

Appendix F Bell Farm tenant advice

**YORK ENERGY DEMONSTRATION PROJECT - THE BELL FARM IMPROVEMENTS
ENERGY ADVICE**

The improvements to your home will help you to reduce your heating bills. The walls and loft have been insulated and the windows have been double glazed to reduce the amount of heat which escapes. The central heating system is very efficient. All in all, your home is more energy efficient than most modern houses. This sheet will help you to make the most of the energy saving features and reduce your fuel bills even further.

HEATING YOUR HOME

What is the best way to use the heating in your home?

There is no 'best' way because each family has different needs and preferences. The best thing to do is to experiment until you find what is comfortable for you. However you will want to do this while keeping fuel bills as low as possible. The following tips should help you.

USING THE CENTRAL HEATING

- DO NOT HEAT YOUR HOUSE FOR LONGER THAN YOU NEED.

It is reasonably well insulated and will hold its heat so it will not take long to reheat. The house will usually take only about half an hour to warm up even when the heating has been off all night or during the day when you are out. Switch the heating off when you go out. There is no point in heating an empty house.

- BE COMFORTABLE, BUT DO NOT MAKE YOUR HOUSE TOO HOT.

The hotter you have the house the more energy you will use. The temperature is controlled by the thermostat which is on the landing.

- EXPERIMENT TO FIND THE SETTING WHICH IS MOST COMFORTABLE.

Experiment with different thermostat settings until you find the most comfortable one. Start at about 20°C then turn it down or up until you feel the house is about right. REMEMBER - The lower the setting, the less gas you will use.

- USE THE THERMOSTATIC RADIATOR VALVES.

If you like the lounge warm and the bedrooms cool you can turn the radiator valves down in the bedrooms.

USING YOUR GAS FIRE

The central heating system can heat your home without the gas fire, but you may find the fire more convenient at times. These tips will help you decide how best to use it.

- HEATING THE LOUNGE FOR SHORT PERIODS.

If you want only a small amount of heat in the lounge in the middle of the day or on a cool summer evening your gas fire may be the cheapest way of doing this. BUT for heating the whole house the central heating is much more efficient.

- THE GAS FIRE IS LESS EFFICIENT THAN THE HEATING BOILER.

The gas fire is about 25% less efficient than the heating boiler and therefore should not be used as your main heating method.

- DO NOT USE ELECTRIC HEATERS.

In your home, day time electricity costs about 4 times more than gas so avoid using an electric fire or convector heater unless there is no alternative.

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WATER HEATING

What is the best way to heat the water?

- USE THE CENTRAL HEATING BOILER ALL YEAR ROUND.

Your central heating system also heats the water and it will do this efficiently throughout the year. In the summer your heating programmer should be switched to a "Hot Water Only" programme.

- DO NOT USE THE IMMERSION HEATER.

Your immersion heater uses on-peak (day time) electricity and is about 4 times more expensive than using the central boiler (even in the summer). Only use your immersion heater if you cannot use the heating system.

- ONLY HEAT WATER WHEN YOU NEED IT.

The programmer switches the water heating on and off in the same way as the heating. As with your heating, you can automatically switch water heating on and off to suit your needs. **It is NOT cheaper to leave water heating on continuously.** During those times when you do not need hot water, the system should be switched off.

- DO NOT MAKE THE WATER HOTTER THAN YOU NEED.

The hotter you keep the water the more energy you will use. When the water is heated, its temperature is controlled by a thermostat strapped to the cylinder in the airing cupboard. When the water is hot enough, the thermostat will switch off the boiler and switch it on again when the water cools. It is rather like the thermostat on the heating system.

- EXPERIMENT TO FIND THE RIGHT LEVEL FOR YOU

Change the cylinder thermostat settings until you find the temperature which suits you. Start at about the 45° mark and adjust up and down. You are unlikely to want water hotter than 60°. At higher temperatures there is a danger of scalding particularly for old people and children.

VENTILATION

Although ventilation will cause heat to be lost from your house in winter, it is important to have some ventilation to help to prevent condensation. However too much ventilation can waste energy and make condensation worse by cooling the house too far.

The best way to get the right balance is to use the trickle ventilators in the windows and the fans in the kitchen and bathroom. If you have ventilation ducts instead of fans, they will have been set when they were installed. If you have any queries about them, ring the advice line number at the end of this sheet.

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USING ELECTRICITY

- SAVING ELECTRICITY IS ALSO IMPORTANT

You will use electricity for lights, TV, washing machine etc. and possibly for cooking. Saving energy on these things is just as important as on heating and hot water.

Since your home is now more energy efficient than many homes built to modern standards you may well be spending more on lighting and electrical appliances than on heating and hot water put together.

Here are some of the ways you can save on electricity.

- USE LOW ENERGY LIGHT BULBS

If you can afford the initial cost low energy light bulbs will save you money in the long run. If you can only afford to buy one or two put them in the lights you use the most such as the hall and main living room. Whether you use ordinary or low energy light bulbs **SWITCH LIGHTS OFF WHEN YOU DO NOT NEED THEM.**

- SWITCH THINGS OFF.

Do not leave things switched on when they are not being used. If your TV or video is a remote control type, switch it fully off when you are not using it (eg. when you go to bed). It still uses energy when it is in "stand by" mode.

Leave hot food to cool before putting it in the fridge.

- USE ECONOMY 7.

If you have things which could be run overnight such as an automatic washing machine you should think about using the Economy 7 electricity tariff and fitting timer plugs.

MORE ENERGY ADVICE

**IF YOU HAVE ANY QUESTIONS OR WANT FURTHER ADVICE RING THE ADVICE LINE
ON 551289 AND ASK FOR JOHN EVERETT.**

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