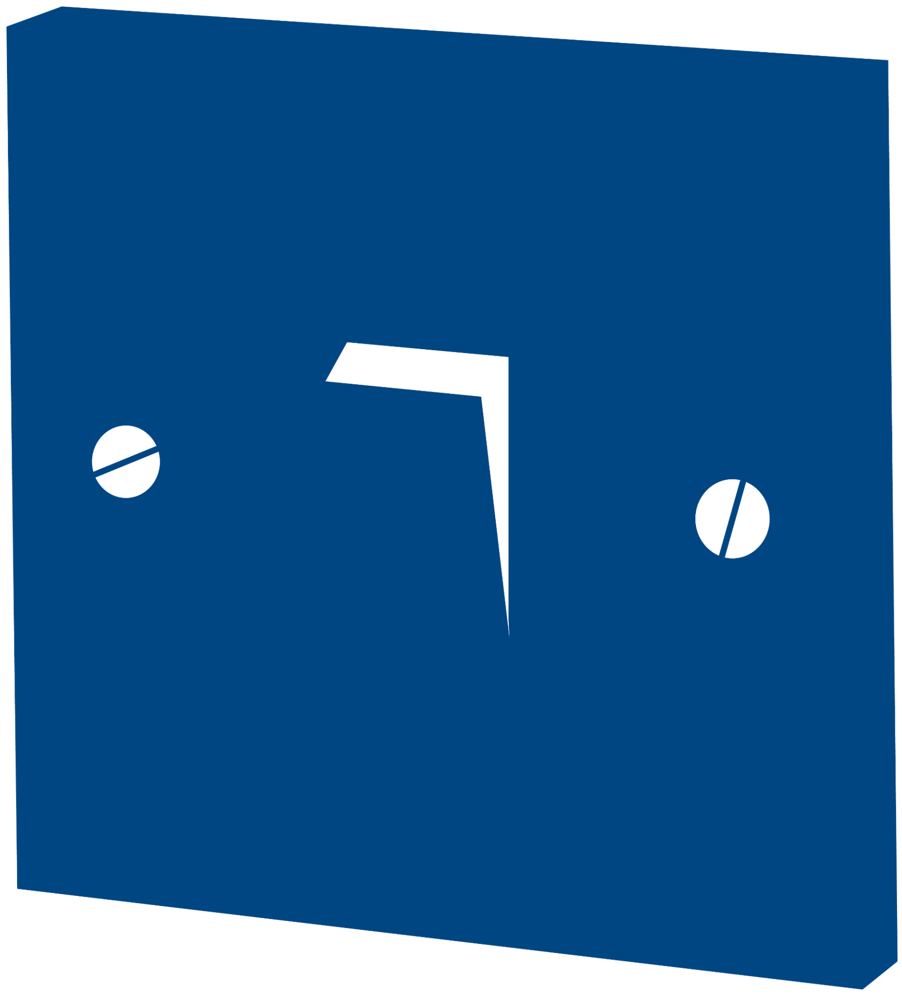
Have you fixed your energy tariff?



With a **13.5% increase** in the Energy Price Cap coming on **1st July**, and **further rises expected** in October and January, you could save **hundreds of pounds this year** by switching to a fixed tariff.[1]

If you switch to a fixed tariff, which sets the price you pay for energy at a particular rate for a period of time, you could get a rate as much as 17.3% below market rates just for the next quarter.

What would that look like over the next year?

Fixed Tariff[2]	Value below 1st July price cap (if you fix before 1st July)	Estimated savings over the next year per £100 of your monthly bill[3]
Ecotricity EcoFixed - MS 1 Year May 26 v2	**17.3%**	**£253.90**
OutFox Energy Fix'd Dual May 26 12M v20	**15.6%**	**£233.50**
Ecotricity EcoFixed - MS 1 Year May 26 v2	**15.5%**	**£232.30**

Note that these tariffs might not be right for everyone! It's always worth checking all of the terms and conditions.

To benefit, you need to switch **before 1st July 2026**. Talk to Citizens Advice if you want help understanding what tariff you're on, or whether you would benefit from fixing it.

citizens advice

[1] Information on this leaflet is drawn from https://www.moneysavingexpert.com/utilities/are-there-any-cheap-fixed-energy-deals-currently-worth-it/ and https://www.ofgem.gov.uk/understand-your-electricity -and-gas-bills.
[2] Examples of cheapest 1-year energy fixes, accurate as of 2nd June 2026.
[3] Assuming prices rise at predicted rates.