Understanding your energy bill





This fact sheet has been developed by the Walsall Energy Action Project to help give a better understanding your energy bill to help ensure you're not paying more than you need for the energy you use. For more information please visit one of our partner community hubs, where you can find help and support and access one of our libraries of inspiration.

What is domestic energy?

Domestic energy is energy used in the home. For instance, for lighting, cooking, heating, and powering devices. It is usually provided to households in the form of **electricity** or **gas**.

In most cases in the UK, the energy we use in our homes is recorded by **energy meters**, and measured in **kilowatt hours (kWh)**.

Many of our household appliances are rated in watts and kilowatts, and that is the amount of energy that is required to power them.

What the kilowatt??

A **watt** is the unit we use to measure electrical **energy**; just like a meter is a unit we use to measure distance.

The word kilo comes from Greek and is another word for 1000.

This means that a **kilowatt** is just another word for **1000 watts**; just like kilometer is another word for 1000 meters.

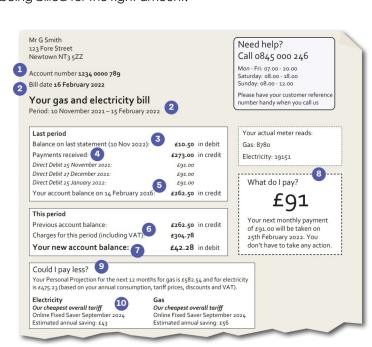
So 1 kilowatt hour, is 1000 watts over one hour of time.



Energy Bill Explained

To understand your gas or electricity bill, there are three things you should check for:

- That you're details are correct and that you're being billed for the right amount.
- That you're not building up any debt.
- If there's a cheaper tariff you can move to.
- 1. Your account / customer number.
- 2. Date of the bill and billing period.
- 3. Balance from the last bill / statement.
- 4. Payment received from last bill / statement.
- 5. Previous bill balance.
- 6. Charges for this period including VAT.
- 7. New account balance. This is what is you owe, or are owed.
- 8. What do I pay? Either what you owe or direct debit amount.
- 9. Personal projection. Estimate annual gas / electricity usage.
- 10. Cheaper tariffs available with current supplier.



Example of an household energy bill. Image courtesy of the Centre for Sustainable Energy. [1]

If you would like to learn more about your energy bills, please get in touch with a member of the weap team who will be able to offer support and guidance.

Could you be paying less?

It is a legal requirement for each energy supplier to let you know if you could be paying less, and this will be printed on your bill.

There two main costs that are included on your electricity and gas bill. They are:

- -unit rates (price charged per kWh of energy)
- -standing charges (the amount per day your energy provider charges to provider their service)

Energy suppliers compete with each other to offer you, the customer, the best price to gain your business.

The price energy suppliers pay for the energy they sell us changes over time, meaning the price they offer us also changes. Knowing what you are currently paying for each unit, and your standing charge is important to know if you're paying more than need to.

There are many switching and comparison websites available to help you find the best prices available online.

Average electricity and gas price in the Midlands region per kWh (Jan - April 2025) (2)		
	Unit rate	Standing Charge
Electricity	24.19p	63.60p
Gas	6.30p	31.67p

Additional support

The price we pay for the energy in our homes has risen sharply in recent times, and through no fault of our own, many people are now struggling to afford to be able to keep their homes warm.

If you require help, support or advice on your energy bill you should contact your energy supplier, additionally one of the organisations listed below may be able to offer for further help and

Citizens Advice 0808 223 1133 www.citizensadvice.org.uk Local Area Advice Partnership (LEAP) 0800 060 7567 applyforleap.org.uk **Act on Energy** 0800 988 2881 www.actonenergy.org.uk **National Energy Action** 0800 304 7159 www.nea.org.uk Better Homes Better Health 0800 107 0044 www.bhbh.org.uk **Energy Saving Trust** energysavingtrust.org.uk/energy-at-home/

Find out more

Our aim at for the WEAP is to build a sustainable, climate-resilient and net-zero Walsall together. We are offering free 1-2-1 Energy and Climate Advice sessions and free Home Energy Advice visits.

If you would like to find out more about ways you can reduce your carbon footprint and save energy at home, please contact your nearest partner hub below.

WEAP Partner Community Hubs

 Ryecroft Community Hub, WS3 1TR
 Tel: 01922 626693

 Darlaston All Active, WS10 8AA
 Tel: 0121 568 6144

 Aaina Community Hub, WS1 3BS
 Tel: 01922 644006

 Nash Dom CIC, WS1 4AL
 Tel: 01922 616444

 Brownhills Community Association, WS8 7JS
 Tel: 01543 452119

Bloxwich Library / Launchpad, WS3 2DA weap@walsall.gov.uk

Sources

1. Centre for Sustainable Energy - Understanding your gas or electricity billwww.cse.org.uk/advice/understanding-your-gas-or-electricity-bill/

2. www.uswitch.com/gas-electricity/guides/regional-energy-prices/

















