



How to... keep the heat in

EASTSIDE COMMUNITY TRUST



Keep the heat in

With energy costs rising, no one wants to waste money sending warm air out of the house and letting cold air in. Small changes can help you make the most of the heat you've got by heating your home more effectively and making sure the warm air goes where you need it.

How will it help?

There are lots of things you can do to make your home more comfortable in the winter while also reducing your gas and electric bills. Some are permanent and take more time and money to install, but most of the actions in this guide are quick, simple and inexpensive so you can take action now, even if you don't own your home.

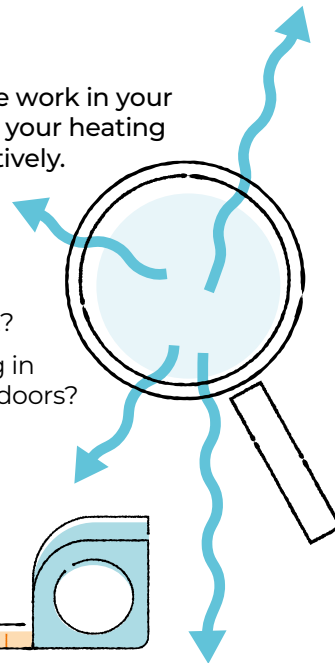
Make a plan

Start by doing some detective work in your home to identify areas where your heating could be working more effectively.

- Is heat from your radiators getting trapped behind furniture or going straight outside, rather than heating the room where you need it?
- Can you feel cold air coming in around leaky windows and doors?

Measure ahead

to make sure you get the right size for radiator foil, curtains and rugs.



Save money & reduce waste

Sharing, buying secondhand or planning ahead with others can help to reduce costs and waste – good for you and good for the planet!

Some ideas to try:

- Buy thick curtains secondhand so you can try them out without spending a lot of money. Community sewing and repair sessions can be a good way to fit secondhand curtains to the size of your windows or doors.
- Buying things like radiator foil in larger quantities can help reduce the cost. Check with your friends or neighbours and buy a big roll together that can be shared.

Maintenance

A lot of the actions in this guide are temporary – you can put them up as temperatures start to get colder and take them down when it warms up again in the spring. For example:

- Curtains hung to reduce draughts between rooms in winter can be taken down to let fresh air move more freely around the house in the summer.

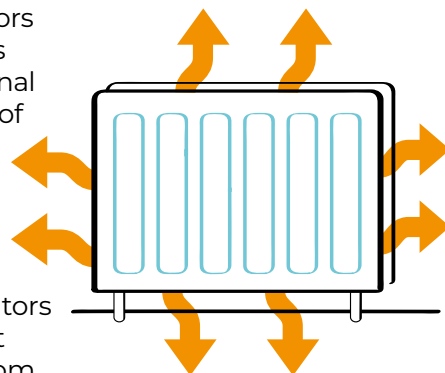
Make yourself a yearly calendar reminder with a list of things to do so you are always ready when winter comes around.



Your guide to keeping the heat in.

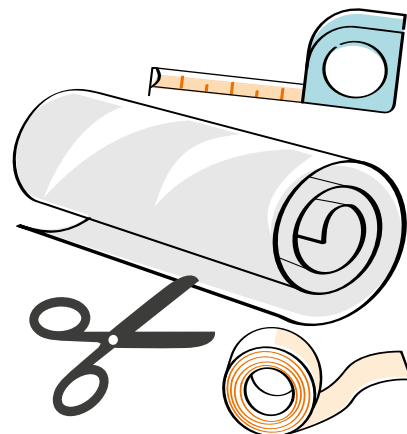
Install radiator foil

1. If you have radiators or electric heaters attached to external walls, then some of your heating is probably going straight outside. You can put radiator foil behind your radiators to reflect the heat back into your room where you need it.

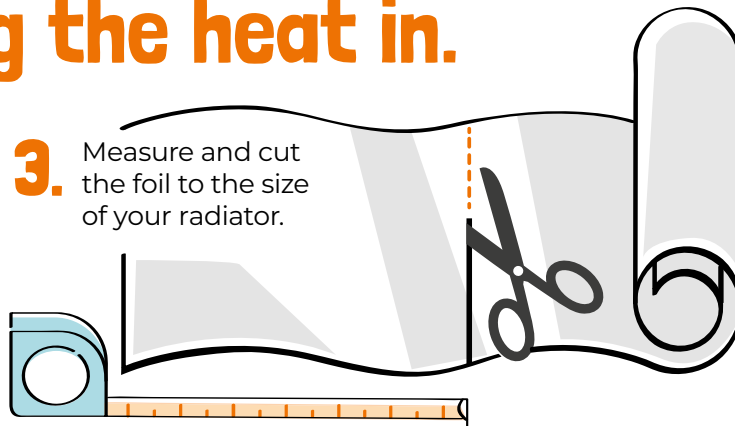


2. What you need:

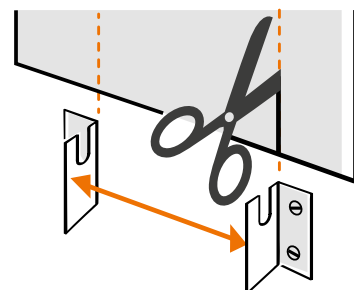
- Tape measure
- Radiator foil – can be bought at hardware or home and garden stores
- Scissors
- Double-sided tape



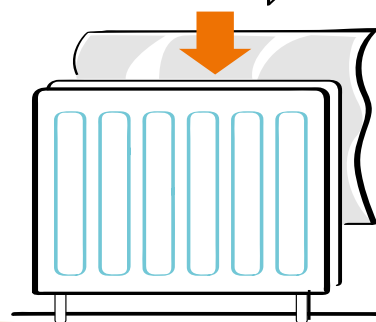
3. Measure and cut the foil to the size of your radiator.



4. Measure the distance between the wall brackets that attach the radiator to the wall, then cut slits up from the bottom of the foil to allow the foil to sit over the brackets.



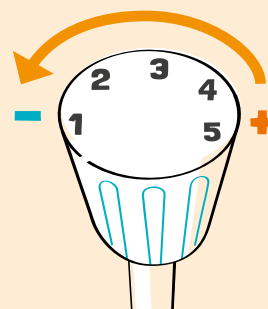
5. Slide the foil down behind the radiator with the shiny side facing into the room. You can also fix it to the wall with double-sided tape for a better fit.



Effective heating

- Make sure furniture and curtains are not blocking your radiators. Try to leave a gap of at least 6 inches between radiators and furniture to allow heat to spread around the room, and tuck curtains behind the radiators if they are too long.

- If there is a room you don't use much, you can turn down the radiators and close the door to reduce heating costs. Just don't turn off the radiators completely or the room may become damp.



Hang thick curtains

- Hanging thick curtains over windows can make your home feel more comfortable by keeping heat in and reducing cold draughts. Thermal curtains are the most effective, but blackout or other heavy curtains can make a big difference
- Long curtains can be hung in the entryway to keep the heat in when you come and go through the front door.
- You can also hang curtains in open doorways between rooms to reduce uncomfortable draughts blowing through

Rugs

- If your floors aren't carpeted, cover them with rugs or carpets during the winter so they are warmer on your feet. This will also block gaps between wooden slats on wooden flooring.

Block draughts under doors

- Use draught excluders or rolled up blankets to block draughts under doors. Installing door brushes can also help keep the heat in.

Useful language

- **Draughts:** Cold air that comes into your home making it uncomfortable and more expensive to heat
- **External walls:** Walls that have a side facing out toward the street or garden, not interior walls between rooms in your home
- **Other names for radiator foil:**
 - Reflector foil
 - Radiator reflector
 - Radiator heat reflective foil
 - Reflective panels

Happy People, Healthy Planet

The Community Climate Action Project is an ambitious citywide programme to demonstrate the important role of communities in achieving Bristol's climate and nature ambitions, whilst also improving people's quality of life.

As part of this project, Eastside Community Trust coproduced a Community Climate Action Plan with residents of Easton and Lawrence Hill to identify actions we can take locally that are good for both people and planet. We then developed the Eastside People Power project to put some of these priorities into action.



Bristol Climate &
Nature Partnership



Eastside People Power

Empowering our community to make sustainable changes in our homes and community buildings.

Eastside People Power is a community demonstrator project set up to tackle the challenge of making our homes and buildings comfortable, healthy and affordable to heat in the face of rising energy costs and colder temperatures.

Drawing on priorities from our Community Climate Action Plan, the project's aim is to develop the skills and knowledge our community needs to make changes in our homes and buildings so they use less energy and cost less to heat.



**Link to all our
mini guides, online
resources and
useful information.**

<https://bit.ly/EastsidePeoplePower>



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