

✓ Seal Windows and Doors

What to Do:

- Inspect windows and doors for gaps or cracks.
- Use weatherstripping or caulk to seal gaps around frames.
- Apply adhesive draught-proofing strips to movable parts of windows and doors.
- Install door sweeps or draught excluders at the base of doors.

Benefits:

- Reduces heat loss by preventing cold air from entering and warm air from escaping.
- Lowers energy bills by making your heating system more efficient.
- Eliminates cold draughts, making your home more comfortable.

✓ Install Smart Heating Controls

What to Do:

- Replace manual thermostats with smart thermostats.
- Set up zonal heating to control temperatures in individual rooms.
- Program heating schedules to match your daily routine (e.g., lower temperatures at night or when you're away).
- Use features like "holiday mode" to maintain a minimum temperature while you're out of town.

Benefits:

- Provides precise control over your heating, reducing energy waste.
- Allows remote access, so you can adjust settings from anywhere.
- Saves money by heating your home only when and where it's needed.

✓ Insulate Lofts, Walls, and Floors

What to Do:

- Check your loft insulation and top it up if it's below the recommended thickness (270mm for most homes).
- Insulate cavity walls by injecting foam or fibreglass insulation.
- Add insulation under floorboards or use thick underlay for carpets.
- Consider eco-friendly insulation options like recycled cellulose or sheep's wool.

Benefits:

- Provides precise control over your heating, reducing energy waste.
- Allows remote access, so you can adjust settings from anywhere.
- Saves money by heating your home only when and where it's needed.

✔ Use Thermal Curtains

What to Do:

- Replace lightweight curtains with thermal or blackout curtains.
- Ensure curtains are long enough to cover the entire window and overlap at the sides.
- Close curtains at dusk to trap heat inside.
- Consider adding thermal liners to existing curtains for extra insulation.

Benefits:

- Acts as a barrier to reduce heat loss through windows.
- Blocks cold air from entering and keeps warm air inside.
- Adds an extra layer of insulation without the need for major renovations.

✔ Prepare an Emergency Heating Kit

What to Do:

- Invest in a portable electric heater with a backup battery or generator.
- Stock up on blankets, sleeping bags, and warm clothing.
- Keep torches, batteries, and portable chargers in an easily accessible location.
- Store non-perishable food and bottled water in case of power outages.

Benefits:

- Ensures you stay warm and safe during unexpected power cuts.
- Provides peace of mind knowing you're prepared for emergencies.
- Reduces the risk of frozen pipes and other cold-weather damage.

✔ Upgrade to Energy-Efficient Heating Solutions

What to Do:

- Replace old, inefficient boilers with modern electric boilers or heat pumps.
- Install Fischer's high heat retention storage heaters or electric radiators.
- Pair your heating system with smart controls for optimal efficiency.
- Consider renewable energy options like solar panels to power your heating system.

Benefits:

- Reduces energy consumption and lowers utility bills.
- Provides consistent, reliable warmth throughout your home.
- Minimises your carbon footprint, making your home more environmentally friendly.

✔ Install Draught Excluders and Weatherstripping

What to Do:

- Place draught excluders at the bottom of doors to block cold air.
- Apply self-adhesive weatherstripping around window frames and door edges.
- Use brush strips for letterboxes and keyholes to prevent draughts.
- Seal gaps around pipes and cables with silicone sealant

Benefits:

- Stops cold air from entering and warm air from escaping.
- Improves comfort by eliminating cold spots and draughts.
- Enhances energy efficiency, reducing heating costs.

✔ Layer Your Home with Rugs and Carpets

What to Do:

- Add thick rugs to hard flooring, especially in living areas and bedrooms.
- Use underlay beneath carpets to improve insulation.
- Place rugs near doors and windows to block cold air from entering.
- Choose rugs with thermal or wool linings for extra warmth.

Benefits:

- Adds an extra layer of insulation to floors, reducing heat loss.
- Makes your home feel cosier and more comfortable underfoot.
- Helps absorb sound, creating a quieter indoor environment.

✔ Monitor Moisture Levels with Dehumidifiers

What to Do:

- Use a hygrometer to measure humidity levels in your home (ideal range is 30-50%).
- Place dehumidifiers in damp-prone areas like bathrooms, kitchens, and basements.
- Empty and clean dehumidifiers regularly to maintain efficiency.
- Use moisture absorbers in smaller spaces like wardrobes and cupboards.

Benefits:

- Prevents condensation, which can lead to mould and mildew.
- Improves air quality, making your home healthier and more comfortable.
- Reduces the risk of damp-related damage to walls, ceilings, and furniture.