

FIGHT THE FREEZE WITH



SUPERDAD'S SUPER-DEAL NOW EXTENDED TO MARCH 31ST

Parkers' joint promotion with Superglass and SSE Energy Supply is back and even better value ... now all you have to do is buy one and you GET THREE FREE !



With freezing conditions and more snow forecast for February, we've extended our fantastic Buy-One-Get-Three Free offer right up to 31st March, giving you the opportunity to get fully insulated up aloft !

SAVE UP TO £100 EVERY YEAR

You could save up to a £100 every year on your heating bills. In addition you could ...

- Reduce your home's carbon footprint by up to 800kg every year.
- Keep your home warmer in the winter and cooler in the summer.
- Prevent condensation by keeping interior surfaces warmer.

Save money on heating bills

Save money on loft insulation

Protect the environment

Keep your family warm



Call any of our branches for more details

BUY ONE GET THREE FREE

now available until March 31st

More on next page ...

Crowborough	01892 667000	Eastbourne	01323 732211
East Grinstead	01342 313244	Hailsham	01323 845700
Hailsham Joinery	01323 444250	Hailsham Kitchens	01323 444255
Hassocks	01273 846551	Haywards Heath	01444 477600
Seaford	01323 404000	Tonbridge	01732 360666
Tonbridge Kitchens	01732 447997	Uckfield	01825 761661
Garden Furniture	01825 702020	Plumbing Supplies	01323 409977
Direct Sales	01825 762956	Head Office	01825 748400

www.helpmebuildit.co.uk

PARKER BUILDING SUPPLIES

PARKER KITCHENS

PARKER JOINERY

PARKER BATHROOMS

PARKER PREMIER PAVING CENTRES

PARKER SELF BUILD

PARKER BRICKMATCHER

PARKER TIMBER AND MOULDINGS

PARKER LOFTS

GREEN@PARKERS

PARKER GARDEN FURNITURE

PARKER PLUMBING SUPPLIES

WHY INSULATE YOUR LOFT?

You'll save money on your heating bills as well as making your home warmer and safeguarding the earth's natural resources

- Un-insulated roofs account for a quarter of a home's heat loss.
- That lost heat costs you money, makes your house colder and wastes valuable energy, as well as contributing to rising CO2 levels.
- Just by fitting your loft with 270mm deep insulation at ceiling level you can:
- Save up to a £175 every year on your heating bills.
- Reduce your home's carbon footprint by up to 800kg every year.
- Keep your home warmer in the winter and cooler in the summer.
- Prevent condensation by keeping interior surfaces warmer.

Superdad's great offer mean the cost of buying loft insulation could be paid back within the first year! It's time to go to work!

SIX SIMPLE STEPS TO BEING A SUPERDAD

ARE YOU READY TO BE A SUPERDAD? JUST FOLLOW THE STEPS BELOW AND YOUR FAMILY WILL SOON REALISE THERE'S A HERO AMONGST THEM. IF YOU ALREADY HAVE A SUPERDAD T-SHIRT, PUT IT ON NOW!



1 HEALTH & SAFETY...
INSTALLING LOFT INSULATION IS A SAFE AND SIMPLE JOB BUT EVEN A SUPERDAD NEEDS TO TAKE A FEW PRECAUTIONS **MORE...**



2 MEASURE...
FIGURING OUT HOW MANY ROLLS OF INSULATION YOU NEED IS EASY, ALL A SUPERDAD NEEDS IS A TAPE MEASURE AND A CALCULATOR (OR YOU CAN USE THE "ROLLS PER LOFT" CALCULATOR WHEN YOU CLAIM YOUR VOUCHER) **MORE...**



3 CLEAR...
YOUR LOFT NEEDS TO BE CLEAN AND EMPTY BEFORE YOU CAN START TO FIT LOFT INSULATION BETWEEN AND OVER THE JOISTS **MORE...**



4 CHECK...
ONCE YOUR LOFT IS EMPTY IT IS IMPORTANT YOU INSPECT IT THOROUGHLY BEFORE YOU START TO FIT THE INSULATION **MORE...**



5 INSTALL...
THERE ARE TWO WAYS YOU CAN INSTALL LOFT INSULATION ROLLS. THE OPTION YOU CHOOSE WILL DEPEND ON WHETHER YOU WANT TO STORE THINGS IN YOUR LOFT AFTER YOU'VE FINISHED **MORE...**



6 FINALLY...
ONCE YOU'VE FITTED YOUR INSULATION, THERE ARE JUST A FEW MORE THINGS TO DO BEFORE A SUPERDAD CAN PUT HIS FEET UP **MORE...**