

ARBED & HEALTH

Results from a study by Cardiff University



Household survey results

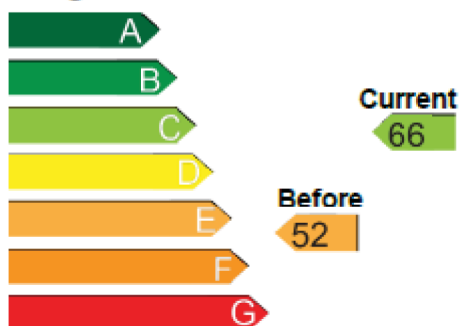
Over the past few years, a number of communities across Wales have had energy-efficiency work done to their homes through the European and Welsh Government funded Arbed programme. Measures included external wall insulation, new boilers and radiators, and connecting homes to the mains gas network.

Cardiff University conducted a study to find out how these improvements would make a difference to residents. The study found that the Arbed programme:

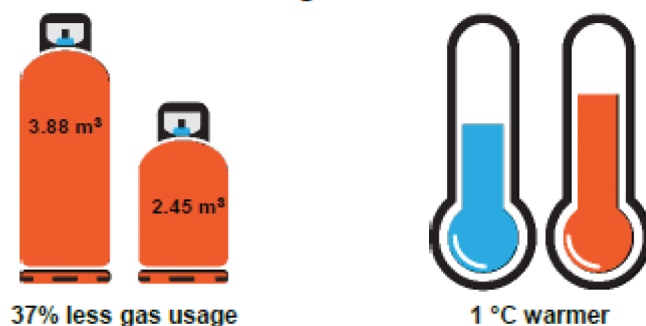
- ✓ Improved overall wellbeing
- ✓ Improved satisfaction with the temperature inside the home
- ✓ Made it less of a struggle to pay heating bills
- ✓ Made people happier to invite friends into their homes

Household monitoring results

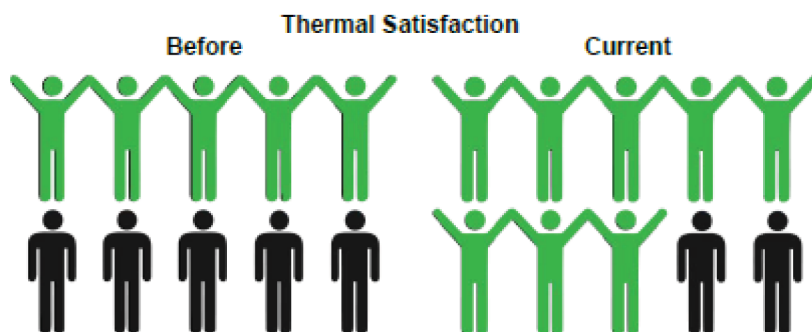
Having energy efficiency work helped to improve the energy rating of homes from E to C on average.



This means savings of up to £39 per month while homes become 1 °C warmer during winter.



Residents are more satisfied with indoor air temperature.



Further information



Seeking information and help

Resource Efficient Wales is a single point of contact within the Welsh Government for information on improving the energy efficiency of your home, generating renewable energy, saving water and reducing waste. They are there to help you find the right support to become more efficient. Call the Resource Efficient Wales helpline on

0300 123 2020



Thank you to all residents who kindly gave their time to help with our survey.

If you have any questions please contact us at:

Cardiff University, Welsh School of Architecture
Bute Building, King Edward VII Avenue, Cardiff, CF10 3NB
Email: arbed2@cardiff.ac.uk

This brochure presents emerging results from independent research funded by the National Institute for Health Research (NIHR). The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.

ARBED AC IECHYD

Canlyniadau astudiaeth gan Brifysgol Caerdydd



Canlyniadau arolwg cartrefi

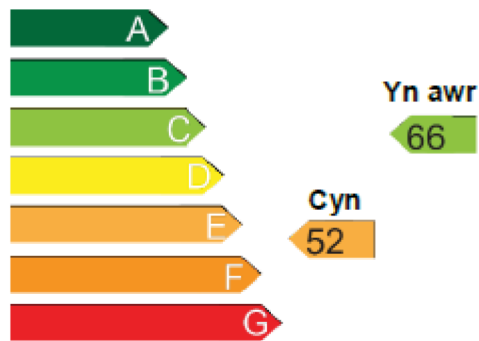
Dros y blynyddoedd diwethaf, mae gwaith gwella effeithlonrwydd ynni cartrefi wedi'i wneud mewn cymunedau ledled Cymru drwy raglen Arbed a ariannwyd gan Ewrop a Llywodraeth Cymru. Roedd y gwaith yn cynnwys insiwleiddio waliau allanol, gosod boeleri a rheiddiaduron newydd, a chysylltu cartrefi â'r prif rwydwaith nwy.

Cynhaliodd Prifysgol Caerdydd astudiaeth i weld sut byddai'r gwelliannau hyn yn gwneud gwahaniaeth i breswylwyr. Yn ôl yr astudiaeth, mae rhaglen Arbed wedi:

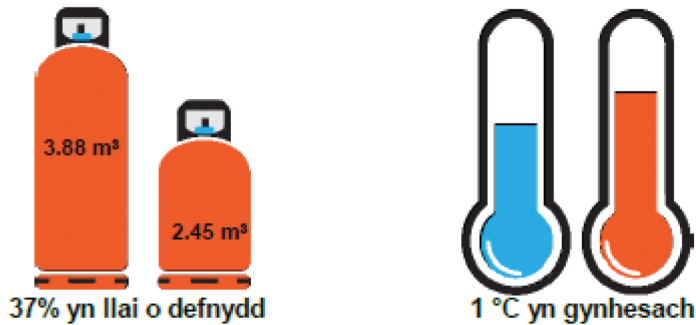
- ✓ Gwella lles yn gyffredinol
- ✓ Gwella bodlonrwydd ar y tymheredd y tu mewn i'r cartref
- ✓ Gwneud talu biliau gwresogi yn fwy fforddiadwy
- ✓ Gwneud pobl yn fwy parod i wahodd ffrindiau i'w cartrefi

Canlyniadau monitro cartrefi

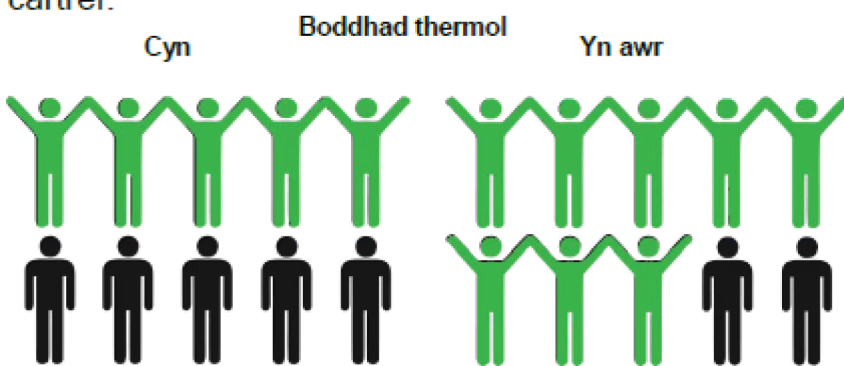
Roedd gwneud gwaith gwella effeithlonrwydd ynni yn helpu i wella sgôr ynni cartrefi o E i C ar gyfartaledd.



Mae hynny'n golygu bod hyd at £39 yn cael ei arbed bob mis tra bod cartrefi 1 °C yn gynhesach yn ystod y gaeaf.



Mae trigolion yn fwy bodlon ar dymheredd yr aer yn y cartref.



Rhagor o Wybodaeth



Gofyn am ragor o wybodaeth a chymorth

Adnodd Effeithlon Mae Cymru yn un pwynt cyswllt o fewn Llywodraeth Cymru i gael gwybodaeth ar wella effeithlonrwydd ynni eich cartref, cynhyrchu ynni adnewyddadwy, arbed dŵr a lleihau gwastraff. Maent yno i'ch helpu i ddod o hyd i'r cymorth iawn i ddod yn fwy effeithlon. Ffoniwch y llinell gymorth Adnoddau Effeithlon Cymru ar:

0300 123 2020



Diolch i'r holl breswylwyr a roddodd o'u hamser i lenwi ein harolwg.

Cysylltwch â ni ar bob cyfrif os oes gennych unrhyw gwestiynau:
Prifysgol Caerdydd, Ysgol Pensaernïaeth Cymru
Adeilad Bute, Rhodfa'r Brenin Edward VII, Caerdydd, CF10 3NB.
Ebst: arbed2@caerdydd.ac.uk

Mae'r llyfryn hwn yn rhoi'r canlyniadau sy'n dod i'r amlwg mewn ymchwil annibynnol a ariennir gan y Sefydliad Cenedlaethol ar gyfer Ymchwil Iechyd (NIHR). Barn yr awdur(on) a fynegir, ac nid yw'r GIG, y Sefydliad Cenedlaethol ar gyfer Ymchwil Iechyd na'r Adran Iechyd o reidrwydd yn rhannu'r un fam.