# Uswitch offers UK households up to 25 hours of free electricity to mitigate October’s price cap rise



UK households have an opportunity to benefit from up to 25 hours of free electricity this November through an initiative launched by comparison website Uswitch.com. This offer is designed to help consumers mitigate the impact of the energy price cap increase taking effect on October 1. However, those interested must act quickly, as the registration deadline is set for October 31.

The scheme is available to anyone who has a smart meter, regardless of their energy supplier. To participate, users need to download the free Uswitch app from either Google Play or the Apple Store, connect their smart meter, and register for the programme. Once signed up, participants receive weekly prompts to select a five-hour block over each weekend—options include Saturday morning, Saturday afternoon, Sunday morning, or Sunday afternoon—in which they can use electricity for free. After each session, the app calculates electricity consumption during the free period and credits the equivalent monetary value into an ‘Earn’ tab. Accumulated earnings can then be withdrawn to a bank account at the end of the five sessions.

Uswitch encourages users to schedule energy-intensive activities such as laundry, tumble drying, or electric showers during these free slots, which coincide with off-peak times. Aligning household chores to these periods not only maximises financial savings but also helps reduce stress on the national energy grid and supports greener energy use, as the grid tends to have more renewable energy supply during off-peak periods. For example, running a tumble dryer three times during each session over November could earn back nearly £12, while taking four ten-minute electric showers in the free slots could save around £6.59.

This scheme arrives amid rising energy costs. Industry estimates suggest the average household’s energy bill in October could reach £140—an increase of approximately £77 compared to September—due to rising unit prices and higher consumption as temperatures drop. The offer from Uswitch complements existing efforts to ease the financial pressure on consumers by incentivising smarter energy use patterns.

Participation in this Uswitch initiative does not exclude householders from other free electricity schemes provided by energy suppliers. Additionally, Uswitch promotes its broader Demand Flexibility Scheme, where users can continue to engage in ‘Reduce and Earn’ sessions to save more money by cutting electricity use during peak periods.

Natalie Mathie, an energy expert at Uswitch, stated: "With the energy price cap rising tomorrow, Uswitch is offering 25 hours of free electricity to help reduce the blow. Moving energy-intensive tasks to these free sessions will not only earn money back but also ease strain on the grid and support greener energy use."

Separately, Uswitch offers further incentives for consumers to manage energy consumption thoughtfully. New users registering with the Uswitch app during December can earn a £10 bonus by completing at least one energy-saving session by January’s end, rewarding efforts to reduce electricity use during peak times.

While free electricity offerings help consumers navigate rising bills, other strategies such as switching to fixed-rate tariff deals are also gaining traction. Recent market data from Uswitch shows some fixed tariffs now offer competitive rates below the current energy price cap, providing households with potential savings and price certainty amid volatile wholesale prices. However, industry analysts caution that fixed deals sometimes come with exit fees and terms that users should carefully evaluate before committing.

The government has also introduced the Energy Bills Discount Scheme, targeting businesses with high energy costs by providing discounts on unit rates for eligible contracts until March 2024. While this scheme focuses on the business sector, its existence underscores the broader energy affordability challenges currently facing the UK.

In summary, Uswitch’s 25-hour free electricity offer represents a practical avenue for households to counterbalance October’s price cap rise by leveraging smart meter technology and flexible energy use patterns. Consumers with smart meters are advised to sign up before the end of October to maximise benefits this winter, alongside exploring complementary strategies such as fixed tariffs and ongoing energy-saving programmes to manage energy expenditure effectively.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.express.co.uk/finance/personalfinance/2114834/uk-households-can-enjoy-25-hours-free-electricity-how-claim-before-deadline)
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* Paragraph 7 – [[5]](https://www.express.co.uk/finance/personalfinance/1780715/uswitch-fixed-energy-deal), [[6]](https://www.thisismoney.co.uk/money/bills/article-13757157/Should-fix-energy-bill-avoid-October-price-cap-rise.html?mrn_rm=rta), [[7]](https://milled.com/uswitch/energy-price-cap-set-to-fall-7-this-october-2BeoN9_kN_fpE_Sg)
* Paragraph 8 – [[4]](https://uswitchforbusiness.com/business-energy/energy-bills-discount-scheme/)
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## Bibliography

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2. <https://www.walesonline.co.uk/news/cost-of-living/brits-can-10-signing-up-28224445> - Energy customers can earn a £10 bonus by signing up to Uswitch's free energy-saving scheme. By downloading the Uswitch app and linking it to their smart meter, users can participate in the Utrack Money Back (UMB) scheme, which rewards them for reducing electricity use during peak hours. The £10 reward is available to new users who sign up in December and complete one energy-saving session before the end of January. ([walesonline.co.uk](https://www.walesonline.co.uk/news/cost-of-living/brits-can-10-signing-up-28224445?utm_source=openai))
3. <https://www.chroniclelive.co.uk/news/cost-of-living/brits-can-10-signing-up-28224922> - Similar to the Wales Online article, this piece highlights Uswitch's £10 bonus offer for customers who join their free energy-saving scheme. Participants can earn rewards by reducing electricity consumption during designated peak hours. The £10 bonus is available to new users who sign up in December and complete one energy-saving session before the end of January. ([chroniclelive.co.uk](https://www.chroniclelive.co.uk/news/cost-of-living/brits-can-10-signing-up-28224922?utm_source=openai))
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7. <https://milled.com/uswitch/energy-price-cap-set-to-fall-7-this-october-2BeoN9_kN_fpE_Sg> - Uswitch reports that Ofgem has announced a 7% reduction in energy costs for customers on standard tariffs from October 2023. While this offers some relief, actual bills may still rise due to increased energy usage during colder months. The article also discusses the potential for further price increases in January 2024 and the advantages of considering fixed-rate deals. ([milled.com](https://milled.com/uswitch/energy-price-cap-set-to-fall-7-this-october-2BeoN9_kN_fpE_Sg?utm_source=openai))