

Worried about rising energy bills? Help is at hand

Check

Read your meter or smart meter display regularly and check your bills to make sure you know how much energy you're using and that you are paying the right amount.

Talk to your supplier or local Citizens Advice if you think your bill is wrong or have problems paying. You could be entitled to benefits or support to pay your bill.

Switch

You could save around £300 by switching energy supplier or changing tariff. Take control and visit <https://energycompare.citizensadvice.org.uk> to compare energy prices.

You can switch even if you owe up to £500 per fuel if you use a prepayment meter. If you pay for your energy through a credit meter and have problems switching due to fuel debts, Citizens Advice can help you to negotiate with your supplier.

Save

Make your home energy efficient – insulate lofts and walls, double glaze or use thick curtains to keep the heat in, and get your boiler serviced or replaced to make sure it's energy efficient. There are schemes to help with this.

Save money and energy – Don't leave appliances on standby, always turn off the light when you leave a room and don't overfill your kettle, only boil the amount of water you need for a cup of tea.

Find out how to get lower energy bills and a more comfortable home with the Energy Saving Trust's Home Energy Check at <http://hec.est.org.uk/>

For more information, visit www.bigenergysavingweek.org.uk