



Money Matters!



What we did?

Members from our Speaking Up groups told us that they wanted help to better manage money.



We applied to Quartet Community Foundation, who had funding from Wessex Water for a grant to help us deliver some Money Workshops.

17 of our members took part and helped us to design workshops that covered the following:

- ⇒ Shopping and spending
- ⇒ Understanding money
- ⇒ Planning and budgeting
- ⇒ Banking and savings
- ⇒ Independent living
- ⇒ Paying bills
- ⇒ Keeping safe



Our members wanted to make a toolkit to help other people to avoid debt and be smarter with money. We hope you find this booklet helpful!

Thank You!

Lots of people worked together with our members to help us make these workshops happen. Thank you!



Wessex Water for providing the funds to deliver this work.

Volunteers

Lize Wootten, Zoe and Jes Howe who helped design and deliver the project.



Organisations

To everyone who helped us, including Waitrose, Lloyds Bank, Department of Work and Pensions and many more!

Shopping and Spending

We compared prices in different shops to get money saving tips.



- ⇒ **Shop around:** You do not have to buy all of your food from the same shop. Sometimes items are cheaper in a different supermarket.
- ⇒ **Own brands:** Supermarket own brands are often as good, and cheaper, than named brands.
- ⇒ **Plan:** Making a list and sticking to it is a good way to save money and stay in your budget.
- ⇒ **Eat first:** Don't shop when you are hungry. You may be tempted to buy more than you plan to!
- ⇒ **Bulk buy:** Sometimes it can be cheaper to buy in bulk. Look carefully at what you use a lot of, as there may be price reductions. Be careful not to be distracted by special offers on items you don't need.

Paying and checking your change

The group practiced checking change and working out the price.



Pay with coins: You do not always have to pay with a note. Count out the right money and save your notes.



Check your receipt and change:

Sometimes shop keepers make mistakes.

How much? It is a good idea to ask the shop keeper how much something costs before you buy it.

Prepare: Why not keep your receipts and check the prices of items you buy regularly. This will help you see how much your shopping usually costs.

Planning, Budgeting

The group split into teams to plan a wedding, a trip to London and a holiday abroad. See their top tips.



Save Up:

Why wait until the last minute to buy? Try saving up over time to buy what you want.



Be prepared:

Save money by preparing a packed lunch to take with you on day trips. It is cheaper and can be healthier too.



Do it yourself:

If you are planning a wedding or celebration event, look at what you can do yourself.

For example, taking your own photos or asking a friend to make a cake.

Planning, Budgeting

“I was surprised. Everything costs a lot more than I thought! The workshops have helped me to understand how to better use my money”.



- ⇒ **Last minute deals:** If you know you want to go on holiday, you have saved your money up, and you have the time off work, why not search for ‘Last Minute Holidays’ or ask your local tourist information for late deals?

- ⇒ **Shop around:** Do you need to buy everything in only one shop? Why not compare prices in a few different shops in the high street, or online? You might even find what you want is reduced in a sale. Online shopping can be much cheaper than the high street. You may need to pay for postage costs if you want to return an item.

- ⇒ **Relove:** Used items can be just as good as brand new. Some second hand stores have a good selection of furniture, household utensils and clothes. How about swapping with a friend if you are both on a budget? This can be a fun and cost effective way to get a new look!

Making money choices

You can find lots of activities online to help you practice making good money choices.



Learning skills to make good lifestyle choices can be fun.

Here we are playing “The Budget Game” from Barclays Bank, to learn about the cost of living.

Prioritise important bills: Bills such as your rent or mortgage, electric, gas, council tax and water are the most important bills to pay! Why not set up a direct debit so that these bills are paid on time each month.

Avoid Debt: Don't spend money you don't have. Think, can you wait until you have saved up the money before you buy something new?

Lifestyle decisions and making choices

Ask your local bank or citizens advice to help you with a budget planner.



Money coming in		
income	Wages	
	Training allowance	
	JSA (job seekers allowance)	
	Income support	
	Housing benefit	
	Part-time job	
	Other	
	Money from family or carers	
	Total income	
Money going out		
regular commitments	Rent/housekeeping money	
	Council tax	
	Gas bill	
	Electricity bill	
	Water bill	
	Insurance	
	Phone bill	
	Savings	
	Loans	
	Other	
everyday spending	Travel	
	Food shopping	
	Going out	
	Other entertainment (eg. videos)	
	Toiletries	
	Books, magazines and newspapers	
	Sport (eg. Swimming/exercise class)	
	Cigarettes	
Car maintenance and petrol		
Other		
occasional spending (eg. clothes)		
	Total expenditure	

Work out what you can afford: Use a budget planner. You can get these at your local Citizens Advice Bureau, ask your bank if they have one, or look online for a budget planner toolkit.

Budgeting Tool: The one pictured here is from Barclays Money Skills website for 18-24 year olds.

Keep track of what you spend: Writing down how much you spend and on what each month will help you to work out where you can save money.

Ask for help: Do not be afraid to ask someone you trust to help you.

Banking and Saving

Bank staff can help with your banking needs, like keeping your account safe, savings and budgeting your money.



Keeping your money safe: Banks will keep your money safe for you. You have a responsibility to keep your money safe too. Here are some ways to keep your money safe:

- ⇒ Don't tell anyone your PIN number.
- ⇒ Check no one is watching you when you use a cash point machine.



What to do if you loose your card? If you can, go to your bank and tell them as soon as possible.

It will help to take proof of your name and address with you, such as a passport, driving licence or utility bill. You can also phone the Lost Card helpline. All banks offer a 24 hour lost card service. Why not make a note of the number on your phone?

Banking and Saving

Banks have trained people to help answer your questions. They are happy to help you, so do ask them.



Ask for help: Banks like members of the public to ask questions.

They have a special members of staff just for this. If you are struggling to manage your money and need a little help, they can help you budget better. All you have to do is ask!

Keeping safe

Unfortunately, there are lots of different ways people can steal your money.

If you are unsure, report it!



Here are some ways people might try to steal your money:

Changes to your account: An email saying your computer is at risk, or asking you to click on a link to check an account you have i.e. eBay, iTunes or bank account.

If you did not expect an email, beware. Contact your bank or log into your accounts your usual way.

Do not click the link.

‘Help me’: An email or message pretending that someone you know is in danger and needs money urgently. Don’t reply or send any money.

Report this to the police.

When people try to steal your money like this, it can also be called a fraud or a scam.



Keeping safe

If you think you, or someone you know has been scammed, or is at risk, tell someone you trust or report it to the police immediately!



Door Step Fraudsters:

Sometimes people pretend to be someone they are not.

They may tell you that your roof or driveway needs fixing, and they will do it for you.

If you are not expecting them, do not let them in. Say **“No thank you”**, and close the door.

It is a good idea to tell someone you trust about this visitor. If it was an important visit, you can always rearrange.

Banking: Your bank will never phone you asking you to confirm your bank details over the phone.

Never give your bank details over the phone.

Useful information

There are a lot of ways to avoid debt and to manage it. If you are worried about it, speak up and ask for help.



Citizens Advice Bureau (CAB)

0344 245 1291

www.citizensadvice.org.uk

Most towns have a CAB. They can be a very good place to get help and advice about things like debt management, scam reporting and budgeting.

Money Saving Expert

www.moneysavingexpert.com

This website can help give you advice on things like budgeting, shopping and savings.

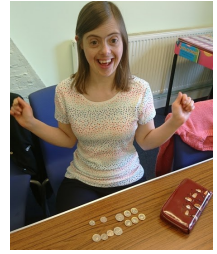
MSE

MoneySavingExpert.com

It can also help you manage debt if you need help with this.

Useful information

Some people are shy or embarrassed to talk about debt. There is no need to be as good help and support is out there!



People First Dorset:

01305 257600

office@peoplefirstdorset.org.uk

You can always talk to a member of People First Dorset staff team. We are here to help you find the support you need.

Don't wait until it is too late.

If you, or someone you know, needs help managing money, ask for help now!

Thank you to our members, who continue to Speak Up and motivate us to make this work possible.
You are SUPERSTARS!

