Summary of Chapter 7

- Heating (and cooling) homes should be a prime target for saving energy.
- Step 1. To reduce the energy demand for heating it is essential to understand the controls of the heating system, whether a boiler or a storage heater. These include the programmer/timer, the room thermostat, the boiler thermostat and thermostatic radiator valves (TRVs). There are also simple strategies for minimising hot water demand such as taking a shower instead of a bath, replacing the showerhead with one that entrains air and turning off the water while you apply soap or shampoo.
- Step 2. To use the heating system more efficiently it is essential to have a condensing boiler and a well insulated home. Insulation includes treating cavity walls or outside solid walls and installing suitable double glazing, external doors, loft insulation, floors (where practical) and excluding draughts. Insulation will also keep the home cool in summer.
- Step 3. Low-carbon renewable heat can be generated from solar hot-water panels and heat pumps.
- You can compare your gas consumption with neighbours and others by accessing sites on the internet.