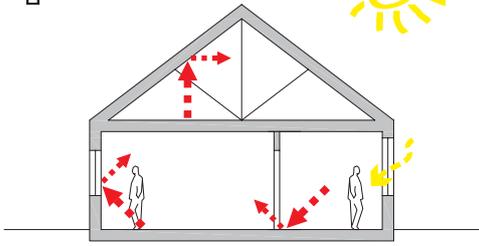


1



REDUCE HEAT LOSS THROUGH ROOF WALLS AND FLOOR

If possible increase the thickness of insulation, your roof is usually the easiest. Grants are sometimes available, the energy savings trust can help.
[Www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

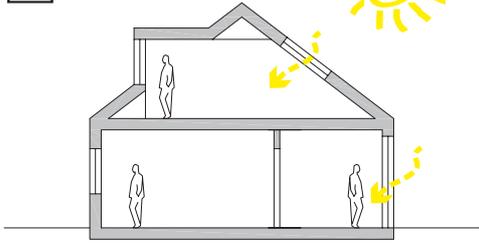


2



MAXIMISE FOOTPRINT/BUILDING ENVELOPE

Convert your loft/attic. If you have the space you might as well use it. A carefully designed extension will also provide additional space. If you need an extra room(s) it could mean you don't have to move house. Have a look at the housing projects on our website for ideas on how to alter or build a new house. www.lowcarbonstudio.org

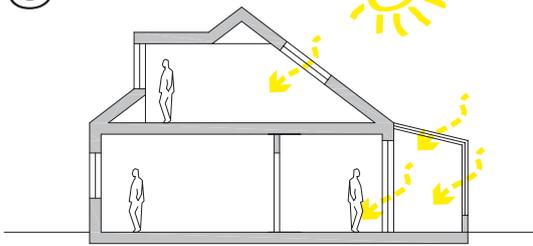


3



INCREASE NATURAL LIGHTING

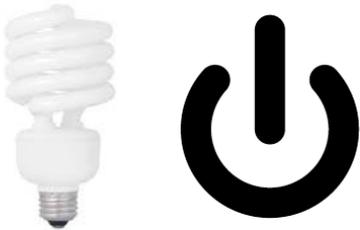
Reduce your electricity & heating costs by making sure your windows on the south facing side of your house are big enough to let in lots of natural day light. You could add a sun space or conservatory to provide extra room and act as a buffer in the winter.



4

REDUCE ENERGY CONSUMPTION.

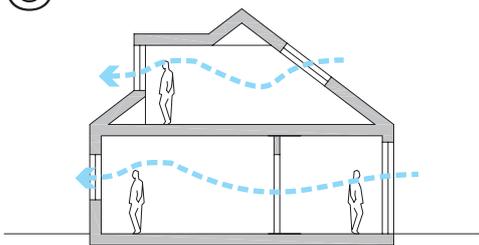
Install an electricity monitor to check your energy usage. Install led or low energy bulbs, an induction hob, shower with thermostatic mixer, 'a' rated white goods. When not used, switch off all electrical equipment, not just onto standby.



5

GOOD NATURAL VENTILATION.

If your house gets too warm, although unlikely in Scotland! Make sure you can open your windows to cool your house. It may be possible to fit a whole house ventilation system with a heat exchanger, it could be powered by solar electric panels.



6



UPDATE YOUR EXISTING HEATING SYSTEM –IE GAS/OIL BOILER, ELECTRIC PANELS.

A ground source heat pump, air source heat pump, solar heating or thermal store could be cheaper to run although initial installation costs will be higher than a conventional gas hot water heating system, for example. The price of gas, oil and electricity is increasing each or every other year.

7



RENEWABLE TECHNOLOGIES

These could be considered but can be costly and depend on your location. Options include solar heating panels, solar electric panels, wind turbine, air and ground source heat pump, fuel cell, mini hydro. We work with suppliers and installers who can give detailed advice on options.

8



REDUCE TRAVELLING (PETROL & DIESEL)

Increasingly people are able to work from home reducing fuel consumption and travelling time. If you have the space build a home office or a garden studio. Have a look at the forest school options on our website. They can be used as a garden studio or extension to your house. www.lowcarbonstudio.org

9



WINDOWS & DOORS

Fit draft excluders, replace single glazed or poor quality double glazed windows with new triple glazed windows. This will reduce heat loss and cut external noise. We can advise on options and suppliers. The kind of frames used can reduce long term maintenance ie painting.

OTHER THINGS TO CONSIDER

- Rain water recycling.
- Sun space or conservatory.
- Dry clothes outside instead of using a tumble dryer.
- Re-cycling household waste, paper, cans, glass etc.
- Dual flush toilets reduce the water used.
- Don't fill the kettle, only boil the water you need.



THERE ARE LOTS OF WAYS TO LOWER THE ENERGY YOU USE, PLEASE CALL FOR ADVICE