

# YOUR GREEN HOME IMPROVEMENT GUIDE



BY ECOCENTRIC-DESIGN.COM

## EASY WINS: START SAVING NOW!

Did you know that up to 25% of gas and electricity costs and carbon emissions can be saved by changing some simple habits? There are easy measures that you can take to protect the environment as well as save yourself money.



### Take regular meter readings

If you do not provide your energy supplier with regular meter readings, bills will be based on estimated readings. This way you may end up paying more than you actually use.



### Turn your thermostat down

Lowering the thermostat by 1 degree could save up to 10% energy in the course of a year.



### Close your curtains at dusk

Better still, thermal curtains. This will prevent heat escaping through the windows.



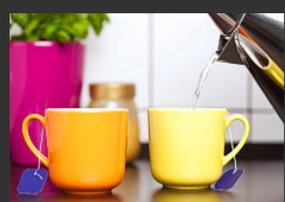
### Turn off appliances and lights

Turn off lights when you leave a room and do not leave TVs on standby or laptops and mobile phones on charge unnecessarily. Equipment on stand-by uses up to 20% of the energy it would use when fully on.



### Fill up your washing machine and dishwasher

If possible, fill up the washing machine, tumble dryer or dishwasher: one full load uses less energy than two half loads. When doing laundry, use a 40°C wash cycle which uses a third less electricity than a 60°C cycle and use an economy option.



### Don't overfill your kettle

Only boil as much water as you need. Heating more water takes longer and is not being used anyway!



### Fix leaking taps

A dripping hot water tap wastes enough water in a day to fill half a bath!

References:

<http://www.energysavingtrust.org.uk/>

<http://www.waterwise.org.uk/>

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## LIGHT TOUCH: LOW BUDGET MEASURES

Your budget might be very tight at the moment, however there are still plenty of opportunities for you to make small adjustments which go a long way, and will result in a more green and comfortable home!



### Draughtproofing

Cold draughts are both uncomfortable and provide an escape route for the heat in your house. In a typical Victorian house up to 10% of heat is lost through undesired ventilation! Low budget options such as window strips and door brushes can make a big difference.



### Thermostatic valves and controls

Controlling heating to have more warmth in the rooms where you are staying for longer periods saves quite a bit of energy.



### Energy saving lighting and LEDs

Energy efficient light bulbs and LEDs ensure that you obtain the same amount of light for much less. You will see it in your bills! LEDs are a bit more costly, but they also last longer.



### A+++ rated appliances

Remember that appliances like fridges are on 24/7 and others are high intensity. When you need a new appliance, it is highly recommended that you choose the most efficient you can afford.



### Dual flush WCs, tap flow restrictors

Some say "If it's yellow, let it mellow; if it's brown, flush it down". That might be a little extreme. Having two buttons with a low flush and a high volume flush can save a lot of water on your number ones.

Flow restrictors or aerators for the taps ensure that you feel a good flow while using less water.



### Composting bins

If you have a garden, a composting bin is a great choice for reducing waste. Use the compost on your plants. If you don't have a garden there are great alternatives such as Bokashi bins.



### Grow food and herbs inside and outside

It makes cooking more colourful!

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## ALL THE WAY: YOUR HOUSE RETROFIT

You are ready for a well thought out, sensitive home improvement, which meets your needs and ensures the durability of your period property.

At EcoCentric Design, we take a 'whole house approach' considering the many aspects of sustainability and wellbeing of our clients and ensuring that they are integrated and complement each other.



### Solid Wall Insulation, loft and floor insulation

Just as you put your coat on when it's cold outside, your home can be wrapped by a cosy layer of insulation. This can be applied internally or externally, on your loft or underneath your ground floor. This often keeps your home cooler in summer too!



### Retrofit or replacement of windows

You could replace your single glass with double glazing or replace the whole window.



### Boiler replacements

If your boiler is over 12 years old it might be using a lot of gas to heat your home. Maybe it's time for a new highly efficient one!



### Whole house ventilation and extracts

Especially when installing insulation, a correct ventilation strategy is a must. Without ventilation you encounter risks of condensation and toxic mould growth.



### Renewable energy

Solar photovoltaics produce electricity, while solar thermal panels could meet your demand for hot water.



### Water butts and rainwater harvesting

Rainwater can be used for garden watering, WC flushing and even for your laundry! Starting to potable water is more and more important for the planet.

At EcoCentric Design, you will find completely INDEPENDENT advice on energy saving, sustainability and measures to improve your wellbeing at home. We teach you all about these measures and a lot more in our homeowners workshops and we advise the most appropriate measures for you during our personalised eco surveys.

Book your appointment now to start your home improvement journey with us!