FROME VALLEY ENVIRONMENTAL NETWORK CIC WARM GREEN HOME DIRECTORY

Find local properties and services that can help you make your home warmer and greener



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BRISTOL ENERGY NETWORK

WEG
Winterbourne and Frome Valley Environmental Group

WHAT YOU CAN FIND IN THIS DIRECTORY

- understanding retrofit
- examples of local warm green homes
- information about services that can help you to retrofit your own home
- about us - information about Frome Valley Environmental Network CiC and how you can get involved with us





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WHAT IS RETROFIT?...

Retrofitting your home means improving its energy performance, making it warmer in winter, cooler in summer, and cheaper to run. Retrofit can include better insulation, draught-proofing, installing solar panels, upgrading windows, or fitting low-carbon heating systems such as air or ground source heat pumps. Each home is different, but the goal is the same: to cut energy use, save money, and reduce carbon emissions.



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FROME VALLEY ENVIRONMENTAL NETWORK CIC

Frome Valley Environmental Network CIC works to protect and restore the natural environment, strengthen community resilience, and promote a fair transition to a low-carbon future. We bring people together across the Frome Valley to learn, grow, and take action. From sustainable food production and habitat restoration to energy efficiency, repair initiatives, and inclusive climate education. Our mission is to create a thriving, connected community where both people and land can flourish. Get involved by following us on Facebook or signing up to our mailing list here

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Matt, Jess and their family made energy efficiency improvements to their semi-detached home in Bristol to save money on their energy bills and make it more comfortable.

They found that when their heating clicked off, it felt cold inside the house – meaning there was significant heat loss through the walls.

In their previous house, they'd insulated the external walls and felt the comfort benefits there and had taken learnings from that process to apply to this house.

Book a FREE advice session today at retrofitwest.co.uk

Matt got 70% off his home assessment for external wall insulation by using a **Retrofit West voucher**. Discovering that they had a whole side wall that was uninsulated meant that it was full steam ahead with the EWI to retain heat and reduce their energy costs.

Once they installed the insulation, Matt & Jess installed a heat pump and solar panels to make financial savings.



comfortable



They used installers on the **Retrofit West contractor directory** and said they went above and beyond.

Matt & Jess are very happy with their energy efficiency upgrades and the help they received from Retrofit West.

> **The Retrofit West home assessment voucher is an amazing service. We're surprised that we didn't know about it, and we've advertised it to loads of friends.**

Who are Retrofit West?

- **Not for profit**
- **Based in Bristol**
- **Independent & impartial experts**
- **Funded by the West of England Combined Authority**

We're not looking to make money, we just want to help homeowners and landlords improve the energy efficiency of their properties.

& efficient

HOME PROFILES

We have selected 7 properties across the Frome Valley that offer a range of examples of homes that have been retrofitted in a variety of ways.

Some of the homeowners of these properties have offered to be available for local residents to ask questions via email, or to meet in person and visit the properties.

If you are interested in connecting with a home owner please email us, listing the house number, or numbers and any questions you are interested in learning more about.

winterbourneenvironmental@gmail.com



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PROPERTY 1

This detached three-bedroom home in Iron Acton dates from the early-mid 19th century, with a large 1982 extension. Over the last decade, the owners have made steady upgrades to improve comfort and efficiency.

Traditional and modern insulation includes lime-cork plaster in the original rooms, thermal blocks in the extension, an insulated floor slab, and thermal underlay. Hardwood double-glazed windows, LED lighting, and an induction hob reduce energy use. Fourteen solar panels support the hot water system. Heating combines a wood burner, zoned oil heating, and underfloor heating in the kitchen, study, bathroom, and cloakroom. Low-VOC paints and wool carpets improve indoor air quality.

Challenges: The house was unsuitable for an air-source heat pump, and cavity wall insulation wasn't feasible.
Solution: The owners upgraded to a more efficient oil boiler and mainly use the wood burner.

Future plans include battery storage, loft insulation, outdoor lighting, and switching to a plug-in hybrid or EV.

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PROPERTY 2

This detached five-bedroom 1995 home in Westerleigh has been upgraded steadily over the past decade. The owners added extensions in 2016 and 2018, solar panels in 2015, an EV in 2021, an air-source heat pump in 2022 and a 15kWh battery system in 2022–23. With full wall insulation, new double glazing, LED lighting and several smart plugs, the house now runs efficiently on electricity supported by a smart meter and the Octopus Agile Tariff.

The homeowners say, "You really don't have to be an eco-warrior to embrace green technology." Solar came first to cut bills, followed by an EV "for the sheer joy of driving it." They call the battery "the real game-changer."

Together, these measures mean they "power our home, heat it, and drive, all for around £100 a month."



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PROPERTY 3

This detached four-bedroom 1980 home in Winterbourne has been upgraded in practical steps since 2021. The owners began with loft insulation and solar panels, then added cavity wall insulation, improved double glazing, and installed an air-source heat pump in 2024. “Much of the retrofit just made sense. Insulation saved money rapidly and gave us a warmer home.”

With 15 solar panels across three roof angles and modern double glazing, the house now stays warmer while generating clean electricity. “Solar panels are paying for themselves quickly, while making a small contribution to reducing emissions and improving the UK’s energy security.”

Switching from oil to a heat pump was the biggest leap: “Doomsayers said the house wouldn’t be warm. They were wrong — it’s cheaper than oil, feels cosier, and we no longer have fossil fuels on the property.”

Cavity wall insulation was initially rejected, but a second installer confirmed it was feasible.

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PROPERTY 4

This detached four-bedroom home, has cavity wall insulation, thick loft insulation, double glazing, and a modern air-source heat pump (Vaillant Arotherm 7 Plus). The property includes 23 solar panels facing three directions, helping capture energy throughout the day. Home storage batteries provide 27kWh of storage, allowing the home to import electricity at a cheap night rate.

'Having a home heated by an ASHP means having a much more comfortable heat. The ASHP constantly trickles heat into house "rather than the on/off, cycle" of a gas boiler that I was either too hot or a little chilly. Most electricity is purchased at low off-peak rates, with strong export rates helping to keep overall costs down with 2025 resulting in a negative bill. Though exact savings vary with tariffs'.

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PROPERTY 5

This semi-detached home, built around 1965, has been gradually upgraded to improve comfort and efficiency. Major extensions were added in the 1980s and late 2000s, and a retrofit in December 2022–January 2023 included loft and cavity wall insulation, a solar PV system, an 8.2kWh battery, and an air-source heat pump supplying radiators. All lighting is low-energy, appliances are electric, and a smart meter helps monitor use.

The 4.7kWp PV array generates roughly 4,100 kWh per year, with some stored in the battery and some exported. The heat pump runs efficiently, often achieving 200–400% efficiency depending on outdoor temperatures, reducing overall electricity demand by around 70–75%.

Challenges: Installation in freezing winter required temporary relocation; the heat pump tank initially wouldn't fit the airing cupboard.

Solutions: The tank was repositioned, and minor teething issues were resolved quickly. Future plans include possible shading, additional trees, and an air-to-air cooling unit as temperatures rise.



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PROPERTY 6

This 1962 semi-detached bungalow in Frenchay underwent a six-month eco-renovation in 2022–23. Old storage heaters were replaced with a Vaillant AroTherm Plus 3.5kW air-source heat pump, underfloor heating, and Climabox technology to heat, cool, purify, and dehumidify upstairs rooms, all controlled via the Wiser app.

The loft uses Knauf Eko Loft Roll recycled-glass insulation, above the garage. With Thermofoil and recycled-plastic underlay under the carpets upstairs. Windows are double-glazed uPVC and aluminium.

Renewable energy comes from a GSE In-Roof 4.15kW solar system paired with a SolaX Triple Power HV 5.8kWh battery, supported by a smart meter and an Octopus export tariff.

Sustainable materials include bamboo flooring, reclaimed parquet, wool carpets, vintage furniture, and low-VOC paints. Future plans focus on a wildlife-friendly garden, a sedum roof, water-saving features, and additional battery storage to further reduce reliance on the grid.

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PROPERTY 7

This 1962 semi-detached home in Winterbourne has undergone multiple retrofits. It has double glazing and loft insulation (2008), 12 PV panels (2011), a two-storey side extension (2012), an EV charger (2018), and a 5 kWh solar battery (2019). They also have a new heat pump installed.

The owner says, "At each stage of my retrofitting journey it has been fascinating to watch my domestic energy usage drop," and "Having a thermal imaging survey through Retrofit West was really informative. Cold air was getting in through all sorts of nooks and crannies and it has been really satisfying sorting them out one by one."

"I've had solar panels for almost 15 years and I haven't had any problems; they just need an occasional clean."

Challenges include managing multiple apps: "Different suppliers' apps won't work with each other. It can be annoying, but is a minor issue overall."



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BORROW DON'T BUY WITH SHARE BRISTOL

Need a sander for one job, a ladder for painting, or a dehumidifier for winter? Share Bristol lets you borrow tools and equipment instead of buying, saving money, space, and the planet.

Membership is simple: £50/year (£20 concessions) lets you borrow as often as you like. Browse our inventory, reserve items at your nearest branch, and collect them on your chosen date.

Whether you're checking for draughts with a thermal camera or insulating your loft, we have the tools you need. Members love it: "Great idea, great service, great value," says Rich. Joanne adds, "Such a valuable resource!! Am getting loads of jobs done because I can borrow the tools I need."

With branches in Frenchay, Bedminster, Kingswood, and soon Winterbourne, there are plenty of opportunities to borrow. Save money, reduce waste, and make your home warmer this winter. Browse and sign up at Share Bristol.



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BORROW A THERMAL IMAGING CAMERA FROM SOUTH GLOUCESTERSHIRE LIBRARIES

South Gloucestershire Libraries have thermal imaging cameras which can be borrowed from any of their 13 libraries so you can find out exactly where your home is losing energy.

The easy-to-use cameras allow you to inspect your home with infrared technology to find insulation and heat loss problems around your home. Using the camera to help you identify home improvements may help you stay warmer in winter and cooler during the summer period.

You need to be a library member to borrow a thermal camera. Reserve your camera here: Thermal imager [realia] - LibrariesWest



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South Gloucestershire **Community Energy Network**

Connecting communities, sharing knowledge, and delivering practical energy solutions.

SGCEN brings together a network of community energy organisations in South Gloucestershire to share skills and resources, and create a thriving community energy sector in the area. We are a Community Interest Company (CIC). We have a number of projects to educate and share information about home energy, and we are also looking for ways to support community buildings to get solar panels on their roofs.

Check out our website to find out more about:

- Our member groups - Climate Action Thornbury and Surrounding Areas, Frome Valley Environmental Network, Marshfield Energy Group, Emersons and Lyde Community Energy and Climate Action Yate and Chipping Sodbury.
- Warm for Winter workshops
- Solar panels for community buildings
- Energy Help Desk
- SIFFFT Project

www.sgcen.org

