



The price most households pay for gas and electricity will fall by 7 per cent on average from 1 July 2025 as energy regulator Ofgem today (23 May) announced the latest Energy Price Cap rates.

Martin Lewis, MoneySavingExpert.com founder: "Today's announcement that the Price Cap is to fall by 7 per cent, is welcome, but nothing to shout home about.

"All this really does is reverse April's rise so it's back to roughly the cost at the start of the year. Crucially energy bills this July will still be 10% higher than at the same time last year."

[Read more from Martin Lewis on what it means for you.](#)

If you know someone worried about or struggling with energy costs, check points 8 and 9 in this [list on our website](#) for sources of help and support available.

Eligible families can access 30 hours of funded childcare



From this September, childcare provision is increasing, meaning eligible working families can now apply for 30 hours of free childcare from the term after their child turns nine months until they reach school age.

This expansion is designed to support children's early education and help parents to better balance their work and family life. It's the final phase of the childcare expansion programme, which could save some families up to £7,500 a year.

Parents can apply for their childcare code by 31 August to start using the support from September.

If you already have a code, you don't need to reapply, simply continue to reconfirm your details every three months on your GOV.UK account and your existing code will update. [Find out more.](#)

Celebrating 31 years of foster care