



## Low Carbon Chilterns Co-op - quick wins on your energy bills

*These are things that we have found apply to most community buildings.  
 If you have not done them yet, they are very likely to repay the effort.  
 Start saving from now!*

*If you need advice or help with them, ask us:  
 Phone: 01494 81925  
 Email: [hello@lowcarbonchilterns.org](mailto:hello@lowcarbonchilterns.org)  
 Web: [www.lowcarbonchilterns.org](http://www.lowcarbonchilterns.org)*

Quick Win	Cost (£)	Save (£)	Pay-back
<p><b>1. Switch to lowest cost tariffs and energy suppliers</b>                      Use the information from your bills to see if you can quickly reduce energy costs. Look at:</p> <ul style="list-style-type: none"> <li>getting a better deal from your existing suppliers - by changing tariffs etc</li> <li>switching to lower cost suppliers - try <a href="http://www.energyhelpline.com">http://www.energyhelpline.com</a></li> </ul>	Nil	100s	0 years
<p><b>2. Heating controls - turn it down</b>                      Many buildings have their heating temperature set higher than needed, without realising it.</p> <ul style="list-style-type: none"> <li>Try turning the room thermostat down to 18°C. Leave it a week and see if anyone complains (may need to be higher for older people). Put it up 1°C if they do.</li> <li>Check your hot water cylinder - needs to be no hotter than 55°C. If more, turn it down.</li> </ul>	Nil	50s to 100s	0 years
<p><b>3. Heating and electrical controls - turn it off</b>                      Many buildings run heating for longer than needed, or heat unused spaces.</p> <ul style="list-style-type: none"> <li>Don't heat empty spaces. If a room isn't occupied then turn down the radiator there, close the curtains and close the door. (If you have one, use your controller to do this)</li> <li>Turn off your lights, appliances, hot water urns, computers and chargers when you're not using them.</li> <li>Measure your electricity use - use a smart meter for a week, including the weekend, to show you where your electricity is going, and help decide what to turn off.</li> </ul>	Nil	50s to 100s	0 years

Low Carbon Chilterns Co-op Ltd. is registered as Industrial & Provident Society No. 31454 R, regulated by the Financial Services Authority.

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<p><b>4. Stop wasting heat - lag it and seal it</b></p> <p>There are many places where you may be wasting the heat from your boiler. Can be DIY.</p> <ul style="list-style-type: none"> <li>• Lag all hot water pipes that you have access to.</li> <li>• Fit an insulating jacket (75mm) to your hot water cylinder if it doesn't have one.</li> <li>• Bleed your radiators once a year.</li> <li>• Close the curtains at dusk before the warmth escapes. Consider adding a fleece lining to curtains, or thermal roller blinds.</li> <li>• Add foil reflectors between radiators and external walls.</li> <li>• If you have an unused chimney fit a chimney balloon to stop the draft.</li> <li>• Add good quality draft-proofing weather-strips around all leaky doors, windows and roof space hatches.</li> <li>• Use silicone sealant to seal gaps around window frames &amp; skirting boards.</li> </ul>	50s to 100s	50s to 100s	Less than 1 to 2 years
<p><b>5. Change to low energy light bulbs, everywhere</b></p> <p>Change all your light bulbs for low-energy ones; use LEDs for halogen spots, or other small lights. if you can afford them, go for LEDs everywhere; if not, use compact fluorescent lamps ( CFLs). Can be DIY.</p>	100s	100s	2 to 3 years
<p><b>6. Insulate flat 'loft' floors in accessible roof spaces.</b></p> <p>If your roof space has less than 270mm of insulation, take it up to that or more. Can be DIY.</p>	100s to 500s	25s to 100s	2 to 5 years
<p><b>7. Insulate any un-insulated external cavity walls</b></p> <p>If brick-built after 1920, it is likely that your external walls have two layers with a cavity between. Cavity wall insulation fills that gap, keeping the warmth in to save energy. It can also help reduce condensation inside the building.</p>	500s to 1000	100s	2 to 10 years
<p><b>8. Understand your energy use and costs, for further action</b></p> <ul style="list-style-type: none"> <li>• Work out your energy use and cost, from your energy bills.</li> <li>• Record the different uses of your building, and the timings.</li> <li>• Ask how users find the buildings' comfort (in each main room) - to see what heating improvements could increase use.</li> </ul>	Nil	?	? years

Charles Ainger, for Low Carbon Chilterns

[cost/save/payback - scaled from EST, modified from LCCC experience]

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