

Central heating controls – making the most of your heating system



An EasyRead Guide



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Good central heating controls can help you heat your home well and save money on bills.



The Timer Control

The timer or programmer lets you control when the heating and hot water comes on and goes off.



This is a help. If you are not at home or are in bed asleep, the heating may not need to be on. You can save money by turning it off.



Setting the timer for heating

Set your heating to come on half an hour before you get up.



Also set it to switch off half an hour before you go to bed. This gives your home time to warm up and cool down.



You can also set it to turn off for the time you go out and turn on again for when you get back.



You may also have the choice to set it up differently for the weekends.

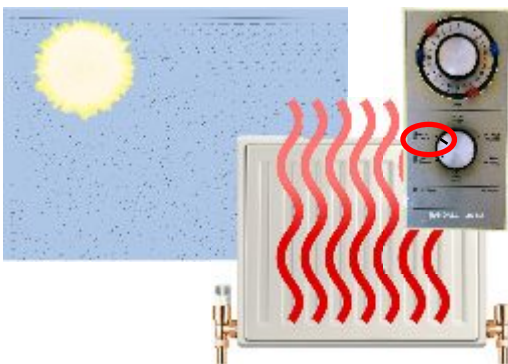


There are lots of types of timers. If you find it hard to work out how to set the timer, ask somebody to help you.



What do all the different settings mean?

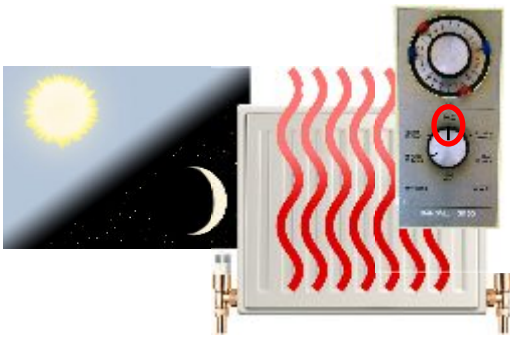
Auto or **Twice** means the heating goes on and off twice each day. It can be set to be on for a few hours in the morning and again in the evening.



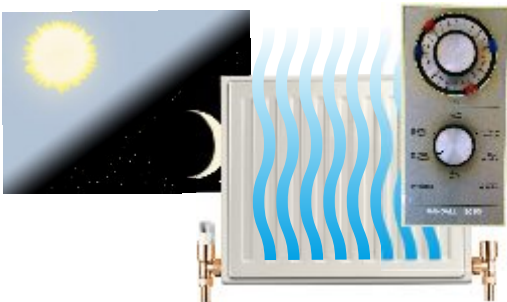
All day or **Once** means the heating will stay on all day.



It switches on at the first **on** time and stays on until the last **off** time of the day.



24hrs or On means the heating stays on all the time.



Off means the heating stays off all the time.



Boost or +1hr puts the heating on for an extra one hour of heat.



Advance moves the heating to the next setting. So if it is off at the moment, it turns on. If it is on at the moment, it turns off.

Setting your hot water timer



There are different types of hot water boilers.



If you have a modern type that just heats up water when you use it, it does not have a water timer. You can tell because it will turn on every time you turn the hot water tap on.



If your boiler heats up water in a hot water tank, the timer will need to be set.



Try setting the timer for an hour in the morning and an hour in the evening. If you don't run out of hot water, that will be enough.



If you can set the temperature, around 60°C is best.



Room thermostat – setting how hot your rooms are

A room thermostat is often in a hallway or sitting room.



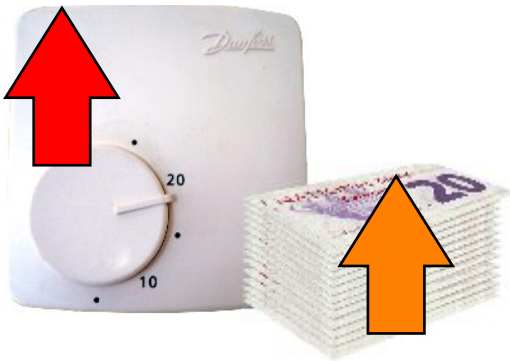
You can change it to make rooms hotter or cooler.



They are best set somewhere between 18 and 21°C.



This is a good temperature for most people.



You should set the temperature to what you want and then leave it there. Turning it up more will cost more and will not heat your home up faster.



When it gets to the set temperature it will switch the boiler off until it needs more heat.



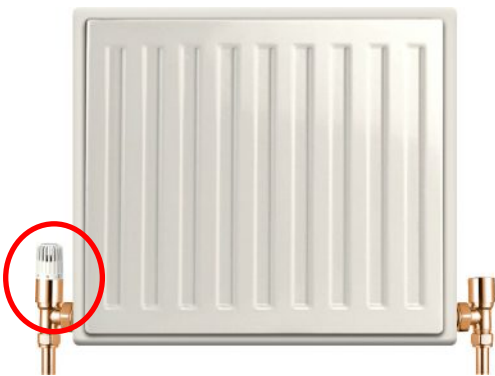
Some people need to keep their home warmer than 21°C. This may be due to their age or health problems.



Some new heating controls set the timer and the thermostat together. This lets you set the level of warmth for different times of the day.

Thermostatic radiator valves – knobs that change the heat setting on a radiator

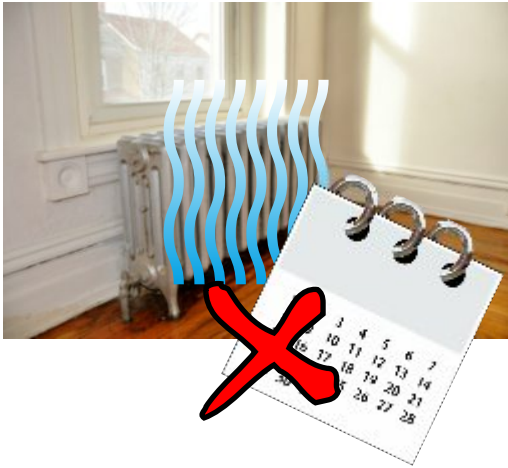
You can keep different rooms at different temperatures.



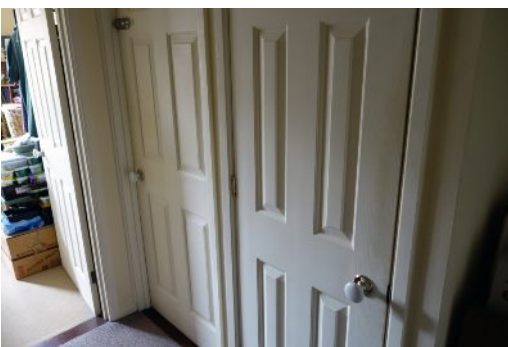
If you spend most of the day downstairs, you could set the valves on the downstairs radiators to medium or high.



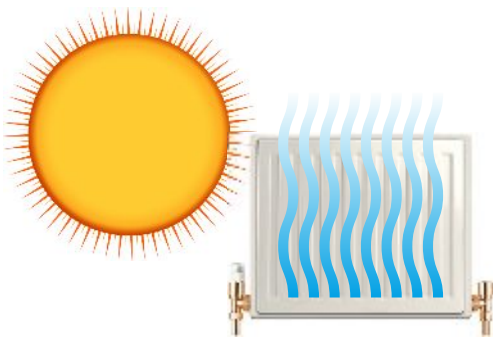
You could leave the upstairs radiators set on low.



Do not turn radiators off for days or weeks at a time. Very cold rooms can become damp and mouldy. Set the radiators in rooms you are not using to low.



Close the doors to those rooms.



In the summer it is fine to turn them off.



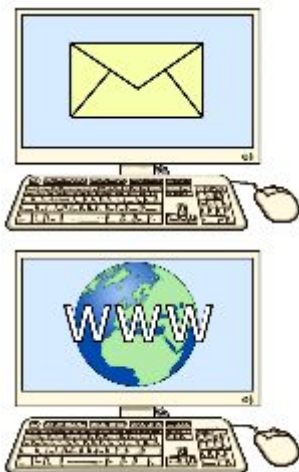
The Centre for Sustainable Energy is a charity.



The Home Energy Team gives free advice on energy saving to people in Bristol and Somerset.



Call free - **0800 082 2234**



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