

**creative
SUPPORT**

**Financial Health Month
January 2023**



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What is financial health?



Is it the same as mental and physical health?



Your '**financial health**' is the condition that your finances are in.

Good financial health means that you have enough money, you are able to save your money and you are looking after your money properly.

Bad financial health means that you don't have enough money, you can't save money or you aren't looking after your money properly.

Poor financial health can cause stress which impacts your mental and physical health.

This workbook is full of activities, tips and tricks to keep yourself financially healthy.

MY MONTHLY BUDGET

Income

Your income is the amount of money that you receive each month. Use this section to list when you receive your money, where that money comes from and how much you receive.

WHEN DO I GET MY MONEY?	WHAT IS THIS MONEY? WHERE DOES IT COME FROM?	AMOUNT

Fixed outgoings

Your fixed outgoings are the money that you spend every single month, like your rent or your care charges. Use this section to list the date that your money goes out, where it goes and how much goes.

DATE	DESCRIPTION	AMOUNT

Total income

Fixed outgoings

**Money that
you have left
over to save
or spend**

Where does it come from, where does it go?

By yourself or with some help, think about where your money comes from and what you spend it on.

My money comes from:

I spend my money on:



What do I need?

It is important that you spend your money on the things that you really need. This might include:



Household bills like gas and electric



Food



Rent



Cleaning products



Pet food

What do I want?

If you have any money left over, you can spend it on things that you want or you enjoy.



If you want to buy something which is expensive, sometimes you have to save up. This can be frustrating and feel like it is taking a long time, but there are lots of fun things which you can do which don't cost any money.

- Going on a walk with your friends
- Go to a free museum or art gallery
- Read a book from the library
- Watch a DVD from the library
- Go to the park and play football



If you are finding that you don't have enough money for the things that you really need, like rent, bills or food, it is really important to speak to your support worker.

They can help you to make sure that you are receiving the right amount of money and spending it appropriately.



How to handle money stress

Lots of people experience stress or anxiety about money at some point. Here are some tips to deal with money stress.

Make a budget plan and track your spending.

Do something you enjoy which doesn't cost any money.

Try to cut back on expensive and unhealthy habits like smoking, drinking alcohol and ordering takeaways.

Cancel subscriptions that you don't use.

Remember that money isn't the only important thing in your life.


Ask for help and support.

Make sure you are not neglecting your mental health in general. Make sure you are sleeping, exercising, drinking water and eating a nutritious diet.




Looking after your cash


If you have a lot of money like pound coins, pennies and notes in your home it is important to look after it properly to keep it safe.



Don't keep large amounts of cash at home, even if you think you've hidden it away safely. It could go missing.



If you do need to store large amounts of cash it's usually best to keep it hidden in a fireproof and waterproof safe that's out of reach.



Avoid keeping all of your cash in one place. Having multiple locations helps protect you against the risk of losing all your money in one event.

Bank Card

Financial Health Check

It is even more important to look after your bank card as it can be used to access a lot of your money.

HEALTHY



You keep your bank card somewhere safe and secure.



You have your PIN memorised or held somewhere that no one else could find it.



You regularly check your bank statements for suspicious activity.



You make purchases with your bank card on trusted websites.

UNHEALTHY



You give your bank card to other people or leave it lying around.



Your PIN is written down and visible to other people.



You never check your bank statements or balance.



You use your card to make purchases on websites ^{*} which are not trustworthy.



*

Secure and trustworthy websites have a padlock symbol in the address bar on your web browser.

How check your bank statement

Checking your bank statement will help you to know how much money you have and check if someone else has made a purchase using your card. This will help you to have good financial health.



Online: You can check your bank statement online using your bank's website.

ATM: You can request a statement or a mini statement from an ATM machine.

Or you can ask a member of staff in your local branch!

Post: You can arrange for a paper copy of your bank statement to be delivered to your home via post.

Mobile: Most banks also have a mobile app which you can use to check your statement.

Somebody stealing money from your bank account could cause bad financial health. If you think someone is stealing from your bank account then you should...



Tell someone you trust, like a family member or support staff



Ask your bank to check for suspicious activity and freeze your card.



Report your concerns to the police.



Be

SMART

online



Another thing which could affect your financial health is online scammers. To keep your money safe online, stay SMART

Secret

Keep your personal information a secret, including your PIN or bank card numbers.

Money

Don't transfer money to somebody you don't know in real life.

Ask yourself

Is this deal too good to be true? Does something seem suspicious?


Reliable

If a website is reliable, there will be a padlock symbol in the address bar. Always check for this.

Tell someone

If you think somebody is trying to scam you online, tell somebody who you trust like a support worker.


IF YOU WANT MORE HELP

A little bit more help	A lot more help
<p>Ask someone you trust for help. Just make sure you remain in control and they respect your wishes.</p>	<p>If you are finding it difficult to deal with the benefit system, you may be able to have a trusted person claim your benefits on your behalf. This is called having an 'appointee'.</p>
<p>If someone does start to help with your money, be clear about what you do and don't want help with.</p>	<p>If you want someone to become your appointee you need to notify your local Department for Work and Pensions office and fill in some paperwork.</p>
<p>If someone does your shopping for you, write down a shopping list and ask them for receipts.</p> <p>REMEMBER: never give your bank card or PIN to anyone.</p>	<p>If you are able to make decisions for yourself at the moment, but are concerned that you may lack the ability in the future, you can grant someone 'Lasting Power of Attorney' over your money.</p>
	<p>To register someone as your lasting power of attorney you need to fill in some forms which are available at www.gov.uk/government/publications/register-an-enduring-power-of-attorney</p>

Looking after your financial health is like looking after your mental and physical health...

Doing little things regularly can make a big difference...

Remember to...



Keep a budget plan to make sure that you can afford all of your essentials.

Keep your PIN a secret and check your bank statements weekly.

Ask for extra help and support if you need it.