



Support available

This leaflet was developed by the Aberdeenshire North Public Health Team.

If you found this leaflet helpful and have any suggestions for future updates please share using the QR code or get in touch with the team using email below:

gram.northpublichealth@nhs.scot



Support For Families

Home-Start
Office@home-startnea.org.uk
01346 532007

Housing

Aberdeenshire Council
Housing
Contact Centre
03456 08 12 03

Emotional Wellbeing

Shirley's Space:
shirleysspace@hotmail.com
07940959002

Aberdeen Foyer:
www.aberdeenfoyer.com

Men United:
hello@menunited.scot
www.menunited.scot

Aberdeenshire Mental Health
Improvement and Wellbeing
Service
www.nhsgrampian.org/
mhiws-aberdeenshire
01224 557400

Adult Learning

Community Learning and
Development Service
cld@aberdeenshire.gov.uk

Welfare/Benefits/Claims

Welfare Rights Adviser:
01467 538555

Citizen Advice Bureau:
01779 471515

Department for Work
and Pension:
0800 328 5644

Free period products
www.aberdeenshire.gov.uk/
communities-and-events/
sanitary-products/

Warm Spaces

www.avashire.org.uk/
warm-spaces-aberdeenshire

Energy saving advice and support

Home Energy Scotland
www.homeenergy
scotland.org/
0808 808 2282

Scarf
www.scarf.org.uk/
info@scarf.org.uk

Just in time



**Draught
proof your
home**



Draughts

A typical home loses 12% of its heat through draughts causing cold and uncomfortable living conditions. Draughts can come from the following areas:

- Windows
- Interior and Exterior Doors
- Floor and Skirting Boards
- Letterbox
- Around Pipework
- Loft Hatches
- Lighting and Electrical Fittings

Ventilation

Air needs to flow in and out of your house so it stays fresh, dry and healthy. Make sure you don't block or seal any intentional ventilation, including:

- Extractor fans
- Underfloor grilles or airbricks
- Wall vents
- Trickle vents

Draughtproofing items

Draughts can be cheap, easy and quick to resolve. The following products can help.



Door brushes, keyhole covers and letterbox covers

are products to be used on external and/or internal doors to stop warm air escaping and cold air entering. Each come in different colours and sizes to match existing doors and require fixed installation.



Draught excluders

can be used on internal doors to prevent draught from underneath. These can be purchased or easily made yourself.



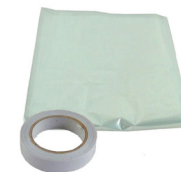
Draught proofing strips

can be used on windows, doors and loft hatches. It is important to use the correct size to prevent gaps.



Insulation window film

can be used internally on windows and doors and come in a variety of types to suit your needs. This is easy to install and removed if needed.



Chimney sheep

can prevent draughts from unused fireplaces. These insert into the chimney and are to be removed before using the fire.



Radiator foil

can save you £20 a year on heating. These panels are lightweight and can be placed behind your radiators. They reflect the heat from your radiator back into your room.



Sealant

used to seal any gaps on windows, doors and floors and comes in a variety of types and colours for different jobs.



Water tank foil

sits snugly around hot water tank and helps keep hot water inside warmer for longer.

