

# **A GUIDE TO ENERGY EFFICIENCY**

**USEFUL INFORMATION FOR  
HOME OWNERS**



**LIVE HERE**



# introduction

Using energy wisely can save you money, reduce your home's carbon dioxide (CO<sub>2</sub>) emissions and help to fight climate change.

## Insulation

In a typical British home, about a third of the heat produced by a central heating system is needlessly lost through the roof, ceilings and walls. By installing good insulation measures, you can almost eliminate that. Think about installing loft insulation (270mm thick), cavity wall insulation and draught proofing measures.

Double glazing is the UK's most popular energy-saving measure, although cavity wall insulation will actually save you a lot more and costs much less to install.

## Central Heating

The efficiency of your central heating system depends upon two things, a high-efficiency boiler and good controls. If you are looking to replace your boiler, you should consider buying a condensing boiler. Although

they cost more to buy, they can save up to 40% on your fuel bills every year compared to an old boiler. Good heating controls ensure that your boiler is only working when heat is needed in the home. You can choose from a wide range of controls, but the following elements are especially important to any heating system.

- Room temperature
- The temperature of stored hot water
- On/off times for heating and hot water
- Switching off the boiler when heating is no longer required.
- Thermostatic radiator valves also provide the added benefit of individual room control.

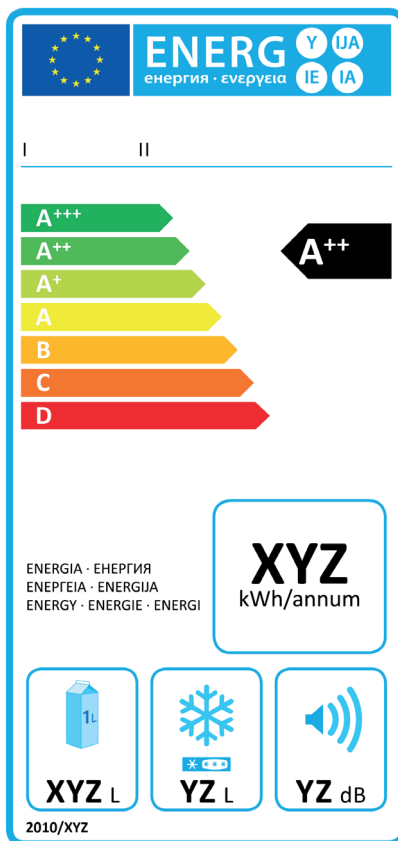
## Low Energy Light Bulbs

As their name suggest, low-energy light bulbs use less energy than ordinary light bulbs, and although they cost more to buy they save you money in the long run. Over its lifetime (10,000 hours for energy efficiency-recommended bulbs) the saving could reach £68 per bulb.

## Energy Saving Products

Energy saving products use less energy and therefore have less of an environmental impact, as well as being cheaper to run. The EU Energy label has recently been updated and rates products on a scale from A+++ (dark green - the most efficient) to G, although the lowest category for most household appliances is D (red – the least efficient). The label shows the total energy consumption, along with additional information relevant to that product, such as the volume of storage compartments for refrigerators or noise levels for dishwashers. By law, the label must be shown on all refrigeration and laundry appliances, dishwashers, electric ovens, air conditioners, light bulb packaging and from December 2011, televisions.

The most energy efficient products also carry the Energy Saving Trust recommended logo including TVs, boilers, glazing and insulation.



## Fuel Poverty

Fuel poverty, by the government's definition, means that you are spending over 10% of your income to achieve adequate levels of warmth in the home. This is generally defined as being 21 degrees centigrade in the main living rooms and 18 degrees centigrade in other areas.

There are three ways of tackling this problem:

- Installing energy efficiency measures
- Income maximising - you may not be claiming all eligible benefits
- Education - energy advice on how to use your heating and hot water systems correctly and incorporating energy saving measures into your everyday living.

Contact North Lanarkshire Council Local Homes Energy Section on 01698 524733 for more information on all aspects of energy efficiency.

## Energy Saving Tips

- Turning your thermostat down by 1 degree could cut your heating bills by up to 10%.

- Always turn off the lights when you leave a room.
- Close your curtains at dusk to stop heat escaping through the windows.
- Don't leave appliances on standby and do not leave appliances on charge unnecessarily.
- Only boil as much water as you need.
- Take a shower instead of a bath – this will save on fuel bills and saves water.
- Programme central heating to come on half an hour before you get up in the morning, and to go off half an hour before you retire in the evening.
- Fit reflector panels behind radiators.
- Turn radiators down in rooms you don't use, they shouldn't be switched off though.
- Fix dripping taps and make sure hot-water taps are turned off.
- Try to use a low-temperature programme on the washing machine.
- Use lids on saucepans and match the ring size to pots and pans.

## Home Energy Efficiency Programmes

Home Energy Scotland manages the Home Energy Efficiency Programmes for Scotland on behalf of the Scottish Government. They offer practical help and advice on home energy efficiency and may provide financial assistance towards insulation and heating systems.

To request further information on all Energy Efficiency measures including those listed above please contact the Home Energy Scotland on 0808 808 2282 or visit

[www.energysavingtrust.org.uk/scotland](http://www.energysavingtrust.org.uk/scotland)

## Further Information

- **Home Energy Scotland** provides information on all Energy Efficiency measures including the Green Deal.  
**t:** 0808 808 2282  
[www.energysavingtrust.org.uk/scotland](http://www.energysavingtrust.org.uk/scotland)
- **North Lanarkshire Council Local Homes Energy Section** provides advice on energy efficiency such as home insulation and ventilation.  
**t:** 01698 524733  
[www.northlanarkshire.gov.uk](http://www.northlanarkshire.gov.uk)
- **Window Advice Centre** provides impartial advice and can assist homeowners to obtain quotations.  
**t:** 0141 332 7878  
[www.windowadvicecentre.co.uk](http://www.windowadvicecentre.co.uk)
- **North Lanarkshire Council Welfare Rights Services** contact your local Social Work Reception Services to request confidential income maximisation.  
**Airdrie** – 01236 757000  
**Bellshill** – 01698 346666  
**Coatbridge** – 01236 622100  
**Cumbernauld** – 01236 638700  
**Motherwell** – 01698 332100  
**Wishaw** – 01698 348200  
[www.northlanarkshire.gov.uk/yourmoney](http://www.northlanarkshire.gov.uk/yourmoney)
- **Under One Roof** provides impartial advice on repairs and maintenance for flat owners in Scotland.  
**e:** [info@underoneroof.scot](mailto:info@underoneroof.scot)  
[www.underoneroof.scot](http://www.underoneroof.scot)



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