

Financial wellbeing tips for an uncertain world



It may feel that what is going on in the world is out of your control, but **YOU** can put yourself in control of your finances, which for many people is or will be the main source of worry.

Top Tips of how to put yourself or your family in control of your finances.



Talk about your *finances*

Worrying alone about money can have a negative impact on your mental health. You may feel that you alone are under pressure to provide for your family, your partner or paying the rent to your landlord. Talking to partners, your family, friends, work colleagues and Helplines gives others chance to understand the situation, offer help and reduce your worrying.



Talk to your *bank*

Talk to your bank, mortgage and loan providers. Most are offering payment holidays for up to three months on a case by case basis. For more details please visit the Money Mum Website at themoneymum.org

 Credit Cards - Some banks will all allow customers to apply for a temporary increase to their credit card limit, offer refunds on any fees charged for withdrawing cash on a credit card, waive fees for missed credit card payments, and some are even removing interest charges

Some Banks are allowing:

-  To apply to increase their maximum cash withdrawal limit at an ATM to £500
-  Increased deposit limits for online banking to help people who may not be able to access branches, including up to £500 using cheque scanning
- Increase overdraft limits and removing overdraft interest charges for members in financial difficulty.



- From 18 March, more than 100 Nationwide branches will open an hour early from 8am specifically to help vulnerable and elderly customers manage their money.



Talk to government *support*

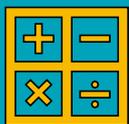


Statutory Sick Pay - It will be extended to all of those who are eligible and asked to self-isolate, even if they are not showing symptoms. The payment, which works out at **£94.25** per week, will be available from day one of quarantine.



Universal Credit

- Don't delay making a benefit claim, even if you think you may be affected by coronavirus. After speaking to the DWP today they recommend you apply for both the 'new style' Job Seekers Allowance and Universal Credit online, although you will only receive what you are entitled too. If you need to make an appointment, call the number you are given when you submit your claim, and explain the situation.
- If you need to claim Universal Credit or Employment and Support Allowance (ESA) because of coronavirus, you will not be required to produce a Fit Note.
- If you are affected by coronavirus you will be able to apply for Universal Credit and can receive up to a month's advance upfront without physically attending a jobcentre.
- If you are suffering from coronavirus or are required to stay at home and want to apply for ESA, the usual 7 waiting days for new claimants will not apply. ESA will be payable from day one.



There are three calculators to help you work out what money you will be entitled too should you be out of work or on reduced hours. These are:

- **Turn2us** - for information on income-related benefits, tax credits, Council Tax Reduction, Carer's Allowance, Universal Credit.
- **Policy in Practice** - for information on income-related benefits, tax credits, contribution-based benefits, Council Tax Reduction, Carer's Allowance, Universal Credit.
- **entitledto** - for information on income-related benefits, tax credits, contribution-based benefits, Council Tax Reduction, Carer's Allowance, Universal Credit.

This is an everchanging situation. Much more information is available on themoneymum.org website which is constantly updated.