



## Cavell Webinar 2 - Tips for a financially empowered 2024

### Introduction

- The webinar is hosted by Cavell, a charity supporting nurses, midwives and healthcare assistants going through tough times.
- The speaker is Anthony Price, a Partnership Manager at PayPlan, a debt advice charity.
- The aim of the webinar is to offer tips on how to manage your finances better in 2024.

### Top tips for financial well-being:

1. **Understand your finances:** Track your income and expenses using a budget planner. This will help you identify areas where you can cut back.
2. **Set financial goals:** Decide what you want to achieve with your money, such as saving for a house or retirement.
3. **Create a spending plan:** Allocate your income to different categories, such as housing, food, and transportation.
4. **Reduce your expenses:** Look for ways to cut back on your spending, such as cooking at home more often or cancelling unused subscriptions.
5. **Increase your income:** Explore ways to earn more money, such as exploring cashback websites and credit card deals.
6. **Pay off debt:** Focus on paying off high-interest debt first.
7. **Build an emergency fund:** Aim to save 3-6 months of living expenses in case of an emergency.
8. **Protect yourself:** Get adequate insurance coverage for your health, car, and home.
9. **Seek help if you need it:** Don't be afraid to seek help from a financial advisor or debt counsellor if you're struggling.
10. **Share the love:** Talk to your friends and family about your financial goals and encourage them to do the same.

**Additional resources:**

- The Cavell website has resources on financial well-being here <https://cavell.org.uk/get-support/>
- PayPlan can provide free debt advice here <https://www.payplan.com/debt-info/> and here <https://www.payplan.com/cavell/>

We hope this summary is helpful!