thermostat

Turn the thermostat down by 1°C will save money and not be noticed in the home.

10. Shorter shower and less baths

Take a shower instead of a bath: it uses less than half the hot water!



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Reduce Risk of Damp and Mould

- Let air circulate by keeping internal doors open whilst sleeping
- Ensure window trickle vents are open
- Put on extract fan and open bathroom window if drying clothes indoors

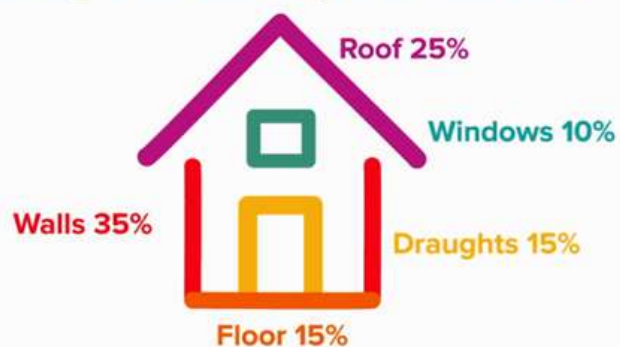


[Tips to prevent Condensation, Damp and Mould | Aberdeen City Council](#)

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Where is heat being lost in our homes

Losing heat due to poor insulation



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Many homes are not energy efficiency. By installing energy efficiency measures in your home you will:

Improve comfort levels within the home

Living in a cold home can lead to health problems and affect the quality of your life.

Reduce fuel usage and limit rising energy bills

By improving the energy efficiency of your home you can reduce your energy usage and save money.

Reduce carbon emissions

Reducing energy consumption also reduces the amount of carbon released into the atmosphere.

Energy Saving Trust for more information - energysavingtrust.org.uk



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The Energy Performance Certificate (EPC)

What is an Energy Performance Certificate?

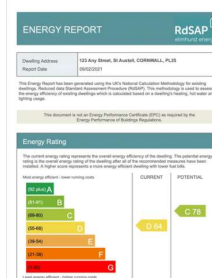
- An EPC, tells you how energy efficient your property is and gives it a rating from A (very efficient) to G (inefficient).
- An EPC also includes information on what the energy efficiency rating could be if you made the improvements that are recommended.

Scot Gov Targets Net Zero 2045

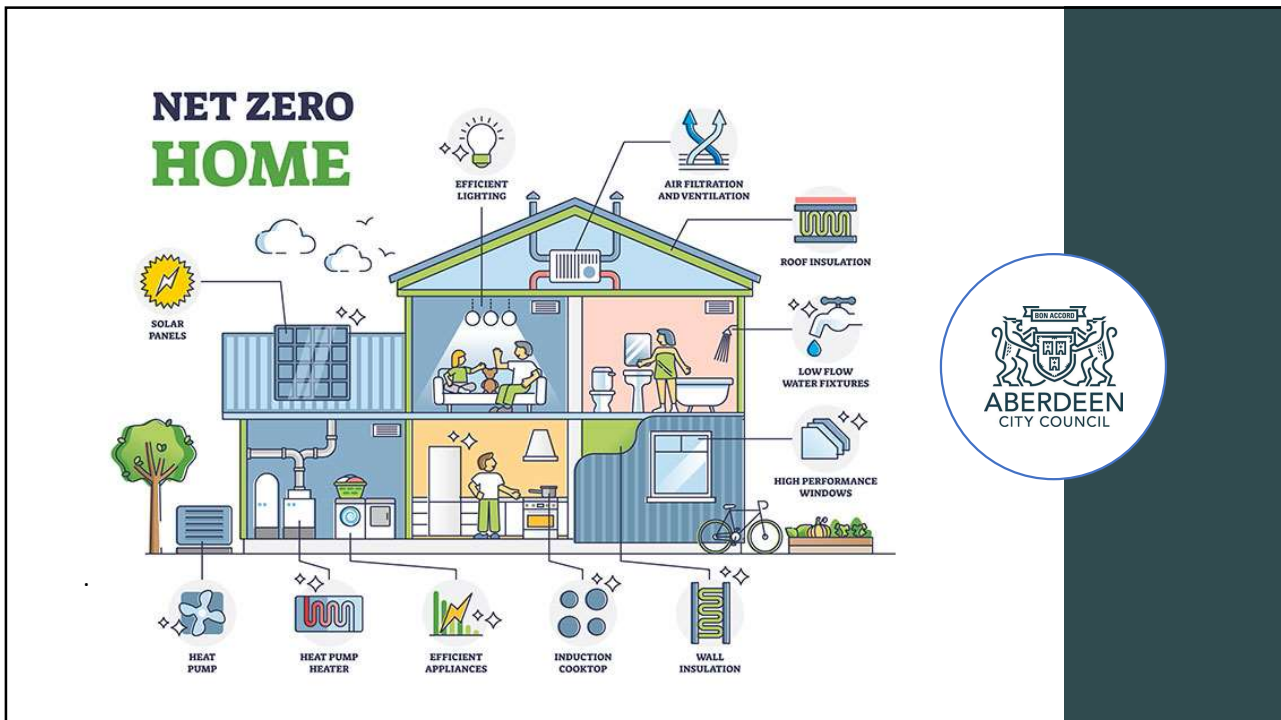
All Houses EPC C rated by 2033

All Houses EPC B rated by 2040

www.scottishepcregister.org.uk



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What measures can you take?

- Doing insulation measures first – fabric first
- Consider how measures interact
- Insulate and Ventilate



House Retrofit is simply the process of making changes to existing buildings so that energy consumption and carbon emissions are reduced.



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Fabric first measures first then renewables



Wall, loft
and floor
Insulation

Triple
Glazed
windows

Energy
Efficient
Doors

Solar PV
Heat Pump



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Fabric First Approach before Renewables

Best approach is to insulate the elements of the building fabric and consider how they interact

BEFORE the use of low carbon technologies such as heat pumps.

Reduce Energy Consumption and improve thermal comfort

- The best way to reduce energy consumption in buildings is to insulate to reduce the heat demand, maintain min 16 degrees C internal temp
- This tends to be achieved by improving the thermal efficiency the **Roof, Walls, Floor, Windows and Doors.**

Once the energy demand in your home is low – low carbon technologies can be introduced such as Solar PV and heat pumps.

A Retrofit Assessor or Architect can provide advice.



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Insulation measures for your home

Loft Insulation – minimum 300mm

Draught proofing - around fabric gaps in your home

High performance - windows and doors if replacing

Underfloor Insulation – solid and suspended timber floors

Cavity Wall Insulation

Old cavity wall insulation is extracted first and these refilled



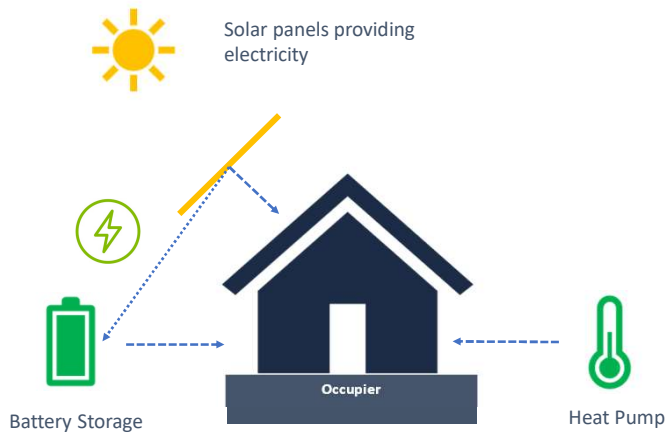
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External Wall Insulation



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Renewables for your home after your home is insulated



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Aberdeen City Council Housing Retrofit

PAS 2035 new energy efficiency retrofit standard acting as a framework for energy retrofit of domestic buildings.

ACC Social housing

improvement EPC D to EPC B

with a range of Energy Efficiency

Measures, PV + battery and ASHP



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Advice and Support

Funding support

- www.scarf.org.uk
- www.savingenergyaberdeen.co.uk
- www.homeenergyscotland.org

Retrofit advice

- www.rias.org.uk/for-the-public/find-an-architect RIAS directory of architects
- www.trustmark.org.uk – find a PAS 2035 qualified retrofit assessor or tradesperson.

