

Ease of fitting

Insulating the *loft* is usually straight forward and extra insulation can be added to what might already be there. It is also possible to insulate underneath the *roof* by using a polymeric insulating mix.

Houses built post 1945 will have a *cavity* between the inner and outer courses of any external wall and this can be insulated by blowing mineral fibres into the cavity.

If the external walls have no cavity (pre 1945) then it is preferable to insulate externally as this is less disruptive and does not affect the available space. External insulation is typically 50 to 100 mm thick and is generally in the form of panels affixed to the external wall and screeded/rendered.

To insulate the windows, it is necessary to add a secondary pane or preferably install double (or triple) glazed windows

Further information

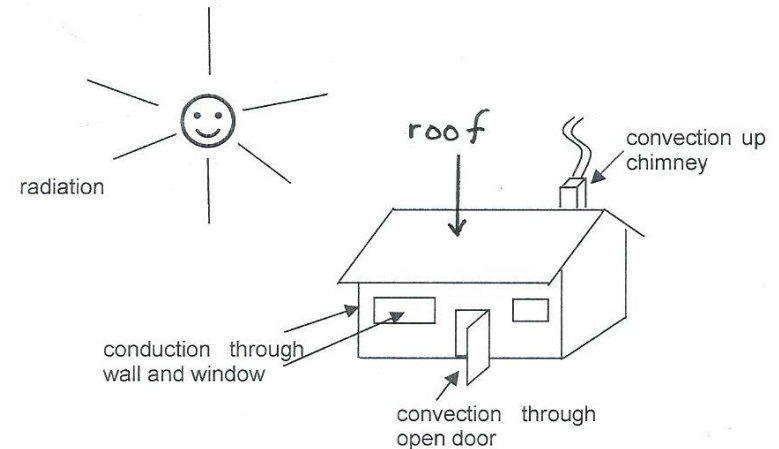
Leaflets on these measures and other relevant information is available at www.readingcan.org.uk

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 ph 0808 278 7819

After deciding what improvement(s) you need, identify a local installer or go to www.simpleenergyadvice.org.uk .



Upgrading insulation to reduce heat loss



The older the building, the higher the heat loss as Building Regulations only began to require thermal insulation to be fitted from 1965 onwards. The insulation standards have been progressively increased over the succeeding 50 years

Advantages of increasing insulation

- Lower heating bills
- Less condensation
- Higher level of thermal comfort
- Lower carbon emissions to atmosphere