

INTRO:

The majority of our accommodation includes bills within your rent. However it's important that you don't go above your utility cap. Below are some tips on how to make the most of your energy allowance.

1 Should I have the heating on low all day, or turn the thermostat up and down?

You'll save energy and therefore money by only having the heating on when its requires. Using a timer is the best solution as a thermostat will only turn the heating on when the house requires to reach the set temperature.

Central heating controls:

Understanding your central heating controls will help you heat your house more effectively and cut the price of your fuel bills. If your system has a timer or programmer you can use it to control when your heating and hot water comes on or off.

This allows you to programme your central heating to fit around the way you live. If you're not at home or if you're asleep and not feeling the benefit of the heating the system does not need to be on. Setting your heating to come on 30mins before you are due to wake up not only helps you get up in the cold winter mornings but also helps you cut down on your bills!

Jargon Buster: what do the different settings on the controls mean?

2

AUTO

The heating will go on and off according to the programme set.

24 HRS

The heating stays on all the time

ON

The heating stays on all the time

OFF

The heating will remain off all the time.

BOOST

Turns heating on for 1hrs as a 'boost'

+1 HRS

Turns heating on for 1hrs as a 'boost'

ADVANCE

Moves to the next event in the programme

ALL DAY

Heating will start on programme start and finish at end of the day

3

What is a room thermostat?

A room thermostat is usually found in the hallway or main communal sitting room / area, It monitors the temperature of the house, sending a signal to the boiler to heat the house up when the temperature falls below the set temperature. Thermostats are usually set between 18 and 22°C. This provides a comfortable temperature for most people.

**“Set your
Thermostat
18 - 22°C
at winter to
stay warm”**

5

If the heating is on should I keep the doors open or closed for the room?

Its better to keep doors closed for the area you want heated. Radiators work by creating a convection current in a room. As hot air rises and travels it circles around to the other side of the room, cools and sinks and travels back along the loor to the radiator to be heated again. Closing the doors makes sure this current remains within the designated space

4

What are thermostatic radiator valves?

Thermostatic Radiator Valves or TRV's allow you to control the temperature of a room by regulating the flow of water through the radiator. If, for example during the day you spend most of the time downstairs you could set the downstairs TRV's to medium/high and the upstairs to off/low to save energy.

**Opening
windows whilst
heating a room
can cause
damp. Don't
waste the heat!
Why not open
the room door
to a communal
space.**

6

Do laptop or phone chargers still use electricity when they're in, but not connected to the device?

Try to unplug or turn off chargers at the socket when they are not in use. This can be known as vampire power. These devices use power by being on standby. Try to turn off appliances at the wall in order to save energy.

Should i leave lights and appliances on, or turn them on and off each time?

7

Turn off any appliance when you don't need them, Leaving TV's and other devices use a considerable amount of power, try turning them off at the wall when you aren't using them.

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