

FIVE WAYS TO WELLBEING

CONNECT - It's important to stay in touch with friends and family - and even make new friends! While social distancing is an important part of our response to COVID-19 it doesn't mean that you can't stay in touch - set up group chats on social media, email, facetime, video call, or just pick up the phone and have a chat with friends and family.

BE ACTIVE - Whether you're inside or outside your home it's important to stay active to keep your physical and mental well-being. A daily routine is a good idea, but remember, if you exercise with a person from outside your household keep two metres apart.

KEEP LEARNING - Enjoy doing something different like learning a new skill or hobby or joining Your Money Matters—it's a good way to keep your mind active.

GIVE -Support others in your community who are in need of help or volunteer—both can help you make new friends, keep active and gain new skills.

TAKE NOTICE—Try to be mindful of your environment in and around your home and, if you can't get outside much, remember you can still benefit from fresh air and sunlight by spending time with the windows open.

Your Money Matters



with

LISKEARD TOGETHER

ONLINE LEARNING



LISKEARD COUNCIL
W03R.V.G. 103 Y0.1



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Are you 16 or over, not in paid work & living in the Liskeard area?

YES.....

Then come and join us!

Two one hour sessions per week for three weeks that will show you how to keep track of your cash and identify ways to save money. We provide the resources to help you sharpen your money skills and the information to help you save money. This course is free to Liskeard Together participants who can have fun while they learn.

Mondays & Thursdays 10am—11am

If you want to join in or know more about Your Money Matters , contact Jemma or Jo.

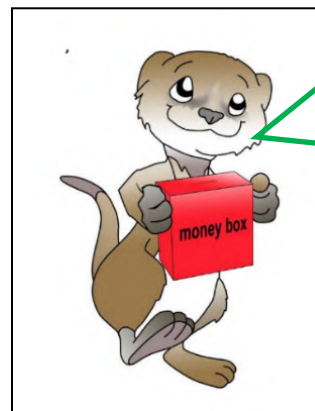
Jemma— 07837 432044

Jemma.warburton@cornwallhousing.org.uk

Jo — 07891 200753

Joanne.may@cornwallhousing.org.uk

Free support is available to those in the Liskeard area who are not currently in paid employment.



This Your Money Matters course is full of useful Info, ideas and handy resources to help you **Save Money!**

Course Content

Information on what you can do to help yourself save money.

A chance to think about how saving and spending are affected by how you feel about money.

Tools to help you create a simple budget and plan your spending.

Ideas on how to make sure your budget is accurate.

Tips about where to find more information and support about your money.

Links to our popular Feed the Family course to help develop your skills and confidence around budgeting and food.