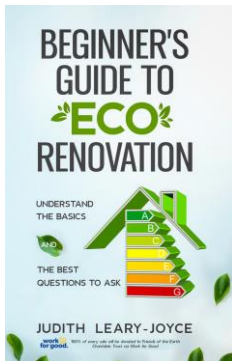


# Beginner's Guide to Eco Renovation

Stay warm. Save money.  
Save the planet



My mission:

We have a world we can thrive in

We take our place within the system

We leave a functioning world for all our grandkids

BEGINNER'S  
GUIDE TO  
ECO  
RENOVATION

UNDERSTAND  
THE BASICS

THE BEST  
QUESTIONS TO ASK

JUDITH LEARY-JOYCE

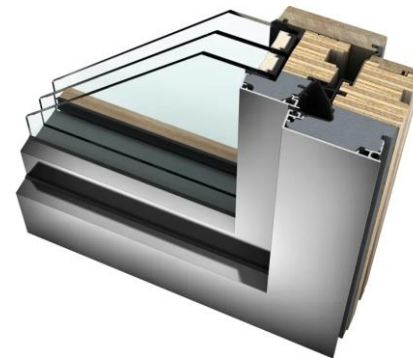
with a foreword by the author of the book



# What is retrofit?

**Renovation:** improving what is already there

**Retrofit** – putting in what wasn't included when the house was built.



# Retrofit options

- **Deep retrofit** – whole house approach in one hit. Disruptive, more efficient
- **Phased retrofit** – deep retrofit, stepped over time. Needs a whole house plan to avoid problems
- **Shallow retrofit** – addressing some issues: insulating the loft, blocking up chimneys, draught proofing windows and doors.



# The Touchstone

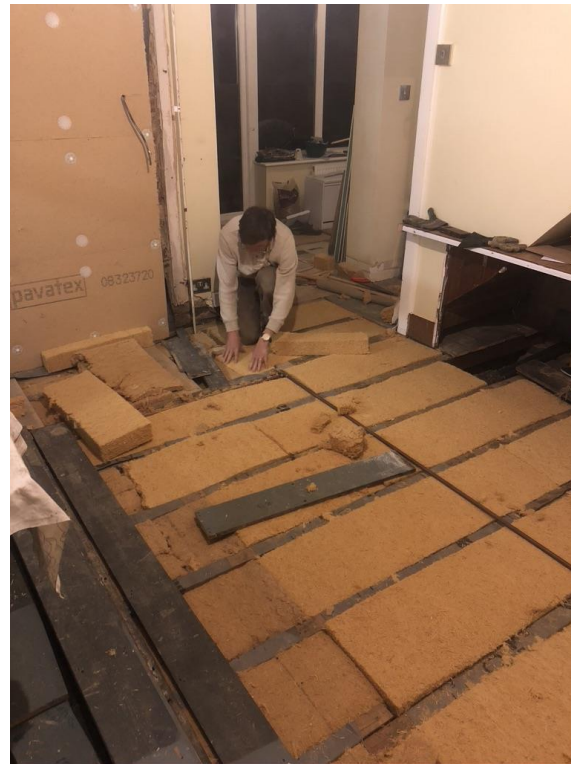
- Climate
- Budget
- Design



# Questions to address

- Type of materials – Sustainable versus Traditional
- Type of heating – ASHP, GSHP, Gas, Biofuel
- Getting rid of superfluous 'stuff'

# Insulation



Increases the barrier  
between inside and outside

Loft, under floors, external  
walls.

# Airtightness

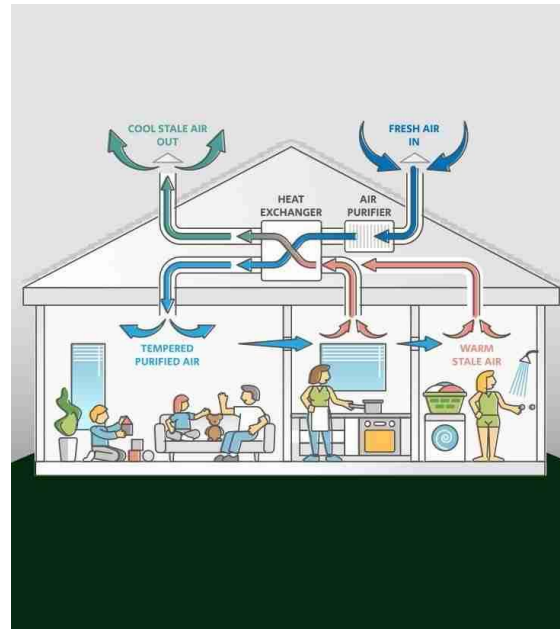


Removes uncontrolled air:

Draughts under the floor, any entry points into the house

Through doors and windows

# Ventilation



- Controlled air to avoid condensation
- Single room heat recovery ventilation
- Mechanical Heat Recovery Ventilation

# Breathability



Managing vapour in old buildings:

- Materials that allow vapour to pass through them

# Air Source Heat Pump (ASHP)



# Re-use Rehome Recycle



Plasterboard  
Back door  
Tap hoses  
Ornamental stones  
Double skin radiators  
Floorboards  
Tile off cuts  
Builders bags  
Furniture  
Suiter  
Work books  
Wok hob

# The olden days

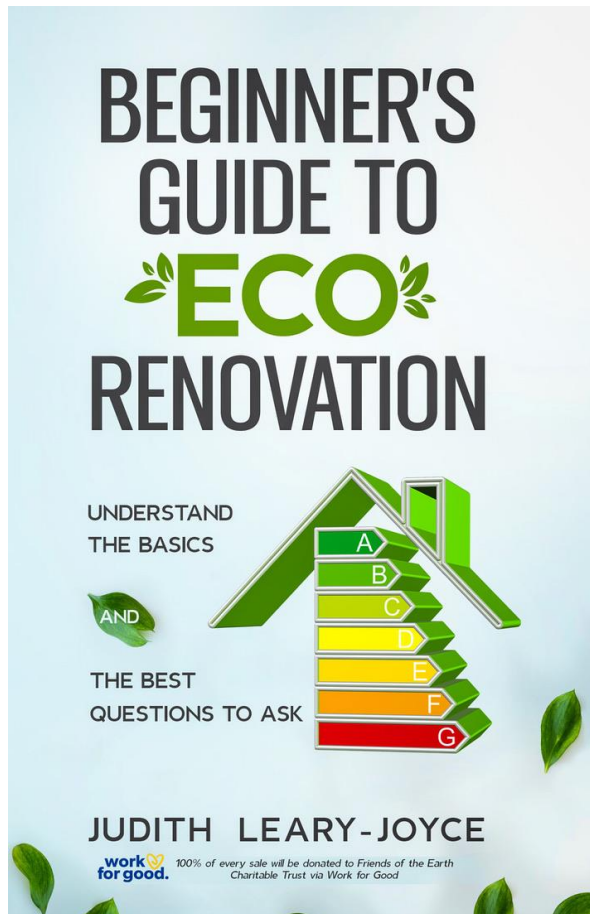




# The finished article

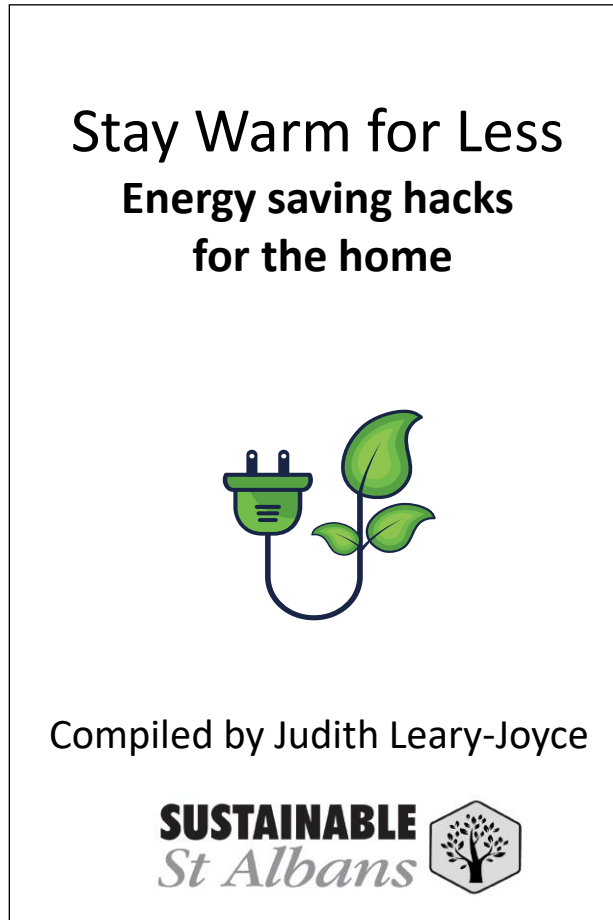


# Deep retrofit



Available on [Amazon](#) and all good bookshops

# Shallow retrofit



Available to download [EcoRenovationHome.com](https://EcoRenovationHome.com)