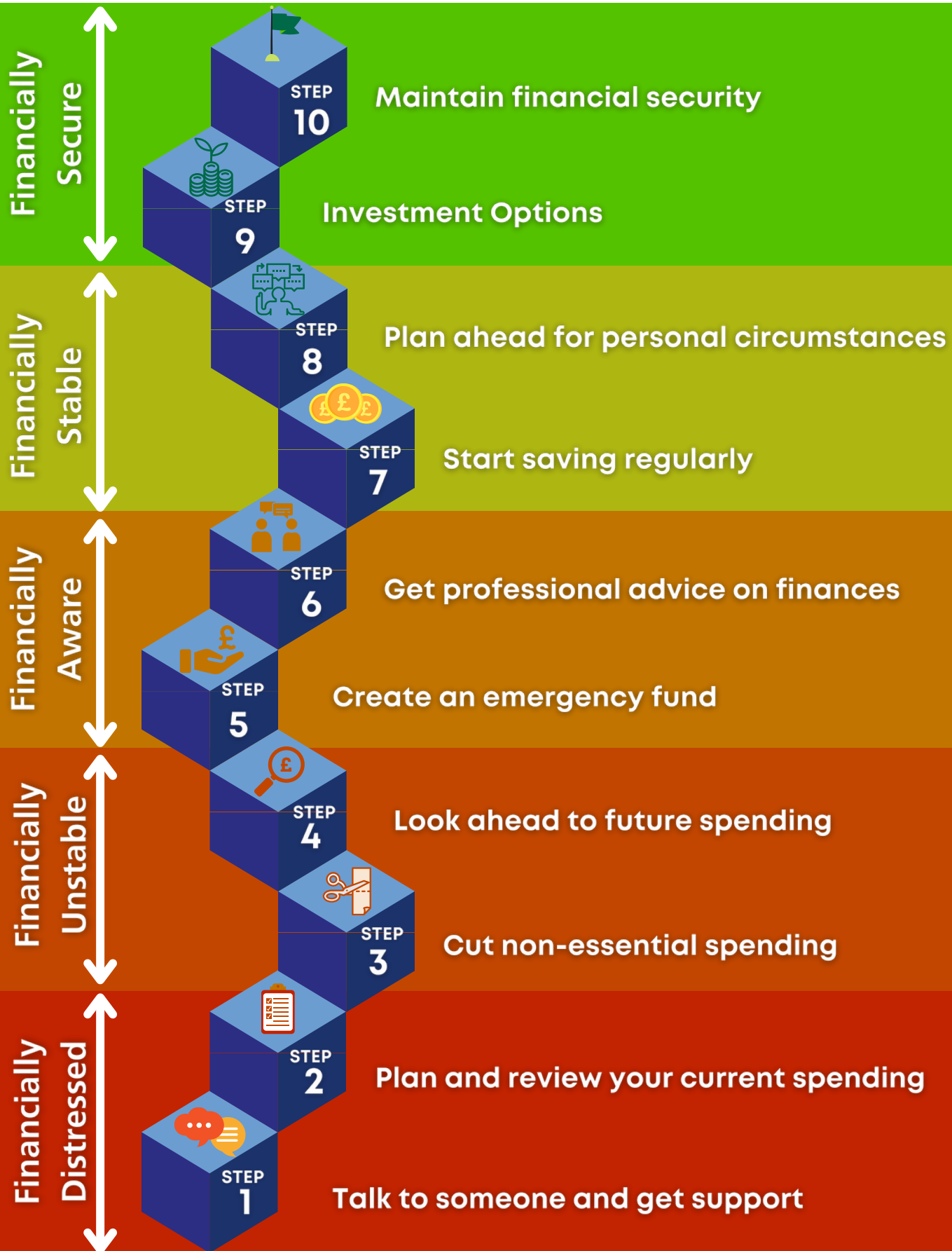




10 steps related to Financial Wellbeing

Click a step for more information



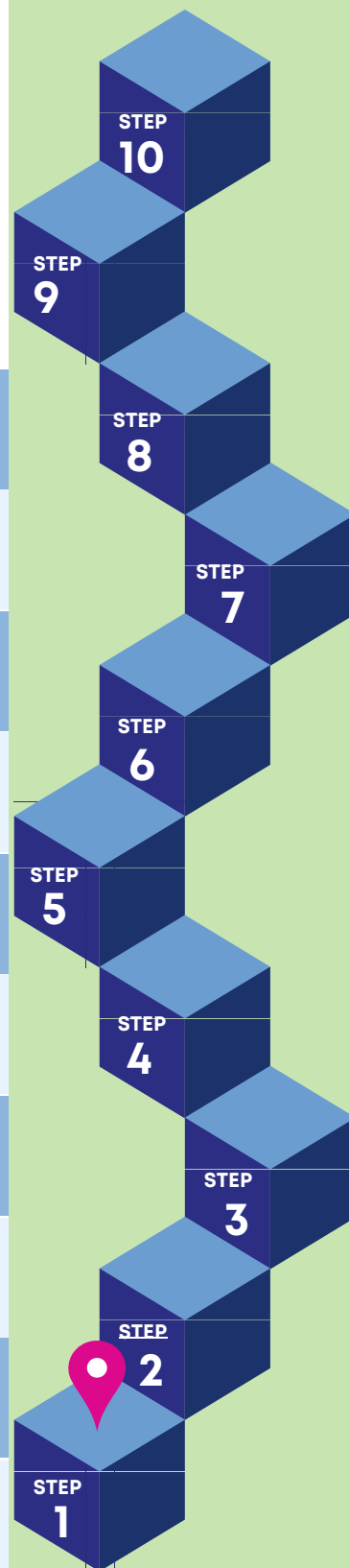
Step 1

Talk to someone and get support



We all know the cost of living crisis is affecting our spending habits and financial wellbeing has never been so important. If you are in financial distress it is important that you talk to someone to get financial support. There is a range of free, confidential, no judgement help and support available, such as those listed on this page. If you need urgent support and someone to talk to, please call Samaritans for free on 116 123.

Click a step below
or [View All](#)



Help with paying bills

Ask bill for help - online free and impartial help to those who might need it - www.askbill.org.uk

Speak to someone

Money Helper's dedicated phone number for NHS staff. 0800 4480826 or WhatsApp +44 7701342744

Free guidance on managing debt

Free, confidential and no-obligation service. Start the process online or via phone call - www.payplan.com or 0800 280 2816

Help for missed mortgage payment(s)

No one ever plans to miss a payment, but what happens if you do? <https://bit.ly/3UQxv7e>

Money Navigator Tool

Looking for money guidance but don't know where to begin? You're not alone - <https://bit.ly/3Fe7pqt>

Money problems and mental wellbeing

Free, confidential support available 24/7, 365 via our Employee Assistance Programme. Call 0800 028 0199 or download the 'My Healthy Advantage' app and enter code MHA193841

Emergency Help with living

Here is a range of practical support for people who need financial help urgently - <https://bit.ly/3FP3JvC>

Debt advice foundation

A registered national debt advice and education charity offering free, confidential support & advice to anyone worried about loans, credit and debt - <https://bit.ly/3LOBI7k>

Out of control debt(s)

When our debts get out of control, it's important to remember there are options available to you and there are services out there who exist to help you - <https://bit.ly/3FJPJTP>

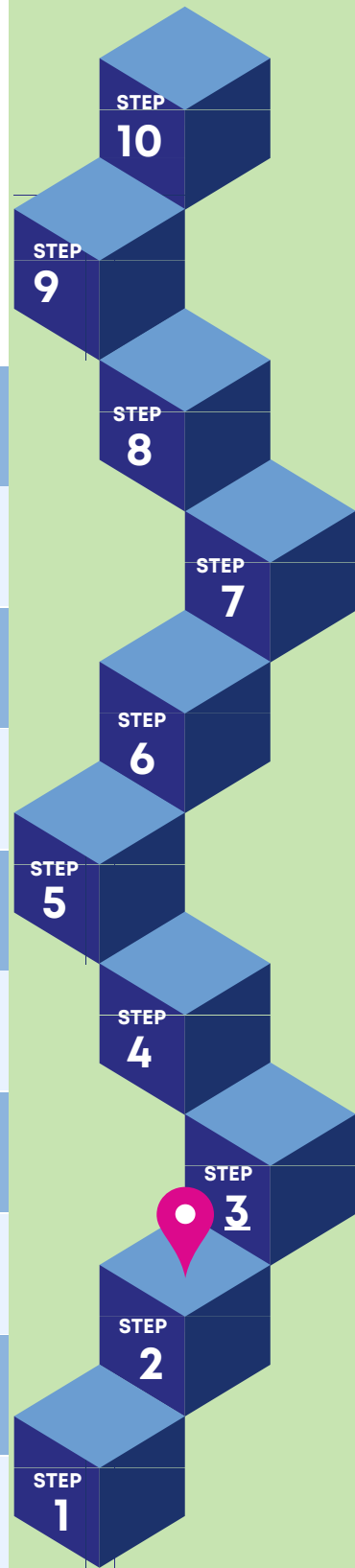
Step 2

Plan and review your current spending



Now is a good time to start taking some control over your own finances. You can start this off by reviewing how much money you receive every month, and how much money you need to allocate to each of your responsibilities. Below are some resources to help you navigate, manage and budget your money effectively.

Click a step below or [View All](#)



Budget Planner

Knowing where every pound is being spent is a great first step to starting your savings, getting out of debt or preparing for retirement - <https://bit.ly/3GVpV8j>

Beginner's guide to managing your money

Taking the time to manage your money better can really pay off. Here's a quick guide on budgeting, bills, loans and debts - <https://bit.ly/3gP7NII>

How to navigate increasing costs of living

Top tips on what people can do to protect their finances and soften the blow of rising bills - <https://bit.ly/3IqGFVC>

Debt during the cost of living squeeze

If you find yourself about to fall into debt, here are five things you can do to help manage that debt through the cost of living crisis - <https://bit.ly/3FeQ3s0>

How to cope with inflation and rising costs

The best way to combat inflation is to get on the front foot and plan ahead by following a few simple steps - <https://bit.ly/3FkK6d9>

How to budget for an irregular income

Find out more about how you can effectively budget when you have different amounts coming in each month - <https://bit.ly/3uGU5Vc>

Managing money jointly or separately?

Managing your money together when you're in a serious relationship can be tricky – find out whether getting a joint account is the best choice for you - <https://bit.ly/3FK10TX>

Creating a realistic spending plan

Read this step-by-step guide below to help you get started so you can feel more in control and enjoy life more - <https://bit.ly/3Waei1z>

Living on a budget

Find out some of the best ways to make sure you're doing all you can to stay in control when you're on a tight budget - <https://bit.ly/3UQVsva>

Controlling spending without budgeting

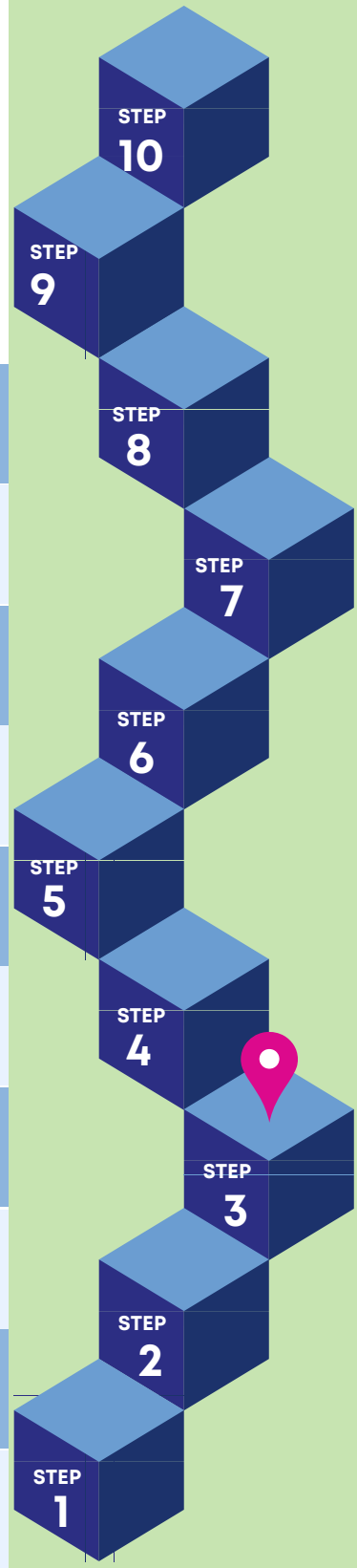
If you feel you're not good at budgeting or the thought of budgeting makes you yawn or break out in a cold sweat this blog is for you - <https://bit.ly/3uNEIdZ>

Step 3

Cut non-essential spending

Spending is a fact of life and there are some costs we can't avoid. But are there any areas in your life where you might be overspending unnecessarily? Perhaps you buy things you don't actually need (for instance buying things in the sales is not saving money, it's still spending it), or maybe you're not spending efficiently. Being more mindful about your spending may leave more money for the things you actually need.

Click a step below or [View All](#)



Tips to control day-to-day spending

A recording of a 30-minute webinar to help you control your spending and make money go further - <https://bit.ly/3AWcReR>

Transition from borrowing to a saving

A quick blog to help you form good habits - <https://bit.ly/3H0vYIN>

Are you an emotional spender?

Emotional spending is when the way we feel dictates our spending. This quick read provides some examples that you might recognise - <https://bit.ly/3uJv0ZP>

How to guard against lifestyle creep

Being aware of lifestyle creep and how it works, will help you avoid it having a negative impact on your finances - <https://bit.ly/3FUb25j>

How to control day-to-day spending

Learning to control your day-to-day spending is the essential foundation upon which your financial wellbeing is built - <https://bit.ly/3hkiYDI>

Trick your brain out of impulse spending

A few quick tips to help you reduce impulsive spending habits and save you money in the long run - <https://bit.ly/3YgZakF>

Contactless payments and spending habits

Are easy payments meaning that you're spending more than usual? Could this have unintended consequences on your spending and debt? - <https://bit.ly/3BoUijB>

Cut costs to make your money go further

Here are six things you can start doing now that could help you get more for your money for the long-run - <https://bit.ly/3j192iB>

Different ways of paying utility bills

This quick read has highlighted the key cash-saving opportunities and shared some guidance on how to stay on top of your payments - <https://bit.ly/3hjP8ij>

How to save the planet AND your cash

Now is the perfect time to think about how you can live a more eco-friendly life and save money at the same time. Here are four fun ways you can do that - <https://bit.ly/3FN60aB>

Step 4

Look ahead to future spending

Rent, cars, Christmas and insurance are among several things most of us will need to spend a fair amount of money on in our lives. Thinking in advance about these costs could help you spend your money more efficiently to save you money, and help you budget an appropriate amount of money throughout the year. The links below provide some useful information on each of these areas.

Click a step below
or [View All](#)



Save cash at the fuel pump and the home

Here are some top tips to save you money at the fuel pump and generally across all your bills amid the rising cost of living - <https://bit.ly/3Ynk7uj>

How much rent can you afford?

Renting is a significant financial responsibility, and it's important you understand this goes beyond just your rent payments - <https://bit.ly/3WgPPrc>

Car costs calculator

Here you can enter the registration number of a car you're thinking of buying to find out how much it is likely to cost you each year - <https://bit.ly/3FrtIYj>

Buying and running a car

After our homes, cars are one of the most expensive things we'll buy in our lives. Here's some guidance on ways to buy a car and car running costs - <https://bit.ly/3uQIvXC>

Christmas survival guide

Some simple tips so that you can enjoy the festive season without a financial hangover - <https://bit.ly/3BvYwWM>

How to avoid the festive money blues

Hints and tips for helping you to enjoy the festivities and be less worried about money in the New Year - <https://bit.ly/3WfNDAk>

10 Christmas budget essentials

Here are 10 things you're likely going to need this Christmas, alongside some tips to help you get them for less - <https://bit.ly/3PoRxF5>

How to avoid the Black Friday trap

Here's how you can come out of the last weekend of November financially intact every year, and not let the sales get to your head, or your wallet! - <https://bit.ly/3FqneJg>

Insurance

This is a great way to protect your financial future but it can be overlooked in financial plans. Here are some articles on different types of insurance - <https://bit.ly/3PlaUif>

Price comparison sites for insurance deals

You might make big savings on insurance by using price comparison websites, so it's worth putting in a bit of time to get the best out of them - <https://bit.ly/3uJ8XT8>

Step 5

Create an emergency fund

Some costs in life are unexpected or are bigger than we had budgeted for, which can cause unwanted stress. You can reduce the impact on your day-to-day budget and avoid a financial crisis by setting up a separate pot of money called an emergency fund. Here is some information on the importance of emergency funds, how to build one, and also how to cover an unexpected expense if you have not yet built your emergency fund.

Click a step below
or [View All](#)



What is an emergency fund?

An emergency fund helps by giving a safety net to fall on when the unexpected happens, this article provides some key information - www.finder.com/uk/emergency-fund

The importance of emergency savings

Putting money aside for emergencies is often difficult, but if you're able to, building an emergency fund is a safety net for a financial crisis - <https://bit.ly/3WchWI5>

Easy Access Savings Accounts

These are especially useful if you'll need to dip in to them to meet the ongoing financial challenges. This site also explores other types of savings accounts - <https://bit.ly/2EPTIxx>

What is financial resilience?

Financial resilience is all about preparing for the worst-case scenario. You never know what's around the corner – and you need to be financially prepared - <https://bit.ly/3FqPhZ4>

HSBC emergency fund calculator

Any emergency fund is better than nothing, so don't be discouraged. Find out how quickly you could build up your emergency fund - <https://bit.ly/3VTQHCB>

8 ways to cover an unexpected expense

For those of us who don't have cash sitting around, here are 8 ways you can try to cover an unexpected expense without turning to high-cost debt - <https://bit.ly/3PD5yz7>

Common unexpected expenses

Here are some of the most frequently seen financial emergencies that you're likely to encounter - <https://bit.ly/3PpHUpx>

How to create an emergency fund, fast

Financial problems can happen at just the wrong time. With the rising cost of living it is really important to have a stash of cash you can easily access - <https://bit.ly/3uNMuo2>

Building your cash reserve

This video is about continuing to build your emergency fund, and how much you might like to build it up to before you consider other investments - <https://bit.ly/3WgcR1u>

Urgent money without an emergency fund

If you need money urgently but have not yet set up an emergency fund you can find help here. You may also want to explore the resources in step 1 - <https://bit.ly/3hnDjHU>

Step 6

Get professional advice

If you're looking to invest, buy a financial product, manage your money more effectively or simply plan for the longer term, financial advice can be a good investment. Getting professional financial advice can increase and maintain your own financial awareness so here are some resources to help you understand how a financial adviser could help you and whether this is the right thing for you.

Click a step below or [View All](#)



Do you need a financial adviser?

Whether you need financial advice will depend on a number of factors, but it can be a good investment for a number of situations. Explore more here - <https://bit.ly/3j5bfcA>

Choosing a financial adviser

This might seem daunting, but if you need help with a financial decision it's worth persevering. A good adviser can save you money and a lot of worry - <https://bit.ly/3BA8TJg>

Financial adviser fees

The amount you pay will depend on a number of things, including your specific needs, the type of advice you need and the firm you decide to hire - <https://bit.ly/3UZ0jsu>

Key questions to ask your financial adviser

If you want to see a financial adviser, it's a good idea to speak to a few so you can find out if they're right for you. Here's a few questions to get you started - <https://bit.ly/3Pp1a6x>

Should you use a mortgage adviser?

Getting a mortgage is one of the biggest financial decisions you'll make, so it's important to get it right - <https://bit.ly/3W0MxJ6>

Why should I get advice for retirement?

When you're approaching retirement, you have lots of decisions to make. Find out why it's important to get help and where you can find it - <https://bit.ly/3FT8Rin>

Pension Wise

Pension Wise is a service from MoneyHelper, backed by government. We offer free, impartial guidance to over 50s - <https://bit.ly/3Bz7O4t>

Financial advice on separation

You might be able to sort everything out without using legal or financial advice, though exploring your options can still be useful - <https://bit.ly/3FQAJDt>

Financial advice on divorce or dissolution

How much legal or financial advice you'll need during your divorce or dissolution will depend on a number of factors, explore your options here - <https://bit.ly/3VZnkPb>

Funding your long-term care

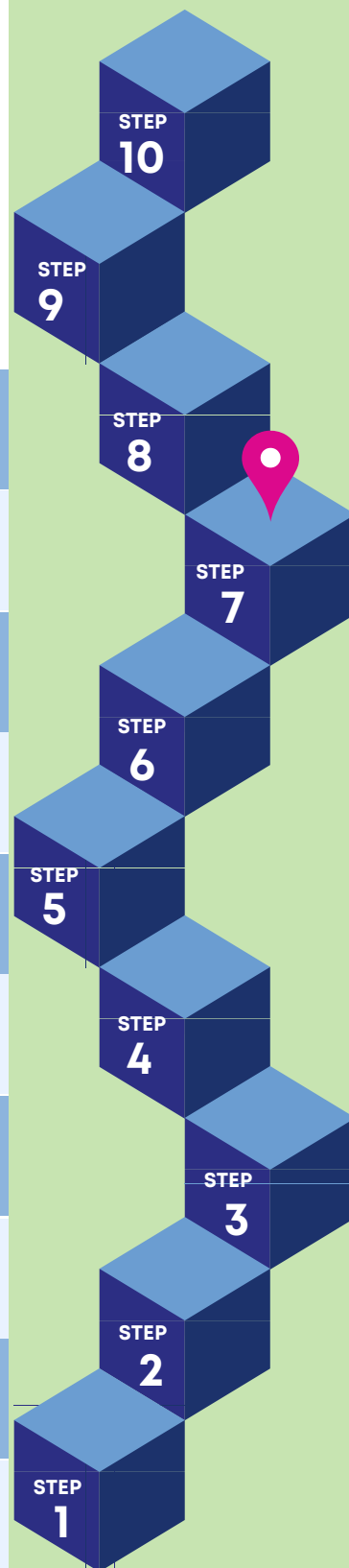
Find out more about what an impartial care fees adviser can do for you, how they're paid and how to choose one that's right for you - <https://bit.ly/3Wdpxa5>

Step 7

Start saving regularly

At this stage, you may begin to feel a bit more stable with your finances. You are likely able to cover your day-to-day living costs comfortably and may even have a bit of money left over at the end of the month. If this is the case, you may want to start saving. If you save regularly you might be able to make that big purchase or significant life change that you've been thinking of. Here are some helpful hints and tips on saving.

Click a step below
or [View All](#)



Saving for beginners

Follow this step-by-step guide below and enjoy seeing your savings pot grow - <https://bit.ly/3VFnTNB>

How to become a smarter saver

Here are some simple steps to help you start small and create a savings habit so you can build a meaningful pot of money - <https://bit.ly/3OZnzaj>

How to set a savings goal

Setting a savings goal is a great way to watch your savings grow. Find out where to start and what a suitable savings goal is for you - <https://bit.ly/3VYEjr>

Choose between saving and borrowing

What should you consider when choosing which is best for you? This will show you what to look out for to make sure you get the right product for you - <https://bit.ly/3Ulx11Z>

Saving money to boost your budget

What often throws us off course is the unexpected, but regular saving can help - <https://bit.ly/3Vfu62Z>

Different types of savings accounts

Choosing a safe place to keep your money is easier than you might think. Here is a brief overview of some different types of savings accounts - <https://bit.ly/3Fin1ZW>

Saving money for a holiday

Here you can find a step-by-step guide on how you could save up for your next holiday so you come home feeling relaxed about your money - <https://bit.ly/3VsoEd9>

Saving for your children

Saving for a child today is a great gift for their future. Here are some of the savings options for children that can help you start - <https://bit.ly/3H2Zfm8>

What does inflation mean for savings?

To save and invest properly, you need to understand inflation and what it means for your financial planning - <https://bit.ly/3UnNB0A>

Savings Myth Busting

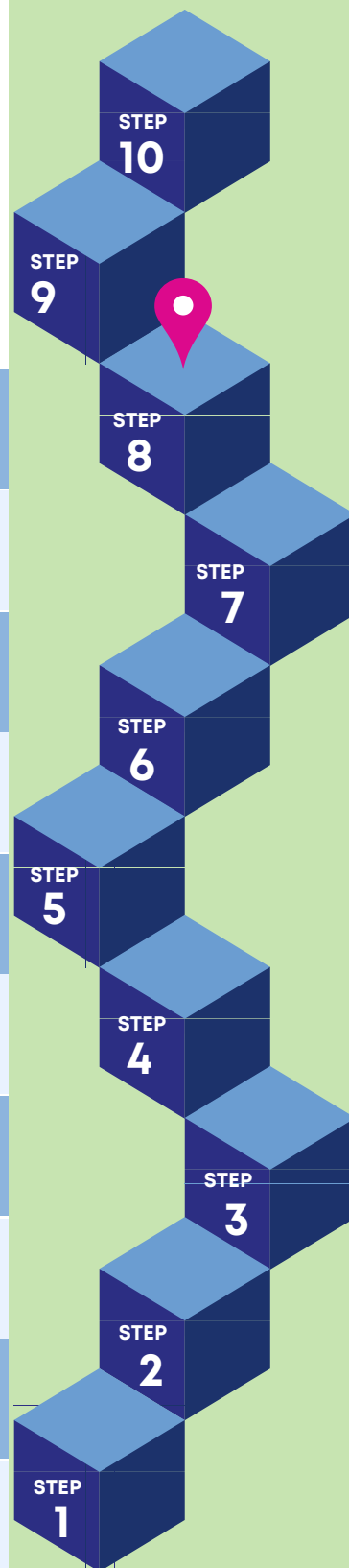
For many of us, saving can feel like a journey we're not ready to start but what if we're making excuses when we could already be on our way? - <https://bit.ly/3ORsDxm>

Step 8

Plan ahead for personal circumstances

For some of us, when we have a major life change we may not anticipate the financial cost associated with it. Some of these changes are active decisions we make ourselves and some of these changes just happen to us, either way it is good to try and anticipate these and set some money aside. Here is some guidance from third parties on how to navigate some of these personal circumstances to help relieve part of the financial stress.

Click a step below
or [View All](#)



Guidance on buying a home

A series of 5 guides on the financial aspects of buying a home - <https://bit.ly/3EWSQpY>

Mortgage Affordability Calculator

This tool will help you estimate how much you can afford to borrow to buy a home. You can also find a mortgage calculator on this site - <https://bit.ly/3ueTie>

Taking to your partner about money

Trust, openness and transparency are widely considered to be essential ingredients for a healthy relationship, the same applies to money - <https://bit.ly/3UlKX2G>

Managing your money with children

How you can reduce the stress of managing your money, allowing you more time to enjoy your time with your children - <https://bit.ly/3VlVe0b>

Guidance on death and bereavement

Money may not be the first thing on your mind if you've lost someone close to you – and that's OK. But when you're ready, there can be a lot to sort out - <https://bit.ly/3FdEwdO>

Returning to work after parental leave

Before you return to work after maternity leave, it's important to know your rights about your job, pay, holidays and flexible working - <https://bit.ly/3XKZBU3>

Baby money timeline

This baby money timeline lists all of the money-related dates to do with your pregnancy and new baby - <https://bit.ly/3ucmC4R>

Long-term care

Financial information/guidance on arranging long-term care for yourself or for a loved one - <https://bit.ly/3ONXhYs>

How does life insurance work?

A quick overview on life insurance, to discuss your options in full, seek independent financial advice - <https://bit.ly/3AXRutK>

Stamp Duty Calculator

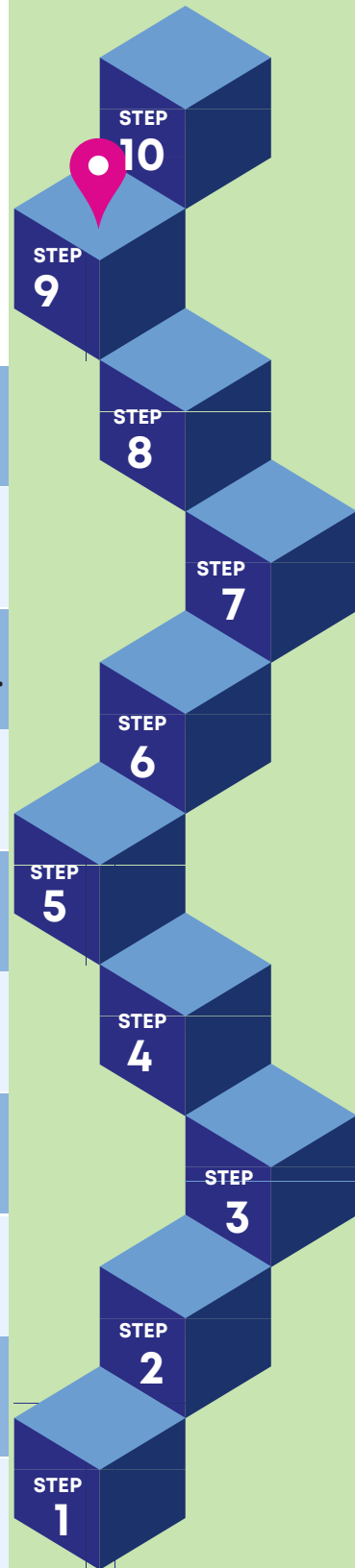
This calculator will help you work out how much Stamp Duty Land Tax (SDLT) you must pay - <https://bit.ly/3Hu6407>

Step 9

Investment options

If you are on Step 9 you are now financially secure - great news! Now that you are feeling secure and confident with your money, you may want to start exploring investment opportunities. Investing can be a good way to build upon your existing assets. Investing wisely can bring you additional benefits, though it's worth noting that there is an element of risk involved. Have a look at the resources below to see whether investing is right for you.

Click a step below or [View All](#)



First-time investing

If you're thinking of investing some money into your future for the first time, you're probably wondering where to start - <https://bit.ly/3FHDh74>

Types of investment

Here we look at the main types of investments available and what to expect from them - <https://bit.ly/3URDXuG>

Understanding the risks of investing

Investing is not a way to get rich quick: you must be prepared to lose some or all your money. Find out more in this guide - <https://bit.ly/3PlfRHZ>

Why do you want to save & invest?

This video explores two of the biggest reasons why you may want to save and invest in your future - <https://bit.ly/3W09mwa>

Different types of investments

Here you can learn about the level of returns and the risks you can expect from popular types of investment - <https://bit.ly/3WeaSLn>

How to spread your investments

Here are some of the most common types of investments to help you decide which are the most suitable for you and to spread the risk - <https://bit.ly/3Yd99Yl>

Choosing the right level of risk for you

This video explores the best way to decide on the right level of investment risk for you to take on each of your financial goals - <https://bit.ly/3uKygv4>

High risk investment products

Investments that promise to give you big returns tend to come with big risks too. This guide covers the main types of high-risk investments - <https://bit.ly/3YacOX3>

Key information and cooling off periods

Here's some quick information on your rights including access to Key Facts and Key Investor Information Documents, and your right to change your mind - <https://bit.ly/3WrDKQr>

To invest or pay down the mortgage?

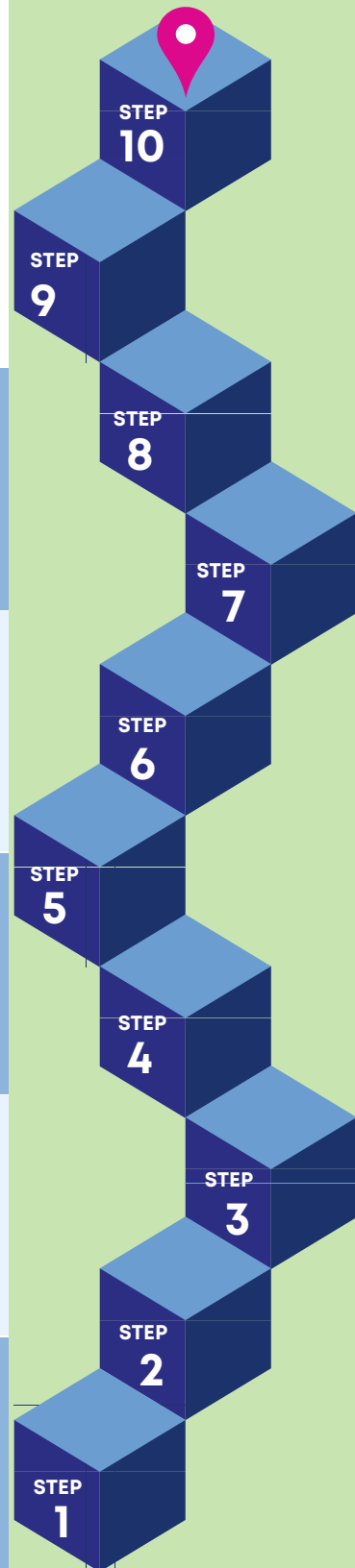
This video explores a question often asked by homebuyers who are lucky enough to have some spare income or capital - <https://bit.ly/3VP6FXT>

Step 10

Maintaining financial security

Congratulations on achieving financial security! Managing your finances is a lifetime commitment so you need to actively make sure that you maintain your financial security. Below are some tips on financial security, though also make sure to apply some of the tips from the earlier steps in your day-to-day finances, particularly if your circumstances change at any point.

Click a step below or [View All](#)



How to plan your financial freedom

This video will explore the meaning of financial freedom and will outline a powerful five-step process to help you map a path to yours - <https://bit.ly/3PI7Ywf>

What is financial security?

Most people think of financial security as having a large savings account, a healthy investment portfolio, and a comfortable retirement nest egg. However, financial security is about much more than just money. Find out more here - <https://bit.ly/3Wn6t9q>

10 Tips for Achieving Financial Security

This article reviews some helpful tips that should help you on your way to achieving financial security - <https://bit.ly/3vbxtg1>

Maintain financial security during the rising cost of living

3 top tips for how you can maintain financial security during the rising cost of living - <https://bit.ly/3WEQyD7>

Maintaining financial security during retirement

What are the things that could help you maintain financial security when you don't have a salary to rely on? - <https://bit.ly/3WCTccy>



Discounts

As an NHS worker, you are eligible for numerous discounts, some of which are listed below. For up to date information, please visit our dedicated [Health and Wellbeing Portal](#)

Blue Light Card	www.bluelightcard.co.uk
Vivup is free for all colleagues	www.vivupbenefits.co.uk
Healthcare Staff benefits is free for all NHS staff	www.healthcarestaffbenefits.org.uk
Health Service Discounts is free to join for all NHS staff	www.healthservicediscounts.com
The Money Saving Expert has this guide to discounts available to NHS colleagues	www.moneysavingexpert.com/deals/nhs-discounts-and-freebies

