

Save energy with cavity wall  
and loft insulation

**TOP TIP**

## CHECK YOUR HOME'S INSULATION



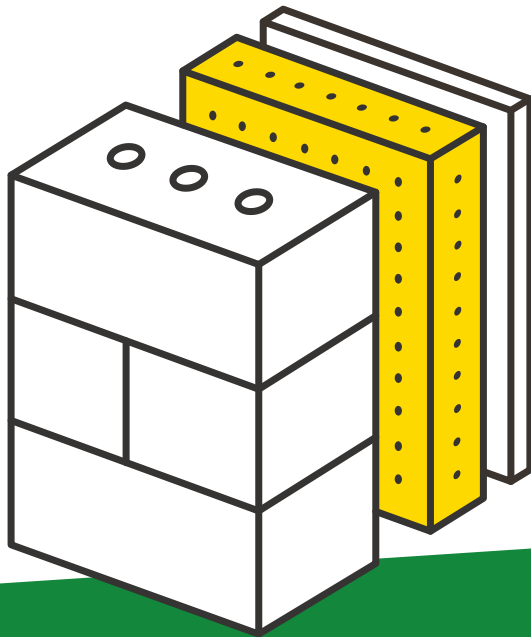
# Insulation helps to keep your home warmer in the winter and cooler in the summer.

It works in the same way that a thermal flask does to keep tea warmer for longer, or a cold drink nice and cool.

The two most common types of insulation for the home are;

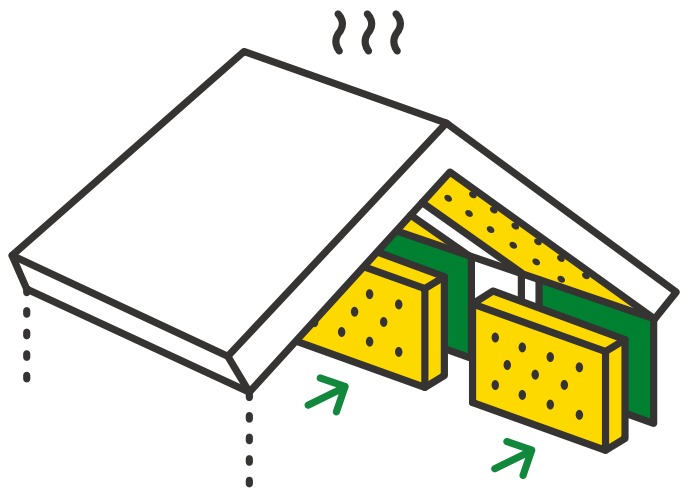
## Cavity wall insulation

Most UK homes built between 1920 and 1990 will have a gap in between the internal and external walls. **Cavity wall insulation** fills this gap with insulating material.



## Loft insulation

**Loft insulation** helps reduce heat loss through the roof (up to a quarter of a home's heat escapes through the roof). Laying mineral wool under the rafters can help keep a home warmer in the cold months.



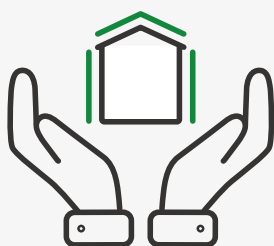
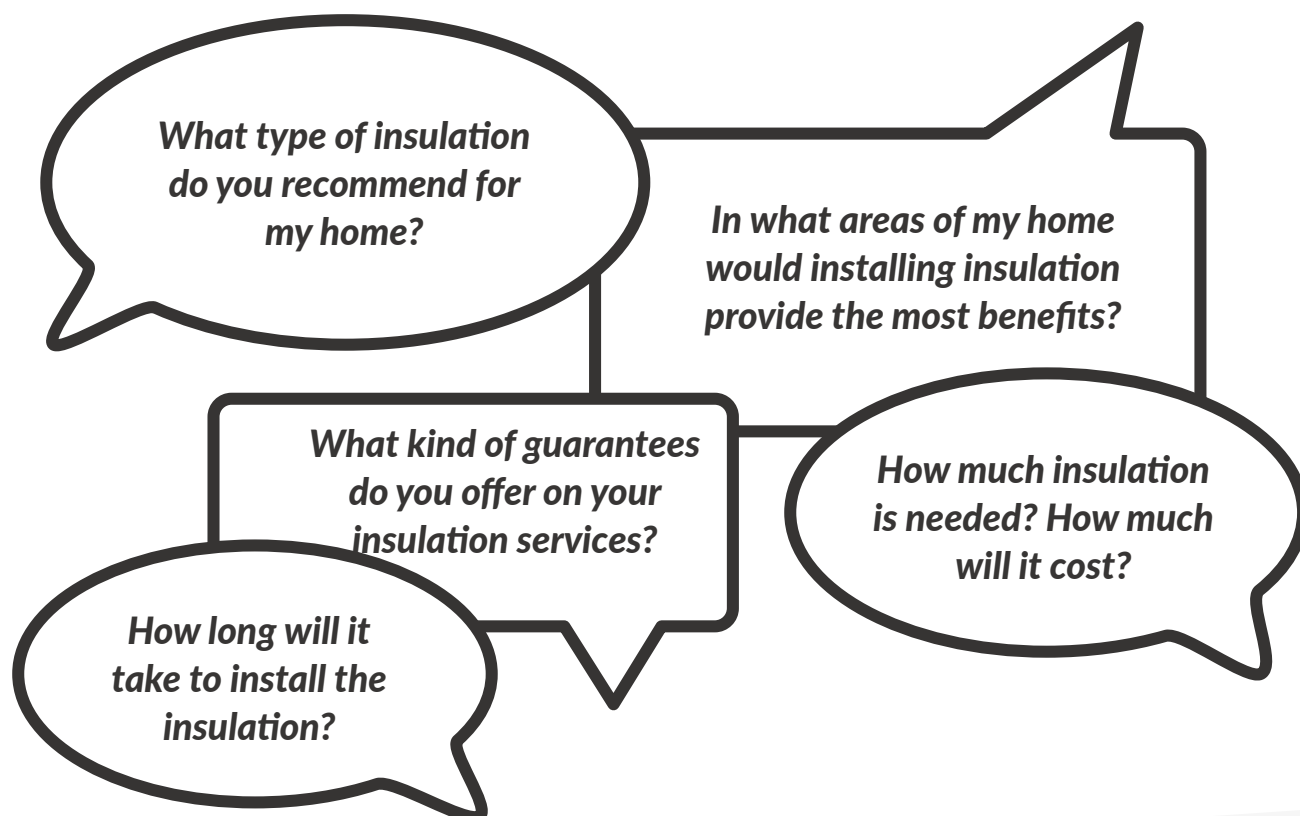
**If you want to know what sort of insulation your home already has, you can check some things yourself.**

For example, patterns of holes in your brickwork can tell you if you have cavity wall insulation. Cavity wall insulation is installed by drilling small holes into the external walls of a property.

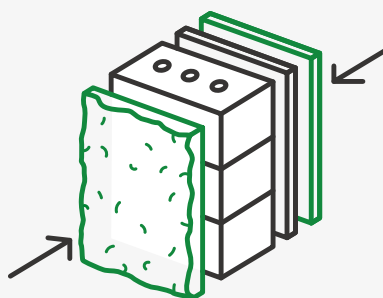
You can also check the depth of loft insulation, if it is present, using a ruler. The recommended minimum depth of insulation is 270mm. Topping up older insulation from 120mm to 270mm could save around £25 every year. If your home has no loft insulation, installing the recommend amount could save £250 a year.\*

# Getting your home insulated for the first time can feel like a big deal.

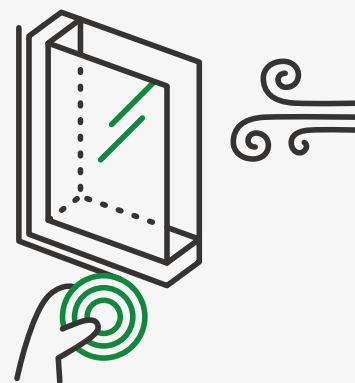
There are websites where you can find out about trusted traders to carry out the work. You might also want to ask them some of these questions to help understand the work they recommend doing:



For some households, adding insulation can feel like too much of an outlay at once. Fear not, there are schemes run by local authorities and energy providers that offer free cavity wall insulation.



If your home isn't suitable for cavity wall insulation, there may be other options. Internal wall insulation (IWI) and external wall insulation (EWI) can offer real benefits for long-term energy savings.



You might also want to look at draught-proofing or thermal curtains to help keep your home warm.

\*Savings based on a typical three-bedroom semi-detached gas heated house, with an 88% efficient gas boiler and average gas tariff of 8p/kWh and electricity tariff of 30p/kWh. Emission savings include all scopes and greenhouse gases expressed as carbon dioxide equivalent. Correct as of October 2023.



Our top tips  
are designed to  
help people save  
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warm and well.

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