

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. Insulation requirements have subsequently been upgraded so for example 300 mm of insulation is specified for the loft.

**Simple low cost measures** include –

- Reduce drafts by fitting draft excluder to window & door frames
- Adjust thermostatic radiator valves so living room is warmer and other less used rooms colder
- Reduce central heating water temperature so operating system for longer times at lower temperatures
- Consider changing energy suppliers
- Tenants request building owners to invest in warmer homes to extend life of building fabric

**Citizens advice bureau** can advise on reducing energy costs and what grants and support might be available. For more information go to [energy@citizensadvicereading.org](mailto:energy@citizensadvicereading.org) ph 0808 278 7819

**Winter watch** a support scheme is operated by RBC.

For further information go to [winter.watch@reading.gov.uk](mailto:winter.watch@reading.gov.uk)

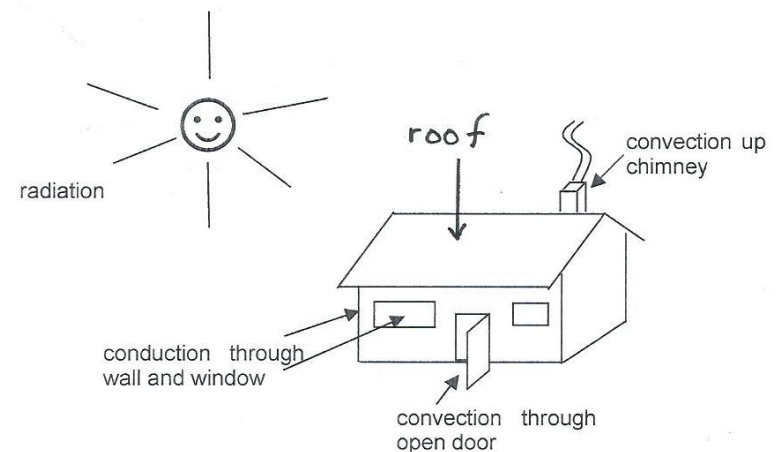
**Rent guarantee scheme** matches people who need homes with landlords who have properties to let while RBC pays the rent directly to the landlord go to [rgs@reading.gov.uk](mailto:rgs@reading.gov.uk)

**Further information**

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