# Renters in England and Wales struggle with soaring energy costs amid poor insulation



Many private renters in England and Wales are facing severe difficulties in managing soaring energy costs, according to a report released by Citizens Advice. The charity reveals that over two in five renters had to ration their gas and electricity usage during the previous winter to manage their energy bills. This rationing often came at the expense of basic comfort, with a significant portion—about one-third—unable to adequately heat their homes. As a result, tenants resorted to measures such as skipping hot meals, wearing gloves indoors, and restricting heating to just one room.

The situation reflects a wider problem linked to the poor energy efficiency of many rental properties, which allows significant heat loss and drives up costs. Citizens Advice emphasises that these energy inefficiencies place an unjust financial burden on renters, who typically lack the authority or resources to demand improvements from their landlords. This issue is compounded by tenants' fear of raising concerns, as many worry it might jeopardise their tenancy status. According to the charity, this leads to many enduring hardship in silence, forced into distressing choices between eating adequately and keeping warm.

Poor insulation and inefficient heating systems in rental properties have long been recognised as barriers to affordable heating and occupant wellbeing. Although regulatory measures such as Energy Performance Certificates (EPCs) are intended to address property energy standards, the findings suggest these have yet to fully translate into meaningful improvements for tenants struggling in cold homes. The reluctance of renters to engage landlords on these matters, combined with limited enforcement mechanisms, poses a significant challenge in tackling fuel poverty among the rented sector.

Citizens Advice’s report underscores the pressing need for strengthened protections for renters, improved property energy efficiency, and more accessible support mechanisms, to prevent households from choosing between essential heating and basic sustenance. The widespread nature of this issue reveals a glaring gap in current housing and energy policies, calling for urgent government action to ensure safe, warm, and affordable homes for all.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.standard.co.uk/news/uk/citizens-advice-energy-performance-certificate-england-wales-government-b1247713.html), [[2]](https://www.citizensadvice.org.uk/about-us/media-centre/press-releases/two-in-five-renters-forced-to-ration-gas-and-electricity-to-afford-energy/), [[3]](https://www.citizensadvice.org.uk/about-us/media-centre/press-releases/two-in-five-renters-forced-to-ration-gas-and-electricity-to-afford-energy/), [[4]](https://www.citizensadvice.org.uk/about-us/media-centre/press-releases/two-in-five-renters-forced-to-ration-gas-and-electricity-to-afford-energy/), [[5]](https://www.citizensadvice.org.uk/about-us/media-centre/press-releases/two-in-five-renters-forced-to-ration-gas-and-electricity-to-afford-energy/), [[6]](https://www.citizensadvice.org.uk/about-us/media-centre/press-releases/two-in-five-renters-forced-to-ration-gas-and-electricity-to-afford-energy/), [[7]](https://www.citizensadvice.org.uk/about-us/media-centre/press-releases/two-in-five-renters-forced-to-ration-gas-and-electricity-to-afford-energy/)
* Paragraph 2 – [[1]](https://www.standard.co.uk/news/uk/citizens-advice-energy-performance-certificate-england-wales-government-b1247713.html), [[2]](https://www.citizensadvice.org.uk/about-us/media-centre/press-releases/two-in-five-renters-forced-to-ration-gas-and-electricity-to-afford-energy/), [[4]](https://www.citizensadvice.org.uk/about-us/media-centre/press-releases/two-in-five-renters-forced-to-ration-gas-and-electricity-to-afford-energy/)
* Paragraph 3 – [[1]](https://www.standard.co.uk/news/uk/citizens-advice-energy-performance-certificate-england-wales-government-b1247713.html), [[2]](https://www.citizensadvice.org.uk/about-us/media-centre/press-releases/two-in-five-renters-forced-to-ration-gas-and-electricity-to-afford-energy/)
* Paragraph 4 – [[1]](https://www.standard.co.uk/news/uk/citizens-advice-energy-performance-certificate-england-wales-government-b1247713.html), [[2]](https://www.citizensadvice.org.uk/about-us/media-centre/press-releases/two-in-five-renters-forced-to-ration-gas-and-electricity-to-afford-energy/), [[4]](https://www.citizensadvice.org.uk/about-us/media-centre/press-releases/two-in-five-renters-forced-to-ration-gas-and-electricity-to-afford-energy/)

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## Bibliography

1. <https://www.standard.co.uk/news/uk/citizens-advice-energy-performance-certificate-england-wales-government-b1247713.html> - Please view link - unable to able to access data
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