

Winter Ready Homes

A guide to installing your energy saving measures.



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What is the Winter Ready Home scheme?



Getting ready for winter

Hammersmith & Fulham are dedicated to helping their residents through the cost-of-living-crisis this Winter. That's why we've started our Winter Ready Homes scheme to help vulnerable residents save money on their energy bills and reduce their carbon footprint.

The Winter Ready Homes scheme provides residents with a grant to install energy saving measures in their homes. You may be eligible for this grant if you are:

- Currently receiving means-tested benefits
- Over 65
- Have a long-term health condition of disability
- Living with children under the age of 5

In this document you can learn about the measures that are included in the Winter Ready Homes scheme, how they could benefit you, and how to properly install them in your home.

Further Help

If you would like further advice on keeping your home warm over the winter, saving money on energy bills, or what you can do to make your home more eco-friendly, get in touch with Hammersmith & Fulham's Green Doctors. Our Green Doctors are experts who can visit your home and offer you free and impartial advice to help you and your home stay warm and healthy. You're eligible for a Green Doctor visit if you are:

- Over 65
- Disabled or have a long-term health condition
- On a low income

To find out more or book a free visit, call 0300 365 3005 or email greendoctorsldn@groundwork.org.uk

Alternatively, you can get in contact by filling out an [online referral form](#).

If you are struggling through the cost-of-living crisis, please get in contact with Hammersmith & Fulham's Cost-of-Living Crisis Team. Our team can provide free guidance on services and support across the council and wider. To get in touch you can:

- Send us a message using our [cost-of-living enquiry form](#).
- Contact us on our free phone number 0800 917 6994, the line is open 8am to 6pm, Monday to Friday
- Visit us at 145 King Street Hammersmith, open from 9am to 5pm, Monday to Friday
- Email us at costoflivingteam@lbhf.gov.uk

Installing a Draught Excluder



What is a draught excluder?

A draught excluder is a simple but effective device that is used to block cold air from getting into a room through any gaps around doors and windows. They help to keep rooms a comfortable temperature and can reduce your energy use by stopping heat from leaking out of the gaps in your home.

What are the benefits of draught excluders?

Draught excluders are one of the cheapest and easiest ways to keep your home warm in the Winter and make it more energy efficient. The Energy Savings Trust estimates that **the average household could save £50 a year on their energy bills** if they draught-proofed their doors and windows. Draught-free houses are also more comfortable at lower temperatures because they lose less heat. This means you may be able to set your thermostat lower and reduce your energy use.

How do I install a draught excluder?

How you install your draught excluder will depend on whether you're using a cushion draught excluder, or an adhesive (sticky) draught excluder.

If you're installing a cushion draft excluder, simply place the cushion against the bottom of the door or window. Remember, you want it to be as close as possible to the door so no air can get through, so make the cushion snug against the gap.

Installing an adhesive draught excluder involves a few more steps, but can also be installed quickly and easily using the following steps:

- 1. Measure the door gap:** Close the door and measure the width of the gap between the bottom of the door and the floor using a measuring tape or ruler.
- 2. Size the draught excluder:** You don't want an excluder that is too wide as it may make it difficult to shut the door properly. If the excluder is longer than you need, you can easily trim it with scissors to match the length of your door.

3. **Clean the door bottom:** Use warm soapy water to clean the bottom of the door and leave to dry. This step ensures that your draught excluder sticks to the floor properly.
4. **Cut the draught excluder (if needed):** If the excluder is longer than the width of your door, carefully cut it to size using scissors.
5. **Peel off the backing:** Slowly peel off the backing from the adhesive side of the draught excluder. Try not to touch the adhesive side as this may make it less sticky.
6. **Position the excluder on the door:** Carefully align the excluder with the bottom of the door. Once it is aligned, press it firmly against the bottom of the door's surface to ensure it sticks well. Remember, you're attaching the draught excluder to the bottom of the door, not the floor.
7. **Trim any excess:** If there is any excess draught excluder sticking out from the sides of the door, trim it neatly using scissors.
8. **Test the door:** Open and close the door several times to ensure the draught excluder doesn't obstruct the door's movement. The excluder should form a snug seal without causing any problems in opening or closing the door.



Not sure if you've placed your draught excluder correctly? An easy way to test if there is still a draught is by using a damp hand.

Wet your hand under a sink and dry it off slightly. Then, whilst your hand is still damp, place it next to where you've installed your draught excluder. If you can feel a cold breeze against your hand, you may need to seek advice on your draught.

Installing a Radiator Foil



What is a radiator foil?

A radiator foil, also known as a radiator reflector or radiator insulation, is a thin and shiny material that is applied behind a radiator. It helps to improve the efficiency of the radiator by reflecting heat back into the room rather than allowing it to escape through the wall.

What are the benefits of a radiator foil?

As much as 40% of the heat your radiator gives off is directed towards the wall. A radiator foil may be able to reflect up to 95% of that heat back into the room. This means you won't need your radiator turned on for as long, saving you money on your energy bills. You may also find you can turn down the temperature of your radiator and reduce your energy consumption.

How do I install a radiator foil?

Installing a radiator foil is a simple process and can be done in a few easy steps:

- 1. Measure the radiator:** Use a measuring tape to determine the width and height of your radiator. You need to know this so you can cut your radiator foil down to the right size. If you don't have a measuring tape, you can try using a piece of tape to work out the dimensions of your radiator.
- 2. Clean behind the radiator:** Before you install your foil, clean the wall and back panel of your radiator. This step makes sure that no dust blocks your foil.
- 3. Cut the foil to size (if necessary):** If the foil you are using is larger than the back panel of your radiator, carefully cut it to match the measurements you took earlier. You can do this using scissors or a utility knife.
- 4. Install the radiator foil:** most radiator foils can simply be slipped behind the radiator and leaned against the wall. For extra security, you can use double-sided tape to help stick your foil to the wall. If you are using a foil with an

adhesive backing, peel off the backing and carefully place the adhesive side of your foil against the wall. Start from the top and gently press the foil against the surface, ensuring it sticks evenly without any air bubbles. You can use your hand or a card to help remove any creases.

- 5. Test the radiator:** Turn on the radiator and allow it to heat up. Check that you can feel heat coming from the front of the radiator, and that the foil hasn't moved at all.



To make sure your radiators are heating up your home as best as they can, try and get in the habit of bleeding your radiators every few months.

Over time, air can become trapped in your radiators, which means they take longer to heat up and don't work as well. Bleeding removes this air and makes sure your radiators stay efficient.

If you are unsure of how to do this, British gas [have a helpful set of instructions](#). Alternatively, you can get in contact with our Green Doctors for further advice and assistance.

Installing LED Lightbulbs



What are LED lightbulbs?

LED lightbulbs are energy efficient bulbs that use Light Emitting Diodes (LEDs) to produce light. They have gained a lot of popularity as an eco-friendly and cost-effective way of lighting homes.

What are the benefits of LED lightbulbs?

LEDs last much longer than traditional filament light bulbs. Where most regular bulbs last for around 1000 hours, **an LED bulb can last for up to 12,000 hours**. This means LEDs can save you a considerable amount of money as you have to replace them much less often.

LEDs are also significantly more efficient than traditional bulbs as they consume around 75% less energy, reducing your energy consumption and bills. The Energy Saving Trust have calculated **that the average UK household could save around £40 a year on energy bills** by switching to LED bulbs.

How do I install LED lightbulbs?

Installing LED lightbulbs is a straightforward process, here's a clear guide to help you:

- 1. Turn off the power:** It's very important that before you begin you **completely switch off the power to the area where you'll be installing the lights**. Locate the circuit breaker / fuse box in your house and turn off the switch for the area you are planning to work on. If the area you're working in is too dark to see properly, use a battery-operated torch.
- 2. Remove existing lightbulbs:** If you're replacing old lightbulbs in your home, remove the old fixtures by removing them from the ceiling or wall. Disconnect any wiring and carefully set aside the old fixtures.

3. **Install LED lightbulbs:** If your LED lightbulb comes with fixtures follow the manufacturers' instructions to attach and secure them to the ceiling or wall. For LED lightbulbs, simply insert them into the existing light sockets.
4. **Secure the lights:** Ensure that all screws and mounting brackets are tightly secured to hold the LED light fixtures in place. Some light fixtures may have spring brackets, in which case you simply need to place the bracket back inside the socket.
5. **Turn on the power:** Once you have fully installed all of your LED lightbulbs, turn the power back on by flipping the circuit breaker switch or reinserting the fuse.
6. **Test your new LED lightbulbs:** Turn on the LED lights to ensure that they are working correctly. Check for proper brightness and any flickering issues. Remember, if you need to reinstall any of your lightbulbs, **never work with lighting fixtures whilst the power is still on.**



If you would like to use even less energy with your LED lightbulbs, think about installing a dimmer switch in the rooms where you have LED lights.

Unlike traditional lightbulbs, LED lightbulbs become even more efficient at lower light settings.

At low light levels, LED lights can be up to 90% more efficient than traditional bulbs! If you are unsure of how to do this, please get in touch with our Green Doctors.

Installing a Hot Water Tank Jacket



What is a hot water tank jacket?

A hot water tank jacket, also known as a water cylinder jacket or insulation blanket, is a covering designed to wrap around the outside of your hot water tank. Its purpose is to better insulate the tank, helping to reduce heat loss and keep the water inside hotter for longer.

What are the benefits of a hot water tank jacket?

Insulating your hot water tank is one of the easiest ways to save energy and money. If you do already have a jacket installed, check its thickness, as the Energy Savings Trust recommend it should be at least 80mm in order to provide the most benefit. Using a hot water tank jacket could save **the average household around £50 a year on their energy bills.**

How do I install a hot water tank jacket?

- 1. Turn off your water heater:** Before you begin, make sure you've turned off the power to your water heater. For electric water heaters, switch off the circuit breaker (in your fuse box), and for gas water heaters, turn off the gas supply.
- 2. Measure your water tank:** Some hot water tank jackets come ready made for your model of water tank, however some you may need to adjust. Use a tape measure or string to measure the height and circumference of your water tank.
- 3. Prepare the jacket:** If the jacket you are using is larger than your water tank, you may need to trim it to the correct size. Use scissors or a utility knife to cut the jacket to the measurements you took earlier.
- 4. Wrap the jacket around the tank:** Carefully wrap the jacket around the water tank, making sure that it covers the entire surface. If the jacket has straps or fasteners, secure them to hold the jacket in place. If it doesn't, use duct tape or another strong tape to seal the edges of the jacket.

5. **Check for proper fit:** Double-check that the jacket fits snugly around your hot water tank. You don't want there to be any gaps or air pockets in order to keep as much heat as possible in.

6. **Turn on your water heater:** Once you are happy that the jacket is secured in place, turn the power back on to the heater and test that it is producing heat properly.

Installing Pipe Insulation



What is pipe insulation?

Pipe insulation, also known as pipe lagging, is a protective material that wraps around the outside of your pipes like a blanket. This prevents heat loss, helping to maintain a more consistent temperature across your pipes and improving their energy efficiency.

What are the benefits of pipe insulation?

Pipe insulation is inexpensive and can be installed very quickly. As it reduces heat loss from your pipes, you could use less energy and save money on your bills. They also make your pipes more energy efficient, so are an easy way to make your home more eco-friendly.

As pipe insulation prevents your piping from becoming too hot or too cold, they can also help to extend the lifespan of your piping saving you more money in the long run.

How do I install pipe insulation?

- 1. Measure your pipes:** Before you begin, measure the length and circumference of the pipes you want to insulate. This will help you decide the amount you will need for your pipes.
- 2. Cut the insulation (if necessary):** If you are using a roll of insulation and it is too long for your pipes, use scissors to cut your insulation down to the desired length. Make sure it fits snugly around the pipes without leaving any open gaps.
- 3. Install the insulation:** Carefully wrap the insulation around the pipe you're working on, making sure it covers the entire length of the pipe. If your pipe is an awkward shape, you may need to work in sections. If the insulation has sticky strips, press them together to seal the insulation around the pipe.

4. **Secure the insulation:** If your insulation is a bit loose, you can use sticky tape or cable ties to secure the insulation in place.
5. **Check for proper coverage:** Once you have finished, double-check that all exposed parts of the pipe are covered with insulation. There should be no gaps or openings, as these will allow heat to escape.



If you have the storage space, it's a good idea to keep any off cuts or spare bits of insulation you have after you have finished your pipes.

Every few months check your pipes to make sure don't have any damage or gaps. If they do, use your left over bits of insulation to repair them.

Installing Letterbox Flaps



What are letterbox flaps?

Letterbox flaps, also known as letterbox covers or letterbox draught excluders, are devices designed to cover the letterbox opening in your front door. They act as a barrier to block any cold air from passing through your door.

What are the benefits of letterbox flaps?

By preventing cold air from entering through your letterbox, letterbox flaps keep your home warmer, so your heating system won't have to work as hard to keep your home at the same temperature. This means you'll save money on your energy bills, whilst also making your home more environmentally friendly.

How do I install a letterbox with flaps?

- 1. Choose the right letterbox flap:** Make sure that the letterbox flap you receive fits the size and style of your existing letter or mailbox. It should cover the entire opening when closed without any gaps. Remember as well that the letterbox flap should open inwards towards your house.
- 2. Mark screw hole positions (if needed):** Close the letterbox flap and hold it in place over your letterbox opening. Your letterbox flap should have holes around its edge for screws to go through. If these holes don't align with the holes from your old letterbox, use a pencil to mark the position of these holes on your door, ensuring that the letterbox is straight and centred.
- 3. Attach the letterbox:** Once you are happy that the letterbox is centred, use the provided screws or fixings to secure the letterbox to the door. If there were no pre-drilled holes, you'll need to use a screwdriver to drive the screws through your marked position. If you have difficulty, it may be easier to drive the screws in slightly and remove them first without the letterbox on the door.

4. **Tighten the screws:** Ensure the screws are firmly tightened. Be careful not to over-tighten them as this may damage the door or make them difficult to remove should you ever need to replace your letterbox.
5. **Test the flap:** Close and open the letterbox flap several times to make sure it can move freely and seals the opening properly. The flap should sit in line with the door and close securely to prevent any cold air coming through the opening.



Remember to remove any post you receive that's stuck in your letterbox, as even a small gap will allow warm air to escape your house.

Regularly check your letterbox to make sure that it still shuts in line with your door.

Installing DIY Foam Draught Proofing



What is DIY foam draught proofing?

Foam draught proofing is a method of sealing gaps and cracks around the windows and doors in your home using the foam strips or sealants. By fillings these gaps, the foam prevents cold air from getting into your house, helping to keep it warm and reduce your energy use.

What are the benefits of foam draught proofing?

Keeping draughts out of your home reduces your energy consumption because you won't have to have your heating on for as long to keep you house warm.

Draught-proofed homes are also more comfortable at lower temperatures as they lose less heat.

The Energy Savings Trust have calculated that **if the average UK household draught-proofed every window and door in their home, they could save around £50 a year on their energy bills.**

How do I install foam draught proofing?

- 1. Identify the draughty areas in your home:** Check your home for any obvious gaps or cracks where cold air may be coming in from outside. Common areas include around door frames and the edges of windows. If you are unsure if you have a draft, dampen the back of your hand and place it near the area you are checking. If you can feel a cold breeze on your hand, then you likely have a draught.
- 2. Clean the surfaces:** Before you begin to apply your foam draught proofing, its important to clean the areas you plan to install it. Use a clean sponge and some warm soapy water to remove any dirt, dust or debris. This helps to ensure that the foam sticks properly to the surface.
- 3. Choose the right foam draught proofing:** Select foam strips or sealant that are appropriate for the size and type of gap you want to fill. If you are unsure which type is appropriate, refer to the manufacturer's guidance. Generally,

foam strips are easy to install on small gaps on flat surfaces, whereas sealants are best used for larger gaps or irregular, more awkward gaps.

- 4. Install foam strips:** If you are using self-adhesive foam strips, cut down the strip to the size of the gap you want to fill. It is better to have your strip slightly larger than the gap to ensure no air can get through. Once you are happy you have the correct size, simply remove the backing from the adhesive side and apply the strip to the area you want to seal. Press it firmly against the surface in order to ensure it sticks well without any air bubbles.
- 5. Install foam sealant:** If you are using a non-adhesive foam sealant, inject the foam into the gaps you want to fill using the applicator. It's a good idea to wear a face covering whilst applying foam sealants, unless otherwise specified by the manufacturer. Allow the foam to set for the specified duration, and return to ensure that you have adequately filled the gap.
- 6. Test for draughts:** Once you have installed your foam draught proofing, check for any remaining draughts by using the damp hand method (see point 1). You may want to check for draughts throughout the year, particularly during windy and cold weather to ensure no new draughts have appeared.

Installing Acrylic Secondary Glazing



What is acrylic secondary glazing?

Acrylic secondary glazing is a type of window insulation that involves adding an additional layer of clear plastic (acrylic) to the existing windows in your home. It acts as a secondary barrier between your home and the outside, creating a layer of insulation that improves the energy efficiency of your windows and stops heat from escaping.

What are the benefits of acrylic secondary glazing?

The average home loses 18% of its heat through its windows, so making your windows more efficient will lower your energy bills whilst also reducing your carbon footprint.

Secondary acrylic glazing also has a range of other benefits: it can help to reduce the effects of draughts and cold spots; insulate your home against noise pollution from outside; and reduce the amount of condensation (water) on your windows.

How do I install acrylic secondary glazing?

- 1. Measure your windows:** Use a measuring tape or ruler to measure the dimensions of the windows you want to glaze. Make sure you measure both the height and width carefully.
- 2. Clean the window surface:** Before you begin your installation, clean the window surfaces thoroughly using warm, soapy water to remove any dirt, dust or grease.
- 3. Prepare the acrylic panels (if required):** Use scissors or a utility knife to trim the acrylic panels down to a correct size. It's a good idea to use an erasable marker to draw on the dimensions of your window on the acrylic sheet to ensure you don't make any mistakes. Once you have trimmed them down, place them into the window frame to ensure they have a snug fit.

- 4. Determine which installation method you will be using:** There are a few different ways to install acrylic secondary glazing. You can either use Velcro or magnetic tape for an easy-to-remove installation, or adhesive strips for a more permanent one.
- 5. Install Velcro or magnetic tape:** If you are using Velcro or magnetic tape, apply one half of the tape to the edges of your acrylic panels, and the other half to your window frame. Make sure you align the pieces of your tape with both the window frame and acrylic panels or they may not stick together.
- 6. Install adhesive strips:** If you are using adhesive strips, cut the strips down to the sides of the edges of your acrylic panels. Removing one side of the backing from your strips and apply to each edge, making sure you secure them down without any creases or air bubbles. Once you have applied strips to each edge, remove the remaining backing from your strips and press the panels firmly against the window frame to secure them in place.
- 7. Test the installation:** Once you have installed all your panels, open and close your window several times to ensure that they are securely in place, and that the panels do not stop the window from opening and closing properly.



Heavy curtains are another cheap and easy way to make the windows in your house better insulated and to reduce the effects of draughts. Whenever you're not using a room, make sure you close your curtains fully so that they act as a second barrier between your home and the outside.

To maximise the effects of curtains, try and choose curtains that are larger than your window, so they cover them entirely.

Installing a Chimney Draught Excluder



What is a chimney draught excluder?

A chimney draught excluder is a device used to block the flow of cold air from entering your home through an unused or open chimney. It acts as a barrier that prevents heat loss and improves the energy efficiency of your home.

What are the benefits of a chimney draught excluder?

Because warm air rises upwards, a lot of the heat in your house will escape through your chimney and is replaced by cold air from the outside. This is known as the 'stack effect', with the amount of heat loss getting worse the taller the building you live in.

The Energy Savings Trust have calculated that **the average UK household could save £90 a year on their energy bills** simply by installing a chimney draught excluder. As you will be using less energy, a chimney draught excluder will also help you lower your carbon footprint.

How do I install a chimney draught excluder?

- 1. Clean the chimney opening:** Before you install your chimney draught excluder, clean the chimney opening above the fireplace in order to remove any debris. You could use either a cloth, feather duster or Hoover to do this, and should wear a face covering to protect yourself from breathing in any dust.
- 2. Install the chimney draught excluder:** Most chimney draught excluders are made of a breathable material like wool and are a large disc shape. It is alright if your excluder is slightly larger than the chimney opening, as it can bend to fit the shape. The excluder will have a drawstring or handle on one side of it to make it easier to remove. With the drawstring facing downwards, simply insert your draught excluder into the chimney opening, ensuring a snug fit without any gaps around the edges.

- 3. Check for proper installation:** Ensure that the draught excluder is securely in place and that there are no gaps that could allow air to flow through.
- 4. Regularly inspect and maintain:** It is very important that you check your draught excluder every few months to ensure that it remains in good condition, and that no debris has fallen down your chimney and become lodged above your draught excluder. Every few months, remove your draught excluder using the drawstring and clean the chimney opening to ensure it remains free of dust and debris.