

How to protect your home from overheating



Keeping your home cool during hot weather can be challenging. It can be especially important if you or someone in your household has additional needs or a health condition.

Top tips for a cooler home:



Use external shading - Plants, trees, awnings, parasols and other features outside your home can help block direct sunlight from entering through windows.



Use blinds and curtains - Closing blinds or curtains can help reduce heat and glare indoors.



Keep your home cool naturally - Simple measures, such as managing sunlight and airflow, can help keep rooms cooler without mechanical cooling systems.



Improve ventilation - Opening windows at cooler times of the day can help fresh air circulate and remove excess heat.



Reduce heat from everyday activities - Appliances, such as cookers, televisions and lighting can all add extra heat to your home, so try to limit their use during the hottest parts of the day where possible.

Need more support?

If something's broken (for example extractor fans) or if there's a problem with your heating system, please raise a repair request using our online website form ([scan the QR code](#)) or contact our Customer Experience team on **0800 013 8555**.

