

Energy Bill Help

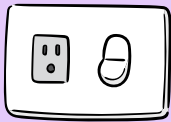
Home – it's somewhere you want to feel safe and warm. That involves using energy to heat or cool your property, generate hot water and power all your appliances and devices.

If you are struggling, help is out there.

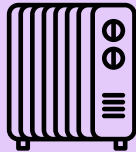
Most energy companies now have a fund to help anyone going through hardship, give yours a call and see how they can help.



Safely use a hot water bottle



Turn off plugs and switches



Put heating on low for longer



Wear extra layers and use a blanket

Did you know?
British Gas provides grants for customers and non-customers to help with energy bills so even if you get your gas and electric elsewhere, you can still apply for help!

Telephone: 0121 348 7797

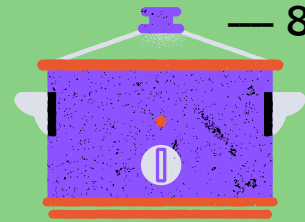
Web: britishgasenergytrust.org.uk

Prepayment Meter help:

Fuel Vouchers - If you can't afford to top up your prepayment meter, you may be able to get a fuel voucher. This is a code given to you in a letter, text or email. You use it to add credit to your gas card or electricity key.

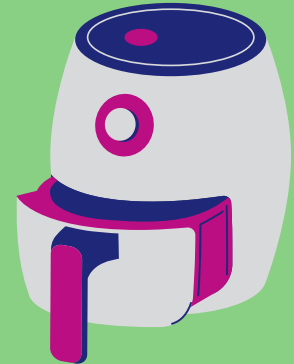
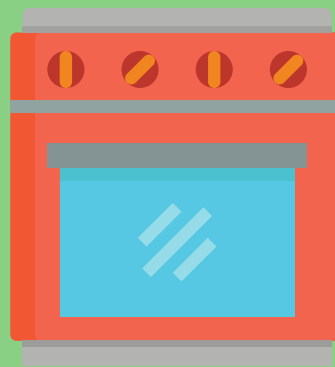
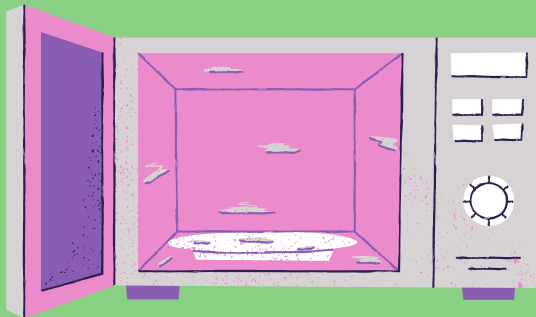
If you don't have one of these, **contact your supplier to get one.**

Cost of Living Cooking Chart



What is the cheapest way to cook?

Appliance	Cost per day	Cost per week	Cost per month	Cost per year
Electric cooker	87p	£6.09	£26.38	£316.54
Dual fuel cooker (gas & electric)	72p	£5.08	£22	£264.03
Gas cooker	33p	£2.32	£10.07	£120.83
Slow cooker	16p	£1.15	£4.98	£59.76
Air fryer	14p	£1.01	£4.40	£52.74
Microwave	8p	58p	£2.50	£30.02



Heat the human, not the home

We're heading towards the colder months and, with energy costs soaring, bills are likely to rise. MoneySavers have shared their tips to 'heat the human, not the home' to cut down on energy use. Here are some top tips:

1. Layer clothing to keep in the heat



2. Eat regularly and try to have at least one hot meal a day



5. Use a sleeping bag or blanket. Even better if you put a hot water bottle in the bottom, warm with no draught!

3. Keep your feet warm with rugs & slippers



4. Put your feet up. Literally! The floor can be the coldest place in the house



6. Walk or exercise to keep warm.

MyLivingWell have some great tips at mylivingwell.co.uk



Heating the human

Sometimes it may be more cost effective to heat the human, below we have selected a few of the examples and prices for multiple appliances listed on the Money Saving Expert website.

Appliance	Method	Cost to buy	Cost per hour	Cost per week
Microwaveable heat bag	Microwave for 60 seconds	£4.00	2p	90p
Hot water bottle	Boil water in kettle	£5.50	10p	£1.43
Reusable hand warmers	Boil in water on hob	£5 for a pair	Less than 1p	£1.96 gas hob £6.28 electric hob
Electric heat pad	Plug into mains	£15.00	4p	£1.92
Electric blanket	Plug into mains	£14.00	4p	£1.92



For more examples and tips, visit moneysavingexpert.com/utilities or scan the QR code

