

COST OF LIVING HINTS & TIPS

WORKPLACE WELLBEING WEBINAR

WEDNESDAY
30 NOVEMBER
2022



WCCU
Wolverhampton City
Credit Union
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WELCOME AND INTRODUCTION

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Wolverhampton City Credit Union
Marketing & Communications
Manager

STEPHEN BURTON-PYE

Paycare
Corporate Account Manager



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TODAYS WEBINAR

- Your Zoom cameras are turned off and on mute, please keep to these settings
- Please note today's session will be recorded
- So to start today, let's take a moment to think about your main concerns in the Cost of Living Crisis.
- Please post your thoughts in the chat option available



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WOLVERHAMPTON CITY CREDIT UNION

- We are a not-for-profit financial cooperative with nearly 10,000 members who own and control the Credit Union - people who live, work, volunteer or study in a WV postcode area
- Our mission is simple - to give our members a brighter financial future by providing ethical, honest and fair finance
- We have looked at the main concerns of our members and put together some hints and tips that could help you through the ongoing crisis



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PAYCARE

- We are a not-for-profit Health Cash Plan and Wellbeing organisation with 40,000 Policyholders who can access support and claim back up to 100% of a range of treatments
- Our mission is to help everyone live a happier, healthier life - with access the health and wellbeing support that they need, when they need it
- We are partnering with the Wolverhampton City Credit Union, recognising our shared mission of improving the mental, physical and financial health of our communities



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QUOTES FROM WOLVERHAMPTON RESIDENTS

How does this make you feel?

I should be able to go to work and say that I can feed my children. At the moment that isn't the case. Nobody knows, 'til they've been in that person's shoes, what life is like. Need a new winter coat, my cooker breaks, the gas could conk out, and I've got a choice - do I buy my kids breakfast tomorrow or do I put £5 in that gas meter?

Wolverhampton Resident

Yeah, it gets you down, days that you feel like you are working for nothing, nothing left, you know, it's life. I haven't really got anywhere to turn, can't keep turning to family members all the time for money - have to pay them back you see, so it's hard. So I just try to avoid it, but end up getting into debt.

Wolverhampton Resident

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CONCERNS

- How to heat our home?
- Can we afford to pay our rent/mortgage this month?
- How am I going to feed my children?
- Reliance upon other people/charity
- Poor health resulting from being cold and hungry



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UTILITIES

- **Speak to your Suppliers** - may be able to provide hardship support
- **Government Grant** - £400 to all households for gas/electricity bills and meters - October 2022
- **£150 Warm House Discount** - qualifying households only
- **Energy Grants** - help to clear energy debts
- **Energy Savings Trust** - help on reducing energy consumption



ENERGY SAVINGS TIPS

- Switch off appliances on standby
- Turn off at wall when not using items
- Draught-proof windows and doors
- Turn off unnecessary lights
- Use full loads when washing your clothes and do in off-peak hours
- Avoid the tumble dryer
- Spend less time in the shower and swap your bath for a shower
- Turn water off when shaving, washing hands and brushing teeth
- Fix any leaky taps
- Use energy efficient appliances
- Consider alternative cooking methods such as Microwaves and air fryers
- Only fill your kettle with the water you need



FOOD – 17% INFLATION

- **Own Brands** - food, drink, toiletries, cleaning products
- **Batch Cooking** - costs less to re-heat and reduces waste
- **Less but Often** - consider buying perishable food in smaller quantities more often
- **Buy in Bulk** - eg pasta/washing powder - significant cost savings
- **Look at Labels** - what is cheapest per litre/gram
- **Use Store Loyalty Cards** - discounts and rewards
- **Food Banks** - investigate where in local area - in very high demand currently

17%

PERKS PLATFORMS & SAVINGS CALCULATOR

- Paycare Perks is an example of a **discount platform**. Platforms like these can offer discounts and deals at many of the shops you might be shopping at regularly, memberships, utilities or for the odd treat or larger investment
- A free **savings calculator** like Paycare's, gives you a way to see how much you might save, based on your spending commitments and habits
- Tools like these can **promote budgeting** habits and everyday bargain hunting. Following a shopping list can help prevent you being tempted to overspend



OTHER COSTS

- **Mobiles** - find cheaper tariffs/SIM only
- **Water** - could qualify for social tariff water rates
- **Broadband** - speak to supplier/some discounts
- **Subscriptions** - do you really need all these channels/magazines etc?
- **Council Tax** - check with council if could receive discount
- **Transport** - use public transport/walk/cycle schemes
- **Entertainment** - look for free days out (museums etc). Restaurant/cinema discount vouchers



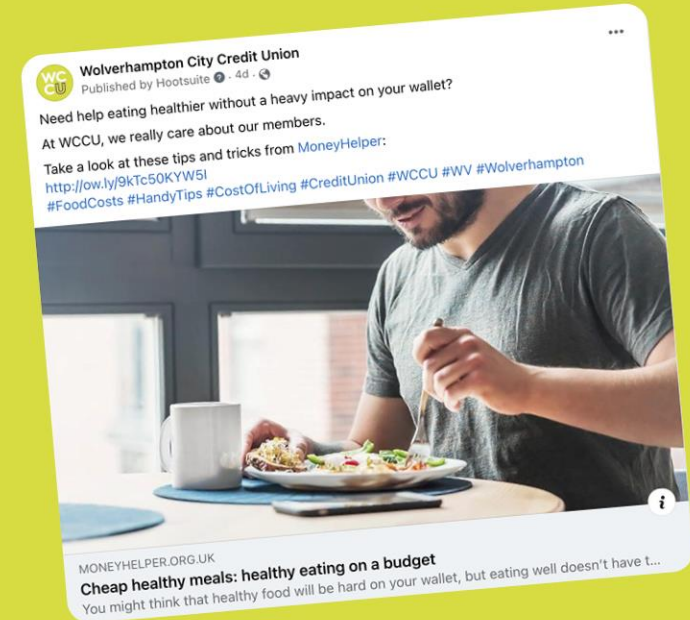
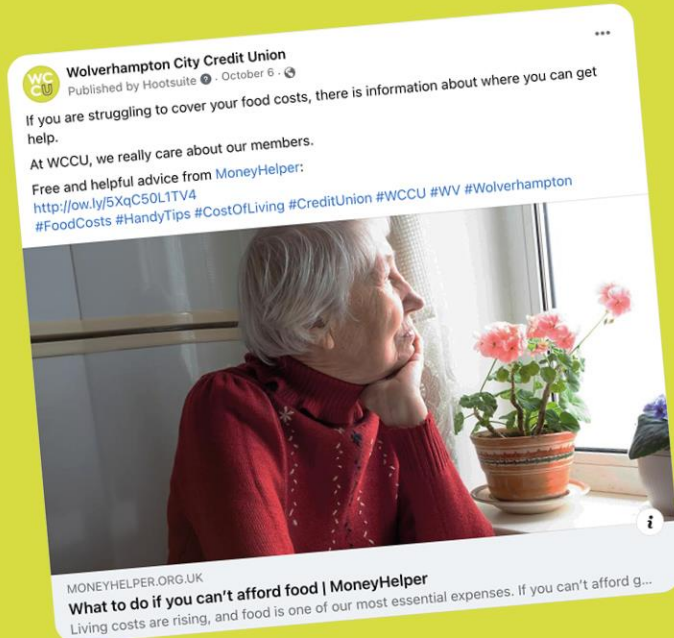
EMOTIONAL COST OF WELLBEING

- **Lost working days** – look for support through **MHFA England Training** – accredited training to support mental health in the workplace
- Lack of **motivation** – speak to support organisations - **Kaleidoscope Plus Group** – charity delivering training and mental health services, **Mind** - mental health charity, **Mentalhealth.org** – free online resources
- Feeling **Helpless** – some organisations have an **EAP** (employee assistance programme) - access to support helpline for Paycare Policyholders and groups or offered through other service providers
- **Worrying** about money - Help is out there... the right savings or cash plan could give you **financial reassurance** – for savings or everyday healthcare costs being covered



SOCIAL MEDIA UPDATES

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HERE TO HELP - WCCU

- **Saving** - reduce the stress of paying for expensive items/times of the year. Annual dividend
- **Online Banking** - manage your money on the go
- **Loans** - fair and affordable, for all stages of your financial journey
- **Payroll Deduction Scheme** - employees can have savings deducted automatically from salary. Can also repay loans this way
- **Join Today** - visit your local Credit Union



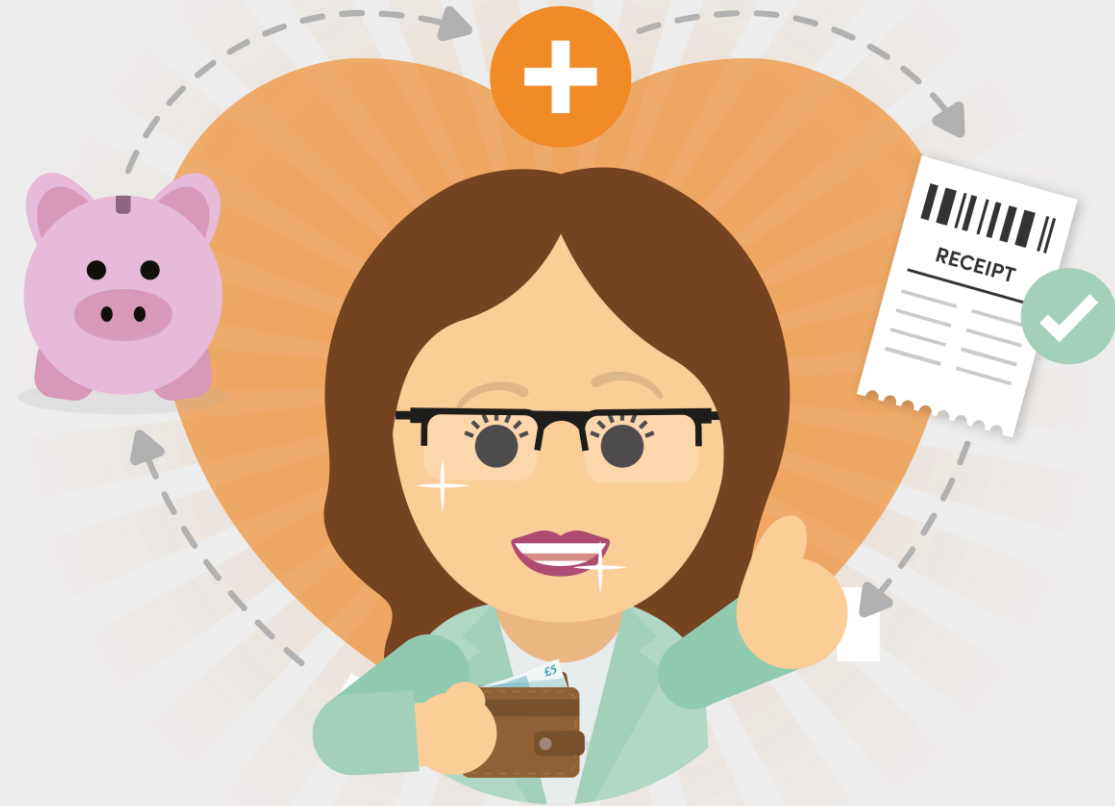
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HERE TO HELP – PAYCARE RESOURCES

- [Health Cash Plans](#) - Claim back up to 100% of the cost of optical, dental, chiropody, specialist consultations and many more benefits
- [Wellbeing Services](#) - Access to a support helpline, a 24/7 GP App, a discount platform and a range of direct partner offers
- [Paycare Blog, Resources & Newsletter](#) - Tips, guides and signposting for the best mental physical and financial Wellbeing - Regular updates on the wellbeing topics of the moment and great deals and discounts for policyholders

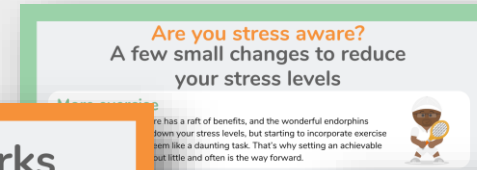
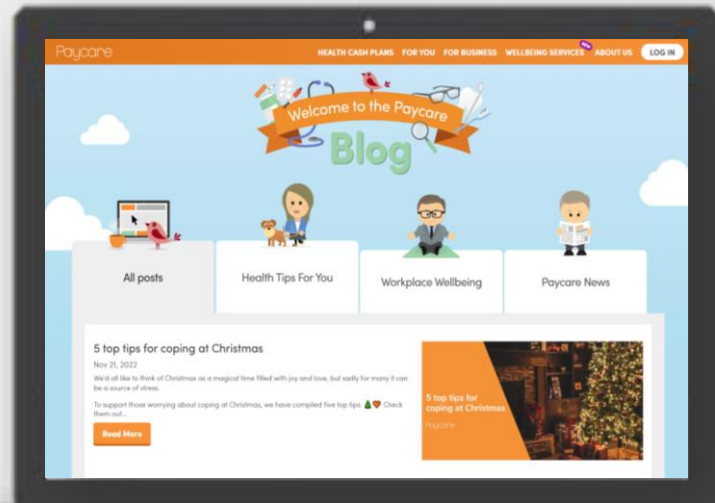


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HERE TO HELP - PAYCARE



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WHAT OTHER HELP IS THERE?

- **Money Helper** - <https://www.moneyhelper.org.uk/en>
- **Citizen's Advice** – Money and debt - <https://www.citizensadvice.org.uk/debt-and-money/>
- **Money saving expert** – Martin Lewis - <https://www.moneysavingexpert.com/>
- **Some of the many debt charities** –
 - <https://nationaldebttline.org/>
 - <https://www.stepchange.org/>
- **Future engagement** - Paycare webinars, blog and newsletter... <https://www.paycare.org/about-paycare/blog/>



THANK YOU FOR ATTENDING

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