

Welcome to the kitchen



Heat recovery

In order to maximise the benefits of the whole house retrofit project, two heat recovery systems were installed, allowing energy to be recycled and reused. While sealing the property envelope and improving the heating system is ideal for energy efficiency, it is vital that moisture is able to escape from the house, so future occupants can enjoy living in a clean, dry atmosphere.

Thanks to modern technology, this is now a possibility. Two new heat recovery systems were added to make sure the house is both efficient and practical. You can see them when you move from the kitchen to the garden, tucked away in the cupboard.

The Mechanical Ventilation Heat Recovery system is a clever system that single-handedly reduces energy bills while increasing the flow of fresh air through the house. Installed in so-called wet areas, such as kitchens and bathrooms, the system recovers heat from water vapour and uses it to keep the property warm.

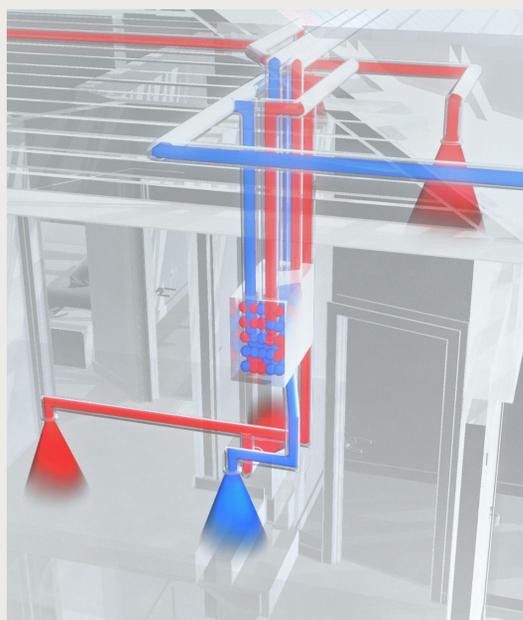
The heat from the extracted stale air is drawn through an air-to-air heat exchanger located within the heat recovery ventilation unit and is used to warm incoming fresh, filtered air for living rooms and bedrooms. In some cases around **96%** of the heat generated can be retained.

It does this by monitoring inside and outside temperatures and humidity levels before adjusting air circulation speed. It also offers a summer bypass facility, which allows heat to automatically exit the property during the summer without passing through the heat exchanger.

The whole system is fully automated, so residents don't have to do anything. In fact, it is so efficient that residents don't even need to open windows to access fresh air, while the landlord or homeowner only needs to change the filter once a year.



Installation of ductwork.



Layout of ductwork.



Installing a Titan 1.6 mechanical ventilation heat recovery unit.

Grey water tank

When you walk outside to the garden from the kitchen you will notice a water butt. This will capture used water from the home, including kitchen and bathroom. It's 230L so big enough for a family home! If it does happen to fill up, used water is redirected back into the drainage system.

Useful tips for at home

Get a separated kitchen bin for your recycling needs and sort it before it goes into your recycling bin. Also, rinse items so they don't contaminate the loads. Check out: walthamforest.gov.uk/recycling for more information

Have you thought about food waste recycling? Waltham Forest Council can help you with your bin needs – from a big brown bin to a small food caddy for your kitchen bench top.

Washing dishes - using a dishwasher uses the least amount of water, no need to rinse plates before they go in. The average cycle uses only 10 litres. If no dishwasher, use the sink with a plug rather than washing under a running tap.

No fat or oils down the sink - put in the compost bin. Fats and oils down the sink create those horrible fatbergs we see on the news.

Thames Water use calculator is really good to calculate your water usage and also have some free water saving devices.



Find out more →
walthamforest.gov.uk/ecohome

