



Action for Warm Homes

Energy Efficiency Information and Advice

VERSION 1 | MAY 2017

KEEPING YOU UP TO DATE:

- NISEP energy efficiency grant schemes April 2017—March 2018
- Causes and prevention of condensation and dampness in the home

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Stay warm, stay well at home

Keeping warm at home is important for your health as well as for your comfort. By keeping your home heated to between 18°C and 21°C you will be helping yourself to stay warm and stay well.

To prevent heat loss from your home, insulate the walls and the loft. These are the areas where the greatest heat loss occurs.

Another way to keep the heat in your home is to open the curtains on a sunny day to let the warmth in, and close them later when it gets

dark. Thermal curtain linings will also help to keep the heat in.



Use the room thermostat to control the temperature in your home

Try not to block radiators with furniture, as this reduces the heat from them.

Fit draught proofing around the windows and doors.

Always be sure to keep your home ventilated, to avoid problems with dampness and condensation.

Use trickle vents and extractor fans where available, especially in the kitchen, bathroom and shower room.

A well insulated home is the first step towards keeping the heat where it is needed.

Remember to have warm meals and to take regular hot drinks throughout the cold winter days.

NISEP Energy Efficiency Grant Schemes

If you are a homeowner or renting from a private landlord, there are grants available for installing cavity wall and loft insulation, and for heating systems.

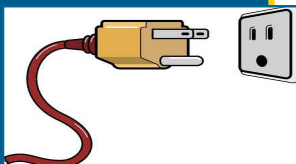
Eligibility is based on income (not benefits received or savings). Some schemes are fully funded and others are part-funded.

Conditions apply.

For further details about the grants contact NEA on

028 9023 9909

Tips to save energy and save money



Appliances left on standby cost you money.

Unplug them when they are not in use.

“Slow cookers have a lower energy rating than conventional ovens. They may use less energy, they allow you to use cheaper cuts of meat—and there’s less washing up, as it all cooks in one dish.”

Since May 2015 , over 4000 members have ordered over 3 million litres of oil.



Don’t leave appliances on standby—this costs more than you might think and could be as much as £40-£80 a year.

Defrost fridges and freezers regularly—they cost more to run when they need defrosted.

Change your old lighting to the more energy efficient

LEDs—they can save around £7 each in a year.

Only put the washing machine or tumble dryer on for a full load, or use the ‘half load’ setting. Washing clothes at 30°C will use less energy.

When buying new appliances, choose the more efficient ‘A’ rated

ones. They cost less to run.

Turn down your thermostat by 1°C and you could save up to 10% on your fuel bills, but remember to stay warm.

Have your boiler serviced annually—this will help to keep it as efficient as possible and safe.

Energy tips in the kitchen

Cook as much as possible in the oven at the same time to use all the space and heat available. Freeze food portions to warm up later.

Keep the oven door closed while cooking—each time it is opened it loses heat and requires

more energy to get back up to temperature.

Use the right size of pan, and a burner or ring the same size as the base of the pan.

Layer vegetables and potatoes in a steamer—it just uses one ring and it’s

also a healthy way to cook.

A microwave oven is fast and ideal for cooking small food portions, defrosting or reheating.

Make toast in the toaster instead of using the grill.

Oil Buying Clubs continue to grow

Bryson Energy , in partnership with NIHE, is working to negotiate the best oil price through the oil buying clubs. Open to all household ten-ures, the oil

buying clubs are free to join. Members can expect to save between £15 and £30 on their orders. The more people buy, the more the cost can be reduced. Orders are between 200 and 2,250 litres.

Everyone gets oil for the same price per litre—no need to buy expensive 20ltr drums.

For details contact:
Bryson Energy
Tel: 0800 1422 865

Condensation and Mould

The air in our home contains a certain amount of 'invisible' water vapour.

Cooking, showering, bathing, breathing, washing and drying the washing indoors all add moisture to the air.

Sometimes moist air from the kitchen or bathroom may travel to a cold room and condense as water

droplets on a cold surface within that room.

This condensation usually disperses fairly quickly, but sometimes it can be serious and persistent leading to the growth of mould.

Condensation usually occurs in the coldest months of the year. It concentrates in areas where there is little air



Condensation can cause mould and a musty smell

movement — behind furniture or curtains or inside cupboards on outside walls.

See below for ways to reduce condensation.

“Each of us breathes out about 1 litre of water vapour every 24 hours”

Condensation? Consider HIVE:

Heating Insulation Ventilation Excess moisture

Heating

Try to keep temperatures in all rooms above 15°C to reduce condensation forming on cold surfaces.

Insulation

Provided the home has some heating, insulation will

slow down heat loss. It also brings the temperature of the indoor surfaces closer to the air temperature, which makes condensation less likely.

Ventilation

Ensure there is good ventilation in the kitchen,

bathroom and shower rooms where most moisture is generated. Use extractor fans and trickle vents where fitted.

Excess moisture

Reduce the excessive moisture. For example, do not put wet clothes on radiators. Vent tumble dryers to the outside.

Other possible causes of dampness in the home

Condensation is only one of the possible causes of dampness in the home.

Other causes include rain penetration, plumbing defects and rising damp.

Look for overflowing gutters, damaged pointing, or missing roof tiles that may be causing

rain penetration.

Check water pipes to see if a plumbing defect is causing the dampness. Signs of rising damp include a “tidemark” on the wall above skirting boards of up to one metre and possible white efflorescent salts which have been drawn out of the brickwork by the water.

If you are concerned about condensation or damp, please contact
Belfast City Council
Public Health & Housing Unit:

Tel: 028 9027 0428

Email:

envhealth@belfastcity.gov.uk

Compare and Switch

Make comparisons between different energy suppliers to see if you could save money on your electricity or gas bill.

You could also save without switching supplier by changing your payment method, how you receive your bill and checking to see if you are on the most suitable unit price.



Things to consider before switching energy supplier:

- ◆ Which supplier's unit price is the cheapest?
- ◆ What discounts are available?
- ◆ What are the payment options?
- ◆ Who will read the meter?
- ◆ How will I receive my bill?
- ◆ What are the terms of the contract?



You can check the latest unit prices on the **Consumer Council** website:

www.consumercouncil.org.uk/energy

Or call **0800 121 6022**.

National Energy Action NI

Tel: 028 9023 9909

www.nea.org.uk

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Action for Warm Homes

National Energy Action is the national energy efficiency charity campaigning for warm homes.

NEA has over 30 years' experience designing and delivering projects to demonstrate new and innovative ways to tackle fuel poverty.

Working in partnership with local authorities, housing associations, the health sector, the energy industry, and other public and private organisations; our projects influence strategic development; enhance delivery capabilities and bring affordable warmth to communities.