



Getting the most from Economy 7



Easy read booklet



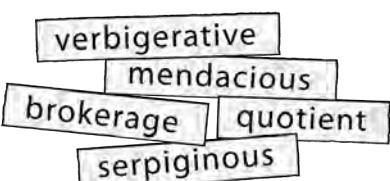
This is an Easy Read version of some information. It has words and pictures.



You might want help to read this booklet. You can ask someone to help you.

words

Some words in this booklet are **black and bold**. This means we think they are difficult words.



We explain what **black and bold** words mean in a box like this.



Some words in this booklet are **bright blue and bold**. These are links to websites or email addresses. You can click on these links on a computer.

Who we are



We are a **charity** called **National Energy Action**.



A **charity** is an organisation set up to help people.



We want to help stop **fuel poverty** in England and Wales.



Fuel poverty is when people do not have enough money to use the right amount of energy to stay warm and healthy in their own homes.



When fuel poverty happens, people might not be able to pay their energy bills. This can mean people get into **debt**.



Debt is when you owe money for something.



To help fight fuel poverty, we

- give advice and support to people about energy bills
- do work to protect **vulnerable** people
- give training to other organisations so they can support people better.



Vulnerable means people most likely to be affected by fuel poverty, like older people or people with disabilities.



What this booklet tells you about



This booklet tells you about **Economy 7** and how it can help you to save money on energy.



Economy 7 is a type of electricity **tariff**.

A **tariff** is a price plan for energy costs.

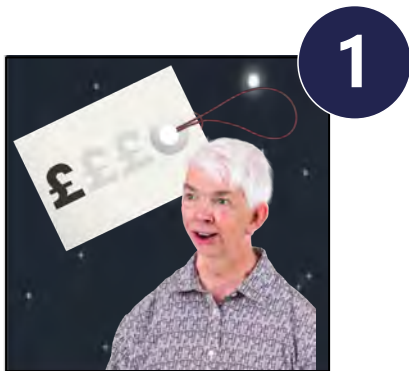


You only need **Economy 7** if you have electric heating, not gas heating.

How to tell if you have Economy 7



If you have Economy 7, you are charged 2 prices for your electricity.

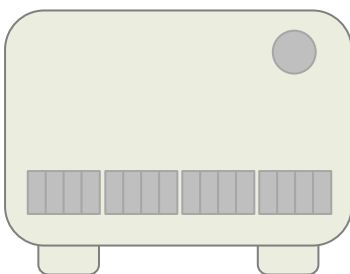


A cheaper price for electricity you use between certain hours, usually between midnight and 7am. This is called **off-peak**.



A more expensive price for electricity you use during the rest of the day. This is called **on-peak**.

You might have Economy 7 if you have a type of heating called **storage heaters**.



Storage Heaters store heat at night so it can be used the next day.

off-peak
on-peak

Low
hight

Rate 1
Rate 2

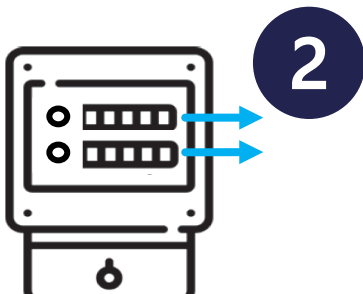
The 2 prices will have different names, like **off-peak** and **on-peak**, **high** and **low** or **Rate 1** and **Rate 2**.



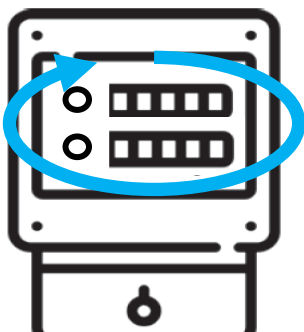
These 2 prices will show on your meter and on your energy bills.



Your meter might have a button you can press that shows the 2 prices.



If you have Economy 7, you will need to get 2 **meter readings**.



Meter readings are the numbers on gas and electricity meters that show how much energy has been used.

Economy 10



Economy 10 is another type of electricity tariff.



If you have Economy 10, you are charged a cheaper price for electricity across 10 hours.

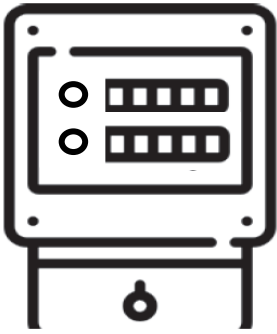


These 10 hours are

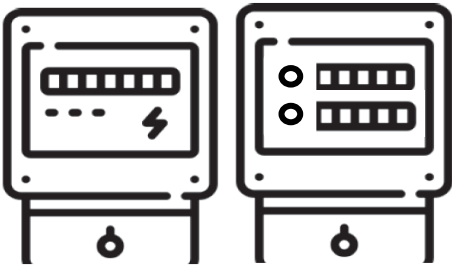
- 3 hours in the afternoon
- 2 hours in the evening
- 5 hours in the night.



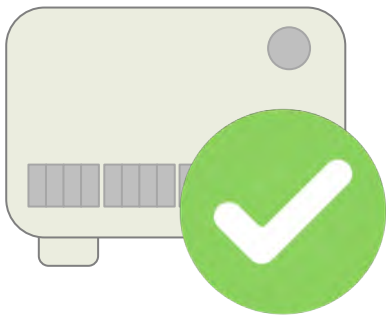
Energy suppliers can choose exactly when these times are. Contact your supplier to find out these times for your tariff.



You need an Economy 10 meter to have Economy 10.



Economy 10 meters are different to other meters.



Like Economy 7, Economy 10 is also a good choice if you have storage heaters.

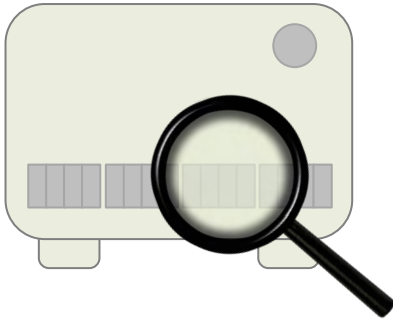


If your energy supplier does not have Economy 7 or 10 tariff, ask them what tariff is good for storage heaters.

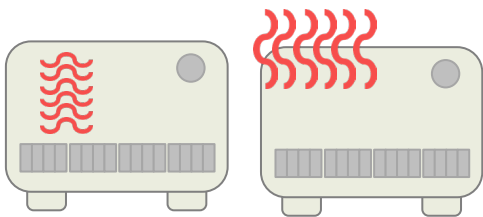


You do not need to have storage heaters to have Economy 7 or 10 tariff, but you do need electric heating.

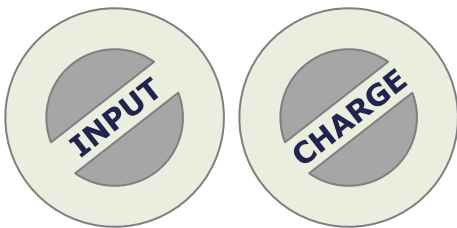
Storage heater settings



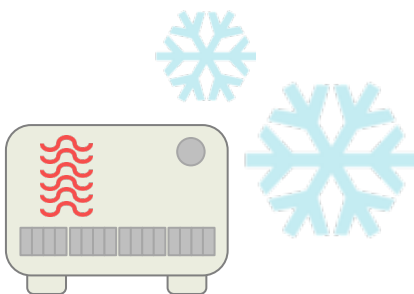
If you have storage heaters, make sure you check the settings.



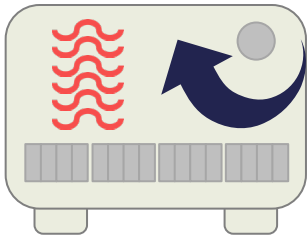
You want your storage heaters to store and give out heat at the right times.



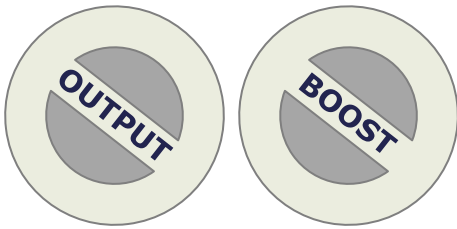
There is a dial on storage heaters that controls how much heat is stored at night. This dial is called **input** or **charge**.



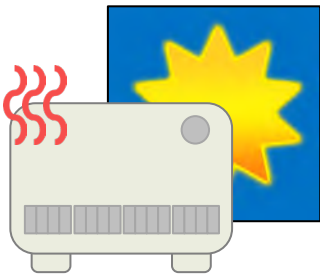
You want more heat stored at night if the next day is meant to be cold.



You should turn the input or charge dial up if it will be cold, and down if it will be warm.



There is another dial on storage heaters that controls when heat is given out. This dial is called **output** or **boost**.



You should change the output or boost dial in the day, evening and night.



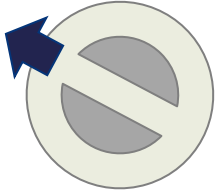
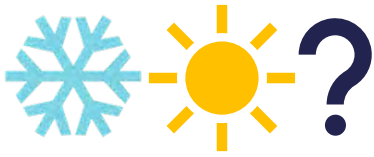
We explain how to set the dials for each time of day on the next page.



Day

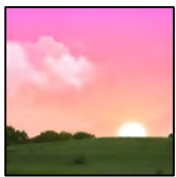
⊖ Input or charge dial

Set this dial to give you the right amount of heat for what the weather will be like the next day.



⊖ Output or boost dial

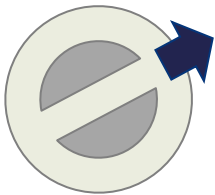
Set this dial to low unless you need extra heat.



Evening

⊖ Input or charge dial

Set this dial to give you the right amount of heat for what the weather will be like the next day.



⊖ Output or boost dial

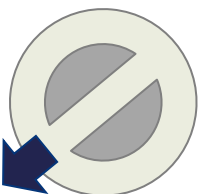
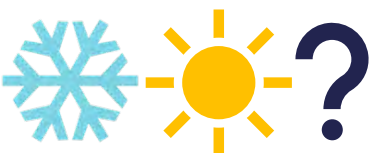
Set this dial to high when you need extra heat, but set it to low again before you go to bed.



Night

⊖ Input or charge dial

Set this dial to give you the right amount of heat for what the weather will be like the next day.



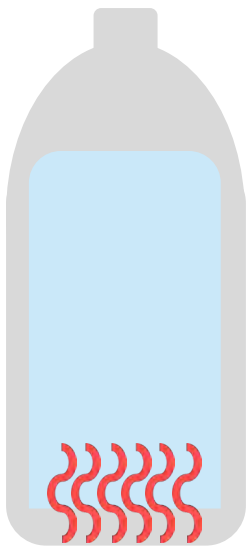
⊖ Output or boost dial

Set this dial to the lowest setting.

Immersion heaters

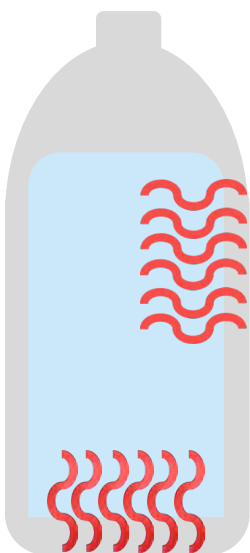


If your hot water is heated by electricity, you will probably have an **immersion heater** inside your **hot water tank** or **cylinder**.



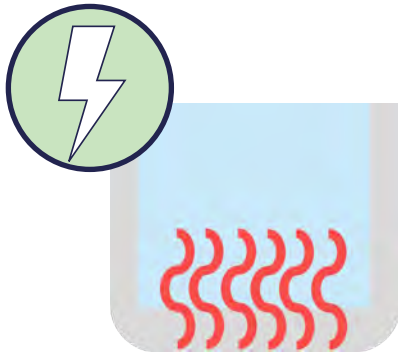
Hot water tanks or **cylinders** store hot water in people's homes.

Immersion heaters heat the water inside hot water tanks or cylinders.



If you have Economy 7 or 10, you will probably have a type of immersion heater called **dual** or **twin**.

Dual or **twin immersion heaters** heat the water inside hot water tanks or cylinders in 2 places. We tell you more about this on the next page.



The heater at the bottom heats most of your hot water at night using off-peak electricity.



This gives you hot water for the next day and evening.



The heater at the top can heat a small amount of water in the day using on-peak electricity.



This can give you hot water straight away, but it costs more money.

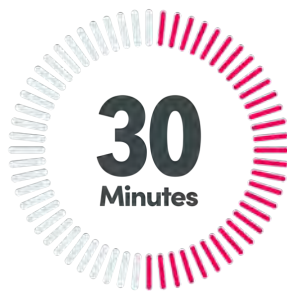


Most electric showers heat up their own water, so you don't need to switch on the immersion heater for this.

Hot water tank or cylinder settings



Your hot water tank or cylinder might have a boost dial or switch that you can use to heat a small amount of water during the day if you need it.



If you do not have a boost dial or switch and you need extra hot water during the day, you can turn your hot water tank or cylinder on for 30 minutes.



Remember, this will use the on-peak price so only do this if you really need to.



Your hot water tank or cylinder might have a timer or clock that lets you choose when your water is heated.



You might need to change your timer when the clocks change in March and October.

National Energy Action's Energy Advice and Support Service



Our **Energy Advice and Support Service** is a free service set up to help people with energy bill problems.



The service can give you advice about

- your energy bills
- how to keep warm in your home
- benefits you might be able to get.



To contact our Energy Advice and Support Service,

- call this number
0800 304 7159
- or go to this website
www.nea.org.uk/get-help.

About National Energy Action's website



You can

- read our website in more than 160 different languages
- ask our website to read the words aloud in more than 100 different languages
- change the way our website looks to make it easier to read if you have certain conditions, like ADHD and dyslexia, or if you have problems with your eyesight.

About this booklet



This booklet was written by National Energy Action in **2025**.



National Energy Action

Our website is www.nea.org.uk.

Our charity registration number is **290511**.

Thank you to A2i for the words
www.a2i.co.uk (reference **42592f**)