



Your guide to
**HEATING
YOUR HOME**
Money saving tips



HEATING YOUR HOME

It might seem more trouble than it is worth learning how to make your heating system work as effectively and efficiently as possible. However, by spending just a little time setting the right temperature and ensuring that the system is only on when required you will be able to cut your energy bills substantially.

Heating

Your room thermostat should be set at the lowest comfortable temperature typically between 18 degrees C and 21 degrees C. Try turning your thermostat down by just a degree or two and see if your home maintains a pleasant temperature.

If you have a programmer or timer, set it so that the heating only comes on when needed. If you are out of the house during the day then it shouldn't be left switched on all the time and for most people, it won't be needed at night while asleep.

Modern homes generally warm up quite quickly and can retain a comfortable temperature for a while. Older homes, particularly those with solid walls, can take a while to warm up. On a cold evening, time how long it takes for your home to warm up from cold to a comfortable temperature - this is the warm up time. Once the house has reached the set temperature, turn the heating off completely and time how long it takes to cool slightly until it is starting to become a bit less comfortable - this is the cool down time.

Lowering your thermostat by just 1 degree could save you around £55 a year



You can set your programmer so that the heating switches on in the evening, just in time to get your home up to the right temperature for when you return home, and have it switch off again a bit before you go to sleep so that your house will be starting to cool down by the time you get into bed. Do the same in the morning so that it switches on before you wake up and switches off just before you leave the house.

Hot water

Your hot water does not need to be turned up to a high temperature. Your hot water thermostat should be set at 60 degrees C or 140 degrees F. Any higher is a waste of energy, and any lower and there may be risks of legionella bacteria forming.

Your hot water should also be set to come on only when needed. It is quite a widespread myth that it is more efficient to leave your hot water on all the time - this is not the case. It takes a certain amount of energy to heat the water in your hot water cylinder to the required temperature.

If you switch it on just in time to heat up the water for when you need it, it will just use this amount of energy: but if you have it on for any longer, you will need to keep adding energy to keep it warm. More energy means more money.

For most households the water will be switched on once for the morning and once for the evening. If your home has a low water demand and a well insulated cylinder, it may be sufficient to have hot water come on just before you wake up only, with enough warm water being left over to clean the dishes that evening.



Your hot water thermostat should be set at 60 degrees C or 140 degrees F



Information can be made available in other languages, or other formats such as Braille or Audio Tape, on request. Please ask a member of our staff for more information, or if you need any other help or advice. (They can arrange to speak to you in your own language if you need them to.)

L'information peut être rendue disponible dans d'autres langues, ou en d'autres formats tels que braille ou bande magnétique audio, sur demande. Veuillez demander à un membre de notre personnel pour plus d'information, ou si vous avez besoin de tout autre aide ou conseil. (ils peuvent organiser de vous parler en votre propre langue si vous avez besoin qu'ils le fassent.)

Bilgiler istenildi inde di_er dillerde de temin edilebilir ayrıca görme özürülürin kullanabilece_i kabartma alfabesiyle veya Teyp kaseti _eklinde de hazırlanabilir. Daha fazla bilgi için veya herhangi bir konuda yardım ve tavsiye ye ihtiyacınız varsa lütfen görevli personelden birisiyle konu_unuz. (E_er ihtiyacınız varsa personelimiz sizinle kendi dilinizde konu_abilmek için bir tercüman ayarlayabilir).

نستطيع توفير المعلومات بلغات اخرى وصيغ اخرى مثل البريل (لفاقدي البصر) والشرائط الصوتية، حسب الطلب. يرجى الاستفسار من احد موظفينا للحصول على المزيد من المعلومات او للحصول على المساعدة او الارشاد. (يستطيع موظفونا توفير وسائل اخرى للتحدث معكم بلغتكم اذا احتجتكم الى ذلك.)

该资料已被翻译为其它的语言，也有诸如盲文或录音磁带的其它形式供选。请询问我们的职员以便获得进一步的资料、其它帮助或建议。(如果你有需要，他们可以安排用你自己的语言来和你交谈。)

در صورت درخواست ، اطلاعات به زبانهای دیگر در دسترس قرار خواهد گرفت و یا به هر شکل دیگر از قبیل خط برجسته و یا صدا. جهت دریافت اطلاعات بیشتر و یا دریافت راهنمایی و کمک، لطفاً از یک کارمند سوال کنید. (آنها میتوانند ترتیبی بدهند که در صورت لزوم با زبان خودتان با شما صحبت کنند.)

ز انبار پانہ بہ زمانی خواتن ده ست ده کہ ویت، و یا بہ شیوہ کانی دیکہ، لہ وانہ بہ خہ تی گہ ورہ و یا بہ دہ نگ. نہ گہ ر پیویسنت بہ ز انباری زورتر، یارمہ تی و یا ناموزگار ی ہہ یہ، تکایہ پرسیار بکہ لہ یہ کیبک لہ کارمہ نده کان. (نہ وان کاریکی و ادہ کہ ن کہ بہ زمانی خوت لہ گہ لتا قسہ بکہ ن.)

ਬੇਨਤੀ ਕਰਨ ਤੇ, ਜਾਣਕਾਰੀ ਦੂਸਰੀਆਂ ਬੋਲੀਆਂ, ਜਾਂ ਹੋਰ ਰੂਪਾਂ ਜਿਵੇਂ ਕਿ ਬਰੇਲ ਜਾਂ ਆਡੀਓ ਟੇਪ ਤੇ ਵੀ ਦਿੱਤੀ ਜਾ ਸਕਦੀ ਹੈ। ਹੋਰ ਜਾਣਕਾਰੀ ਵਾਸਤੇ, ਜਾਂ ਜੇਕਰ ਤੁਹਾਨੂੰ ਹੋਰ ਸਹਾਇਤਾ ਜਾਂ ਸਲਾਹ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਸਾਡੇ ਸਟਾਫ਼ ਦੇ ਕਿਸੇ ਮੈਂਬਰ ਨੂੰ ਪੁੱਛੋ। (ਜੇਕਰ ਤੁਸੀਂ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਉਹ ਤੁਹਾਡੇ ਨਾਲ ਤੁਹਾਡੀ ਆਪਣੀ ਬੋਲੀ ਵਿਚ ਗੱਲਬਾਤ ਕਰਨ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕਦੇ ਹਨ।)

یہ معلومات گنڈارش کرنے پر دیگر زبانوں یا دیگر صورتوں، جیسا کہ، بریل (اُبھری ہوئی کھائی، ہینا انخاص کے پڑنے کی کھائی) یا ڈی اور پیپ پر بھی فراہم کی جاسکتی ہیں۔ مزید معلومات یا اگر آپ کو کسی مدد یا مشورے کی ضرورت ہو، تو براہ مہربانی ہمارے عملہ کے ممبر سے بات کریں۔ (اگر آپ کو ضرورت ہو تو وہ آپ سے اپنی زبان میں بات کرانے کا تاہم کر سکتے ہیں۔)

Contact us

Our office in Darlington, Maple House, 11 Tillage Green, Westpark Village, DL2 2GL is open between 8.30 am and 4.30pm Monday to Friday.

Free phone: **0800 0287428** | Email: info@railwayha.co.uk

www.railwayha.co.uk

[/railwayha](https://twitter.com/railwayha)

[/railwayhousingassociation](https://facebook.com/railwayhousingassociation)

Registered Social Landlord: A1855 | Registered Charity: 1188450

Member of the Housing Ombudsman Service

