

Heating

Making sure you're warm and comfortable in your home



**Nottingham
City Homes**

Secure ♦ Warm ♦ Modern



**VPH
LIMITED**

Gas central heating systems with radiators if run properly can help to save you money on your bills. This fact sheet gives lots of tips about how to get the best out of your heating system – and save you money.

Timer / programmer controls

The most efficient way to heat your home is to set the timer to come on in the morning and the evening. Set the timer to switch the heating and / or hot water to come on about an hour before you get up to take the chill out of the air.

Room thermostat

The thermostat tells the house when it is hot enough and turns the heating off. If set too high it will waste gas and money.

The temperature can be adjusted to suit your needs. As a guide, it should be set between 18-21°C (65-70°F), or slightly higher if you have an elderly, or a disabled person or a young child in the house.

Remember: For every 1 degree higher you have the thermostat set you will add an extra 8-10 pence to your bill for every pound you spend.

Radiators

Make sure radiators are turned on using the valve on the side. Check if the radiators are warm all the way up – if they are cold at the top, there could be air in the system. This means the radiators aren't giving out as much heat as they should and can be 'bled' to remove the air. If you don't have one, radiator keys can be purchased at very low cost from most hardware stores.

To 'bleed' a radiator, hold a cloth or kitchen roll beneath where you put the radiator key. Turn the key clockwise. If the radiator needs bleeding, you will hear the air being let out of the radiator. As soon as all of the air has left the radiator, liquid will start to come out of the radiator. As soon as it does, turn the key anti-clockwise to close the valve.



Thermostatic radiator valves

Thermostatic radiator valves (TRVs) have numbers or markings (roman numerals) on them showing the temperature level of the radiator. These allow you to control the temperature in each room separately and if used properly can help you to save money on your heating bills. One (I) is the coldest setting, increasing to five (V) to give the warmest temperature.

If you have TRVs turn them to the midway point of 3 (III) in the summer when you turn the heating off. This is to stop the valve from sticking over the period when you don't have your heating on – which could mean you have no heating when the colder weather arrives.

Gas and electric fires

If you have a fire in your living rooms, make sure that it isn't covered up and is kept free from dust.

Fires should only be used as a secondary form of heating. Radiators will heat the whole house, while a fire only heats one room and can be expensive to run.

Need to know more?

Call a member of the Secure Warm Modern Team on **0300 333 8100** or e-mail swm@nottinghamcityhomes.org.uk

