



BATH  
PRESERVATION  
TRUST



**A Quick Guide to**

**Low Carbon Living in Older Homes**

# Energy Saving Changes Cut Carbon and Cost

Bath Preservation Trust (BPT) recognises the Climate Emergency and the need for urgent action. The implications of climate change will have a significant impact on the heritage, environment and future of Bath and its landscape setting. We believe that the World Heritage Site landscape, and traditional buildings in Bath and surrounding villages, alongside sustainable growth, have unavoidable roles to play in reducing carbon emissions and reaching a nature-positive net-zero future.

Most occupants of older traditional homes recognise their responsibility for carbon emissions. Maintaining and adapting all of our homes is a powerful climate action as it 'locks in' the carbon used to build them in the first place.

Making changes to homes of all ages and using energy efficient technology can cut carbon, and cutting back on fossil-fuel derived energy use is what we all have to start doing. Changing the way we live our lives and occupy our homes is perhaps the most difficult challenge we face if we want to sustain our environment and heritage for future generations.

Energy-saving changes can result in significant carbon and running cost reductions and warmer living conditions. If you live in an older home there are plenty of steps you can take with no or very low risk, which do not require expertise or huge amounts of money.

---

**CHANGING THE  
WAY WE LIVE  
OUR LIVES  
AND OCCUPY  
OUR HOMES IS  
PERHAPS THE  
MOST DIFFICULT  
CHALLENGE WE  
FACE IF WE WANT  
TO SUSTAIN OUR  
ENVIRONMENT  
AND HERITAGE  
FOR FUTURE  
GENERATIONS.**

---



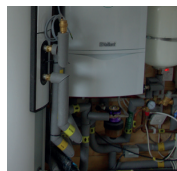
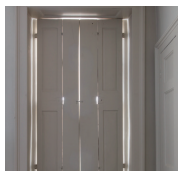
# Ways to Reduce Energy Use and Heat Loss

## Little and Low Cost

- Keep your home well maintained - make sure roof coverings, gutters, stonework/pointing, windows and doors are in a good state of repair
- Install a smart meter
- Install a thermostat to control heating temperatures
- Insulate loft to a minimum of 270mm, avoiding spray on or adhesive insulation - or place old blankets or duvets between the rafters
- Lag (insulate) hot water pipes and install hot water tank jacket
- Insulate any openings for pipes and wires
- Hang curtains, preferably thick or thermally lined curtains and blinds over draughty windows and doors. (If you can't afford curtains charity shops are good places to find them).
- DIY draughtproof letterboxes, chimneys, floors, doors and old windows
- Overhaul sash windows so they fit better and draughtproof
- Use draught excluders at the bottom of doors
- Use rugs on wood floors to help reduce floor draughts
- Switch to LED lightbulbs use more solar powered devices
- Use A rated appliances

## No Cost

- Make sure your home is naturally ventilated to maintain a constant temperature and avoid trapped moisture
- Set the thermostat lower and use the timer to maintain comfortable heat
- Turn radiators off or down in less occupied rooms
- Bleed radiators regularly so they work more efficiently
- Make sure the heat from radiators is not obstructed by furniture or curtains
- Turn lights and appliances off and unplug them
- Close external and internal doors to keep heat in
- Close shutters at sundown if you have them
- Take short showers and fewer baths
- Don't leave hot taps running
- Use a plug in the sink
- Harvest rainwater for the garden and outside cleaning jobs
- Hang washing to dry outside and/or install overhead clothes airers
- Boil water in pans with the lid on
- Only use the dishwasher and washing machine when they are full and use 'eco' or low temperature cycles
- Maximise the use of sunnier and warmer rooms and daylight over artificial light



## Make the Switch to Carbon Cutting Behaviours

- Question your energy habits
- Use the car less and reduce reliance
- Wear more layers at home to keep warm
- Shop local
- Eat less meat
- Consider carbon when making decisions about travel and where food and purchases come from





# Before Deciding on any Energy Efficiency Retrofitting Measures for Your Home You Should...

- Start with the quick wins listed on the previous page
- Consider what you can do cheap or for free
- Reduce energy demand, use and waste
- Maintain and repair buildings to improve thermal efficiency
- Repair historic building fabric rather than replace
- Consider whole life carbon costs not just immediate energy and cost savings
- Understand the fabric, heritage value and context of the site or building
- Undertake or commission an energy assessment and seek advice from technical consultants to understand where you can save
- Plan objectives considering users, comfort, cost, energy and carbon savings
- Minimise harm to historic character and 'significance' (what's special because of its age or design)
- Improve the efficiency of building services, heating, water and lighting and controls
- Seek practical and professional advice from BPT and the Local Planning Authority as some work may require planning permission
- Weigh up the costs, benefits, energy cost saving, carbon saving, heritage impact disruption and risks
- Consider ventilation, the risks and potential consequences
- Look for available grants and funds that can help with costs of retrofit



## Further Resources for Low Carbon Living

For further advice and resources,  
please scan the QR code below:-



QR Code redirects to

Bath Preservation Trust advice and resources web page:

[www.bath-preservation-trust.org.uk/low-carbon-living-useful-resources/](http://www.bath-preservation-trust.org.uk/low-carbon-living-useful-resources/)



# About Bath Preservation Trust

Bath Preservation Trust (BPT) campaigns for and promotes the conservation, sustainable enhancement and celebration of the unique and historic City of Bath as a World Heritage Site.

We believe Bath deserves excellence in design and contemporary sustainable development which is inclusive of all people, and improves social and economic opportunities without compromising our unparalleled built heritage and natural environment. BPT works independently and in partnership with a broad range of other statutory and non-statutory partners to:

- Deliver our commitment to sustainable development for Bath and demonstrate the value of heritage in a changing world
- Advocate and campaign for the total public realm, a healthy environment and a thriving living city
- Champion forward-thinking and appropriate sustainable architecture and design worthy of the World Heritage City of Bath
- Provide opportunities for learning for people of all ages in all areas of our work, supporting personal wellbeing and social inclusion

Fundamentally, we are an organisation which seeks positive and constructive solutions to the present and future threats faced by Bath, its rural environs and the people, communities and businesses it supports. Working with expert volunteers, BPT comments on more than 200 planning applications each year and engages with B&NES Council and developers aiming to influence positive change. Informed advice is provided to homeowners about planning applications for historic houses and listed buildings.

For building and planning advice call 01225 338727 or email [conservation@bptrust.org.uk](mailto:conservation@bptrust.org.uk).



BATH  
PRESERVATION  
TRUST

# How We are Working Towards Reaching Net Zero

BPT advocates for solutions to reach net zero emissions to be approached holistically but everyone has a part to play. Homeowners, landlords, Bath and North East Somerset Council and the Government must do what they can to reduce emissions.

The built environment has a leading role to play alongside solutions for sustainable transport, energy supply, waste, and profound behaviour change. We campaign for the highest standards of informed decision making and sustainable, de-carbonised design and robust climate focussed planning policies for heritage, landscape, housing, retrofit, green energy and technology at local and national levels.

Our work has helped many homeowners to make positive choices and we have supported or enabled more than 100 projects. Locally, we have been leading the conversation about the need for sustainable retrofit in all properties, to reduce fossil fuel reliance and mitigate climate change, since 2011.

## Our Services:

- Informed advice for energy efficiency retrofitting is provided free of charge in our online publication Warmer Bath.
- Best practice Bath retrofitting case studies are available to provide detailed insight and inspiration for a range of retrofitting projects.
- We provide free 'ask an architect' advice clinics for Members of Bath Preservation Trust
- In 2021 BPT published its first "Quick Guide to Low Carbon living in Older Homes" which focused on carbon cutting behaviour change and low cost and no cost ways to save energy at home.
- We are committed to achieving net zero carbon emissions across our historic properties by following a coordinated and costed plan.



Underfloor basement level insulation held in by netting



Working closed shutters in a good state of repair



Underfloor-board insulation



Magnetic secondary glazing @WillAnderson



DIY draught stripped windows @WillAnderson



Secondary glazing @WillAnderson



**Further Information  
about Bath Preservation Trust,  
our work, and many other  
resources can be found here:**

<https://www.bath-preservation-trust.org.uk/advice-and-publications/publications-and-statements/climate-emergency/>



## Get in Touch

conservation@bptrust.org.uk ■ 01225 338727

Bath Preservation Trust, No. 1 Royal Crescent, Bath, BA1 2LR



HAWKER JOINERY  
Est. 1919

With thanks to our corporate members  
Hawker Joinery for support in the  
production of this leaflet