

# The Super Energy Diary

[www.bbbc.org.uk](http://www.bbbc.org.uk)



## Foreword

Are you fed up with carrying around all your bills and paperwork? Are you always rummaging through letters to find your account information? Are you looking for easy access to your very important information?

The Super Energy Diary will help you get organised.

This diary is here to help you record your energy costs and keep all your important billing information in one place.

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# Year One

## My Gas details

Current	Comparison
My Supplier is	My Supplier is
Contact Details	Contact Details
My Account Number	My Account Number
My Tariff is	My Tariff is
Start Date	Start Date
End Date	End Date
Unit Price	Unit Price
Standing Charge	Standing Charge
Annual Usage	Annual Usage
Payment Method	Payment Method
Exit Fee	Exit Fee
Warm Home Discount <input type="checkbox"/>	Warm Home Discount <input type="checkbox"/>
Priority Services Register <input type="checkbox"/>	Priority Services Register <input type="checkbox"/>

## My Electricity details

Current	Comparison
My Supplier is	My Supplier is
Contact Details	Contact Details
My Account Number	My Account Number
My Tariff is	My Tariff is
Start Date	Start Date
End Date	End Date
Unit Price	Unit Price
Standing Charge	Standing Charge
Annual Usage	Annual Usage
Payment Method	Payment Method
Exit Fee	Exit Fee
Warm Home Discount <input type="checkbox"/>	Warm Home Discount <input type="checkbox"/>
Priority Services Register <input type="checkbox"/>	Priority Services Register <input type="checkbox"/>

## Gas Readings

Date	Meter Reading	Submitted

## Electricity Readings

Date	Meter Reading	Submitted

# Year Two

## My Gas details

Current	Comparison
My Supplier is	My Supplier is
Contact Details	Contact Details
My Account Number	My Account Number
My Tariff is	My Tariff is
Start Date	Start Date
End Date	End Date
Unit Price	Unit Price
Standing Charge	Standing Charge
Annual Usage	Annual Usage
Payment Method	Payment Method
Exit Fee	Exit Fee
Warm Home Discount <input type="checkbox"/>	Warm Home Discount <input type="checkbox"/>
Priority Services Register <input type="checkbox"/>	Priority Services Register <input type="checkbox"/>

## My Electricity details

Current	Comparison
My Supplier is	My Supplier is
Contact Details	Contact Details
My Account Number	My Account Number
My Tariff is	My Tariff is
Start Date	Start Date
End Date	End Date
Unit Price	Unit Price
Standing Charge	Standing Charge
Annual Usage	Annual Usage
Payment Method	Payment Method
Exit Fee	Exit Fee
Warm Home Discount <input type="checkbox"/>	Warm Home Discount <input type="checkbox"/>
Priority Services Register <input type="checkbox"/>	Priority Services Register <input type="checkbox"/>

## Gas Readings

Date	Meter Reading	Submitted

## Electricity Readings

Date	Meter Reading	Submitted

# Water - don't throw money down the drain

A Leak

Blockage

No Water

Low Pressure

Flooding

Report any water related problems to your supplier as it could have an impact on your bills.

Let's talk direct... most toilets now come with two flush buttons, the smaller button flushes out 3-4.5 litres of water but the bigger button flushes out 6-9 litres of water, Flush right!

If you don't have a dual system you can apply for a free water saver from your supplier's website. It can help you save up to 3 litres of water and save you money.

## My Water details

My Account Number

Billing - Fixed or metered?

Annual Cost £

Payment Method

WaterHelp or WaterSure

Priority Services Register

## My Bills – Important to know

My essential outgoings	Weekly (£)	Monthly (£)
Rent		
Council Tax		
Service Charge		
Gas		
Electric		
Water		

## Calculating Amounts

To be able to make an accurate budget, you need to be able to convert these figures into the same, easily comparable, monthly figure.

### To calculate monthly amounts from:

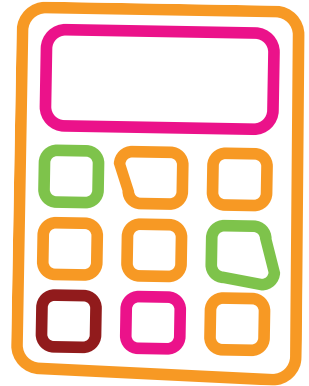
Weekly - multiply (x) the amount by 52 and divide (÷) by 12

Fortnightly - multiply (x) the amount by 26 and divide (÷) by 12

Four weekly - multiply (x) the amount by 13 and divide (÷) by 12

Quarterly - divide (÷) by 3 Half-yearly - divide (÷) by 6

Yearly - divide (÷) by 12



## Financial and other Support Things to apply for and when...

### Warm Home Discount

You might be able to get £150 (2022/2023) off your electricity bill under the Warm Home Discount Scheme if you're either getting the guarantee credit part of Pension Credit or on a low income. Check with your supplier to see if they offer the Warm Home Discount - not all suppliers are part of the scheme.

### Winter Fuel Payments

An annual one-off payment to help you pay for heating during the winter. You can usually get a Winter fuel Payment if you were born on or before 26 September 1955.

### WaterSure

A scheme which helps some people with their water bills. To apply for the scheme, you must be on benefits and need to use a lot of water either for medical reasons or because your household has a certain number of school-age children. You also need to be on a water meter or be waiting to have one installed.

### WaterHelp

A scheme which helps low income households. If you qualify, you will receive 50% discount on your whole bill, although this amount may change in the future.

### Priority Services Register

Extra free help for vulnerable households, from meter readings to supplying specialised bills.

### 'Freebies'

You can visit suppliers' websites to see what they are offering their customers for free from water saving devices to a smart meter to track energy usage.



# How to Switch

Go to a trusted comparison website – Check the website is accredited by Ofgem, will compare the whole energy market and will provide a bespoke comparison for your energy usage.

The approved websites are:



**Switch Gas and Electric**  
[switchgasandelectric.com](http://switchgasandelectric.com)



**Simply Switch**  
[simplyswitch.com](http://simplyswitch.com)



**The Energy Shop**  
[TheEnergyShop.com](http://TheEnergyShop.com)



**Quotezone**  
[Quotezone.co.uk](http://Quotezone.co.uk)



**uSwitch**  
[uSwitch.com](http://uSwitch.com)



**Energylinx**  
[energylinx.co.uk](http://energylinx.co.uk)



**Energy Helpline**  
[energyhelpline.com](http://energyhelpline.com)



**Money Supermarket**  
[MoneySupermarket.com](http://MoneySupermarket.com)



**Unravel It**  
[Unravelit.com](http://Unravelit.com)



**My Utility Genius**  
[myutilitygenius.co.uk](http://myutilitygenius.co.uk)

# Where you can get help

## The Bromley by Bow Centre

A charity that combines a community hub with a GP practice, café and a beautiful park. Find out about our many free services offering advice, employment support, learning, and activities that promote health, wellbeing, creativity and connection with others. Contact details are on the back page.

[www.bbbc.org.uk](http://www.bbbc.org.uk)

## East End Energy Fit

This is an energy project which helps people sort out their energy and utility related issues. The project is delivered by Energy Advisers at the Bromley by Bow Centre and helps people reduce their utility bills by looking at tariffs and/or switching provider.

Advisers can help to set up payment plans for people struggling to pay their bills and apply for grants to help alleviate utility debts. The project also supports people to purchase essential white goods and fees to help obtain a Debt Relief Order.

[bit.ly/BBBCEnergyAdvice](http://bit.ly/BBBCEnergyAdvice)

## Benefits, housing and debt

Free of charge, generalist advice to Tower Hamlets residents on a wide range of issues including benefits, housing and debt.

[bit.ly/BBBCAdvice](http://bit.ly/BBBCAdvice)

## Local Advice Centres

There are a number of Advice Centres in East London offering free and impartial advice to residents on matters such as welfare benefits, debt and housing issues. Advisers can assist with utility debts, arrange payment plans with energy provider and help people apply for grants to help towards energy costs.

## Tower Hamlets Community Advice Network

Website listing advice services across Tower Hamlets covering a wide range of areas including benefits, debt, housing and immigration. [www.thcan.org.uk](http://www.thcan.org.uk)

## Limehouse Project

Offers advice on a range of social welfare issues through weekly drop-in, appointments and telephone advice sessions. [www.limehouseproject.org.uk](http://www.limehouseproject.org.uk)



## Island Advice Centre

Access to advice for residents within Tower Hamlets to stay above the poverty line, reduce stress and empower them to deal with their situations.

[www.island-advice.org.uk](http://www.island-advice.org.uk)

## Hackney Advice

Website listing advice services in Hackney covering a range of different areas and organisations. [www.hackneyadvice.org.uk](http://www.hackneyadvice.org.uk)

## East End Citizens Advice

Provides advice to residents of Hackney, Tower Hamlets and Newham. [www.eastendcab.org.uk](http://www.eastendcab.org.uk)

## Community Links

Provide advice services to residents of the London Borough of Newham.

[www.community-links.org](http://www.community-links.org)

## City Advice

Advice service for people living in the City of London, provided by Toynbee Hall.

[www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

## Online tools

### Free online budget planning tool

Use the free online MoneyHelper Budget Planner tool to gain a better understanding of your money coming in and out, and how to improve your finances.

[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

### Free benefit calculators online

You can use independent benefits calculator to find out what benefits you could get, how to claim and how your benefits will be affected if you start working

### Entitledto

for information on income-related benefits, tax credits, contribution-based benefits, Council Tax Reduction, Carer's Allowance, Universal Credit and how your benefits will be affected if you start work

[www.entitledto.co.uk](http://www.entitledto.co.uk)

### Turn2us

for information on income-related benefits, tax credits, Council Tax Reduction, Carer's Allowance, Universal Credit and how your benefits will be affected if you start work or change your working hours

[www.turn2us.org.uk](http://www.turn2us.org.uk)



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**Bromley by Bow Centre, St Leonard's Street, London E3 3BT**

E: [energy@bbbc.org.uk](mailto:energy@bbbc.org.uk)

T: 020 8709 9700 (Monday to Friday 9am – 5pm)

W: [bbbc.org.uk](http://bbbc.org.uk)

