

## Controls on your boiler



There is a thermostat on your boiler.



The thermostat on your boiler is not the same as your room thermostat.



Your room thermostat sets the temperature in your rooms.



The thermostat on your boiler sets the temperature of the water that goes from the boiler to the radiators. This is called the flow temperature.



The flow temperature affects how quickly your house heats up and how hot your radiators are to touch.



The flow temperature might also affect the temperature of the hot water in your taps.



Turning down the flow temperature makes your boiler work in a way which will save you energy and money.



But you need to make sure that your home is still warm enough.

## **How to change the thermostat on your boiler**



There are lots of different types of boilers so you might want to read the instructions for your boiler.



If you do not have the instructions, you might be able to find them on the internet, or ask someone you trust to help you.



The thermostat on your boiler might be a dial that's marked in numbers or marked on a scale from minimum (min) to maximum (max).



It might be controlled by some buttons with the temperature shown on a digital display.



If you have a combi boiler, there will be 2 controls:

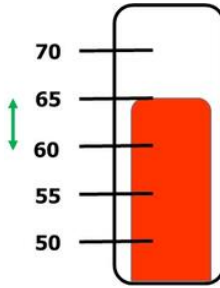
- 1 for the radiator flow
- 1 for the hot water that goes to your taps.



On a combi boiler you can turn the flow temperature down as much as you like as long as your home stays warm enough.



If you have a boiler with a separate hot water cylinder or hot water tank, there is 1 control for the radiator flow and the hot water that goes to your taps.



You should set the temperature between 60 and 65 degrees.



If you set the temperature too low, bacteria that can make you very poorly can grow.



There is a helpful video that you can watch about [How to use your boiler heating system](#)

## How to get help



You can get help and advice on our website at [www.mencap.org.uk/COL](http://www.mencap.org.uk/COL)



If you are worried about money,  
contact our Learning Disability  
Helpline:



- Call us Monday to Friday on 0808 808 1111



- Email us at [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)



- [Fill in our online form](#)



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