

## 9 East Avenue, Goring by Sea, BN12 4DD

### Overview

**Owners:** Jo Bayly and Mary Buri

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**Type:** Bungalow

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**Age:** 1927

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**Beds:** Two

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**Walls:** Brick cavity

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**Area:** 700 square feet

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**Residents:** Two

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### Key features

Air Source heat Pump

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Wet Underfloor Heating

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Agile Tariff

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Innovative Garden and Waste Practices

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Gardening for Nature

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### Introduction and approach

Jo and Mary have worked really hard over the past 8 years to bring this 100-year-old bungalow into the 21st century in a thoughtful and tasteful way, using the wrap around garden to fit their desire to both care for nature, and feed themselves.

They wanted to completely redesign and extend the interior to include an open plan, double glazed living space, taking the opportunity to upgrade their heating system to an Air Source Heat Pump with underfloor heating, resulting in a cosy, comfortable yet modern space to live and work from.

Jo is a keen gardener and has come up with all sorts of inspiring and innovative ways of improving soil, supporting nature and producing food.

Do come and learn from Jo about Agile Tariffs to save money on fuel bills, and find out about soil blocking and how to garden to support nature.



### Energy efficiency measures

#### Heating and hot water

With the combination of adding an Air Source Heat Pump (ASHP) and using the Octopus Energy Agile Tariff, it has enabled them to much more easily control their energy use, thus saving money on fuel bills. At any point in the day, they can decide when to use high energy appliances and take advantage of periods of time when the tariff is at its cheapest.

They have wet underfloor heating throughout the building apart from the 2 bedrooms, which still have radiators, but all heating comes off the ASHP.

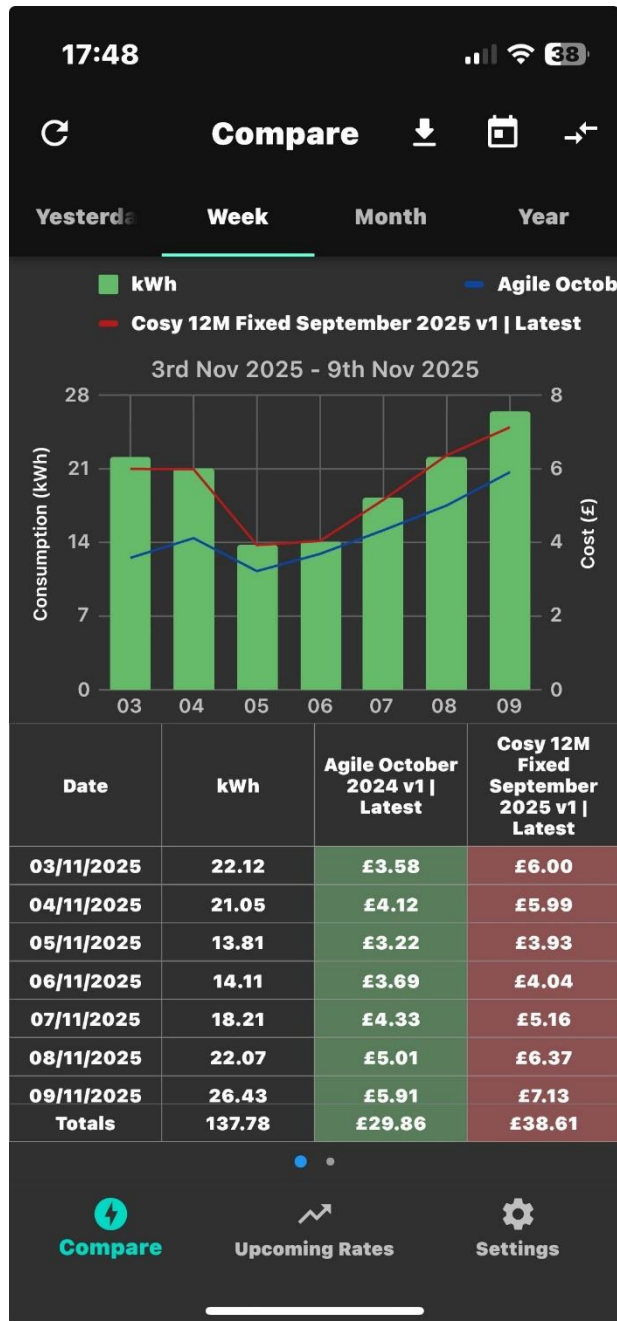
Jo had to work hard to get the settings right, especially with the hot water, but she can now show visitors how to use the App to monitor and control energy use and how the Octopus Energy Agile Tariff works to their advantage.

#### Insulation

**Walls** - Cavity wall insulation

**Windows** - Double glazed throughout with sliding patio doors in the extension. Porch is double glazed.

**Roof** - The roof was completed renewed with red clay tiles in 2024 as it was leaking. The loft was already insulated but they would like to have it upgraded.



## Renewables and low carbon technology

### Electricity/Gas

ASHP takes advantage of low carbon technology. Jo and Mary are currently investigating adding solar panels and a solar

battery. They have been told that financially it's not worth their while installing solar panels and a battery (regarding pay back), but they would love to do this.

Annual usage for electricity is around 5000kWh and 330kWh for gas - they spend more on the standing charge for gas than for its actual use as they only use gas to power the hob.

## Other sustainable measures/ lifestyle decisions

**Gardening** - Jo is a keen gardener and has her own potting shed in the front garden, where she would love to show visitors how to use a "soil blocker". This handy device allows you to create small blocks of soil with a hole in the top for seeds, enabling seedlings to be directly planted into the garden without disturbing the roots when planting or potting on, resulting in stronger plants. It also saves on plastic seed trays. Jo uses the warmth and light of the porch to help germinate her seeds and then populates the garden with organically grown pollinator friendly plants, as well as her own fruit and vegetable plants.

Jo and Mary want to reduce their lawn as much as possible. They have added a wildlife pond, fruit trees, fruit bushes and herbs and keep adding more beds to support nature and wildlife, also to help improve drainage. Jo gardens for nature - "plant for the soil, then for the pollinators, then the birds and then for food for ourselves."

There is a hotbin in the garden where all food waste can be turned into very rich compost, using the leachate as a natural fertilizer. The compost is used to mulch the various beds in the garden. Additional organic compost is bought in bulk in Henfield, where you can fill your own bags, or from Culberry Nursery in Angmering (where Jo also buys any additional plants).

There are 3 water butts on downpipes from the bungalow which are used to water the garden when needed.

**Lifestyle** - Jo and Mary are very conscious of their impact on the planet, considering nature in all they do. They do have a car but try to avoid using it whenever possible. They chose to move to this house because they could easily cycle to

the town and the railway station. They love cycling round France, so they cycle to the station and then get the train and boat to France.

They try to avoid waste and plastic as much as possible. They use 5 litre containers and refill smaller bottles wherever they can and mourn the demise of Larder and HISBE locally, where they could refill a wide range of items. However, they do buy as much as they can in bulk.

Fruit grown in the garden is preserved by canning, or dried using their own dehydrator. Jo loves knitting and crochet and has even made her own slippers from deadstock wool from The Good Stitch. She used wool packaging to create a draught excluder for the front door. Mary made a floor cushion from an old sofa seat pad, covering it with deadstock train seat fabric, again from The Good Stitch.

## Lessons learned

One of the main lessons learned is how to control your energy consumption. Jo and Mary do this via the Octopus Compare App which enables them to monitor energy use and choose when to use high energy use appliances. They now have a much greater awareness of their energy use and have control over it, thus saving on energy bills.

## Professionals/materials

### **Roof:**

Replaced by Mid Sussex Roofing

### **Air Source Heat Pump:**

A Greener Alternative in Shoreham:

<https://agreeneralternative.co.uk/>

### **Extension and Double Glazing:**

Done at the same time as the roof by builder who sadly subsequently went out of business.

### **Seeds:**

Vital Seeds

<https://vitalseeds.co.uk/>

Real Seeds

<https://realseeds.co.uk/>

### **Deadstock materials:**

The Good Stitch, 117 George V Ave, Goring-by-Sea, Worthing BN11 5SA

<https://www.thegoodstitch.co.uk/>