

Many of the UK's older buildings are poorly insulated or have no insulation because there was no requirement to fit any insulation until 1965 when 25 mm of insulation was specified for the loft. Subsequently Building Regulations have required ever increasing amounts of insulation

**Simple low cost measures** include –

- Reducing drafts by fitting draft excluder to window and door frames
- Adjusting thermostatic radiator valves so living room is warmer and other less used rooms colder
- Reducing central heating water temperature so operating system for longer times at lower temperatures
- Increasing loft insulation if necessary to 300 mm

**Higher cost measures and greater warmth**

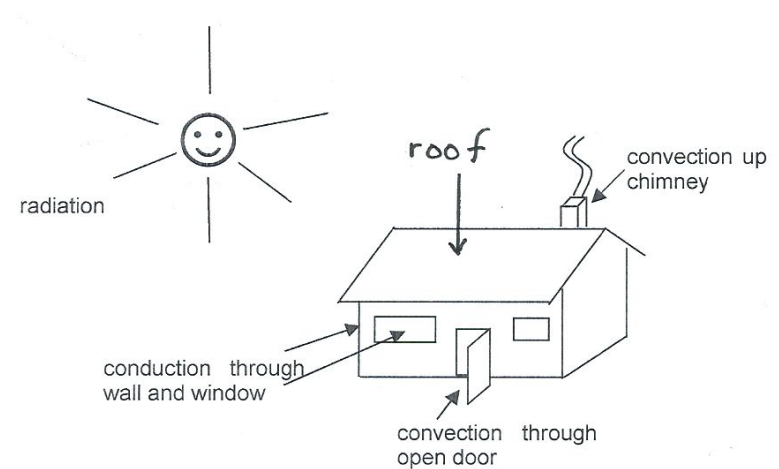
- Insulate cavity between external walls if house built post 1945
- Consider insulating externally if house built pre 1945 and has solid external walls with no cavity
- Replacing single glazing by double glazing initially in rooms used most often

**Further information**

Leaflets on these measures and other relevant information is available at [www.yateleycan.org.uk](http://www.yateleycan.org.uk)



## Creating warmer homes



The benefits of warmer homes include –

- Higher level of thermal comfort
- Less condensation due to difference in internal and external temperatures
- Healthier living conditions
- Less respiratory and pneumonia illnesses
- Lowers heating bills lengthens life of building fabric
- Reduces emissions of greenhouse gases responsible for global warming