

# FINANCIAL WELLBEING TOOLKIT

With the ever increasing cost of living many of us are starting to struggle with the significant strain this has on our finances.

To help support our staff we have put together a Financial Wellbeing toolkit containing useful resources and even a space to share your own money saving tips with your colleagues!

“A budget is telling your money where to go, instead of wondering where it went.” — John C. Maxwell



UK Government - Communicating Help for Households and Cost of Living Payments:



[FINANCIAL SUPPORT POSTER](#)

[RESOURCES FOR LEADERS](#)

Please click on the links below to access our current and up to date financial wellbeing resources:

[HOPE 4 U INFORMATION AND REFERRAL LINK](#)

[LIST OF LOCAL SUPPORT ORGANISATIONS](#)

[READING CORNER](#)

[FINANCIAL WELLBEING TIPS](#)

[RESOURCES, TIPS AND IDEAS SHARED BY YOU!](#)

[LATEST OFFERS & APPS](#)

[LATEST NEWS AND UPDATES](#)

## WORKSHOPS

Each week the Staff Psychological wellbeing team deliver topical workshops. As part of our workshop offer we will be hosting bi-monthly Financial Wellbeing workshops, see below for our next sessions:

[21ST FEBRUARY SIGN UP](#)

[23RD FEBRUARY SIGN UP](#)

## GET INVOLVED

We would love this toolkit to be a real team effort with colleagues coming together to support each other through a very difficult time. If you have any ideas or know of any good services, offers, apps etc that don't feature in the toolkit please get in touch via email and let us know so that we can share.

**Remember we are always here for your emotional wellbeing**



[Online Referral Portal](#)



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## Staff Psychological Wellbeing Hub

[WWW.TWBSTAFFSANDSTOKE.ORG.UK/STAFF-PSYCHOLOGICAL-WELLBEING-HUB](http://WWW.TWBSTAFFSANDSTOKE.ORG.UK/STAFF-PSYCHOLOGICAL-WELLBEING-HUB)