

Home Insulation

Installing insulation is a straightforward measure and is one of the most cost-effective ways of keeping warmth in your home. It takes less fuel to keep a well-insulated home warm so by fully insulating your home you could save £100 or more on your annual heating bills.



Cavity Wall Insulation

If your home was built after 1920, it is likely that its external walls are made of two layers with a gap or cavity between them, which can be filled with an insulation material, keeping the warmth in to save energy which could save you up to 25% on your fuel bills. The installation is simple, a professional installer

injects the insulating material into the external wall by drilling a series of small holes.



Loft Insulation

Heat rises, and in an uninsulated home a quarter of your heat is lost through the roof. Insulating your loft is a simple and effective way to reduce heat loss and lower your heating bills, and can easily be installed DIY. Even if you already have some loft insulation, the current Building Regulation standards are now

250mm/10 inches depth, so may benefit from being topped up.



Solid Wall

If your home was built before 1919, its external walls are probably solid rather than cavity walls. Cavity walls are made of two layers with a small gap or 'cavity' between them. Solid walls have no gap, so they let more heat through. Solid walls can be

insulated – either from the inside or the outside. This will cost more than insulating a standard cavity wall, but the savings on your heating bills will be bigger too.

More information on insulation is available on the [Energy Saving Trust](#) website.

Energy Companies Obligation

If you are in receipt of certain income-related benefits and own or privately rent your home, you might be able to get help for energy-saving improvements such as insulation through the [Energy Companies Obligation \(ECO\)](#).