



MONEY MATTERS

Helping address the cost of living crisis

- ✔ Would you like to get tips on saving money or **increasing income**?
- ✔ Would you like to understand how to better **manage your money**?
- ✔ Would you like support with any **money issues**?

Increasing costs of food, fuel and energy are impacting on all households.

We have a trained volunteer who can work with you to look at the impact on your mental health and consider:

- **Income**
- **Cost savings**
- **Budgeting and debt**

Your local contact is

Connect with them today so they can start helping you improve your financial management.