

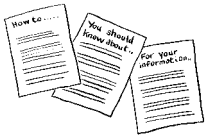


We all use energy in our homes. Most of this energy comes from gas and electricity. We use gas and electricity every day to keep us warm and light our homes. We also use it to do things like cook our food, watch TV and have a hot shower. So energy is really important.



We all have to pay for the energy we use in our homes. This pack tells you how to make sure you are not paying too much money for your energy. It also tells you lots of other important things about energy that will help to save you money and keep you safe.

There are 5 factsheets in this pack. They are:



- 1 Choosing your energy company
- 2 Paying for your energy
- 3 Free services from your energy company
- 4 Energy sales people
- 5 Saving energy and money at home



You might want to get a friend, family member or carer to help you read the factsheets or do some of the ideas in this pack.

This pack has been produced by energywatch. Their job is to tell people about gas and electricity and help them to get the best deal from their energy company.

If you would like any help or advice from energywatch:

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