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Release... Am I the only one? By Paul Stears

TODAY IN THE UK: people will borrow an additional £254m and will pay £260m in interest; average household debt will increase by over £10.40; 104 properties will be repossessed; 275 people will be declared insolvent or bankrupt; 429 mortgage possession claims will be issued; 315 mortgage possession orders will be made; 413 landlord possession claims will be issued; 308 landlord possession orders will be made; 2,370 Consumer County Court Judgements will be issued; 27.4m plastic card transactions will be made with a value of £1.56bn; 18,000 credit card applications will be rejected; Citizen Advice Bureaus will deal with **6,600 debt problems**; the average car will cost £15.42 to run; a 3rd of all groceries we buy will end up in the dustbin.

THE BIGGER PICTURE: average household debt in the UK is **£9,475** (excluding mortgages), or **£21,590** if based on the number of households who have some form of unsecured loan; average household debt in the UK is **£59,375** (including mortgages); average owed by every UK adult is **£30,270** (including mortgages); average

outstanding mortgages stands at **£103,705**; the average interest paid by each household on their total debt is **£3,900** each year; average consumer borrowing via credit cards, motor and retail finance deals, overdrafts and unsecured personal loans has risen to **£4,830** per UK adult; Britain's personal debt increases by **£1 million every 7 minutes**.

It may feel that you are the only one worried about money and debt, but, believe it or not, there are millions of people in a similar position. Unfortunately, money and debt worries knock-on to other parts of our lives, for example, a quarter of those in debt are receiving treatment for stress, depression and anxiety from their GP. Money and debt worries affect people of all ages and backgrounds. For guidance, help and assistance on how to gain control of your money, contact RELEASE on **01773 306289** or **07854 296344**. www.releaseonline.org.uk for free, confidential and non-judgemental advice.

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