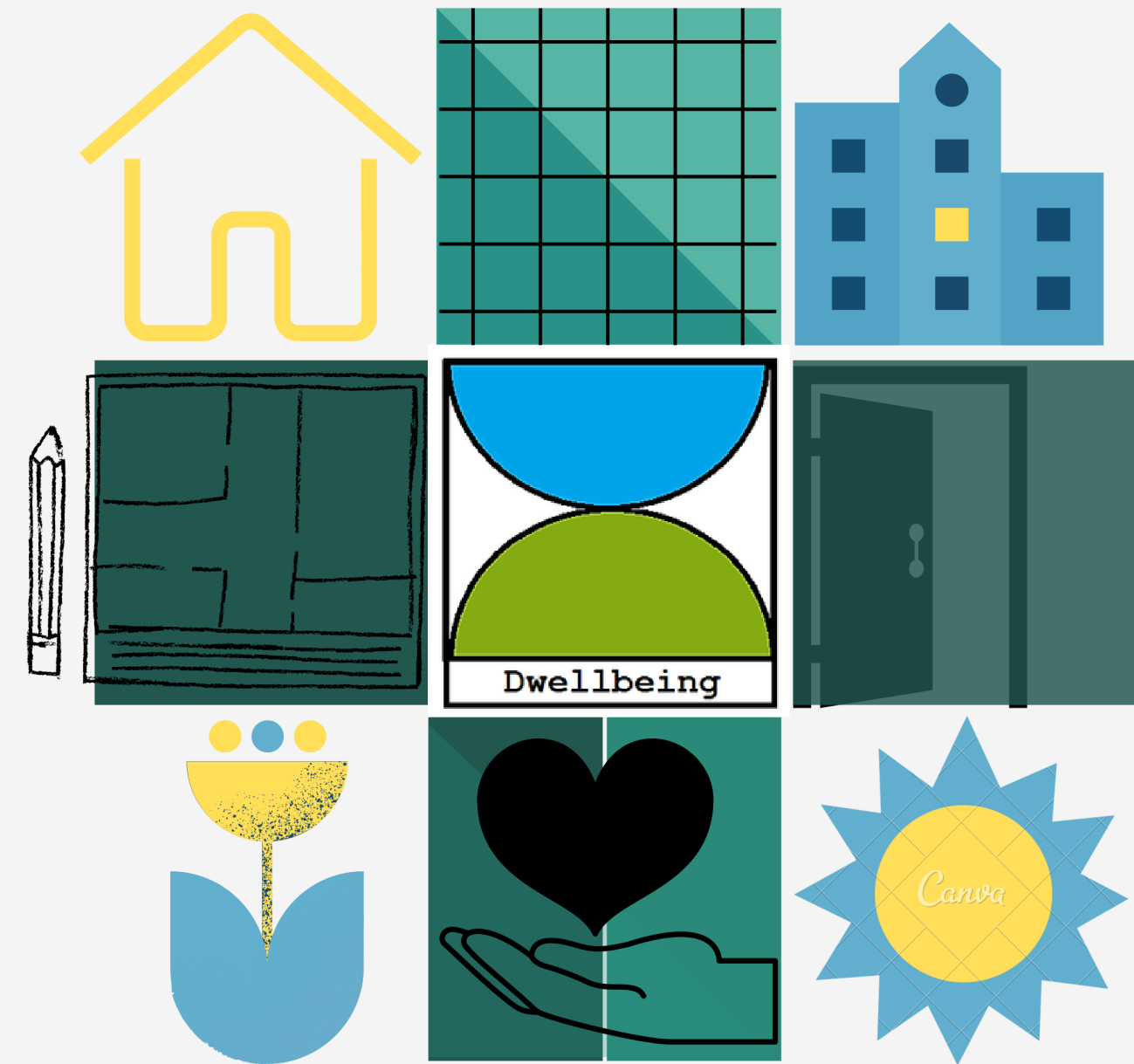


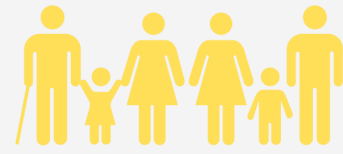
www.people-to-place.co.uk/design/retrofit

(VERY) BASIC TIPS FOR WINTER RESILIENCE

A mini-presentation on creating a more comfortable home.



Capture



Warmth

- Personal warmth
- layers
- Slippers
- thermals
- jumpers
- scarf/shawl
- electric blanket



Warmth

- Room warmth
- blinds/curtains
- rugs
- draught excluders
- throws
- cushions
- candle/fairy lights



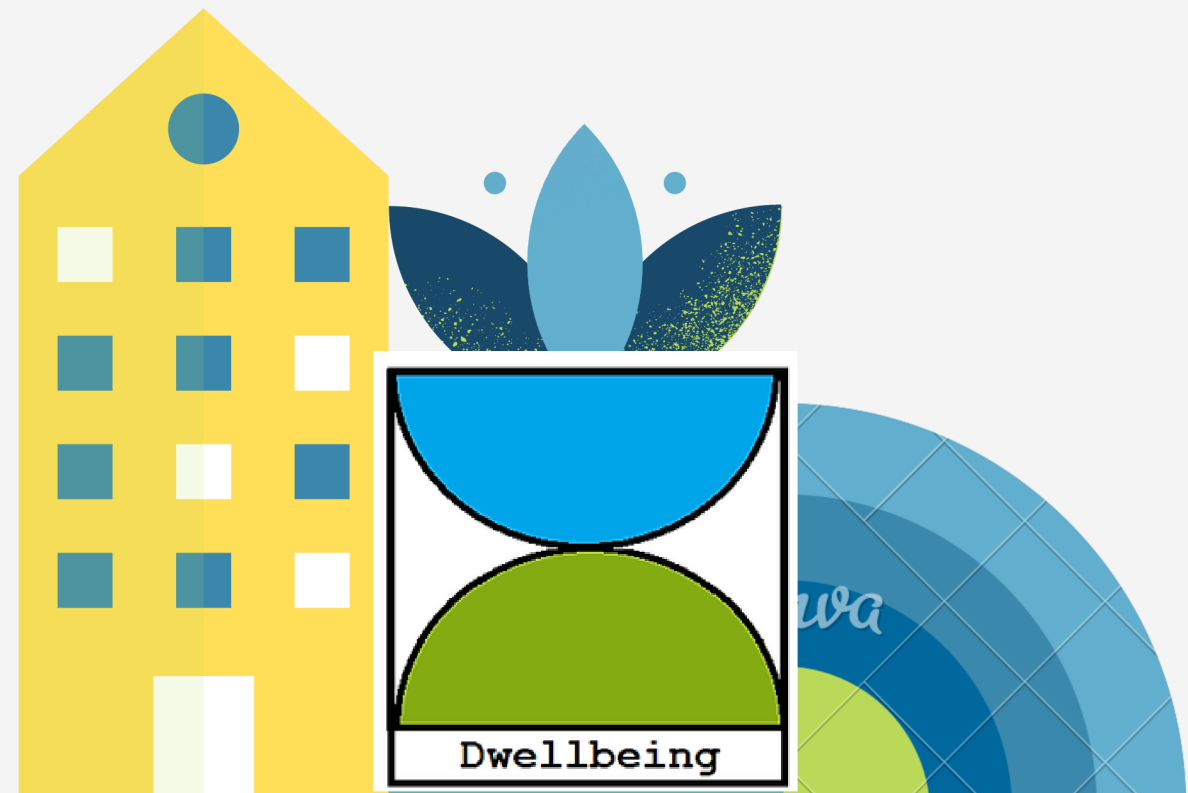
Warmth

- House warmth
- draught-proofing
- loft insulation
- wall insulation
- floor insulation
- triple glazing
- heating system

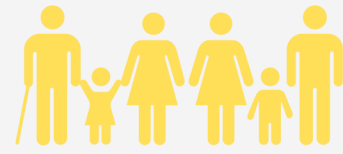


Warmth

- kettle to flask
- oven heat max
- day curtains open
- air clothes sun
- move body
- go out and return
- porches & hats!



Share



Warmth

- Socialize!
- Pets



Cooking

- meals
- batch



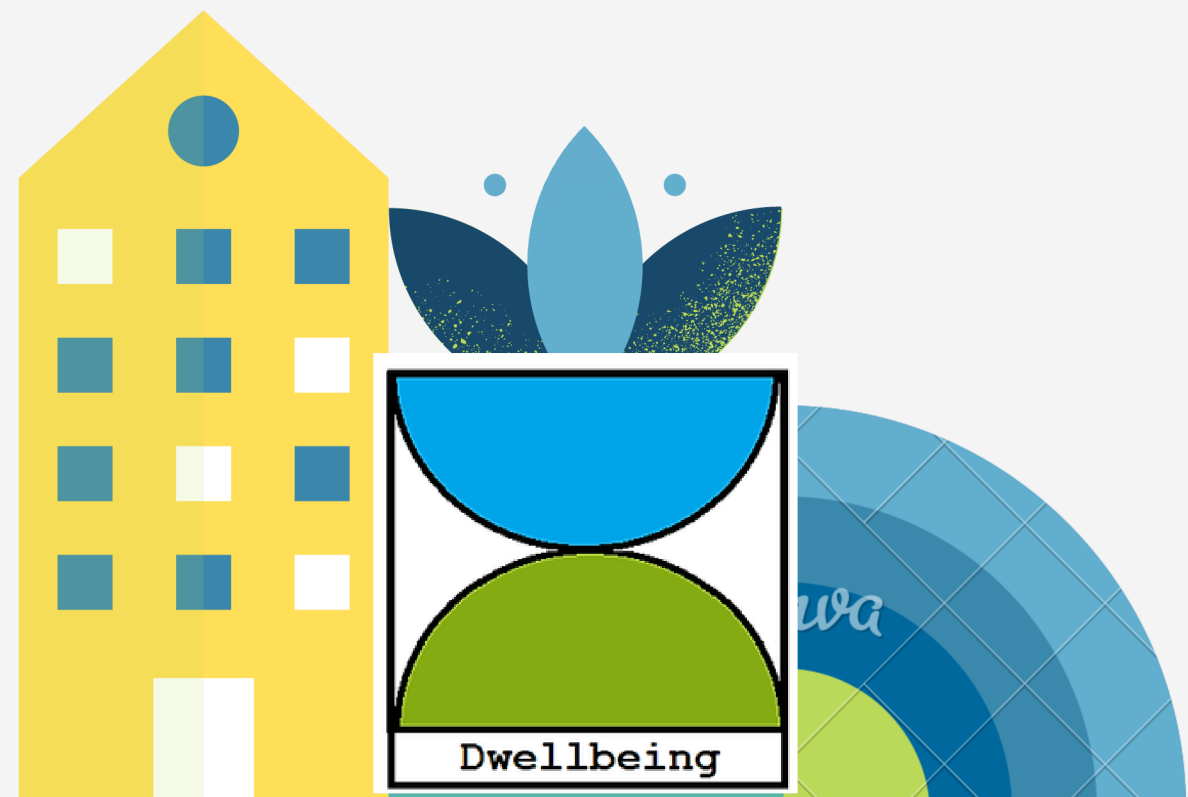
Shopping

- deals
- storage



joy

- positive news
- walks

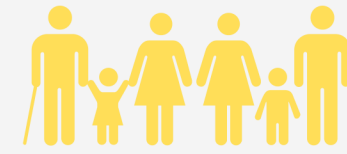


Plan



Room use

- sun orientation
- circulation



Cooking

- meals
- batch



Shopping

- deals
- storage



joy

- rest
- walks

