

How not to overheat in summer

When sizzling hot weather is forecast, how can you store that early morning cool? Try these tips:

Move into the shade

- Use blinds (or sheets) on south facing windows to reflect the sun
- Draw south facing curtains to keep the sun's heat out and cooler air in
- Insulate loft and cavity walls to slow the passage of heat from outside¹

Make less heat

- Check the hot water tank is insulated. If not, it will leak heat into the room.
- Turn off appliances you're not using (even adaptors generate heat)
- Reschedule physical work, avoid direct sunlight and drink cold water

Ventilate

- Open windows on opposite sides of the house, but only if this creates a cooling through-draft and is not a security risk.
- Use a rotating desk fan. Portable air conditioners use up to 100 times more energy.

If you need to insulate, call Cocoon on **0800 8048 777**. This comparison service is Energy Saving Trust approved and can help over 70s to get the work done free.



The cool box principle. If your house starts off cool inside, insulation can help it stay that way.

Notes for editors:

1. Cavity wall and loft insulation will keep your home cooler in summer provided you shade your living spaces from direct sunlight and maintain adequate ventilation.
2. This article was produced by United Sustainable Energy Agency (USEA). This organisation was created by the merger of Milton Keynes Energy Agency & Thames Valley Energy Centre in May 2008.

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3. USEA works in partnership with local authorities throughout Bucks, Berks, Beds, Herts, Oxon, Hants and the Isle of Wight. USEA was recently awarded a new contract with the Energy Saving Trust to operate an Energy Saving Trust advice centre for the South East. The centre provides impartial energy saving advice to the residents of Bucks, Berks, Oxon, Hants and the Isle of Wight. USEA also offers a free insulation price comparison service called Cocoon.
4. Cocoon is a free, independent, comparison service established since 2003. It is currently being promoted by local authorities across Buckinghamshire, Bedfordshire, Berkshire and Oxfordshire and is now available in Hampshire. Where it is supported by the council, the service offers callers between two to five estimates from reputable professional insulation installers, including any council, government or energy supplier grants or discounts for which you may be eligible. More at www.cocoonyourhome.co.uk. United Sustainable Energy Agency manages and operates the Cocoon service.
5. The information contained within this article is correct to the best of our knowledge, but is subject to change. USEA cannot in any way be held legally responsible for any advice given or any work carried out as a result of this information.