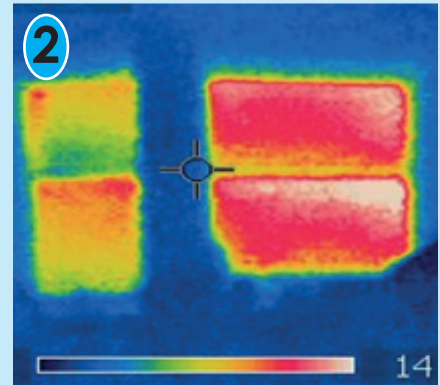


Thermal curtains

Thermal curtains, when closed, are a simple but effective way to prevent heat escaping through large tenement windows.

Photograph 1 shows a typical tenement window and photograph 2 is a thermal image of the same window. In photograph 2, the right-hand window – which has an unlined curtain – shows up as red, indicating that heat is escaping. The left-hand window, which has a curtain with a thermal lining, shows up as less red, indicating a reduction in heat loss. You can add a thermal lining to your existing curtains by sewing it on or attaching it to the back with hooks.



Fit a thermal lining to your curtains

Thermal lining is a rubberised fabric which is very good at keeping the heat in a room when the curtains are closed. It comes in cream or white and you can buy it in haberdashery shops and online. The material often comes in strips 130cm wide and is sold in one-metre lengths, at around £4 per metre.

To add thermal lining you need to:

1. Measure your curtains.
2. Work out if you want thermal fabric or thermal and black-out fabric.
3. Purchase the fabric.

Then you can 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 alterations 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 effective and easy-to-fit solution'
Hilary, Strathbungo