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Release... money for nothing by Paul Stears

No doubt we would all like more money. Saving seems a dirty word when spending money is so much fun! But getting into debt is all too easy and many of us may already be teetering on the brink of the slippery slope or even sliding down it!

Believe it or not, there are many money saving ideas which can be creative and fulfilling, and we can be sure that the money

we have is money we can enjoy.

www.creditaction.org.uk/money-saving-ideas.html gives some practical advice on how to save and have fun whilst you're about it. There are tips on how to save on everything from professional fees and holidays to cleaning materials and children's toys.

HOW DOES THIS AFFECT ME?

A recent article stated that the average British family is only three weeks away from bankruptcy! It went on to say, 'The average family has little or no money saved, a large amount of fixed monthly living expenses, an increasing amount of credit commitments and total dependence on next month's income to keep going'. Finding ways of



saving money has never been so vital. How well do you know your finances? It may well be that you don't want to know because if you worked it all out you would find the bottom line very worrying. Lack of knowledge is an important indicator that you aren't in control of your finances and means you will almost certainly be wasting money.

To help monitor your spending, why not download (free) a 'spendometer' for your mobile phone – www.creditaction.org.uk/download-the-money-basics-spendometer.html

Thanks are given for the majority of this article to Credit Action.

If you do not have internet access or would like more information, please contact Release.

For free, confidential and non-judgemental advice on creating a budget and dealing with debts, contact RELEASE on 01773 306289 or 07854 296344. www.releaseonline.org.uk

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