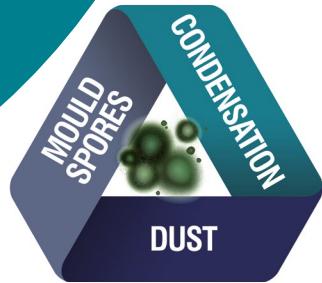


# Heating



**Fuel costs can make it challenging to heat your home adequately. However, unheated rooms create cold surfaces where condensation, and eventually mould, can develop. Keeping all rooms at a low, consistent temperature can help prevent this. Follow our advice below to reduce condensation and mould in your home.**

In an effort to reduce energy bills, you may have decided to turn off the heating either in particular rooms or in the whole house. However, very cold rooms are more prone to condensation and therefore mould. To reduce the likelihood of condensation mould forming, you should consider heating rooms to at least a low level or setting a heater on a timer.

Try to avoid spikes in temperature. If heating can't be used to provide low constant heating throughout the day, use timers to run the heating 2 or 3 times a day with breaks of preferably no more than 6 hours (during the day time).

The goal is still to try achieve as near as possible consistent internal temperatures. Achieving a lower temperature on a thermostat, say 18-21 degrees, for a couple of hours at a time will be better than blasting the heating up to 24 degrees for short periods and then turning it off once radiators are hot.



A thermostatic radiator valve, these can be turned up and down to adjust the temperature of the radiator.

## Further information

Please visit our website: [www.platformhg.com/damp-and-condensation-mould](http://www.platformhg.com/damp-and-condensation-mould) for further guidance and advice.

Put the heating on about an hour before you get up, and before people return later in the day: you can turn the heating down once people are up and about (if that is possible for your home).

You can use the thermostatic radiator valves in rooms that aren't used much to lower the temperature and reduce your energy use. Don't turn them off completely though as this will make the surfaces in the room cold. When warmer air from the rest of the house hits these surfaces the moisture in it will condense forming condensation and potentially mould.

If you are struggling with the rising cost of living or need some advice about money management then please contact us for help and support. Our Successful Tenancies team can be contacted on **0333 200 7304** and provide a wide range of advice on income maximisation, money management and debt management.

## Remember

- Try to maintain a consistent temperature and avoid spikes in temperature if possible.
- Learn how to use timers/programmers to make your heating as efficient as possible.
- Ensure radiators or heaters are free from obstructions so that heat can circulate round the room.
- Maximise sunlight by opening curtains during the day on south facing windows.