

Making the most of your money

Tips on how you can increase your income and reduce your spending

Increasing your income (The web links referred to in this factsheet are all free sources of information)

✓	Ways you can increase your income	The website address
	Check you're claiming all the benefits and tax credits you're entitled to	www.citizensadvice.org.uk/benefits/benefits-introduction/what-benefits-can-i-get
	Check whether you're able to claim disability or ill health benefits	www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/
	Check whether you're able to apply for a grant from a charity or benevolent fund	https://grants-search.turn2us.org.uk/
	Check whether you can get a tax refund or claim any tax allowances	www.citizensadvice.org.uk/debt-and-money/tax/tax-refunds-claiming-back-overpaid-tax/tax-refunds/ www.citizensadvice.org.uk/debt-and-money/tax/income-tax-how-much-should-you-pay/income-tax-allowances-and-amounts
	Find out how to go about claiming child maintenance	www.citizensadvice.org.uk/family/children-and-young-people/child-maintenance
	Check to see if you can get any help with school costs?	www.citizensadvice.org.uk/family/education/school-education/help-with-school-costs https://grants-search.turn2us.org.uk/ Local trusts e.g. https://www.theharpentrust.org.uk
	Can you sell items you own? You could use websites like Ebay , Gumtree or Cex ? Try to shop around to make sure you achieve the best price possible.	www.ebay.co.uk www.gumtree.com https://uk.webuy.com
	Can you find a job or increase your hours? Estimate your tax to find out how your income could change and check how this change will affect any benefits you receive	www.gov.uk/estimate-income-tax www.citizensadvice.org.uk/benefits/benefits-introduction/what-benefits-can-i-get
	If you're over the age of 55 you could access your pension pot. <u>You should get independent information and advice before taking any money from your pension pot.</u> Free independent guidance is available from Pension Wise	www.citizensadvice.org.uk/debt-and-money/pensis/nearing-retirement/what-you-can-do-with-your-pension-pot www.pensionwise.gov.uk

Could you rent out a spare room to a lodger? Consider how this could affect you first.	www.citizensadvice.org.uk/housing/renting-a-home/subletting-and-lodging/lodging/taking-in-a-lodger-what-you-need-to-think-about-first
Are you eligible for help with savings if you're on a low income?	www.gov.uk/get-help-savings-low-income
Can you claim compensation for an injury? Do you have any other possible claims? Are you about to receive payments from a redundancy or backdated benefit?	https://www.citizensadvice.org.uk/law-and-courts/personal-injuries/ If you're not sure, please talk to your adviser.
Can those who are staying with you help by contributing to your bills?	

Cutting down on your bills and spending

✓	Ways you can reduce your spending	The website address
Housing and council tax		
	Can you cut down your mortgage costs	www.citizensadvice.org.uk/debt-and-money/mortgage-problems/how-to-sort-out-your-mortgage-problems/cutting-down-your-mortgage-costs
	Can you reduce your rent costs? This includes help from your local authority's Discretionary Housing Payment scheme	www.citizensadvice.org.uk/housing/renting-privately/private-renting/get-help-with-renting-costs https://www.stalbans.gov.uk/discretionary-housing-payments
	Are you able to access help with your council tax bill that could either reduce the bill or help you to pay this? Ask your adviser for more information.	www.moneyadvice.service.org.uk/en/articles/how-to-save-money-on-your-council-tax-bill www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/help-with-your-council-tax-council-tax-reduction/council-tax-reduction-what-you-need-to-know https://www.stalbans.gov.uk/council-tax-support www.stalbans.gov.uk/discount-and-exemptions https://www.stalbans.gov.uk/helping-paying-your-rent-or-council-tax
	You can ask your local authority to spread the cost of your council tax over 12 months instead of 10	www.gov.uk/find-local-council OR https://www.stalbans.gov.uk/difficulty-paying
Gas Electricity and water		
	Are you paying the best rate?	www.citizensadvice.org.uk/consumer/energy/energy-supply/get-a-better-energy-deal/save-money-on-your-gas-and-electricity

	<p>Could you claim any grants or discounts?</p> <p>Can you use less energy or make your home more energy efficient?</p>	<p>www.moneysavingexpert.com/energy http://www.energysavingtrust.org.uk/home-energy-efficiency</p>
	<p>Are you entitled to receive extra support from your energy supplier?</p>	<p>www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/getting-extra-support-from-your-energy-supplier</p>
	<p>Check to see if you can save money changing to a water meter.</p> <p>Also check for other ways of reducing your water costs</p>	<p>https://www.ccwater.org.uk/watermetercalculator/ www.citizensadvice.org.uk/consumer/water/water-supply/problems-with-paying-your-water-bill/help-with-paying-your-water-bills</p> <p>Low income fixed tariff details: www.affinitywater.co.uk/faq?faq=qed00058</p>
<p>Insurance</p>		
	<p>Shop around for the best insurance deals for all of your insurance; including your house (building and contents), life, car, travel and health</p>	<p>www.moneysavingexpert.com/insurance</p>
<p>Review your policies to see if you still need them or check whether they provide more cover than you need</p>		
<p>Landline, TV, internet and mobiles</p>		
	<p>Consider whether you can switch your telephone, TV, internet or mobile provider for a better deal? There's information on the money saving expert website too</p>	<p>www.citizensadvice.org.uk/consumer/phone-internet-downloads-or-tv/switch-broadband-phone-or-tv-provider</p> <p>www.moneysavingexpert.com/utilities</p>
<p>Travel</p>		
	<p>Check whether you can get help with travel costs for NHS treatment</p>	<p>https://www.citizensadvice.org.uk/health/help-with-health-costs/help-with-health-costs/#help-with-travel-costs-for-nhs-treatment</p>
	<p>If you travel by train, can you get a railcard or a refund for a cancelled or late train?</p> <p>Can you split your train ticket to save money?</p>	<p>www.railcard.co.uk</p> <p>www.citizensadvice.org.uk/consumer/holiday-cancellations-and-compensation/getting-a-refund-for-a-cancelled-or-delayed-train</p> <p>www.moneysavingexpert.com/travel/cheap-train-tickets</p>
	<p>There may be ways you can reduce the cost of travel if <u>you're disabled</u></p>	<p>www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/help-for-disabled-travellers1/help-with-transport-costs/help-with-</p>

		the-cost-of-transport-if-youre-disabled
	Look for other ways to reduce your travel costs, like searching locally for cheap fuel, use bus passes or travel cards, travel off peak, car share, or travel by bicycle or walk	www.moneyadviceservice.org.uk/en/articles/cut-your-car-and-train-costs www.moneysavingexpert.com/travel
	Health	
	See whether you can get help with health costs; like prescription costs, dental treatments and sight tests	https://www.citizensadvice.org.uk/health/help-with-health-costs/help-with-health-costs/#health-costs-for-which-you-can-get-help
	Check if you can get free vouchers every week to spend on milk, formula, fresh or frozen fruit and vegetables	https://www.healthystart.nhs.uk/
	Budgeting	
	Use budgeting tools, planners and guides, including calculators that help you plan for life changes, such as saving, planning for a baby or retirement, or planning for Christmas	www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/work-out-your-budget www.moneyadviceservice.org.uk/en/categories/budgeting-and-managing-money www.moneysavingexpert.com/banking/Budget-planning www.moneyadviceservice.org.uk/en/categories/tools-and-calculators
	There's also information about shopping smarter, cutting costs and using life hacks to save money	www.moneysavingexpert.com/shopping www.moneyadviceservice.org.uk/en/categories/cutting-costs www.moneysavingexpert.com/family/life-hacks
	Impartial and free sources of information	
	There are lots of other tips on saving money such as; buying own brands in the supermarket, entertain at home, cook rather than take away plus more, on these independent websites. There's also lots of information available to help you keep track of your money, shop around, pay less and get help if things go wrong.	www.moneyadviceservice.org.uk www.moneysavingexpert.com www.which.co.uk/money www.citizensadvice.org.uk www.citizensadvice.org.uk/consumer/get-more-help/if-you-need-more-help-about-a-consumer-issue