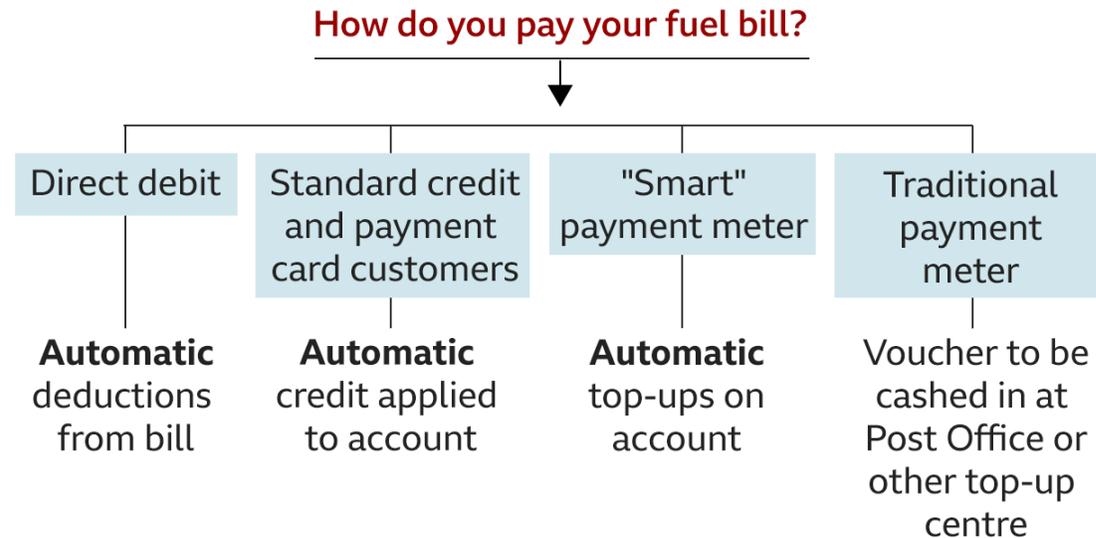


Support for households Energy Bills

Energy Bills Support Scheme

The Energy Bills Support Scheme provides a £400 non-repayable discount to eligible households to help with their energy bills over winter 2022 to 2023.

How do you get your £400?



Payments or credits will be received monthly from Oct-Mar

Source: Dept for Business, Energy and Industrial Strategy

B B C



What has been announced?

Cost of living payments



8m lowest income households

£650



8m pensioner households

£300



6m receiving non means-tested disability benefits

£150



Energy grant for all households

£400

Source: HM Government

BBC



Pensioner Cost of Living Payment

If you're entitled to a Winter Fuel Payment for winter 2022 to 2023, you will get an extra £300 for your household paid with your normal payment from November 2022. This is in addition to any Cost of Living Payment you get with your benefit or tax credits.

Your circumstances	Born between 26 September 1942 and 25 September 1956	Born on or before 25 September 1942
You qualify and live alone (or none of the people you live with qualify)	£500	£600
You qualify and live with someone under 80 who also qualifies	£250	£350
You qualify and live with someone 80 or over who also qualifies	£250	£300
You qualify and live with a partner who qualifies, and either of you gets certain benefits	£500 - only one of you will get the payment	£600 - only one of you will get the payment
You qualify and live with someone (not your partner) who qualifies, and either of you gets certain benefits	£500 - you'll both get the payment	£600 - you'll both get the payment
You qualify, live in a care home and do not get certain benefits	£250	£300



£150 Disability Cost of Living Payment

From 20th September 2022, 6 million people who are paid certain disability benefits will receive an automatic one-off £150 payment.

You may get a lump sum payment of £150 if you're getting any of the following:

- Attendance Allowance
- Constant Attendance Allowance
- Disability Living Allowance for adults
- Disability Living Allowance for children
- Personal Independence Payment
- Adult Disability Payment (in Scotland)
- Child Disability Payment (in Scotland)
- Armed Forces Independence Payment
- War Pension Mobility Supplement



Low income benefits and tax credits

You may get a payment of £650 paid in 2 lump sums of £326 and £324 if you get payments of any of the following:

- Universal Credit
- income-based Jobseeker's Allowance (JSA)
- income-related Employment and Support Allowance (ESA)
- Income Support
- Pension Credit
- Child Tax Credit
- Working Tax Credit

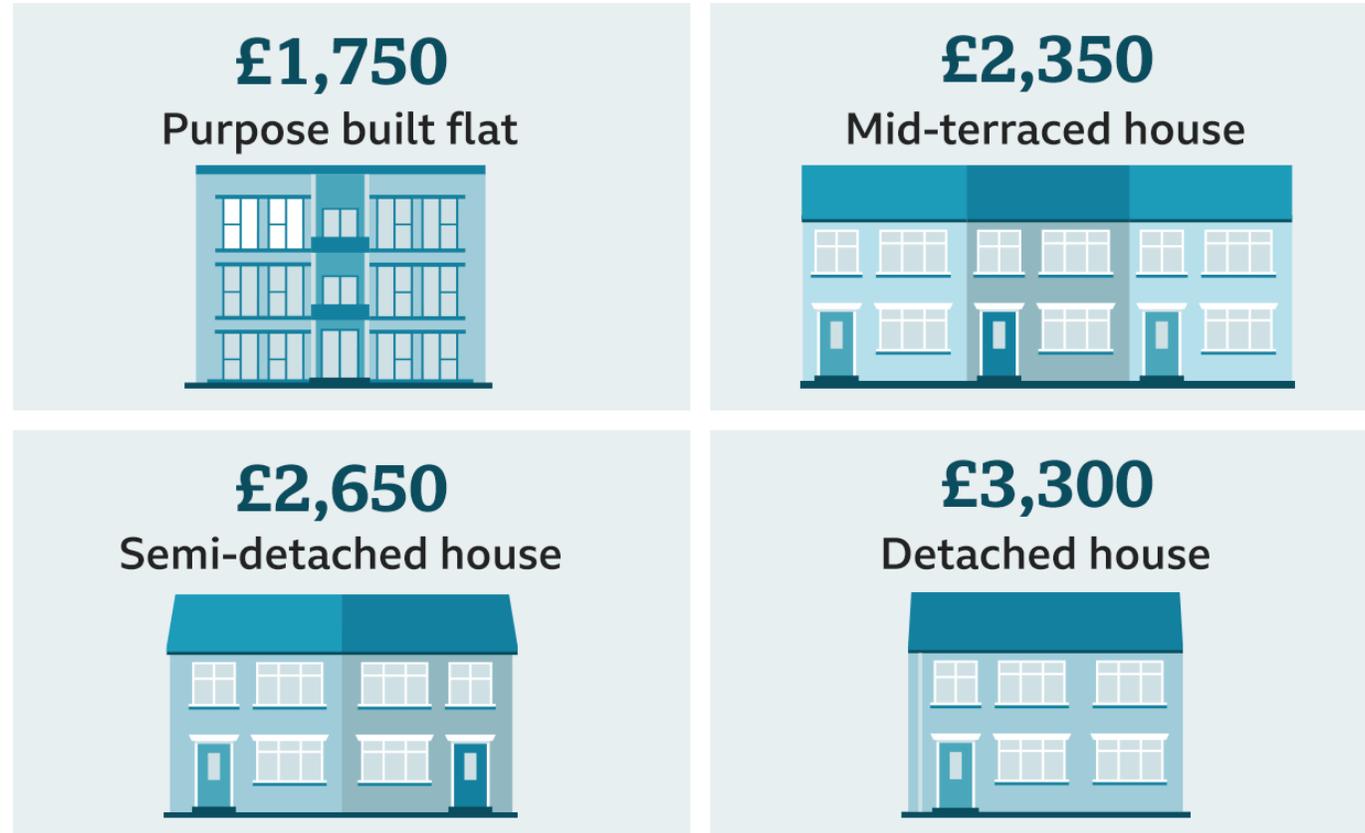
You will not get a payment if you get New Style Employment and Support Allowance, contributory Employment and Support Allowance, or New Style Jobseeker's Allowance, unless you get Universal Credit.

If you have a joint claim with a partner, you will get one payment of £326 and one payment of £324 for your joint claim, if you're entitled.



The amount you actually pay depends on the amount of energy you use

How might your bill work out?



Examples are illustrative with prices based on energy price guarantee rates and customers with 2019 median usage, paying for dual fuel by direct debit.

Source: UK Government

BBC



Attendance Allowance

Attendance Allowance helps with extra costs if you have a disability severe enough that you need someone to help look after you.

It's paid at [2 different rates](#) and how much you get depends on the level of care that you need because of your disability.

You could get £61.85 or £92.40 a week to help with personal support if you're both:

- physically or mentally disabled
- [State Pension age](#) or older

It does not cover mobility needs.

The [other benefits](#) you get can increase if you get Attendance Allowance.

You do not have to have someone caring for you in order to claim.

If you do have a carer, they could get [Carer's Allowance](#) if you have substantial caring needs.



Pension Credit

Overview

Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges.

You might get extra help if you're a carer, severely disabled, or responsible for a child or young person.

Pension Credit is separate from your State Pension.

You can get Pension Credit even if you have other income, savings or own your own home.

Other help if you get Pension Credit

If you get Pension Credit you can also get other help, such as:

- [Housing Benefit](#) if you rent the property you live in
- [Support for Mortgage Interest](#) if you own the property you live in
- a [Council Tax discount](#)
- a [free TV licence](#) if you're aged 75 or over
- help with [NHS dental treatment, glasses and transport costs](#) for hospital appointments, if you get a certain type of Pension Credit
- help with your heating costs through the [Warm Home Discount Scheme](#)
- a discount on the [Royal Mail redirection service](#) if you're moving house



These are only examples of some of the benefits and grants you may be entitled to.

If you would like to look into any further or feel you might be missing out on something you feel might be applicable to you please speak in full confidence to any member of the team **supporting this part of the event.**



£100 Heating Oil Contribution.

You may have heard or read in the press about a government initiative to provide a £100 contribution to households who use heating oil. To date nothing has been agreed and the latest advice from the trade body is.

The Government has realised that issuing a £100 fixed payment for heating oil users is not straight forward. Due to the fact this is off-grid energy, not network supplied directly into the home and the fact that consumers have far more choice over supply. As such the trade body for the liquid fuel distribution industry UKIFDA is working closely with Government to find a timely solution. Once the government publishes information to how this scheme will work, we will seek to share this information.





**Reducing the time
you spend in the
shower by a minute
a day saves £21 a
year**



**Electric Shower
uses 7500 to
10000 watts cost
of use per hour
will be £2.55 to
£3.40**



Even at today's prices heating your water with oil is 70% cheaper than using an immersion heater

An Electric Immersion heater with a 3000 watt rating will cost upwards of £1.02p per hour to run





Only use as a last resort it is cheaper to run central heating

Fan heater rated at between 1000 & 3000 watts is not a cheap heating option costing up to £1.02p an hour





Only fill the kettle with the amount of water you need any surplus boiled water can be kept warm in a Thermos flask

An Electric Kettle is rated between 2500 & 3000 watts and runs at £1.02 per hour

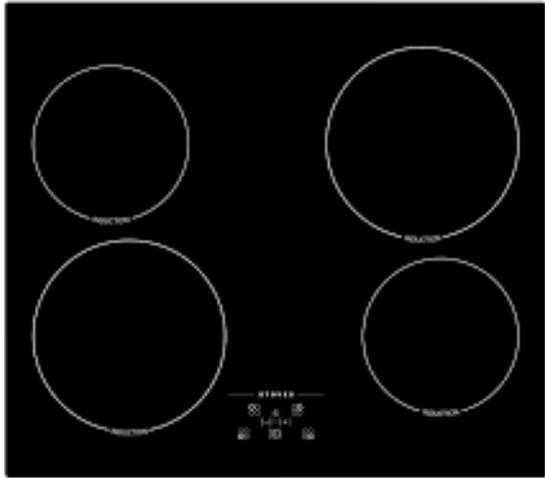




Roast or bake multiple items at the same time & leave the oven door open after use to allow residual heat to warm your home

Electric Oven will be rated between 2000 & 2400 watts with a running cost of between 64p & 82p per hour





Use the right size pan and always use a lid on pans as water will boil quicker and food cook sooner. Try using a steamer

**An Electric Hob
uses up to 2000
watts per ring
that's 68p per
hour**





**An Iron is rated at
1000to 3000
watts which
equates to 34p to
£1.02p per hour**

**Only iron essential items.
Ironed tea towels may
look smart but the energy
you use isn't.**





Microwaves are convenient to use, they do not burn food, they are highly economical and they heat food faster and healthier than other methods.

**A Microwave
rated between
700w &
1400w will
cost 24 to 48p
per hour**





**Vacuum cleaning
your home uses
between 600 &
900 watts per
hour or 31p**

**Really!!!! does the house
need Hoovering every
day?**





Slow cooking meals is 90% more efficient than using a hob or oven and they cost from as little as £15 to buy

Slow cookers are very efficient forms of cooking at 150 to 300 watts per hour costing 5.1p to 10.2p





Keep you freezer full and defrost regularly to maximise its efficiency. When defrosting food do it in your fridge as this will improve the fridge cooling and reduce energy consumption

Fridge freezers are rated at between 100 & 300 watts with running costs of 3.4p & 10.2p per hour





**Playing for 1 hour
a day less will put
over £31 into the
Christmas present
fund!!!**

**Games console
use the same
energy as a fridge
freezer at up 8.5p
per hour**



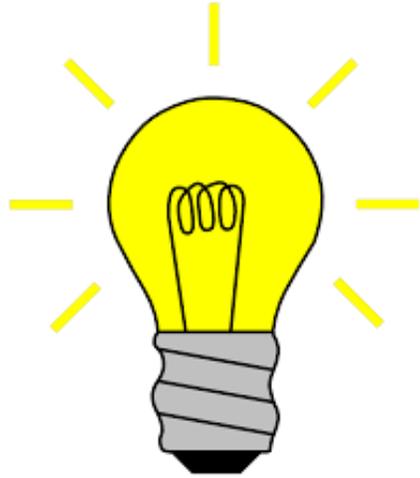


By not leaving a TV on standby you will realise a saving of £11 per TV per year.

Equivalent to 25 meals cooked in a slow cooker



LCD TV use between 0.25 & 0.175 watts per hour. The biggest TV will cost you up to 6p per hour



Switch to LED light bulbs they are 75% more efficient and last longer

Less energy efficient incandescent GLS bulbs cost up to 3.2p per bulb per hour to run





**A vital luxury
worth every penny
but make sure you
are getting the
best deal**

**Broadband routers
are not high
consuming
appliances at a max
of 0.7p per hour to
run**





Cooking with lids on pans improves cooking efficiency and reduces the need for extraction

**Cooker hoods and
Extractor fans not
the worst at up to
4p per hour to run**





Once the internal lithium-ion battery hits 100% of its capacity, charging stops. If you leave the smartphone plugged in overnight, it is going to use more energy than it requires...



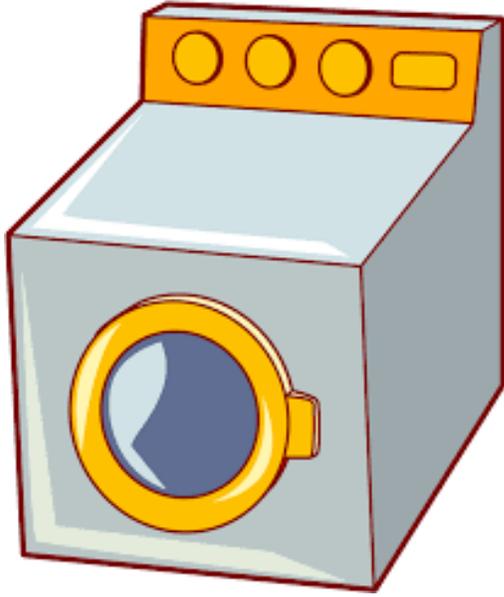
**Mobile
phone
charging and
Tablet
charging up
to 0.6p per
hour**



Wash at lower temperatures research has found that making the shift from 40°C to 30°C cut energy costs by 38%, and 40°C to 20°C by 62%. Unless you're washing really soiled clothes.



Washing machines are rated between 1000 & 2400watts costing 18p & 36p per full load



Only use as a last resort where possible dry outside and use an airing cupboard

Tumble dryers use up to 2500 watts of electricity with a full load costing up to £1.90



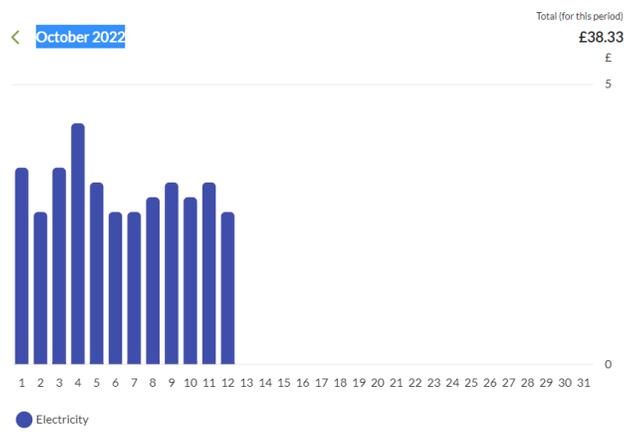


Turn down thermostat
If you turn down your main thermostat just one degree it will cut your heating bills straight away, and you should not feel any difference.





If you have a smart meter and your energy provider offers an App you can use it to effectively manage your consumption by using the hourly, daily, monthly data provided.





Community Action Food & Energy



MoneySavingExpert

Cutting your costs, fighting your corner

Founder, Martin Lewis · Editor-in-Chief, Marcus Herbert