



actonenergy
save money and the environment

Act on Energy is an independent organisation based in Warwickshire, dedicated to educating the public in the problems associated with climate change and other energy issues. We also provide householders and small businesses in the surrounding region with realistic solutions to reduce energy use.

free advice line

0800 988 2881

get in touch!

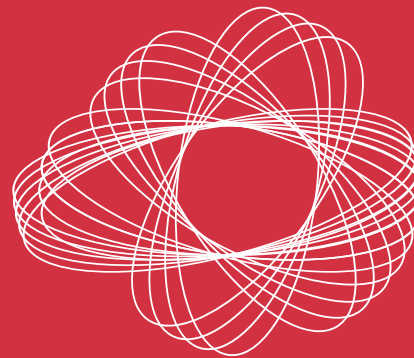
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Act on Energy is a company limited by guarantee and registered in England and Wales number 3621022 and a registered charity number 1075679. Registered office 29 Wellesbourne House, Walton Road, Wellesbourne, Warwickshire CV35 9JB



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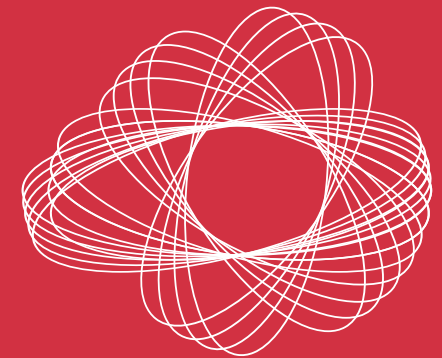
take control



of your heating

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Gas or Oil Central Heating

Most central heating systems provide heat for radiators and hot water for hot taps. Hot water can be stored in a tank (usually a cylinder in your airing cupboard), or it can come straight from the boiler instantly (a combi boiler). If the boiler has been fitted recently it will probably be very efficient which will help to keep your fuel bills as low as possible.

Boiler Thermostat: The temperature of water in the radiators is set by a

boiler thermostat. This should be set to a fairly high position and left. Please do not keep adjusting it.

Room Thermostat: This controls your room temperature and is normally in the hall. Set it to a reasonable temperature for the room it is in; say 16°C for a hall or 21°C for a living room. If you are not comfortable turn it up or down by a single degree. Turning it down by 1 degree will cut your heating bills by nearly 10%.

Thermostatic Radiator Valves (TRV): You may also have thermostatic valves on some of the radiators, particularly in bedrooms. These control just the radiator that they are attached to. The normal setting would be 3 (if the scale is 1 to 5) and this should equal around 21°C. For background heating in a room, turn it down to 1. You should never need to set it to 5.



Timer/Programmer:

This turns your heating system on and off at times to suit you. In a well insulated house set the timer to come on ½ hr before you get up in the morning and go off 1 hour before you go to bed at night. It should not need resetting, except when all of the clocks change.



You can choose to have the heating on all day for weekends by selecting 'once' on the programmer. If you are out during the day you should select 'twice' on the programmer.

Combination Boilers: With a combi boiler there is not much you need to do other than turn on a hot tap. Some boilers have a separate thermostat for your hot water temperature, but once it has been set it should not need adjusting.

Electric Storage Heaters

These are particularly suitable if you are home all day but are quite expensive to run and can run out of heat in the evenings, if not used properly. You may also need to leave doors open for the heat to spread around the house.

Storage heaters work by heating up the heavy blocks inside when electricity is quite cheap, usually over night. The heat then trickles out during the day to keep the house warm.

There are two dials on most storage heaters, one dial says 'input' or 'charge' and the other dial says 'output' or 'room'.

The 'input' dial controls how much electricity is used to heat the heater. When it is very cold, set it at or near maximum. When it is quite mild, set it to minimum.

Keep the 'output' dial at minimum unless you are in the room, in which case set it to the lowest setting that seems comfortable. When you go to bed at night or go out during the day, turn this control back to the minimum setting.

If you do this, you should not run out of heat in the evenings and your bills will be kept low.



Electric Immersion Heater

Hot water may come from a tank in your airing cupboard. This should be connected to a timer so that it only comes on when cheap off peak electricity is available. If there is not enough hot water to last through the day, you can press the 'boost' button on the programmer to get more, but this uses expensive day rate electricity.

As with everything that uses energy, it is cheaper and more efficient to switch things off if you do not need them. This applies to the electric immersion heater. Leaving it on permanently, wastes a lot of energy and money that you could be saving.

For more information on how to reduce your heating bills and save money call Act on Energy **FREE** on:
actonenergy 0800 988 2881