



A massive 80% of our fuel bills come from heating the air and water within our homes. It is therefore important for us all to do whatever we can to reduce the amount of heat our properties require, while ensuring we remain healthy and warm at home.

RUNNING COSTS

We pay for gas per kilowatt hour (kWh) of energy that is used. This energy is released whenever the heating or hot water is turned on. Essentially what we pay for is the gas that is burned by the flame in our boiler (or hot water cylinder for older heating systems).

It is clear, then, that anything we can do to reduce the amount of time we spend with the gas flame on is going to have a significant impact on our bills.

Below is a table showing the typical energy requirements for gas central heating and hot water in different property types:

Property Type	kWh per year	Price per year
Mid-terrace house	11,600	£1,195
Semi-detached house	13,900	£1,432
Bungalow	14,200	£1,463
Detached house	18,100	£1,864

Source: great-home.co.uk
Estimations based on a gas price of 10.3p per kWh, from 01Oct 2022.

If your energy bills show you're paying above these estimates (or even if they don't) you could benefit from learning how your heating controls work, and having some installed if you don't have enough control over the gas you're using.

For further information call the
Save Energy Advice Line:



HEATING CONTROLS

There are lots of appliances we can use to control the heat output of our central heating system, and these can result in significant reductions to our running costs. Here we look at the three most common types of heating controls.

1) Boiler programmer/timer

Heating installers will often advise householders that their boiler will work at its best when left on for long periods at a low heat. While this may help the boiler to last that bit longer, it is not the best way to keep your gas bills down, especially if you're out of the house for long periods and not even around to take advantage of the heat that you're paying for.

The best way to use your heating system is to programme it to switch on 30-60 minutes before you get up in the morning, then switch off 30-60 minutes before you leave the house. For the evenings you can repeat this process by programming the heating to switch on 30-60 minutes before you're expecting to arrive home, and then switch off 30-60 minutes before you're likely to head to bed.

All houses are slightly different so the amount of time it takes the building to warm up and cool down will differ, meaning it's worth trying a few different settings until you find the one that's right for you.

If you have different routines each day and have the facility to set your times on a daily basis, this can save you even more money by tailoring your gas usage to your needs.

If you are unsure of how to programme your boiler you should refer to your user manual or contact the manufacturer for assistance.

Quick Guide

On / 24hr	Heating is on and will remain on until switched off
Twice / Auto	Heating will switch on and off in line with the programme
Once / All Day	Heating will switch on at the first "on" time in the programme, and remain on until the last "off" time
Advance	Moves the heating programme on to the next "on" or "off" setting
Boost / +1	Turns the heating on for one hour

Freephone 0800 043 0151
Standard rate phone 0151 637 3670
Email advice@epplus.org

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2) Thermostatic Radiator Valves (TRVs)

We do need all parts of our homes to be heated to some degree to combat condensation and damp, but we don't need all rooms in our homes to be heated to the same level.

TRVs allow us to set the maximum heat output from our radiators, usually represented by numbers 1-5 (where 1 is very low and 5 is the radiator on full).

The TRVs sense the air temperature near the radiator, and gradually open/close the valve that controls the flow of hot water. This means TRVs shouldn't be placed inside radiator cabinets as their sensors will detect the heat inside the cabinet, rather than the general heat of the room.



3) Hot water controls

The hot water that we use for taking showers and washing the dishes with should be set around 60°C

(140°F), which is hot enough to kill harmful bacteria that could otherwise make you extremely ill.

Heating the hot water any further is wasting money though, because this temperature is already so hot that you'll need to run the cold water at the same time to prevent scalding yourself. Many modern boilers have the hot water automatically set at this level and don't have a function for the householder to make any alterations.



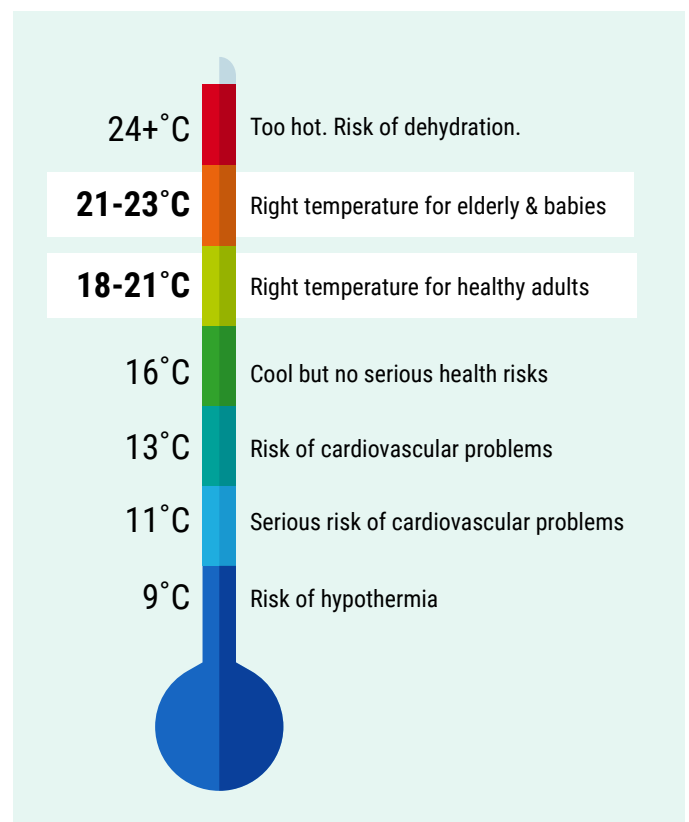
Did you know?

Turning the thermostat down by 1°C could save you over £100 per year on your bills?

4) Room Thermostats

Whether we're ironing in the bedroom, cooking in the kitchen, or simply walking upstairs, when we're active we can generate lots of body heat. In our living room we can be stationary for long periods, which is why this room needs to be warmer than others.

A room thermostat will switch off the heating once the temperature reaches the level you have set it to. Below is a guide showing you what temperature your living room should be kept at when in use:



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