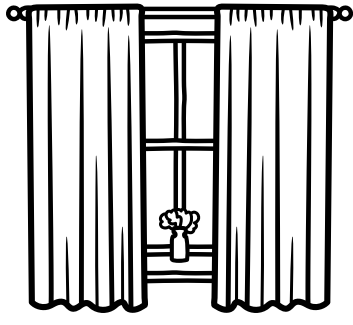




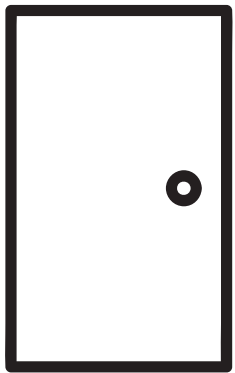
Quick Tips to Stay Warm



KEEP CURTAINS OPEN UNTIL 3PM

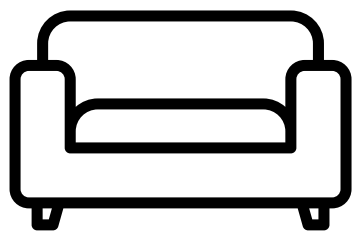
While keeping your curtains closed will keep the heat in at night, keep them open during the day. Any sunlight will naturally heat the room, which will help when you finally draw the curtains as the chilly night sets in.

The sun usually sets at around 4 pm in the height of winter, so to make the most of the natural warmth keep your curtains open until around 3 pm.



CLOSE ALL THE DOORS (AND WINDOWS)

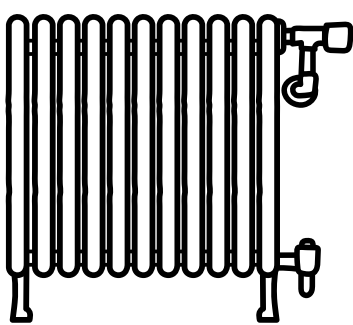
This one may seem a little too obvious, but that's also why it's easy to overlook. Leaving doors open is a fast way to let heat escape a room and will mean you're more likely to turn the central heating up in the evening. Simply closing the doors and windows will make your space feel a lot warmer.



REJIG YOUR FURNITURE

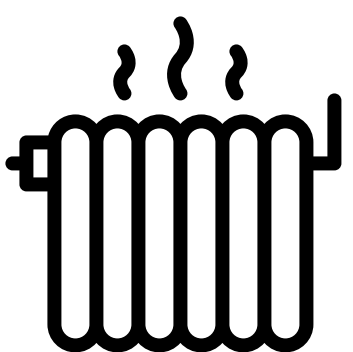
Thinking about the position of your furniture is a simple way that could save you money on energy and keep your home warmer. Any furniture which covers radiators will prevent heat from travelling around the room. Even just a partial blocking will limit the amount of heat omitted.

In the winter, it is advised that you move your furniture away from any external walls. You will notice the colder air more if you are sitting against an external wall, so try and keep furniture against internal walls. You will feel more comfortable and less obliged to turn the heating on.



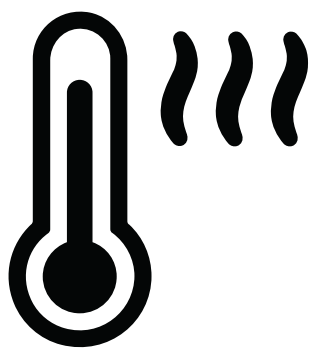
BLEED RADIATORS

Ensure your radiators are working to their full potential by bleeding them, to make sure no air is trapped, which will hinder their heating performance. Learning how to bleed a radiator isn't tricky and is definitely something that should be on your winter to-do list.



REFLECT THE HEAT

Radiator panels are relatively cheap, easy to install and ensure that heat from your radiators warms up your room and not your walls. They work by reflecting the heat back into the room.



USE A TERRACOTTA HEATER

A terracotta heater is a great way to keep warm without using any energy. The idea behind a terracotta heater is it heats up slowly and retains heat well, meaning up to three terracotta pots can be powered by just one candle.

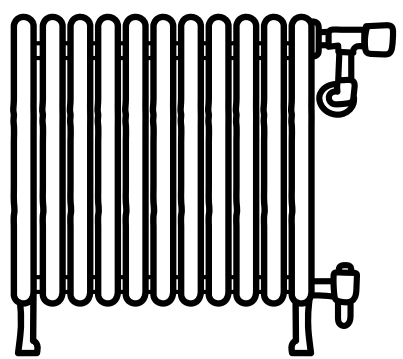
"A terracotta heater can be a great DIY alternative to turning the heating on, as all you need are a few clay pots and candles"



KNOW YOUR IDEAL TEMPERATURE

It's easy to turn the thermostat all the way up when it's freezing cold but what temperature should your house be? Aim to set your main room thermostat somewhere between 18°C and 21°C.

It's also a good idea to set your thermostat to one temperature and then use a timer to turn it on and off when you need the heating most. That way you won't waste excess energy from leaving the heating on too high, for too long.



USE TIMERS ON YOUR CENTRAL HEATING

The Centre for Sustainable Energy advises that programming your boiler to turn the heating on a little earlier - such as 30 minutes before you get up in the morning - but at a lower temperature is cheaper than turning it on just as you need it at a higher temperature. This is because a boiler heats up at a constant speed whether you set your thermostat to 20°C or 30°C. But don't make the mistake of leaving your heating on low all day - because then you're just paying for heat when you don't need it.

Sources:

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www.henry.org.uk

www.livehealthily.com

sctsp.org.uk