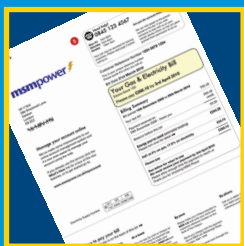




Energy advice on your... **Fuel Bills**

- Know who your supplier is and their charges.
- Find out if you pay a standing charge.
- If on a contract, know when this ends and make sure you research the next best tariff to move to.
- Know your usage.
- Say no to estimated bills – provide regular meter readings to avoid estimated billing.



Credit/dry meters

- Managing your account online and paying by direct debit as a dual fuel customer is generally the cheapest tariff.
- Be aware of seasonal changes in your usage and ensure your payments cover these.



Pay as you go or prepayment meters

- PAYG meters are no longer the most expensive way to pay for energy.
- Learn how to read your meters – visit your supplier's website for further information.
- Check you are on the best tariff.
- Standing charges – consider if it would be cheaper to be on a tariff without a standing charge.



For free energy advice and to arrange a home visit, please call our energy advisers, **Angela** or **Evelyn**, on...**Freephone 0808 202 6565**

Shettleston Energy Advice is made possible through funding from the Climate Challenge Fund

General Energy Advice



Keep out draughts

- Hang curtains on all windows and use heavier ones in winter. Remember to open the curtains during the day to let in heat from natural sunlight.
- Install draught excluders around doors, letter boxes and any other gaps.



Keep warm

- Understand your heating system – if you are unsure, contact the SEA team or your maintenance officer for advice.
- Heat your home efficiently using timers and other controls.
- Set the thermostat between 18 and 21°C.
- Use radiator thermostats (TRVs) to control the temperature in individual rooms.
- If your boiler has an Eco button, make sure it's ON.



Keep the heat in!

- Close doors and windows when the heating is on.
- Don't cover radiators with furniture or damp clothes.



Saving on lighting and electricity

- Don't leave appliances on standby.
- Switch off any appliances or lighting when not in use.
- Don't tumble dry if you are able to dry clothes on clothes horse or outside.

For free energy advice and to arrange a home visit, please call our energy advisers, **Angela** or **Evelyn**, on...**Freephone 0808 202 6565**