

Energy Advice Update – May 2023

- Ofgem has reduced the price cap to £2,074 but the average bills are still much higher than they were two years ago, and without continuing subsidies from the government to help pay bills, it will mean that we won't feel much of a difference.
- However, if your consumption is higher than the 'typical average' then you will still pay more for your energy because Ofgem's cap limits the rate energy suppliers for each unit of gas and electricity – not the combined cost if you have dual fuel. So if you use electricity for heat, you will pay more and if you have unregulated fuel like heating oil, you will pay more.
- Prices are anticipated to fall in the summer, with switching options opening up again and price comparison sites. However, this is unlikely to be the case for anyone on THTC prepaid meters.
- SSE have started to reintroduce one year fixed rates
- For E7 and E10 the companies do vary in how they distribute their unit rates between night and day and peak and off-peak – so knowing a household balance of use accurately might identify a better alternative
- For those on restricted meters like E10 or THTC, options for switching are in essence very poor unless the new EDF THTC offer proves accessible. EDF's THTC pricing varies significantly from SSE's and Scottish Power's THTC product's may also be suitable.
- If you have a credit meter but don't pay by direct debit, you are still paying higher unit rates than the energy price guarantee (for example if you are billed and pay quarterly).

Updated estimates for electric-only households annual costs:

ELECTRIC ONLY HOUSEHOLDS

sse typical rates and balance of use	CREDIT	PREPAY
10000kw hrs single rate electricity	£3,470.24	£3,374.78
10000 kw hrs E7	£3,079.04	£3,004.31
10000 kwhrs E10	£3,500.04	£3,385.11
100000 kwhrs THTC	£3,394.04	£3,180.58

Information and advice:

Energy bill advice and energy bill support related matters in Scotland:

<https://energyadvice.scot/>

Details of The UK Government's cost of living support schemes:

<https://helpforhouseholds.campaign.gov.uk/help-with-your-bills/>

The Scottish Government's guide to cost-of-living support schemes:

<https://costofliving.campaign.gov.scot/>

The new regional energy price guarantee rates for the current quarter:

<https://www.gov.uk/government/publications/>