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Release... How much does it cost?! by Paul Stears

In the last issue we looked at 'Why Budget?' and what benefits there are to summarising our income and expenditure. One in four of us have no idea how much we spend in a week. Regular expenditure, such as rent or gas or electric, are fairly easy to find details for (e.g. from bank statements or paperwork from the providers), but the 'bits and pieces' we spend, quickly add up – the old adage 'if we look after the pennies, the pounds will take care of themselves'.

Many of us use mobile phones daily and even maintain appointments, etc. on the mobile phone diary system – so why not keep a record of spending on your mobile phone? By accessing

www.creditaction.org.uk/spendometer.html, a free Moneybasics Spendometer can be downloaded, so you can budget in style with your mobile phone. This means you will be able to:

- + Set budget limits so that you don't overspend;
- + See your 'spending speed' - see where and how much of your money has been spent so far in a given week or month;
- + Log spending in under 10 seconds;
- + Set a special 'going out' function to help limit overspending on a night out.

Also, check out the Moneybasics website by visiting www.moneybasics.co.uk for simple, clear, independent information about money.

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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