

# Thermal Curtains to keep in heat

Thermal curtains are an ideal method to stop the warmth escaping from large tenement windows. The picture below shows a thermal image of a bay window, with a thermal curtain hung on the left hand pane and an ordinary curtain on the right hand pane.



Less heat loss from this window with the thermal curtain

Once thermal curtains are installed your flat will hold the warmth inside for longer, which means you might be able to turn your heating down or have the heating on for less time. This will save you money.

Thermal curtains work best when they are used in conjunction with other draft-proofing and energy saving measures. It's worth taking in to account draughts from the condition of the windows and the position of the curtain rail. Get in contact for more information.

## What are thermal curtains?

Thermal Lining is a rubberised fabric that is very good at keeping heat in a room. It can be sewn or hung onto the back of your existing curtains. It usually comes in either



white or cream, and is sold in haberdashery shops, as well as online.

The material usually comes in strips 54 inches (about 130 cm) wide. These strips are sold by lengths of one metre, at around £4.00 per metre.

To find out how much it would cost to line your curtains, you will need to measure them. This might involve using a step ladder and measuring tape. Thermal curtains are not suitable for bathrooms and kitchens.

You can either sew the lining directly on to the curtain or hang it behind with hooks, so it can be removed for cleaning.

## How to get started

1. Measure your curtains.
2. Work out if you want thermal fabric or thermal and black out fabric.
3. Purchase the fabric.
4. Either have a go at sewing the lining in to the curtains

yourself or ask a friend to help you. If you can't sew, your local fabric shop will be able to put you in touch with someone who can.

*“Double glazing wasn't an option for me, so thermal curtains have been an easy to fit solution”*

**Hilary, Strathbungo conservation area**

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