

Making the most of your money (WALES)

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

Increasing your income

✓	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/wales/benefits/benefits-introduction/what-benefits-can-i-get/
●	Check what benefits you can get if you're sick or disabled	www.citizensadvice.org.uk/wales/benefits/sick-or-disabled-people-and-carers-in-wales
●	Check if you can get a grant from a charity or benevolent fund	https://grants-search.turn2us.org.uk
●	Check whether you can get a tax refund, claim any tax allowances or find out more about income tax	www.gov.uk/welsh-income-tax www.taxaid.org.uk/guides/information www.gov.uk/claim-tax-refund www.taxaid.org.uk/guides/taxpayers www.which.co.uk/money/tax/income-tax/tax-rates-and-allowances/income-tax-in-wales-a355w4p1m5y9
●	Find out how to go about claiming child maintenance	www.citizensadvice.org.uk/wales/family/children-and-young-people/child-maintenance1
●	Check if you can get any help with school costs	www.citizensadvice.org.uk/wales/family/education/help-with-school-costs
●	Check if you can get help with childcare costs	www.moneyhelper.org.uk/en/family-and-care/becoming-a-parent/help-with-childcare-costs
●	Check if you could have an unclaimed child trust fund for a child who has now turned 18	www.gov.uk/child-trust-funds/find-a-child-trust-fund
●	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/wales/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</u>	www.citizensadvice.org.uk/wales/debt-and-money/pensions/nearing-retirement/what-you-can-do-with-your-pension-pot/ (for independent information about your options and how they can

	<u>advice before taking any money from your pension pot.</u> Free independent guidance is available from Money Helper	affect you) www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise
●	Could you rent out a spare room to a lodger? <u>Think about how this could affect you first</u>	www.citizensadvice.org.uk/wales/housing/renting-a-home/subletting-and-lodging/lodging-index/taking-in-a-lodger-what-you-need-to-think-about-first
●	Get 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 a lump sum payment, for example redundancy or a backdated benefit?	www.citizensadvice.org.uk/wales/law-and-courts/personal-injuries If you're not sure, please talk to your adviser
●	Other ways you may be able to boost your income	www.moneysavingexpert.com/make-money
●	Can those who are staying with you help by contributing to your bills?	

Cutting down on your bills and spending, including cost of living support

✓	Ways you can reduce your spending	The website address
	Information and support available for the cost of living	
●	General information	www.citizensadvice.org.uk/wales/benefits/help-if-on-a-low-income/if-youre-struggling-with-living-costs www.moneysavingexpert.com/family/cost-of-living-survival-kit www.moneyhelper.org.uk/en/everyday-money
	Housing and council tax	
●	Can you cut down your mortgage costs	www.citizensadvice.org.uk/wales/debt-and-money/mortgage-problems-debt-and-money/how-to-sort-out-your-mortgage-problems/cutting-down-your-mortgage-costs
●	Can you get help with your rent costs	www.citizensadvice.org.uk/wales/housing
●	Check if you can pay less council tax	www.citizensadvice.org.uk/wales/housing/council-tax/check-if-you-can-pay-less-council-tax

	<p>Could you ask your local authority to pay council tax over 12 months instead of 10</p> <p>Ask your adviser for more information.</p>	<p>www.moneyhelper.org.uk/en/homes/buying-a-home/how-to-save-money-on-your-council-tax-bill</p> <p>www.moneysavingexpert.com/council-tax-government-grants</p>
	Gas Electricity and water	
●	<p>Can you save money on your gas and electricity</p> <p>Could you get any grants, discounts or extra help from your supplier</p> <p>Can you use less energy or make your home more energy efficient?</p>	<p>www.citizensadvice.org.uk/wales/consumer/energy/energy-supply/get-a-better-energy-deal/save-money-on-your-gas-and-electricity</p> <p>www.citizensadvice.org.uk/wales/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills</p> <p>www.moneyhelper.org.uk/en/everyday-money/budgeting/save-money-on-your-gas-and-bills</p> <p>www.moneysavingexpert.com/energy AND www.moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy</p> <p>www.energysavingtrust.org.uk/energy-at-home</p>
●	<p>Can you get help paying your water bills</p> <p>Check if you can save money by changing to a water meter</p>	<p>www.citizensadvice.org.uk/wales/consumer/water/water-supply/problems-with-paying-your-water-bill/help-with-paying-your-water-bills</p> <p>www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/help-if-your-struggling-to-pay-your-water-bill</p>
	Insurance	
●	<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.moneyhelper.org.uk/en/everyday-money/insurance</p> <p>www.moneysavingexpert.com/insurance</p>
●	<p>Check that you still need your insurance and whether it gives you more cover than you need</p>	
	Banking and financial services	
●	<p>Banking and savings</p> <p>(linked information covers types of bank account, choosing a bank account, banking problems and more)</p>	<p>www.citizensadvice.org.uk/wales/debt-and-money/banking</p> <p>www.moneyhelper.org.uk/en/everyday-money/banking</p>

		www.moneysavingexpert.com/banking
●	Getting independent financial advice	www.citizensadvice.org.uk/wales/debt-and-money/getting-financial-advice
	Landline, TV, internet and mobiles	
●	<p>Can you get a better deal by switching your telephone, TV, internet or mobile provider</p> <p>If you're on benefits you can check if you qualify for a social tariff</p>	www.citizensadvice.org.uk/wales/consumer/phone-internet-downloads-or-tv/switch-broadband-phone-or-tv-provider www.ofcom.org.uk/news-centre/2021/struggling-to-afford-phone-or-broadband-social-tariff-could-help? www.moneysavingexpert.com/broadband-and-tv www.moneysavingexpert.com/mobiles
	Travel	
●	Check if you can get help with travel for NHS treatment	https://gov.wales/get-help-nhs-travel-costs
●	<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>	www.railcard.co.uk www.citizensadvice.org.uk/wales/consumer/holiday-cancellations-and-compensation/getting-a-refund-for-a-cancelled-or-delayed-train www.moneysavingexpert.com/travel/cheap-train-tickets
●	Check whether you can reduce the cost of travel if you're disabled	www.citizensadvice.org.uk/wales/benefits/sick-or-disabled-people-and-carers-in-wales/help-for-disabled-travellers1-in-wales
●	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.moneyhelper.org.uk/en/everyday-money/buying-and-running-a-car/cut-your-car-and-train-costs www.moneysavingexpert.com/travel
	Health	
●	Can you save money on prescriptions? If you're on benefits you may also get help with health costs, dental treatments and sight tests	www.nhsbsa.nhs.uk/nhs-low-income-scheme https://gov.wales/help-with-health-costs
●	If you're pregnant or have young children, check if you can get free vouchers to buy food and milk	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/wales/debt-and-money/budgeting/budgeting/work-out-your-budget www.moneyhelper.org.uk/en/everyday-money/budgeting www.moneysavingexpert.com/banking/Budget-planning www.moneyhelper.org.uk/en/tools-and-calculators www.moneysavingexpert.com/shopping
	Impartial and free sources of information	
●	There are other tips on saving money in these free and independent websites along with resources that can help you keep track of your money, shop around, pay less and connect you with help if things go wrong	www.moneyhelper.org.uk www.moneysavingexpert.com www.which.co.uk/money www.citizensadvice.org.uk www.citizensadvice.org.uk/wales/consumer/get-more-help/if-you-need-more-help-about-a-consumer-issue