



With Christmas now a distant memory we are all looking forward to the longer days of Spring. The start of the year is a great time to take stock of your finances and give yourself a Financial Wellbeing check-up. We have created a useful tick list to help.

- Check your Income and expenses, and make a list for each month of the year. Be sure you know what every item on your bank statement is.
- Look at any debts you may have, what interest rate are you paying on your credit cards? You may be able to borrow more cheaply.
- If you need to borrow money, borrow responsibly. We offer affordable ethical loans from £100.
- Have become involved with loan sharks? get help from <https://www.stoploansharks.co.uk/>
- Are you getting help with your energy bills? There are lots of Government schemes designed to help households, check what you are entitled too. <https://helpforhouseholds.campaign.gov.uk/>
- An early spring clean is a good time to declutter and sell outgrown toys and clothes, this gives you more space and more cash.
- Open a saving account and put the money aside. Make a start on saving for next Christmas or a summer trip to the Seaside. We have a range of savings accounts available, on our web site.
- We still have some cold days ahead, so why not check out the warm spaces in your area. You can keep warm, make new friends, and find out what is going on in the local Community.
Warm Welcome Somerset
- Cook budget friendly meals, lots of ideas on the internet or on flyers in the local supermarket



Westcountry Savings & Loans
January 2023

Financial wellbeing check list

- ✓ Check your bank balance. List your income & expenses.
- ✓ Check interest rates on loans and credit cards.
- ✓ Borrow responsibly if you need a loan. Check our website.
- ✓ Check you're getting the correct help with energy bills.
- ✓ Have a declutter. Sell old toys or gadgets.
- ✓ Put money from sale of toys into a savings account.
- ✓ Check out the warm spaces in your area.
- ✓ Cook healthy, budget-friendly meals.
- ✓ Get help if you feel overwhelmed. Pop over to our website or YouTube channel for information.

Westcountry Savings & Loans WWW.Financial Well-being (westcountry.org.uk)

If you feel overwhelmed, then there is help available.

Go to our website to find out which organisations can help you.

**Westcountry Savings and Loans
Credit Union – Financial Wellbeing
help**