Top tips to help you

Check

**Read your meter 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 £200 or more** by switching energy supplier or changing tariff. Use your Power to Switch and visit **www.BeAnEnergyShopper.com**

**You can switch** even if you owe up to £500 per fuel if you use a prepayment meter. However you pay for your energy, if you 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** – Only charge laptops and mobile phones when they need it, don’t leave appliances on standby and always turn off the light when you leave a room.

**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/**