



## ENERGY COSTS INFORMATION SHEET

### Check your heaters and meters are set up right

It's important to check some types of heaters and meters are set up properly. It could save you a lot of money.

#### If you're on a fixed tariff

The cost of your energy stays the same each month.

#### If you're on a standard tariff

The cost of your energy can go up or down. You might have chosen a standard tariff or your supplier might have put you on it after your fixed tariff ended.

Standard tariffs are likely to be cheaper than fixed tariffs - this is because the price cap limits what you have to pay for energy on a standard tariff. It's best to stay on the standard tariff you're on and not switch. You can [find out more about energy tariffs and the price cap](#).

### Check if you can use less electricity and gas

There are ways to reduce how much electricity and gas you use. For example you can:

- use your tumble dryer less, if you have one - try to dry your clothes outside or by an open window instead
- run your washing machine at 30 degrees and make sure you wash a full load when you can
- use LED or other energy-efficient light bulbs
- turn off plug sockets at the wall if you're not using them
- close your curtains in the evening to keep in heat when it's cold
- make sure your fridge is set between 3 and 5 degrees and defrost your freezer regularly

### Get a smart meter or energy monitor

- A smart meter can help you understand what you're spending on gas or electricity. This could help you work out how to spend less.
- Most people can get a smart meter for free.

Check how to get a smart meter and how it works here

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/your-energy-meter/getting-a-smart-meter-installed/>

## Make your home more energy efficient

You might be able to save money by making your home more energy efficient. For example, you might be able to make some home improvements or change the way you use your appliances.

[Check how to make your home energy efficient.](#)

## Get more advice

Contact your council to check if there are local support schemes or energy efficiency agencies that can give you advice. [Find your council's contact details](#) on GOV.UK.

You can get more advice about making your home more energy efficient from either:

- the Energy Savings Trust - you can [get advice on the Energy Savings Trust website](#)
- GOV.UK - [get advice on GOV.UK](#)

## If you need more help

[Check what to do if you're struggling to pay your energy bills.](#)

[Contact the Citizens Advice consumer helpline](#) if you need more help - a trained adviser can give you advice over the phone or by email

# COST OF LIVING INFORMATION SHEET

## If you're struggling with living costs

If you're struggling with money, there are things you can do to save on your regular living costs. [Check what to do if you need help with living costs.](#)

If you're finding it hard to pay your bills, you can get help. [Find out more about getting help with your bills.](#)

You can also [get help with debts.](#)

If you're struggling to pay for food, [find out how to get help from a food bank.](#)

