

# Energy Efficiency, Controlling Costs and Affordable Warmth



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提供有翻譯本  
तरजमे उपलब्ध हैं  
उवममे मिल सकदे वरु  
ترجمہ دستیاب ہے

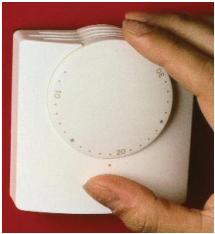
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# Energy Efficiency, Controlling Costs and Affordable Warmth



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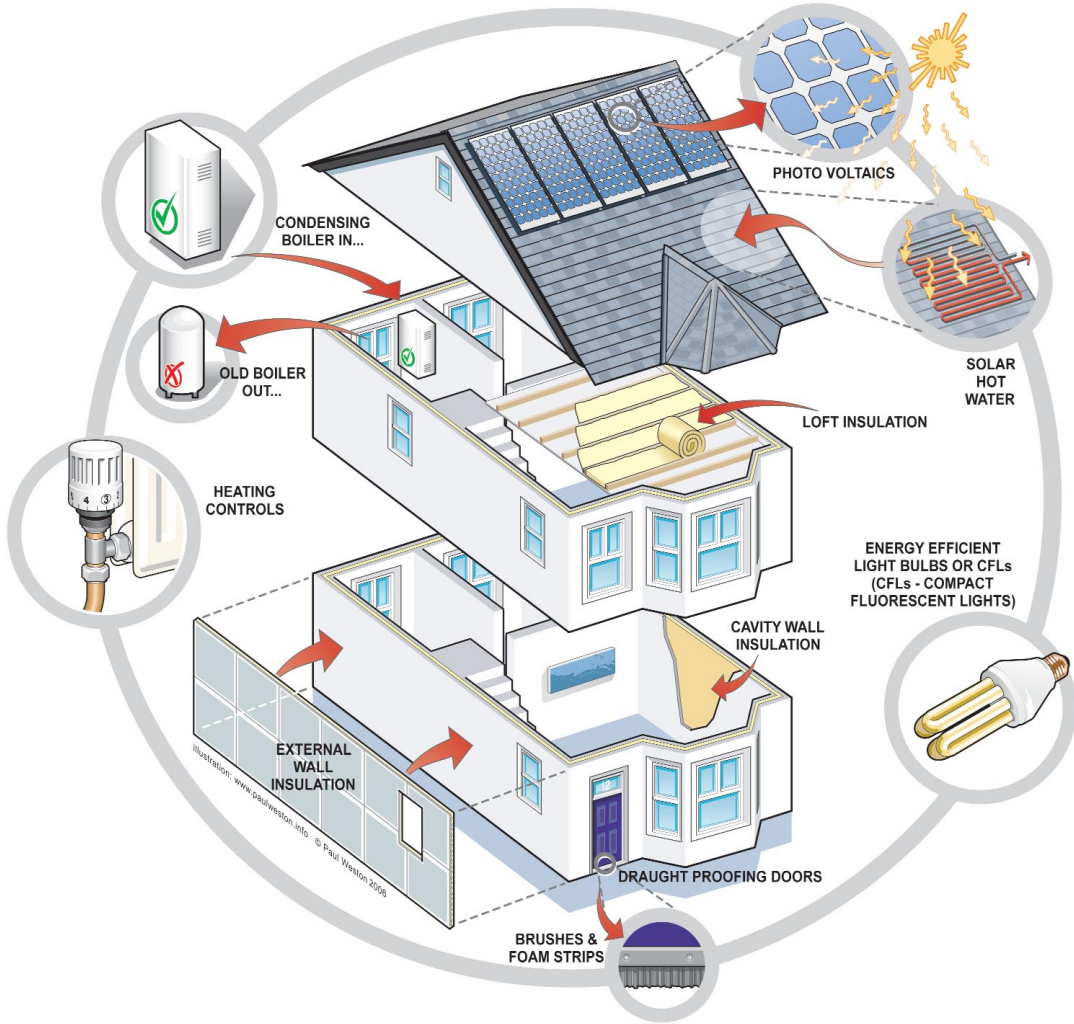
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## Diagram showing improvements that can be made to your home for greater energy efficiency



## Energy Efficiency, Controlling Costs and Affordable Warmth



Oxford City Council's priorities include better housing for all, to tackle climate change and promote environmental resource management. For example, we have been procuring green electricity for many years, we are a partner in the Oxford Solar Initiative project and own a fleet of low emission electric and LPG-fuelled vehicles.

Oxford City Homes provides housing services to Oxford City Council tenants and leaseholders. This leaflet tells you:

- what Oxford City Homes will do to help the environment when we upgrade and refurbish our housing stock
- what we can all do to save energy resources and costs
- what Government strategy and legislation is in place to reduce climate changing emissions and improve energy efficiency.

Together we can help the country to reach its long-term climate changing emissions targets.

## What we will do

When we upgrade your homes Oxford City Homes will:



- make sure your heaters are the right size for your rooms. Overpowered heaters waste energy and money. Heaters with thermostats will help you control heating more efficiently and save money
- fit thermostatic radiator valves (TRVs) on radiators except in the room / hallway that has the wall thermostat control. TRVs will help you keep each room at the right temperature
- fit energy efficient condensing gas boilers and heaters
- fit programmers to new night storage heating



- introduce cavity wall insulation, external cladding or if this is not possible, to dryline external walls of solid brick homes
  - top-up roof insulation to at least 250mm
  - eliminate draughts and wasted heat by fixing draught strips around outside door frames. Draught proofing can cut heating bills by up to 10%. Remember some ventilation is important
  - fit a pre-lagged hot water cylinder or fit insulated water cylinders to the current British Standard
  - meet the recommended current standards when replacing windows. New replacement windows must contain low E (low emission) double glazing. Low E glass has a special invisible metallic coating that reflects heat back into the room. Low E double glazing is equivalent in insulation terms to triple glazing
- Any new windows replaced under the new Building Regulations must be installed by a Fenestration Self Assessment Scheme (FENSA) registered installer or have Building Regulations approval.
- consider fitting aerated taps to wash hand basins subject to availability of improvement programme budgets.

Also we will:



- service all gas appliances every year to ensure that they are efficient and safe. **Please note:** In your Tenancy Agreement you must let our operatives carry out this essential work for the safety of you, your family and your neighbours. We can take legal action to gain entry to your home to do this work
- fit, where possible, dual flush toilets
- fix dripping taps quickly. A dripping tap can waste enough hot water in a day to fill a bath
- explore with Thames Valley Energy ways of using our buildings to generate energy from wind, the sun and investigate use of combined heat and power



- apply for government grants for solar and other energy initiatives
- wherever possible, when we refurbish our sheltered schemes for older people we will install solar tubes to enhance natural lighting to landings, stairwells and flats to avoid the use of artificial lighting during the day.

**Please contact us if your hot-water cylinder is not already insulated, or you need lagging around water pipes or tanks in the loft, T: 0800 227676.**

## What we can all do

Here are some simple measures you can put into action today and some cost absolutely nothing.

Every time you, your family, visitors or friends take on board any of these tips you will make a difference.

## Effective use of heating and hot water

- Turn off your heating when it is not needed, for example at night or if the home is empty. In very cold weather, keep heating on a constant low heat to prevent frozen pipes.
- Set your thermostats and timers for the best use of energy. See *Tenants' Repair Book* page 50: 'Adjusting central heating controls'.  
Turning your thermostat down by 1°C is equal to turning it off for two hours. It could cut your heating bills by up to 10%.
- Set your heating to come on just before you get up or are due to get home.
- Set your heating to go off before you go to bed.
- In spring, keep adjusting your settings to come on for shorter periods. Turn heating off on warm days, turn down the thermostat and turn down radiators that don't need to be on. See *Tenants' Repair Book* page 50 'Adjusting central heating controls'.



- Control your hot-water temperatures.

Heating and hot water account for two-thirds of your fuel bills. A comfortable and economic setting is 18°C to 22°C. **Remember:** Turning up the room thermostat will not heat up a room faster.

## Preventing heat loss



### Draw curtains early when it gets dark and keep closed all night

- Use thick curtains with linings.
- Close curtains at dusk to reduce heat escaping through windows.
- Tuck curtains behind radiators.
- Tuck the bottom of curtains onto the cill to prevent draughts.

### Stop draughts

- Fit a spring flap or a nylon brush seal over the letterbox and keyholes.
- Prevent heat escaping, by filling gaps under skirting boards with newspaper, beading or sealant.
- **Close doors to prevent heat loss.** Before opening outside doors, close all doors leading onto the hall.
- **Don't leave windows open** when you have the heating on. Remember to turn down the room thermostat when outside temperatures rise.
- **Use a good underlay with carpets.** Oxford City Homes' furnished tenancies have 100% polypropylene twist pile carpet with a felt backing.



## Use appliances wisely: How to make savings on your fuel bills



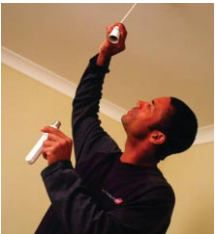
- **Replace your light bulbs with energy saving recommended ones.** Just one can use up to four times less electricity to generate the same amount of light, reducing your lighting costs over the lifetime of the bulb—and they last up to 12 times longer than ordinary light bulbs.

**Remember:** Energy saving bulbs do not work with dimmers or timers and can be larger than traditional bulbs. Use natural light as much as possible.

### Comparison of ordinary and low-energy light bulbs

Ordinary bulbs	Equivalent low-energy light bulb
25W	6W
40W	8–11W
60W	13–18W
100W	20–25W

Figures from Energy Saving Trust



- **Don't leave appliances on standby.** Remember not to leave rechargeable items on charge unnecessarily. Check the operation manual to make sure that this will not reset the appliances memory.

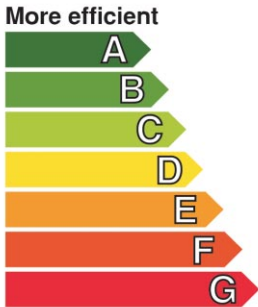



A mobile phone charger left on even when not charging contributes up to 20 kg of carbon dioxide a year. A television on standby can add from 60 kg of carbon dioxide a year. (Source: [www.cred-uk.org](http://www.cred-uk.org)).

- **Always turn off the lights when you leave a room.** Adjust your curtains or blinds to let in as much light as possible during the day.

## Home Energy Efficiency: Save Your 20%

**If you're shopping for new appliances, choose ones with the EU energy label.**

The EU energy label rates products from A up to A++ for refrigeration (the most efficient/least energy used), down to G (the least efficient/most energy used). An A-rated appliance will use approximately half as much electricity as a G-rated appliance.

<b>Energy</b>		Washing machine
Manufacturer		
Model		
<b>More efficient</b>		
		
<b>Less efficient</b>		
Energy consumption kWh/cycle (based on standard test results for 60°C cotton cycle) <small>Actual energy consumption will depend on how the appliance is used</small>		0.95
Washing performance <small>A: higher G: lower</small>		<b>A</b> B C D E F G
Spin drying performance <small>A: higher G: lower</small> Spin speed (rpm)		<b>A</b> B C D E F G 1400
Capacity (cotton) kg		5.0
Water consumption /		55
<b>Noise</b> (dB(A) re 1 pW)	Washing	5.2
	Spinning	7.0
Further information is continued in product brochures		

This label must be shown on all new televisions, refrigeration and laundry appliances, dishwashers, electric ovens and light bulb packaging. The most efficient products also carry the energy saving recommended logo.

The energy saving recommended logo means that the product will save energy, cost less to run and help the environment.

Energy saving recommended products don't necessarily cost any more than comparable, inefficient ones. Products that



carry the energy saving recommended logo all meet strict energy efficiency criteria set by the Energy Saving Trust, which is backed by the Government.

**Remember:** To dispose of old appliances such as fridges and cookers please call the **Free Bulky Waste Collection**  
T: 01865 **252900**

### Use of electrical appliances



- **If possible wait for a full load before using your washing machine or dishwasher.** Half-load programmes on dishwashers and washing machines use more than half the water and energy of a full load, therefore it is more economical to wait until you have a full load. For dishwashers try to use the low temperature programme and ensure you have a full load. It is better to use the low temperature programme with washing machines as modern washing powders are just as effective at low temperatures. Do not put really wet clothes into a tumble dryer. Wring them out or spin-dry them first. It's much faster and it will save you money. Or better still, you can put them on the washing line to dry.

- **Bar fires, fan heaters and cookers** use up a lot of electricity.

- **Do not leave the fridge door open** for longer than necessary, as cold air will escape. Avoid putting hot or warm food straight into the fridge: allow it to cool down first. Defrost your fridge regularly to keep it running efficiently and cheaply. If it tends to frost up quickly, check the door seal. Unless you absolutely have to, do not site your fridge next to a cooker or boiler, leave a good gap between them.



- **Cooking tips.** Choose the right size pan for the food and cooker, (the base should cover an electric cooking ring). Keep lids on when cooking. With gas, the flames only need heat the bottom of the pan. If they lick the side then you are wasting heat. Do not use



more water than you need because it does not only waste energy, but can spoil the food.

Only put the amount of water you need in the kettle, but make sure you cover the elements in an electric kettle. Jug kettles need less water as they have smaller elements. (Also, see page 11, **Water efficiency tips**).

Put several items in the oven at the same time to make best use of the heat.

- **Water needs to be hot, but never scalding.** For most people, setting the cylinder thermostat at 60°C/140°F is fine for bathing and washing. (Also, see page 5, **Effective use of heating and hot water**).

## Controlling costs



### Make adjustments to your routine

- How often do you need hot water?
- Do you need all the radiators fully on?
- Do you need the water so hot?
- Could you reduce room temperatures?

(see also page 5, **Effective use of heating and hot water**)

### Check how much fuel you use

- Check your meter reading against your bill regularly, especially when it is estimated.
- Does your supplier have an economy tariff, or can you get a better deal from another supplier? Please see useful website information on page 12.

**Please note:** Prepayment meters can be more expensive because of high standing charges, except for Equigas and Equipower.

## Water efficiency tips

- Report water leaks and dripping taps as soon as possible.
- Take a shower. An ordinary shower uses only two-fifths of the hot water needed for a bath. If you do not have a shower why not buy special attachments for your bath taps? They are widely available.  
**Please note:** these may not work effectively unless your home has a condensing boiler or equal water pressure from both your hot and cold taps. Care must be taken to prevent scalding whilst using this type of appliance. Cost: around £5.



**Please remember:** If you are disabled you may be eligible for a shower to be fitted by the Council. Power showers can use more water than a bath in less than five minutes.

- Vegetables and fruit should be washed in a bowl rather than under a running tap. Leftover water can be used for watering plants.
- Try keeping a bottle or jug of water in the fridge instead of running taps until the water runs cold.
- Always put the plug in your basin or sink to run hot water.
- Try not to leave the tap running while you brush your teeth, shave or wash your hands, as this can waste up to 5 litres of water per minute.
- Cotton wool and tissues should be put in a waste bin rather than flushed down the toilet.

**And tips for the garden** from conserving water to keeping your plants looking good. Some of these tips may save you time as well.

- When use of hosepipes is allowed, fit a trigger nozzle to control the flow. Watering in the cool of the early morning or evening helps to reduce evaporation losses.

- If plants and shrubs are watered too often they will remain shallow rooted, weakening the plant. Leave them alone until they show signs of wilting.
- You can use a watering can to water plants with rainwater collected in water butts or use bath and washing-up water (non greasy).
- Hoeing stimulates plant growth, reduces water loss and removes weeds.
- Plant flowers and shrubs that thrive in hot and dry conditions such as thyme, evening primrose, rock rose, Californian poppy, pinks, lavender, buddleia, geraniums, and many useful kitchen herbs.
- Water the plants not the soil.
- Dig in plenty of organic material to improve water retention.
- Apply a deep mulch of organic material to keep in moisture and stop weeds growing.
- In hot weather do not cut your lawn as short or so frequently. Lawns do recover after a dry spell.



## Affordable Warmth



Oxford City Council's priorities include reducing inequality through social inclusion.

Oxford City Homes and Oxford City Council support affordable warmth initiatives and improvements to Council homes to meet the Government's Decent Home Standard. We carry out programmes of improved heating, window replacements and insulation measures. (See pages 3–5)

## Fuel Poverty

It is recognised that some families on low income, and especially pensioners, can spend disproportionate amounts on energy costs. Eradication of fuel poverty by 2016–18 is both a major objective of the UK's energy policy and a legal requirement. Energy efficiency measures can help alleviate fuel poverty by reducing the amount of fuel needed to heat a property.

Fuel poverty affects many households in this country. The definition of fuel poverty is a household where more than 10% of its income is spent on heating their home. By lowering fuel bills the household has more money for other necessities. (see also page 10, **Check how much fuel you use**)

### Fuel debt

Seek advice to negotiate regular affordable repayments. See CAB in Useful Contacts.

## Winter Fuel Payments

If you're aged 60 or over you may be eligible for Winter Fuel Payments to help pay the costs of keeping warm in winter. This tax-free annual benefit is normally paid from November each year.

## Who is eligible?

You might get Winter Fuel Payment (WFP) if:

- you are a 60 or over on a specified date in September
- you normally live in the United Kingdom

**Please note:** Your income and savings don't affect your entitlement to the payment.

## How much do you get?

This varies according to your personal circumstances.

## How is it paid?

If you're getting another benefit or State Pension by Direct Payment, Winter Fuel Payment will be made with one of these payments. If you are not getting a State Pension or benefits, Winter Fuel Payment will be paid into your bank, building society, National Savings or other account that accepts Direct Payment.

**Winter Fuel Payment helpline T: 08459 15 15 15**, textphone **0845 601 5613**. Lines are open Monday to Friday from 8.30am to 4.30pm.

Forms can be downloaded from [www.thepensionservice.gov.uk](http://www.thepensionservice.gov.uk)



## Current Government Initiatives

### Home and energy standards

The Decent Homes Standard incorporates a thermal efficiency standard and a target for all social housing to reach the Decent Homes Standard by 2010. A home is classified as decent if it is above the current statutory minimum standard for housing (the fitness standard), is in a reasonable state of repair, has reasonably modern facilities and provides a reasonable degree of thermal comfort, which means that it has effective insulation and efficient heating.





Higher standards will be required for new and replacement boilers; and the new Housing Health and Safety Rating System, which now applies to all homes, will help us target those in the worst condition by identifying the problems or hazards in dwellings, such as excess cold, which have an adverse effect on health or safety. It replaces the Environmental Health, Housing Fitness Standard.

The average Standard Assessment Procedure (SAP) rating of all Oxford homes including Council homes is to be increased to 65.8 by 2010 from the current average SAP rating of 54. The rating for Council homes are higher than this. The SAP energy cost rating is based on calculated annual energy cost of a home. Results are expressed on a scale of SAP rating 1 to 120; the higher the number, the better the standard.

## **Home Energy Conservation Act (HECA) 1995**

All local authorities report annually on the energy efficiency of all homes in their area, and consider and implement as far as possible strategies that show a significant improvement in housing energy efficiency. There is a target to improve domestic energy efficiency by 10% by 2010 and 20% by 2020 based on 2005 levels.

## **Community well-being**



Community well-being legislation, which was introduced in the Local Government Act 2000, allows local authorities to implement measures to improve people's quality of life. It also gives authorities powers to take action to contribute to the economic, social and environmental well being of their areas and for the people who live, work or visit there. This includes adaptation to the threat of climate change and actions to reduce greenhouse gas emissions.

## **Asset Management Plan**

All local authorities submit to government an Asset Management Plan. It features property performance indicators, two of which are related to climate change:



- Energy costs per square metre
- CO<sub>2</sub> emissions in tonnes of carbon dioxide per square metre. CO<sub>2</sub> is the main 'greenhouse' gas

This encourages better management of building stock and demonstrates year-on-year improvements in energy efficiency by encouraging efficient use of assets.

There is a UK target to cut carbon emissions by 19–25 million tonnes by 2020, the equivalent of the annual emissions for the whole of Greece or Austria. All homes in Oxford were responsible for almost 30% of the total City's carbon dioxide emissions in 2003.

## Warm Homes and Energy Conservation Act 2000

The Government is required to publish and implement a strategy for reducing fuel poverty and set targets for its implementation. There is a policy to eradicate fuel poverty amongst the most vulnerable by 2010 and eradicate fuel poverty in all households by 2016.



## Part L of Building Regulations

The changes to the regulations on energy conservation proposed on 13 September 2005 aims to save a million tonnes of carbon per year by 2010 and help combat climate change.

## Useful contacts

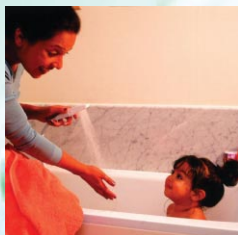
- Apply for Community Funds  
[www.climatechallenge.gov.uk](http://www.climatechallenge.gov.uk)
- CAFE, Community Action for Energy. Help for tenants and community groups that are interested in setting up an energy project. [www.est.org.uk/cafe](http://www.est.org.uk/cafe)
- Citizens Advice Bureau (CAB) T: **0870 2200608**
- Energy Efficiency Advice Centre (EEAC) T: **0800 512012**

- Energy Efficiency Partnership for Homes. To help reduce the energy consumed and the number of people in fuel poverty.  
[www.est.org.uk](http://www.est.org.uk)
- Energy Saving Trust [www.est.org.uk/myhome](http://www.est.org.uk/myhome)
- For fuel price checks [www.simplyswitch.com](http://www.simplyswitch.com)  
T: **0800 011 1358**
- Gas and electricity companies also have energy advice services.  
[www.clear-skies.org](http://www.clear-skies.org) for information on energy.
- For information about improving the environmental performance of your home [www.greenstreet.org.uk](http://www.greenstreet.org.uk)
- Promoting energy efficiency [www.webwise.org.uk](http://www.webwise.org.uk)
- Free Energy Price Check Thames Valley Energy Centre for Independent Advice. [www.tvenergy.org](http://www.tvenergy.org)  
T: **01635 817420**
- The Energy Supply Ombudsman [www.ofgem.uk](http://www.ofgem.uk)
- Recycle your unwanted items, books, clothes, household goods  
[www.freecycle.org](http://www.freecycle.org)
- Waste minimisation [www.environmentwise.gov.uk](http://www.environmentwise.gov.uk)  
T: **0800 585 794**
- Waste / packaging reduction [www.wrap.org.uk](http://www.wrap.org.uk)  
T: **0808 100 2040**

Please note home owners and tenants of private landlords can apply direct for Warm Improvement Grants by T: **Freephone 0800 316 6011**



*TV Energy*



# Energy Efficiency, Controlling Costs and Affordable Warmth

## Other useful leaflets

- Helpful Tips about Your Gas Appliance
- Help with Furnishing Your Oxford City Council Home
- Living in a Tower Block
- Maintaining Your Smoke Alarm
- Major Maintenance and Repairs
- Moving into Your Home
- Making Improvements to Your Home
- Opening Times
- Oxford City Council's Recycling leaflet
- Repairs Exemption Policy
- Tenants' Repair Book

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**Oxford OX4 2RH**

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**T: 01865 718114**

**W: [www.oxford.gov.uk](http://www.oxford.gov.uk)**