





# Green Homes Sheffield Host

## Further information

Host address:	39 Upper Valley Road Sheffield S8 9HA
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### Low carbon measures on show

-  **'Big' insulation works** e.g. internal wall insulation, external wall insulation, floor insulation, loft conversion, flat roof insulation,
-  **Glazing** e.g. secondary glazing, triple glazing, high performance doors, refurbished sash windows,
-  **Lighting systems and electrical appliances** e.g. LED lights, sensors, sun pipes, low energy white goods,
-  **Lifestyle changes** e.g. sustainable travel, growing food, behaviour

### More info:

- Internal wall insulation: 100mm on inside of external walls in terraced house. Wooden window frames with double glazed units (Argon filled). Attic triple glazed.
- Work in progress in attic, trying to beef up existing insulation without taking entire ceiling down, particularly on the slopey bits.
- New conventional gas boiler fitted a year ago - not as an energy saving measure but because the old one packed up.
- Heat control valves were fitted to radiators and a thermostat fitted as the old system did not have any of these features.

### Personal insights

Fuel costs are low but consumption is low because of high tolerance to the cold! The residual temperature when heating not been on is an improvement to before maybe by a couple of degrees although this is not a scientific assessment.

Kitchen wall and bathroom were the most disruptive walls to insulate with the pipework and some things are still a bit unresolved on them. However I did need a better designed kitchen than my old one so this was a good opportunity to do this. I did not need a new bathroom as the old one was fine, however needed to install a shorter bath (1.5m) because of the insulation, so inevitably changed the suite.

