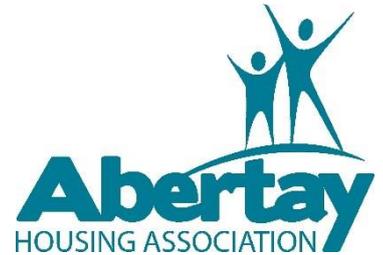


# Home Energy checklist

Follow these steps to help manage your energy bills and keep your home warm.



## Take a meter reading

Take regular meter readings and submit them to your energy supplier as this will help you keep an eye on your energy use and keep your bills accurate. If you receive a bill and it has an 'E' marked against the meter reading then this means it is 'estimated'. You may not be paying the right amount for your energy. Having several estimated readings can sometimes lead to large unexpected bills. Meters are read from left to right. Don't include any numbers that are red or in a red box.

## Contact your supplier to discuss your energy debt

If you are in debt to your energy supplier and struggling to get on top of it, then speak to your supplier as soon as possible. If they know there is a problem they can work with you to find a solution.

Ask to set up a payment plan and be realistic about what you can afford to repay. You don't want to leave yourself short for other essential bills. If you need assistance with energy debt please contact Abertay's Energy Advisor on 01382 903545.

## Maximise your income

Make sure you are claiming the correct benefits. This could increase your income as well as make you eligible for other types of assistance. In order to see if you are receiving everything you are entitled to, contact Abertay's Energy Advisor.

## Check if you can receive other discounts and payments

Ask your energy supplier if you are entitled to a Warm Home Discount. This is a discount of £140 on electricity bill. Those who receive the Guarantee Credit element of Pension Credit are eligible, as are some other low-income and vulnerable households. If you are also in receipt of State Pension or some other benefits you could be eligible for the Winter Fuel Payment, which is an annual payment of between £100 and £300. The Cold Weather Payment of per week will be paid automatically to those on certain benefits when very cold weather occurs or has been forecast.



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## Check to see if you are getting the best deal for your energy

You could save hundreds of pounds a year on your bills by switching supplier or changing tariffs with your current supplier. Have a copy of your most recent bill to hand as this should tell you how much energy you have used in the past year. Make sure that the supplier also offers you any discounts you may be entitled to such as the Warm Home Discount, and any special tariffs you need such as Economy 7 or Economy 10. If you have a smart meter you should still be able to switch but you may lose the 'smart' functions of your meter.

## Use your heating and hot water controls

Make sure you are using your boiler and heating controls correctly and use the programmer to set up the system to match your needs. For example, setting your heating to come on half an hour before you get up in the morning. Use a room thermostat to control the temperature in your home. Ideally this should be set between 18°C and 21°C but some people may need it higher. Remember not to leave electric hot water immersion heaters on for longer than you need as this wastes energy and money

## Use night storage heaters correctly

Some homes have night storage heaters. These build up heat overnight when electricity is cheaper, which is then released throughout the next day. Homes with storage heaters should be on an Economy 7 or Economy 10 tariff. If you are not using your storage heaters correctly you could be faced with a large bill.

## Avoid damp and condensation

When it is cold, condensation can be a big problem in many homes. Try the following:

- Keep temperatures in all rooms above 15°C. This will reduce condensation forming on outside walls
- Keep your home ventilated. Make sure vents and air bricks are not covered or obstructed
- Try not to dry washing in the house. If you do, use an airer and don't dry clothes on radiators
- Open window trickle vents during the day or when going out
- Wipe down windows/mirrors/tiles/shower with an absorbent cloth
- Open windows after bathing or washing and leave them open for a short while to release steam if it is safe to do so.

*If you need any help or advice with any of the topics above, please contact our Energy Adviser on 01382 903545 or email [queries@abertayha.co.uk](mailto:queries@abertayha.co.uk).*



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