

## Saving Energy at Home



Heating uses the most energy in UK homes - Photo courtesy of [Mitchell & Dickinson Ltd](#)

Instalment two in our 10-part series on carbon saving in all areas of our daily lives, this month looks at some of the biggest and the easiest ways to save energy in our homes.

Home is where the heat is - something we are all conscious of with the increasing fuel prices! The good news is that most homes can reduce their heat loss by 80% through insulation, and there are also some easy wins to save energy and money this winter.

## Share the bills!

Interestingly, one of the best things you can do if you have a spare room is to get a lodger. Your home's energy use is divided by the number of inhabitants, so not only do lodgers contribute to energy bills, they also reduce your carbon footprint. And they can also improve your quality of life: for example, sharing meals introduces new recipes, you can enjoy wider company, and delegate some of the cooking and household tasks. The government is so keen to encourage this that income from lodgers is tax-free for up to two rooms per household.

## 'Fabric First'

The retrofit industry maxim, 'fabric first', tells us to reduce our home's energy requirement by insulating before installing new heating systems. The low-hanging fruit of insulation are topping up your loft insulation to 300mm, fitting draught-proofing and double or secondary glazing. These can reduce heat loss by 40%, offering a return on investment of as much as 10% per year through reduced fuel bills. Wall and floor insulation complete the retrofit, but have longer payback times. Finally, all good retrofits include ventilation to maintain air quality once you have sealed up the draughts.

## Top Tip

Our top tip for this winter is to use heated throws and electric blankets. Most importantly, they cost just 1p per hour to run, compared to 70p for an electric radiator and several pounds for central heating. Keeping you warm on the sofa or at your desk, a great advantage is you won't get drowsy working in hot air temperatures. We believe that if everybody, especially the elderly and vulnerable, uses heated blankets it will make high fuel prices much easier to manage.

## More ways to save energy

For more tips on how to save energy at home read the [Keeping Warm page on the Carbon Savvy website](#).

And for our brand new, latest info on this important subject, plus an easy rule of thumb to work out the cost of running each of your home appliances, delivered in delightfully bite-size, 15-minute chunks, [join the Carbon Savers Course here](#).

## Big push on EPCs

As part of our investigation into faulty Home Energy Performance Certificates (EPCs), we are doing a big push this month to get the EPC calculations corrected for older properties. EPCs currently do not work properly for properties built before 1925, and can contribute to fuel poverty for tenants. If you agree that EPCs should be fixed so that they work for buildings of all ages, [sign the petition here](#).

Read more about [these issues here](#).

Next month: Shopping - tips for feel-good, carbon-cutting purchases for a wonderful, green Christmas.

Happy carbon saving,

Mukti and the Carbon Savvy team

### Do you have a carbon saving story?

Together with our carbon removal partners, JustCarbon, we're looking for carbon saving champions, who regularly take steps to reduce their carbon footprint. If you'd like to tell us what you do and take part in our media campaign, then we'd love to hear from you by filling out this small questionnaire.



## CARBON QUESTIONNAIRE



### Gold Standard Carbon Removals

Carbon Savvy has teamed up with [JustCarbon](#) to source reliable carbon removals – supporting projects that are actively reducing CO2 levels in the atmosphere. Read more about why these are an important part of the effort to mitigate climate change in this article: [Carbon Removals & the global carbon budget](#). Purchase carbon removals below, to mitigate your emissions.

## PURCHASE CARBON REMOVALS

### **Carbon Savers Bite-sized Course**

Everything you need to know to cut your footprint and raise your wellbeing in ten light, easy-listening sessions of 15 minutes each. Perfect to start a monthly meeting or for lunchtime-learning sessions. Starts October 1st - to see our preview video and book tickets, click below.



[COURSE AVAILABLE HERE](#)



### **Carbon Ambassadors Uncut**


The definitive course for carbon communicators. Gain a complete understanding of the fastest, easiest ways to save CO2 with this flexible learning course. Guest speakers include Mike Berners-Lee, Lord Richard Layard, Jane Davidson and Satish Kumar. Eight modules of 2 hours each.


[COURSE AVAILABLE HERE](#)

***“Mukti Mitchell is a fantastic presenter and his enthusiasm for a low carbon lifestyle is infectious!” -***






**Carbon Ambassadors Course 2022 - participant**

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