

MADE OF MONEY

Your Energy Your Money

Session Plan (2 Hours)

These resources and the accompanying booklet have been made possible with a grant from the Ebico Trust.

Objectives of the Session:

- For participants to:
- Look at ways to save money on gas and electricity bills
- Understand option around billing, tariffs, and providers including switching
- Understand their electricity and gas bills
- Identify simple ways to reduce energy usage in the home
- Increase confidence to communicate clearly with utility providers and landlords
- Locate further sources of information, advice and support, including financial support

NB: Materials in *italics* are things that are NOT provided in the resources

	Activity	Materials	Times
1	<p>Ice breaker</p> <p>Read out statements <i>on the Ice Breaker Cheat Sheet</i> relating to utilities, or make up your own. Have people move to the <i>Yes / No Cards</i> on the room depending on their answer. Alternatively, members of the group can stand up / sit down if the statements read out apply to them.</p>	<ul style="list-style-type: none"> - Ice Breaker Cheat Sheet - Yes / No cards if using 	10 mins
2	<p>Presentation/discussion on energy bills:</p> <p>Using the <i>Presentation Cheat Sheet</i>, either lead a presentation or discussion around energy bills and usage. The cheat sheet covers:</p> <ul style="list-style-type: none"> ▪ Ways to save money on bills ▪ Switching providers and tariff ▪ Switching sites ▪ Types of tariffs ▪ Ways to pay ▪ Reading your meter ▪ Reading your bill ▪ Getting help <p>Note there are two useful handouts you may want to download— one on reading meters and reading bills. Up to date handouts are available online, including at The Centre for Sustainable Energy (details on the cheat sheet).</p>	<ul style="list-style-type: none"> - Presentation cheat sheet - Additional information sheet - <i>Handout on reading meters</i> - <i>Handout on reading bills</i> 	30 mins (40 min)

MADE OF MONEY

Your Energy Your Money

3	<p>Group card ranking activity: Lay out the <i>How Much Does It Cost?</i> cards, with the pictures of appliances showing face up (ie not the side with costs on). Have group put them in order from what they <u>think</u> is the least costly form of energy to the most, without turning them over. When the group has finished, turn over the cards and look at the energy used and the cost. Discuss why the costs vary so much, which cards surprised the group, and which top tips do the group find helpful. <i>Note: the costs are average and for comparison only. They are based on average appliance usage and average energy figure from the Department of Energy and Climate change. Actual consumption and cost will vary.</i></p> <p>Give out the energy ranking game hand out if people are interested in finding out more. A list of sources for the information is available if the group asks you for further information (please do get in touch).</p>	<ul style="list-style-type: none"> - Energy ranking cards - Energy ranking handout 	20 mins (60 min)
4	<p>Energy Scenarios: Use the <i>Energy Scenarios cards</i>, in pairs role play the scenarios on the cards around money and energy. See the <i>Role Play Cheat Sheet</i> for ideas on running this activity.</p>	<ul style="list-style-type: none"> - Energy Scenarios - Energy Scenarios Cheat Sheet 	20 mins (80 min)
5	<p>Taking Action group card matching activity: In groups, participants take 5-8 'actions' cards each and match them with a theme or topic. You can use either the text or picture action cards depending on the group. Have the group discuss these as they go. Once they have done this, distribute the Taking Action handouts. Each person then thinks about actions they can start doing at home, and records this on the action sheet.</p>	<ul style="list-style-type: none"> - Taking Action large cards - Picture cards or - Word Cards - Taking Action Handout 	20 mins (100 min)
6	<p>Evaluation and wrap up Use the '<i>Head Heart Bag Bin</i>' tool- either using the individual handout, or as a group reflection, sticking post-it notes under each category. Help group to reflect:</p> <ul style="list-style-type: none"> -What have you learnt? (<i>Head</i>) -How has it made you feel? (<i>Heart</i>) -What do you want to take away from this? (<i>Bag</i>) -What would you leave behind or get rid of? (<i>Bin</i>) 	<ul style="list-style-type: none"> - Head Heart handout or - Head heard cards - <i>Post it notes</i> - <i>Flip chart</i> 	20 mins (120 min)

Please note: all information within the resources was checked prior to publication on and to the best of our knowledge is true and accurate. Quaker Social Action is not responsible for errors, omissions, or information on which may no longer be applicable. Please encourage participants to seek specialist advice where needed.