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Energy Stories
The Wilson family

"My name's Jess and I live in a first-floor flat with my children, Poppy and James. Our home has two bedrooms, a small shower room, a living room, a kitchen and a balcony (but no garden). I don't have a job and am always looking for ways to save money – clothes, food and toys are so expensive! The flat has central heating and my gas bill is fairly high as we're at home a lot and it gets cold when you're sitting around playing. We've got a TV and computer that we use all the time. Two children make a lot of washing, so the washing-machine and tumble dryer are on most days.

With winter on its way, I'd like to be more in control of my gas and electricity bills. Can you suggest a simple way I could save energy and money?"

Jess's energy bills
Gas per year: £600
Electricity per year: £378

Total: £978

Which energy-saving tip would be best for Jess?

Look at the money-saving ideas sheet. Which one energy-saving tip would you give Jess to help her use less energy? If Jess took your advice, how much money would she save in one month?

Energy-saving tip: _____

Total money saved in one month £ _____

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Energy Stories
The Kapoor family

"We're Savita and Sanjeev Kapoor and we live in a big, cold Victorian house with our six children – Raj, Ravi, Anita, Amrit, Riya and Ruby! Our house has got five bedrooms, two bathrooms and a big garden, and although it's lovely it costs a lot to heat. We both work and are always rushing around after the kids – our lives are busy and chaotic and we are in the house at different times every day. There are four TVs, five computers and eight mobile phones in our house, so plugs are always in use! With school uniform and sports kit our washing-machine never stops and we often end up using the tumble dryer just to save time.

With our oldest child, Raj, about to go to university, we really need to start managing our energy use. Can you suggest an interesting way we could save energy and money?"

The Kapoor family's energy bills
Gas per year: £1,034
Electricity per year: £781

Total: £1,815

Which energy-saving tip would be best for the Kapoors?

Look at the money-saving ideas sheet. Which one energy-saving tip would you give the Kapoor family to help them use less energy? If the Kapoor family took your advice, how much money would they save in one month?

Energy-saving tip: _____

Total money saved in one month £ _____

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Energy Stories
Richard Marks

"My name's Richard and I live on my own in a small terraced house in the middle of a city. My home has quite a big loft that's not insulated, one bedroom, a shower room with an old boiler, a living room, a kitchen and a small garden out the back. Unfortunately, I don't have a job at the moment and I know I could control my bills more if I knew how much energy I was using. Last winter I managed to save money on my gas bill by turning down the heating to 18°C and wearing more jumpers! However, my electricity bill still seems high. I have a TV, computer, mobile phone and washing-machine. I shower once a day.

Can you suggest a simple way I could save electricity and money?"

Richard's energy bills
Gas per year: £745
Electricity per year: £609

Total: £1,354

Which energy-saving tip would be best for Richard?

Look at the money-saving ideas sheet. Which one energy-saving tip would you give Richard to help him use less energy? If Richard took your advice, how much money would he save in one month?

Energy-saving tip

Total money saved in one month £

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Energy Stories
Magda and Adam Nowak

"We're Magda and Adam and we live in a semi-detached bungalow with three bedrooms, a bathroom, a living room, a kitchen and a small garden. We're retired but have six grandchildren nearby who keep us on our toes! We need to keep our home warm as we both feel the cold now we're in our eighties. As our grandchildren visit mostly on weekends, not all our rooms are used throughout the week. We watch a lot of TV but don't have a computer or mobile phones. Our washing-machine only gets used a couple of times a week now there's just the two of us. We use electricity for cooking and drink a lot of tea!

We'd love any ideas you have about how we might save some energy, keep warm and reduce our bills. What would you suggest?"

Magda and Adam's energy bills
Gas per year: £809
Electricity per year: £519

Total: £1,328

Which energy-saving tip would be best for Magda and Adam?

Look at the money-saving ideas sheet. Which one energy-saving tip would you give Magda and Adam to help them use less energy and stay warm? If Magda and Adam took your advice, how much money would they save in one month?

Energy-saving tip

Total money saved in one month £

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