

Easy actions to keep your home cool



Keeping the heat out

- ☐ Keep windows, curtains and blinds shut on sun-facing sides of your home during the day. Blackout curtains can be especially effective
- ☐ Use awnings, shutters, shade sails or even temporary reflective coverings to shade your windows from outside
- ☐ Keep external doors closed to stop hot air coming in
- ☐ Use lightweight bedding, swapping duvets for sheets if necessary

Cooling your home naturally

- ☐ Open windows at night and in the early morning when outside temperatures are lower. Create a through breeze by opening windows on opposite sides of the house
- ☐ Keep internal doors open to improve airflow, unless a room is significantly cooler than the rest of the home

Using fans effectively

- ☐ Place a fan near an open window to help draw in cooler evening air
- ☐ Fans cool people, not rooms, so use them where you spend time
- ☐ Turn off unnecessary electrical items as TVs, computers, games consoles and chargers all produce heat

Beat the heat! Follow the QR for more advice on how to keep your house cool in hot weather



Support for *you*

Making your home more sustainable doesn't have to be costly! Here we round up all the offers, schemes, support and grants available to you as a Suffolk resident to make your home more comfortable and lower your energy bills, too.

Find out which ones are right for you →



Before making any major alterations to your home, be sure to do your own research and consult a professional.

Sustainable Suffolk is the partnership of public sector organisations in your county, including all the local councils. Together, we're helping local people to live more sustainably. Saving money, living healthier and protecting the environment.



Boiler upgrade scheme

You could get a grant to cover up to £7,500 when replacing fossil fuel heating systems with a heat pump or biomass boiler in your home or a building used for your business.



Healthy Homes Suffolk

Healthy Homes Suffolk can support with cold or damp homes, including warm pack, draught proofing and loan heaters. Contact: healthandhousing@eastsoffolk.gov.uk



Mid Suffolk Cosy Homes

If you live in Mid Suffolk and are eligible, you could get a free retrofit assessment of your property and receive funding to cover the installation of all recommended measures (up to £10,000).



Warm Homes Suffolk Loan

A low-interest loan that you can spend towards making your home warmer, safer and cheaper to run. All loans offered are up to £15,000 and at 2% interest (Representative 2.2% APR).

To find out more about any of these support schemes and to view a full, up-to-date list of support available to you, visit: www.sustainablesuffolk.org.uk/at-home/grants or scan the QR code



Easy actions to keep your home warm



Scan the QR code for more tips at home

Internal and external doors

- ☐ Close the doors to rooms you don't use
- ☐ Use a door draught excluder
- ☐ Hang a thick curtain over your door
- ☐ Fit a letterbox cover or brush, and a keyhole cover
- ☐ Fit door frame insulation seal strips to external doors

Windows

- ☐ Close curtains and blinds at dusk, even in rooms you're not using
- ☐ Hang thermal curtain liners with your curtains
- ☐ Fit thermal film to your windows
- ☐ Fit window frame insulation seal strips

Heating system

- ☐ Put radiator reflector foil behind your radiators
- ☐ Move furniture away from radiators
- ☐ Bleed out radiators that aren't working properly
- ☐ Shorten curtains that hang over a radiator, or tuck them up onto the windowsill
- ☐ Fit a hot water jacket to your hot water cylinder (at least 80mm thick)
- ☐ Fit foam pipe insulation to exposed hot water pipes

Other

- ☐ Fit a chimney balloon draught excluder
- ☐ Insulate your loft hatch