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Save on Heating Bills – change your settings

In a typical household, over half of the fuel bills are spent on heating and hot water.

Adjusting your boiler alone can save you over £100 a year without making your home any cooler.

Many people have their room thermostat set at 20 or more. The World Health Organisation says that 18°C is enough for healthy adults, with slightly higher temperatures needed for the very old or young. Turning yours down by 1 degree can save over £100 in a year.

Using radiator thermostats wisely will produce more savings again.

Here’s How

First make sure what kind of boiler you’ve got. A Combi Boiler has no hot water cylinder and can be adjusted for heating and hot water separately. A Condensing System Boiler has a separate hot water cylinder or tank, probably in your airing cupboard and may not allow you to adjust heating and hot water separately.

Condensing System Boiler and Hot Water Cylinder

On the boiler you can bring the temperature up or down using the radiator symbol on the control panel. You can set it at just over 60. You must also set the thermostat on your cylinder at 60 or just over. For Health and Safety reasons, don’t go lower than 60.

If they are currently a lot higher you might want to bring them down a bit at a time to make sure you are still comfortable

Combi Boiler

There will be a dial or a digital button for the heating and one for the hot water. Some experts recommend setting the temperature at 60, some say 50 for heating and 55 for hot water. There is no safety limit with a combi. If you find you are always adding cold water to your hot water, then it is set higher than you need.

If you are over 65, or have pre-existing health conditions, or have very young children, you may need to set a slightly higher temperature of 65°C to ensure your home warms more quickly.

Timer

Best advice is to set your timer to come on half an hour before you get up or come home, and to go off half an hour before you go out or go to bed. If you have turned your boiler down it might take a little longer to warm up so you could set it to come on a bit earlier. You can save more by setting your clock for shorter times and then using the booster or over-ride switch when needed.

Make sure in the summer when you don’t need central heating, you have your clock switched to hot water only. In winter you may be able to get away with hot water just once a day because it stays hot until you use it.

Most experts say it is NOT more economical to have your heating on low when you are not there. It is better to just turn it on when you need it.

Room Thermostat

You should have just one of these, on a wall somewhere. It should be set to the lowest comfortable temperature, which for most people is between 18°C and 21°C. If you are busy doing stuff you will need less.

Radiator Thermostat or Valve

You should have a valve or thermostat on every radiator except one. If you don’t have them, please ask for them as soon as possible, they will make a big difference.

Turn your radiator valves down by twisting clockwise and up by twisting anti clockwise. Right to close, left to open. Living room radiators usually work well enough on settings 3-4, and bedrooms can be lower. It is cheaper to heat the bed with hot water bottles or an electric blanket, than to heat the room. Rooms you don’t use can be turned down to zero but make sure you close the door, or the cold will make other rooms harder to warm up.

Again, if you are over 65, or have pre-existing health conditions, or have very young children, you may need to have all these settings a little higher.

This video is a good guide to thermostats

<https://www.youtube.com/watch?v=rszcxKsONgE>

Some websites to search for

<https://energysavingtrust.org.uk>

<https://www.moneysavingexpert.com/>

<https://helpforhouseholds.campaign.gov.uk/>