

tec the Environment Centre (tec)

Energy Bill Advice Guide

Reduce your energy usage – check your boiler programmer timings and thermostat temperature

- ensure radiators and storage heaters are on the best setting
- switch off appliances and lights when not in use and don't leave anything on standby
- if you are on a variable tariff or you have solar panels, consider running appliances during off-peak times when prices are cheaper.

Improve the energy efficiency of your home – check for draughts and try to fix these (we have DIY guides on our website) but make sure you don't block essential ventilation

- insulate walls and lofts to stop your heat being lost
- a modern and more efficient boiler can save you money
- for grants or finance you might be able to use the Green Deal and ECO.



Get to know your energy bills – try to gain a better understanding of what exactly you are paying and whether this is as you expected, for example more in winter when you turn on heating

- make sure your bills are based on actual meter readings and not estimates.

Talk to your Energy Provider – check that you are on the best tariff they can offer you and that you are receiving any extra help you might be eligible for, such as the Priority Service Register.

Change the way you pay – sometimes paying by monthly direct debit can save you money, as will online accounts, dual fuel payments, providing regular meter readings and avoiding pre-payment meters

- fixed tariffs may be more expensive at first but will protect you against future price increases, for as long as your contract lasts.

Shop around – look at the tariffs offered by other providers and consider switching; perhaps move to a smaller provider and away from the “Big Six” energy companies

- Ofgem provide a list of accredited price comparison organisations that can help you shop around and switch supplier.

Winter Heating Help – are you eligible for Cold Weather Payment, Winter Fuel Payment or Warm Home Discount Scheme? If you are, make sure you are registered to receive these this winter.

Give us a call – for more impartial advice and information call Freephone 0800 804 8601 or 02380 336172 from your mobile if 0800 numbers are not free for you.

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