

Is there anything I can do to save money on my energy bills?

We now know the energy price cap will rise by around £700 in April. For the average household on a default tariff (11 million households) this will be an increase of around £60 per month. Inflation is also at a 30-year high, making other everyday costs more expensive.

At Wiltshire Citizens Advice, we understand that this is a worrying time for many and we are here to support you.

Why are my energy bills going up?

The main reason why energy bills are rising is because global gas prices are at record levels - this means it's more expensive for energy suppliers (the people we pay our bills with) to buy the gas and electricity we use every day. Inevitably, these costs get passed on to us - the consumers - in the form of higher bills.

Your bills will only be affected by the price cap increase if you're on a Standard Variable Tariff. If you're on a Fixed Rate Tariff, your bills will stay the same until your contract ends. If you're unsure what type of contract you're on, check your bill or call your supplier to find out.

Is there anything I can do to save money on energy?

There are some simple things you can do to save some money on your energy bills. They won't cover all the extra costs, but they can make a difference:

- Check your thermostat, lower it where you can.
- Keep the heat in, check your home for any gaps in the doors, windows and floors.
- Turn off anything you're not using.
- Watch your water usage.
- Switch off standby
- Use your washing machine on a 30-degree cycle instead of higher temperatures.
- Avoid the tumble dryer
- Top up the insulation

For more ideas on how to save visit

<https://energysavingtrust.org.uk/campaign/how-to-save-money-on-your-energy-bills/>

What support can I get?

If you're struggling to afford your energy bills, you might be able to get support from the government or your energy supplier. The first step is to call your supplier and ask them if they offer any grants to help with your energy bills.

- Warm Home Discount Scheme: You might be able to get £140 off your electricity bill or a £140 voucher for your prepayment meter.
- Winter Fuel Payment: The Winter Fuel Payment is an annual one-off payment to help you pay for heating during the winter.
- Cold Weather Payments: Cold Weather Payments are one-off payments to help you pay for extra heating costs when it's very cold.
- Grants to help pay off your energy debts: If you're in debt to your energy supplier, you might be able to get a grant to help pay it off.
- Local energy grants: If you can't afford to top up your prepayment meter you might be able to get a fuel voucher.
- Extra help from your supplier: You might be able to get extra help and support from your energy supplier by signing up to the Priority Services Register.
- Energy Bills Rebate: The government has also announced a package of support to help households with rising energy bills in response to this latest energy cap price rise.
- Local Social Welfare Support: Wiltshire Council has a local welfare provision scheme that provides critical short-term help and assistance with limited one-off household goods.

For more details of grants and benefits to help you pay your energy bills, visit:

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills>

Call us on freephone **0800 144 8848** (Monday to Friday 9am to 5pm) or email us for support and advice <https://www.citizensadvicewiltshire.org.uk/contact-us>