

**SUFFOLK  
LIBRARIES**

**WHERE  
I BELONG**

## **SUPPORT AND OPPORTUNITIES**

The Suffolk and North-East Essex ICS is partnering with HSBC to deliver the following sessions around the cost of living:

### **MY FAMILY**

**WEDNESDAY 13TH SEPTEMBER, 12PM TO 1PM**

We give straightforward ways that could reduce your spending, increase your income and how to have conversations with your family about money.

### **SAVINGS**

**WEDNESDAY 4TH OCTOBER, 12PM TO 12.45PM**

Would you like to feel more confident in how reach your goals by saving? With a few small changes to the way you manage your money, you can create a clear path forward.

### **SPENDING YOUR INCOME**

**WEDNESDAY 18TH OCTOBER, 12PM TO 12.45PM**

Budgeting can help you to create a spending plan for your money so that you reach your financial goals.

### **MANAGING DEBT**

**WEDNESDAY 1ST NOVEMBER, 12PM TO 12.45PM**

This presentation signpost support services and information to help you get back on track financially.

### **COPING WITH THE COST OF LIVING**

**WEDNESDAY 15TH NOVEMBER, 12PM TO 12.25PM**

This session can help you create a budget, provide tips on how to save money and where you can access help and support.

### **MAKING THE MOST OF YOUR MONEY**

**WEDNESDAY 29TH NOVEMBER, 12PM TO 12.45**

This session explores ways that could make the most of your everyday finances.

These sessions will be conducted virtually over Microsoft Teams and last either 45 or 60 minutes. They are focused on providing support and advice, and do not mention any HSBC products or services. To register, please email [Paul.Firth@snee.nhs.uk](mailto:Paul.Firth@snee.nhs.uk). You can sign up to as many sessions as you like!