



HEATING AND HOME COMFORTS

Tips to help you control your heating,
stay comfortable, and manage your energy
costs.



How to control and maintain the right temperatures in your home

Keeping your home at a comfortable temperature is essential for both your wellbeing and your energy bills. Whether you live in a flat, house, or shared accommodation, understanding how to heat your home efficiently will help you stay warm, healthy, and save money.



WHY HEATING CONTROL MATTERS



Comfort:

A steady indoor temperature prevents cold spots and damp

Health:

Maintaining warmth (especially above 18°C) reduces risks of respiratory illnesses and condensation-related mould

Energy efficiency:

Good control systems prevent unnecessary heating and wasted energy

Cost savings:

Efficient heating can cut your energy bills by hundreds of pounds per year





HOW YOUR HEATING SYSTEM WORKS

MOST OF OUR HOMES USE ONE OF THE FOLLOWING:

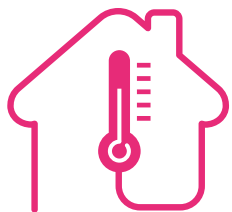
GAS CENTRAL HEATING:

A boiler heats water, which circulates through radiators

ELECTRIC HEATING:

May include storage heaters, electric radiators, or underfloor systems

No matter your system, the goal is to heat the home evenly and control temperatures so that energy is not wasted when rooms are unoccupied or already warm.



IDEAL ROOM TEMPERATURES

The table below shows the ideal temperature in each room and why it's a good idea.

| ROOM TYPE | RECOMMENDED TEMPERATURE | WHY IT MATTERS |
|---------------------------|-------------------------|---|
| Living rooms | 19–21°C | Comfortable for relaxing and daily activities |
| Bedrooms | 16–18°C | Encourages better sleep and saves energy |
| Bathrooms | 21–23°C | Prevents chills after bathing |
| Hallways and unused rooms | 15–16°C | Stops pipes from freezing and prevents damp |

Tip: Turning down your thermostat by just 1°C can reduce heating bills by up to 10% a year.





CONTROLLING YOUR HEATING

THERMOSTAT

Controls the overall temperature in your home. Should be placed in a hallway or main living area, away from direct sunlight or draughts. There may only be one thermostat for the property and it is important to consider others before adjusting this.

THERMOSTATIC RADIATOR VALVES (TRVS)

Thermostatic Radiator Valves are installed on radiators to adjust the temperature in each room. Turn the valves down in rarely used rooms to save energy or if the room temperature exceeds the ideal room temperatures.

PROGRAMMER OR TIMER

A timer allows you to set heating to come on only when needed (for example, 30 minutes before you wake up). Avoid keeping heating on all day if your home is unoccupied. It is unlikely you will need to access this as it may be close to your boiler and set at automatic. Altering it may cause problems for other people in your home.



WHAT ENCIRCLE HOUSING DOES

TO MAINTAIN A COMFORTABLE HOME

- ✓ **Insulate:** Loft, wall, and floor insulation which help keep heat inside
- ✓ **Windows:** Fit high quality windows
- ✓ **Heating:** Repair, test and maintain your heating system
- ✓ **Boiler:** serviced annually to maintain safety and efficiency



WHAT YOU CAN DO

TO HELP TO MAINTAIN A COMFORTABLE HOME

Curtains and blinds:

Keep them open in daylight for free solar warmth; close at dusk to retain heat

Furniture placement: Keep radiators clear, heat needs space to circulate

Bleed radiators: Remove trapped air for better heat distribution

Radiators: Turn off radiators that are not used or have reached their temperature

SIMPLE ENERGY-SAVING HABITS



Use thicker bedding and wear warm layers instead of turning up the thermostat

Heat only the rooms you use most often

Keep internal doors closed to trap heat

We have your boiler serviced annually to maintain safety and efficiency



COMFORT, COST, AND CARE

Managing the temperature of your home is about more than just warmth, it is about comfort, health, and financial wellbeing. By using your heating controls wisely and maintaining your system, you can enjoy a cosy home while saving energy and reducing your carbon footprint.



NEED HELP?

You can speak to our Repairs Team for more information or advice, call 0330 094 0142 or email repairs@encircleha.co.uk

There is also free advice and support on energy efficiency, contact:

Energy Saving Trust: www.energysavingtrust.org.uk

Simple Energy Advice: www.simpleenergyadvice.org.uk

National Energy Action (NEA): 0800 304 7159



CONTACT US

If you have any questions or would like some help and advice, please get in touch:

Call: 0330 390 0517

Email: contactus@encircleha.co.uk

To report a repair call: 0330 094 0142

Email: repairs@encircleha.co.uk

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