



# MONEY MATTERS

Hints, tips, resources and other useful ideas to help you beat the financial squeeze...



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**

# INTRODUCTION

At the end of December 2021, the average UK household debt including mortgages was £63,528 with a total of £1,765.6 billion being owed across the UK.

According to the Office for Budget Responsibility's October 2021 forecast, household debt of all types is forecast to rise from £2,004 billion in 2020 to £2,363 billion in 2025.

This booklet has been created to help you save money, make money, and spend money (wisely), so that we survive the cost of living crisis.

03

---

Making Money

05

---

Spending Money

07

---

Saving Money

09

---

More Money Saving Tips

10

---

Budgeting

12

---

Defining/Prioritising your Goals

13

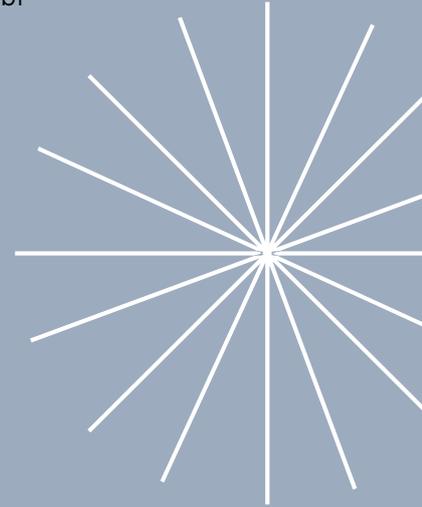
---

Get help with the cost of living

15

---

Useful Contacts



# MAKING MONEY

Isn't it nice when you have spare cash to spend? If you need some help in making some extra money, why not try some of these options?



**E-Bay:** Don't throw away unwanted items! Your unwanted goods could be the next person's treasure and you can help save the environment by Y.co.uk recycling! If you are new to the internet, or new to E-Bay, don't worry – there are plenty of tools to help you, through on-line guides, books, friends, or even a course with UNISON!

**Car Boot Sales:** The summer will bring out potential buyers in their droves, so be prepared! Have a good sort out at home – you'd be surprised at what will sell!

**CD's & DVD's:** [www.musicmagpie.co.uk](http://www.musicmagpie.co.uk) allows you to type in details of your CDs & DVDs, and it'll give you an instant cash price, though you need to trade in a minimum of 5 at a time (and up to 500!). The site also buys computer games, but for the most part you'll do better by trading them in at high street game shops. Remember the key is to compare what deals are available!

**Renting:** If you're not ready to sell your items, why not try renting them instead? There are various websites offering this service, so why not give it a try?

**Start a Podcast/YouTube Channel:** Make money from your own creative content!



### **Making money for giving your**

**opinion:** It's possible to earn £100s a year, without any special skill or talent. Stack up your cash by filling in on-line surveys, taking part in focus groups or becoming a mystery shopper!

**Mobile Phones:** Don't throw cash in the bin when you get a new mobile phone! Compare mobile recycling sites that will give you cash for your old mobile (rates vary depending on the phone), or try selling it yourself!

**Cash in your odd bits of gold:** There are now many organisations that will give you cash for your old gold items, but compare their valuations to make sure you get the best price!

**Cash Back:** Cash back credit cards pay you back a proportion of what you spend each time you use them. Therefore set up a Direct Debit to pay it off in full each month so there's no interest cost and you can earn. Just use the card for all your normal spending and you'll make money.

**Get money back when you shop online:** Cash back sites that will pay you a commission percentage for featured retailers.



# SPENDING MONEY

Even when you are saving your hard earned money, you can still save money by being a savvy spender...

## SHOPPING

Don't get caught up in the thrill of sales shopping. We often convince ourselves that we need 'those shoes' or 'that bag', but find the items 6 months later at the back of the wardrobe...unworn.

Before you get seduced by the sales, first follow this checklist...

### 1. Check for vouchers:

Check on-line for vouchers, save money off vouchers in magazines, use point/reward cards e.g. Tesco, Boots etc

### 2. Benchmark prices:

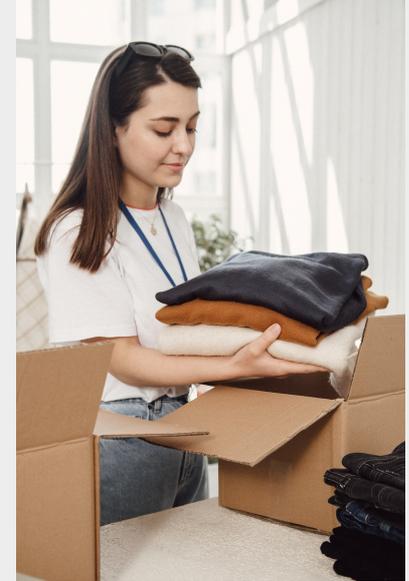
Compare prices elsewhere

### 3. Will you use it:

If you won't use it, or can't afford it even sales goods aren't worth it!

There are many deals to be had if you know where to look!

Try your local dress agency for that glamorous outfit - you can often find designer outfits at ridiculous low cost prices, or browse your local charity shops; you'll be amazed at some of the hidden treasures you can find!



## RECYCLE

Most items can be recycled from clothing to household goods - why have the expense from buying new, when you can purchase the same items at a fraction of the cost?

Try websites such as Facebook Marketplace, eBay, Gumtree, or look out for local noticeboards!

## SOCIALISING

You don't have to spend money to enjoy time with your family and friends.

Take advantage of sunny days with a trip to the beach, the park or the countryside - we have beautiful scenery on our doorstep!



**Pack a lunch!** Whether you are taking a picnic, or just packing a sandwich for your lunch, being prepared will stop you spending extra money every day! To make sure you get fresh air, why not pack a lunch but pop out for a pack of crisps - that way you are only spending 50p!

Whether it's Pizza Express, Dominos, La Tasca or Yo Sushi! If you're planning to eat out or grab a takeaway, check on-line and newspaper vouchers for any offers.

## TRAVEL

Whether it's by coach, train or bus, there are always a storm of deals to let you travel across the UK.

Often if you know where to look you can get journeys of 100s miles for as little as £1, such as National Express or Megabus.

You may have to be a bit flexible, but the money you save could be spent more elsewhere!

Compare fuel costs:  
You can go on-line to compare petrol prices to get the best price in your area.

**Cycling burns calories rather than cash** - and it's better for the environment!

Speak to your employer to see if they have a Cycle to Work Scheme to help you buy your own bike, or even hire one!

## DAYS OUT

Look out for promotional offers on-line, in newspapers and magazines or utilise points on rewards cards to give yourself a treat.





# SAVING MONEY

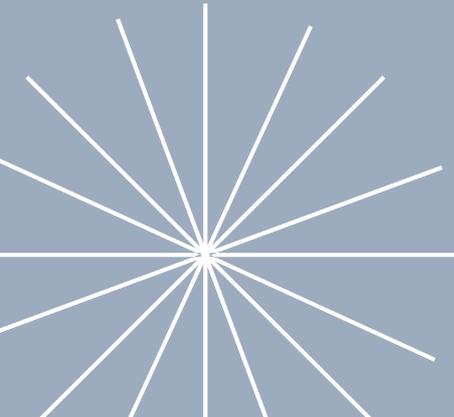
01

---

## GROW YOUR OWN

Why not try your hand at gardening by growing your own vegetables?

If you become successful, you could even make some money by selling your produce to others!



02

---

## COOK YOUR OWN

Sometimes it's really tempting to order a takeaway if you're tired or busy, but they can be expensive. Try making your favourite takeaway dishes at home instead. You can often use cupboard 'staples' to make the sauces like tinned tomatoes. Check out the handy recipes at the end for some ideas.

**Top Tip:** you can use cheaper cuts of meat when making curries (like chicken thigh fillets rather than breast meat). The cooking times and spices tenderise the meat, they absorb flavour better than more expensive cuts and save you money!

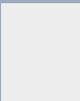
03

---

## MAKE A SHOPPING LIST

Food shopping forms a significant part of our monthly outgoings and the supermarket is where the bulk of the money is spent.

Resist the urge to impulse buy and never go shopping when you are hungry! Dig out the cookery books, plan a few meals and only buy what you need.



## 04

---

### BEWARE THE BOGOF

Buy One Get One Free (BOGOF) deals - we love them!

Whilst 2 for 1 deals, and 3 for the price of 2 may sound appealing, are you truly getting value for money?

If you have a large family, this type of deal may be useful, but if not, check expiry dates to make sure you don't buy something that will end up in the bin!

## 05

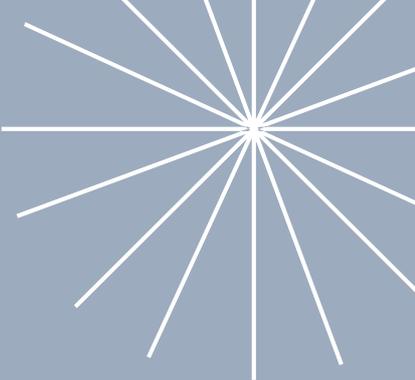
---

### DO IT YOURSELF

We're a nation of obsessive DIYers and for around £100 you can take a course at your local adult education college to improve the skills needed to tackle most household repairs.

If the college runs plumbing courses you could soon be on track to wiping out costly call-out charges and extra insurance policies once and for all.

Did you know UNISON may be able to help you provide advice and guidance around all things learning? Contact UNISON to see if they can help you with your learning needs!



## 06

---

### USE YOUR LIBRARY

The local library is a mecca for the money saver. You'll never need to buy another cookbook, guidebook or lifestyle manual again and if you can bear to wait a few weeks in the queue for the latest blockbuster, you never need to buy books again. CDs and videos are great value too.



# MORE MONEY SAVING TIPS

DON'T BURY YOUR HEAD  
IN THE SAND!

SAVE THE PENNIES &  
LET THE £'S TAKE CARE  
OF THEMSELVES!

- ✓ Only take £10 when you feel the need to splurge for fun
- ✓ Look at using spare cash to put more into your mortgage to reduce the loan amount
- ✓ Shop around price comparison sites
- ✓ Call suppliers and ask for a better deal

✓ Freeze your credit card and if you need it in an emergency wait for it to thaw - was it a real emergency?

✓ Buy your food on-line to avoid temptation

✓ Use your car as little as possible, get exercise

✓ Never fill the tank on your car as it makes the car weigh more

✓ Get rid of the old banger and join a car club

✓ Put bread in the fridge - it lasts longer or freeze what you don't need

✓ Switch sockets off at the main when not in use - with the additional advantage of being environmentally friendly!

✓ If you want to buy something, take your time, think twice. Do you really need it?

✓ Remember that working from home costs you money for heating, electricity etc.

✓ Why warm all the rooms at home with central heating? Just heat the room(SO you are using

✓ Make do with a free paper. Treat yourself to a good one at the weekends.

✓ Try supermarket own brands

✓ Spray your favourite scent on cotton wool and place in the cylinder of your vacuum cleaner, this saves on expensive products

✓ Create a list of local places to visit that are free

✓ Shower rather than bathe - it saves water

✓ Empty the boot of the car of any unused 'junk'

✓ Don't fill the kettle - only boil what you need

✓ Turn your fridge down 1-2 places

# BUDGETING

A great way of helping to save money is by using a budget. A budget can help you get in control of your finances. It is a plan that helps you identify anticipated income, expenses, and savings on a regular basis. Budgets also enable individuals to identify the level and importance of their expenses and help us see exactly where our money goes. It is also important to set and keep in mind your goals while preparing your budget.

Making a budget helps you to:

1. Reduce stress, by planning and monitoring your spending habits
2. Know whether or not you are in control of your finances
3. Know how much you have coming in each week or month, and how much you have to spend
4. Cut back on unnecessary spending
5. Save money
6. Use your money to work towards your goals in life



# HOW DO I CREATE A BUDGET?

Creating a budget is not difficult, although it may take some concentration, and a bit of work. And you do not need to be a financial or maths genius to do it!

The following tips will help:

1. Be honest - Don't try to skip certain items, or underestimate your spending
2. Making a budget involves keeping a regular check on what you are spending. Keep a record of where your money goes—especially for small items like drinks and snacks, magazines and bus fares.



## **Steps to Create a Budget**

- Work out your income. Make sure you are taking your net income i.e. income after tax.
- List your regular commitments. This includes things like Council Tax, mortgage, rent, heating, insurance, etc.
- Add up what you are spending on normal day-to-day living expenses - this includes food, clothes, transport and entertainment.
- Make sure that the income and the spending is for the same period. For example, if the income is a monthly figure, the spending should be a monthly figure as well.
- Total your income and total your spending. If the spending is more than the income, it may mean that you need help with your finances.
- It is important to review your budget monthly and adjust it as your income and expenses change.

# PRIORITIES:

1. ....

2. ....

3. ....

4. ....

5. ....

6. ....

7. ....

8. ....

9. ....

10. ....

## DEFINING / PRIORITISING YOUR GOALS

To manage your money effectively, it is important to prioritise your spending. This may vary from person to person but a general guide could be:

- First, pay your bills. Make sure your most important expenses are covered each month - for example, rent or mortgage, utility bills and your car payment
- Your day-to-day needs, like groceries and transportation
- Occasional costs come up quarterly or yearly. Make sure you have put money aside to finance those
- Save some money for emergencies. Unexpected situations can occur and it is helpful to have an emergency fund
- The next step in saving would be to set aside money for future goals such as buying a house, education etc.
- Pay off debts with savings. Most people who try and save while they're in debt are simply throwing their money away; even if the debt is a mortgage. The amount of interest you pay to borrow is much more than you earn on your savings, so pay the debt off with your savings and you're quids in.



# GET HELP WITH THE COST OF LIVING

Important costs like energy, food and rent are rising steeply. If you're worried about being able to afford to live, you're not alone.

If you don't have enough to live on, you might be able to get help from the government or your local council to afford essentials like bills and food.

- Check what benefits you are entitled to (or check to see if they can be increased)
- Get your benefit paid early - Ask for a short term benefit advance
- Check what help you can get from your local council through welfare assistance (e.g. support for energy and water bills, food and essential items)
- Are you eligible for one off payments from the government (e.g. supporting people with the rising cost of energy bills)?
- If you're struggling to pay for food, you might be able to get a referral to a food bank.
- You might be able to get a Healthy Start card to help you buy certain types of milk, infant formula, fruit and vegetables. (T&C's apply - for expectant and new mothers)
- Get help with your child's school costs (meals, transport, school uniforms)

# UNISON CAN HELP...

## **There for You (UNISON Welfare)**

Members experiencing financial and emotional difficulties can contact our welfare charity, There for You, which provides a confidential advice and support service for members and their dependants.

Support includes:

- Financial assistance
- Budget planner
- Check your benefits
- Wellbeing breaks
- General Advice
- Help with Debt
- Credit Unions

## **Financial Assistance**

If you are a UNISON member and you are experiencing financial difficulties, 'There for You' can offer you support, including one-off grants e.g.:

- School Clothing Grant
- Winter fuel grant
- Other financial assistance
- UNISON benefits calculator
- UNISON budget planner
- Help with debt

[www.unison.org.uk](http://www.unison.org.uk)



# USEFUL CONTACTS

---

## UNISON - There for You

[www.unison.org.uk/get-help/services-support/there-for-you](http://www.unison.org.uk/get-help/services-support/there-for-you)

UNISON members experiencing financial and emotional difficulties can contact our welfare charity, There for You, which provides a confidential advice and support service for members and their dependants.

## UNISON Direct - 0800 0 857 857

Our dedicated advice line where experienced operatives will advise you on the benefits of membership including our tax refund scheme.

## Unison Debtline - 0800 389 3302

UNISON's confidential advice will help you find the route to financial freedom that best suits your situation and needs

## UNISON Education Team -

029 20729414

[www.cymru-wales.unison.org.uk/learning](http://www.cymru-wales.unison.org.uk/learning)

If you live/work in Wales within public services, we can help you to access the best free online learning and development opportunities around.

[sheltercymru.org.uk](http://sheltercymru.org.uk)

Provides free, independent, confidential, housing related debt advice across Wales.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Offers practical, up-to-date information on a wide range of topics, including benefits and housing, employment rights and discrimination, debt and tax issues. Information available.

[www.stepchange.org](http://www.stepchange.org)

Offering free, confidential advice and support to anyone who is worried about debt.

[www.nationaldebtline.org](http://www.nationaldebtline.org)

Free confidential and independent advice on how to deal with debt problems for people living in different parts of the country.

[www.moneysavingexpert.com](http://www.moneysavingexpert.com)

Martin Lewis' journalistic advice website offering tips on the best deals on the market and how to get what is yours financially. Has a range of useful discount vouchers that can be downloaded.

[www.comparethemarket.com](http://www.comparethemarket.com)

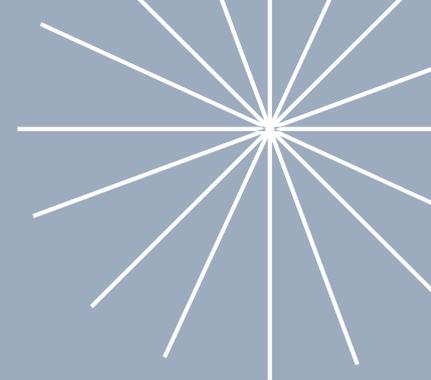
Price comparison website to help you get the best deals online.

[www.moneysupermarket.com](http://www.moneysupermarket.com)

Price comparison website to help you get the best deals online.

[www.vouchercodes.co.uk](http://www.vouchercodes.co.uk)

Website where you can sign up to receive weekly emails offering you money off vouchers for restaurants, cinemas, etc (even for Weight Watchers!).



GET IN TOUCH

[www.unison.org.uk](http://www.unison.org.uk)

UNISON Cymru/Wales Education Team:

[cymruwaleswulf@unison.co.uk](mailto:cymruwaleswulf@unison.co.uk)

Tel: 029 20729414



