

How can I get the best deal on my energy supply?

If you have never changed your energy supplier you could be paying more than you need to for your gas and electricity. Depending on where you live, on average you could save: £91 a year if you pay by Direct Debit, £86 a year if you pay by card, key or token meter, or £73 a year if you pay by cash or cheque.

When going to compare prices of different suppliers it's a good idea to get a copy of your last bill, or if you use a card, token or key meter to have an idea of how much you spend each month on energy. It is also helpful to know the name of your current suppliers; the name of the deal you are on, and your post code.

There are three ways to find out about the prices charged in your area.

- **Phone round the energy supply companies** to find out what deals are on offer and compare them with your current deal.
- Or you can **use one of the approved online price comparison sites**. These are listed on the Consumer Focus website: www.consumerfocus.org.uk You can also download a pricing factsheet for your area from the Consumer Focus website.
- If you cannot access the internet you can call Consumer Direct on 08454 040506 for a pricing factsheet as well as general consumer advice.

If you are having problems paying gas or electricity bills get advice. For more information and contact details of your local CAB go to the Citizens Advice website adviceguide.org.uk