

Insulate your cavity walls and keep the heat at home

Cavity wall insulation is a simple and effective way to reduce your heating bills – and have a warmer home

If your home was built after the 1930s, the chances are that its external walls are made of two 'skins' with a small gap between them. This means they are 'cavity walls' and the gap between them can be filled with insulating material to stop the warmth escaping to the outside.



Cavity wall

Solid wall

To find out whether your home has cavity walls, look at the brick work. If your home has cavity walls, the bricks will normally have a regular pattern (left). If your home has solid walls, the bricks will have an alternating long-short-long-short pattern (right).

Cavity wall insulation can cut your heating bills so much that it will pay for itself quickly. What's more there are grants and offers available to help pay for cavity wall insulation. For professional installers, the job is simple, quick (about two hours) and makes no mess.



"Insulating your cavity walls can reduce condensation inside the house ... and you'll also be cutting CO₂ and helping to tackle climate change"

How much money will I save if I fill my cavity walls (approx)?

Cost	£250
Annual saving	£115
Payback	2 to 3 years
CO ₂ saving per year	610kg

These are estimated figures based on a gas-heated, 3-bed semi. For larger homes, or those heated by electricity or oil, the savings will be significantly higher. The cost (£250) includes subsidy available under the Carbon Emissions Reduction Target (CERT); the typical unsubsidised cost is around £500.



Insulation keeps the heat indoors. People who insulate their cavity walls notice the difference in their comfort and in their fuel bills

Is my home suitable?

Generally speaking, your home will be suitable for cavity wall insulation if:

- the external walls are unfilled cavity walls
- the masonry and/or brick work is in good condition
- your cavity is at least 35mm wide (or 50mm for some forms of insulation)

If your home was built in the last 10 years it is likely that the cavity is already insulated. Some walls exposed to extreme weather and driving rain can also be unsuitable for cavity wall insulation. In all cases if you're thinking about cavity wall insulation, always check with a registered installer who will assess whether your home ticks all the right boxes. If your home is not suitable for cavity wall insulation, why not think about **solid wall insulation** (see other leaflet)?

NB: Filling cavity walls is not a DIY job. It should always be carried out by a registered installer who is a member of the National Insulation Association (NIA), the Cavity Insulation Guarantee Agency (CIGA), or the British Board of Agrément. You should also make sure that your installer is signed up to a code of professional practice like those provided by the NIA, and that the installation is guaranteed for 25 years by CIGA.

Find out more ...

Our advisors can tell you about any grants and offers available for cavity wall insulation and put you in touch with a registered installer

Call free on **0800 512 012**
or go to **cse.org.uk/grants**



Tips for lower energy bills

Happy paying your gas and electricity supplier more money than you need to?

Thought not. Here are 15 ways to cut your bills ...

1) **Keep the oven door shut as much as possible;** every time you open it, nearly a quarter of the heat escapes.



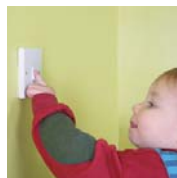
2) **Give your clothes a day in the sun;** and give your tumble drier a break. Clothes dried in the fresh air feel great, and there are drying days in winter, too.

3) **Food in the oven cooks faster when the air inside flows freely,** so avoid putting foil on the racks.

4) **Don't leave your phone on charge all night.** It only needs a couple of hours – and don't leave the TV and other kit on stand-by.

5) **Be a friend to your freezer.** Defrost it regularly to help it run more efficiently.

6) **Catch 'em young.** Encourage your children to switch off electric toys and lights that they're not using. They'll soon get the hang of saving energy.



7) **Dodge the draught!**

Fit draught-excluders to your front door, letter box and key hole, and draw your curtains at dusk to keep the heat in.

8) **When boiling water, only fill the kettle with as much as you'll actually use** (but make sure you cover the metal element at the base).

9) **Buying a new TV, washing machine or dishwasher?** Look out for the Energy Saving Trust 'recommended' logo, and remember: the bigger the TV, the more energy it'll use.



10) **Dimmer is smarter.** Use your dimmer switches to reduce the amount of energy used to light your room.

11) **Wait until you have a full load before putting on a wash.** Two half-loads use more energy (and water) than one full load.



12) **Sleep tight.** Make sure all the lights are turned off when you go to bed, or use a low-wattage night light if you do need to leave one on.

13) **Turn your heating down by 1 degree.** You'll hardly notice the change in temperature, but it'll make a big difference to your heating bill.

14) **Put your fridge in a good spot.** Somewhere the air can circulate behind it, but not next to a cooker or radiator.

15) **New computer?** Remember a laptop typically uses around 85% less energy than a new desktop PC.

For free domestic energy advice, call **0800 512 012**
or go to **www.cse.org.uk/advice**



3 St Peter's Court
Bedminster Parade
Bristol
BS3 4AQ

0117 934 1400
info@cse.org.uk
reg charity 298740

We are a national charity that shares our knowledge and experience to help people change the way they think and act on energy.



More energy advice at
cse.org.uk/advice