

**Does your house feel cold? ADVERT
Are your heating bills too high?**

This time of year when the weather is cold we really notice how cold our homes and other buildings can be, some areas may feel warm while others are cold. Turning the heating up can often improve the occupational comfort of the building but also consumes considerably more energy and consequently increases your bills. It is very easy to attribute this to inefficiencies with your heating system but in the majority of cases the heating is doing what it should be, pumping heat into the building!

The fundamental problem is likely to be with the building itself, buildings have never really been designed to retain heat efficiently, while your heating system is busy pushing heat in, the building is busy losing it so you have to put in even more! Many houses (even most new buildings!) are poorly or inadequately insulated, draughty and can feel cold even with the heating on. Cavity wall and loft insulation, which can be available free if you and your building meet the requirements for the grant scheme, do help but they are really only basic measures for home comfort and energy efficiency and do not address some of the more fundamental issues.

You can spend a lot of money trying to improve the heat retention of your building on items such as replacement double glazed windows and still have a cold building! Without knowing where your heat is escaping from it is difficult to take measures to reduce it effectively.

Thermal Imaging can identify problem areas such as poor or missing insulation, draughts and even damp that generally go unnoticed but contribute significantly to heat loss. Addressing some of these issues can cost as little as a few pounds but make significant improvements to the comfort of the building. Thermal imaging will help you target these areas and ensure that maximum benefit is gained from any money spent on improvements. *See cover for an image* For further details on thermal imaging and other independent energy saving advice please contact;

e-mail paul@sustainablelifestyles.co.uk
Tel 01235 550540 Mobile 07802 935827
www.sustainablelifestyles.co.uk

January 2011

"I recently had Paul Buckingham to my house to look at areas which might need more insulation. He brought his thermal imaging camera and it was most interesting to see where there was insufficient insulation, or indeed where there were draughts. Thankfully he didn't find many of these! I can recommend him for his knowledge and enthusiasm and for his unbiased recommendations." Christine Whild



Independent energy efficiency advice.

- Thermal Imaging with report and recommendations.
- Energy audits.
- Renewable energy advice and guidance.
- Architectural design and project management.

Paul Buckingham Tel 01235 550540

paul@sustainablelifestyles.co.uk

www.sustainablelifestyles.co.uk

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February 2011

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BBOWT Berkshire, Buckinghamshire and Oxfordshire Wildlife Trust

Sunday 13 February 10.00 - 15.00

Practical Fen Management Taster Day

Parsonage Moor Nature Reserve, Dry Sandford

Come and help manage the peaceful and peculiar Parsonage Moor Nature Reserve. Enjoy some hands on work whilst learning about the reserve and the ongoing Cothill Fen Project.

No experience necessary. Wear old clothes and wellies and bring a packed lunch. Hot drinks and cakes will be provided. No dogs please.

Meet: In the car park opposite The Merry Miller Pub on the Cothill Road, Dry Sandford. OX13 6JW

Admission: Free

Contact: Louise Print-Lyons 01865 775476

louiseprint-lyons@bbowt.org.uk



TABLE TOP SALE

**Saturday 26th Feb
10 till 2**

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Refreshments Raffle**

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