

## Taking control of your heating system can help you make the most of the heat in your home and manage how much it costs.

### Programmer

Most programmers can be set to turn your heating on twice a day, once in the morning and again in the evening. To make sure you have heat when you need it, set your programmer to come on half an hour before you want to get up in the morning. This provides a 'warming up' period. Then set the heating to turn off half an hour before you leave the house or go to work. This 'cooling down' period will still provide warmth, but won't waste heat when you're not at home. You can then set the programmer to 'warm up' half an hour before you come home, then turn off half an hour before you go to bed.

In most cases it will be more expensive to leave your heating on constantly at a low level, rather than using a programmer. It's important to manage your heating system, but more important to keep warm and well.



Don't forget to check your programmer is set to the correct time. Check whether it is a 24 hour clock or shows AM and PM.

### Thermostats

Thermostats help you control the temperature of your heating and hot water systems.

#### Hot water thermostat

Thermostats on hot water tanks should be set at 60°C (140°F). If the temperature is lower it will allow bacteria to grow. If the thermostat is set higher you could risk scalding from extremely hot water, as well as wasting money from unnecessary heating.

### Room thermostat

Some heating systems have a room thermostat separate from the boiler. This allows you to control your home's temperature more easily. It is often placed in a hallway or living room. When the room reaches the set temperature it will turn the boiler off automatically until the temperature drops and more heat is needed.



### Some room thermostats are integrated into the programmer.



A thermostat should be set around 18-21°C, but remember the temperature in a hallway can be very different from a living room.

You may need to adjust your room thermostat to find a comfortable level for your household. Remember young children, older people and those with health issues will need a higher temperature.

### Thermostatic radiator valves

Some radiators are fitted with individual controls allowing you to set different temperatures in different rooms. Try turning radiators down to a low level in unused rooms, but don't turn them off completely. This low background heat should help reduce any problems with damp and mould.

## TOP TIPS

Avoid turning radiators off completely in summer in case they stick shut when the heating is turned on again in autumn.

Remember to have your boiler regularly serviced to keep it running efficiently – contact Community Energy Plus for details of discounts from local heating engineers.

## Cornwall's Independent Energy Experts

Our services to help householders in Cornwall and Devon enjoy warmer, energy efficient homes include:

- › Insulation and heating solutions
- › Energy efficiency advice and surveys
- › Planning for renewables services
- › Condensation and mould services
- › Help to understand and reduce energy bills

In certain circumstances we can access funding for services – call us to discuss your needs.



For advice  
call Freephone  
**0800 954 1956**

### Community Energy Plus

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## Using Heating Controls Effectively



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