

The steps taken to stop our energy costs going up

This Information is on our web site <https://ccinfo.org.uk/insulate/>

This report includes stopping mould and reducing heat loss through solid wall houses.

The cost of gas and electricity doubled from 2021 to 2023. By taking the steps below, our heating costs did not go up. I suggest you do not think 'central heating' but think 'heat what you need and wear more clothes'. During the day we keep our bedroom doors shut, and heat our bedroom before we go to bed and before we get up. (If you have thermostat valves on your radiator it is possible to replace the head with, for example, a Tado or Hive internet controlled one providing the valve is compatible. Email me on bill@ccinfo.org.uk for details).

Our heating is on in the lounge and the hall. I wear extra clothes with an extra gilet. To be aware of how warm a room is and thus control the level of heating required, I have a thermometer/humidity display in more than one room. They cost £8.68. For details [Click Here](#).

Even though electricity is three times the cost of gas it can be effective to use a convector electric heater in the bedroom for a short period of time, for example rather than have the central heating on. The one I use has three heat settings and when using the 750-watt setting it is costing me about 19 pence an hour. It costs £29.99 to buy. [Click Here](#) for details.

I no longer use a 2KW oil filled electric heater in my office. That heater had to be on a long time to heat the air and the furniture in the office before I felt warm enough. I now use a halogen heater which has three settings giving 400, 800 and 1,200 watts. Its sits behind me warming my body with radiant heat and very soon I can turn it down from 1,200 watts to 400 watts which costs 10.69 pence an hour instead of 53.46 pence with the other heater. The Halogen heater cost £19.95. [Click Here](#) for details.

MOULD

By not heating the whole house there may be an increase in mould problems if it has solid walls. You can tell that your walls are solid and do not have a cavity if you can see the ends of the bricks on the outside. The humidity should be between 40 and 60 if possible.

To reduce the humidity and the increased possibility of mould you can use a dehumidifier. In our kitchen I have a mains powered Pro Breeze Dehumidifier at £37.99. For details [Click Here](#). In a cupboard with no mains available I use a UniBond AERO 360° Moisture Absorber. For details [Click Here](#). For pack of four refills [Click Here](#).

Although it costs more, a large mains powered dehumidifier is very effective. For an example [Click Here](#) for the Daewoo White Dehumidifier – 12 Litre costing £99.

After a shower I use a Water Vac to reduce the water droplets in the house. For an example [Click Here](#).

On our web site <https://ccinfo.org.uk/insulate/> there is a section on Wall Rock Thermal Liner KV600 which can be put onto cold walls to stop mould, and two layers can be put up to reduce heat loss and save on heating costs.

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