

WELLBEING WITH
WHYSUP

THE COST OF LIVING CRISIS
KAYE PRICE

Better Wellbeing Equals A Better Business



Kaye Price

Principal of KP Financial Wellbeing

- The crisis – what's going on?
- What should we be worried about?
- What to watch and check?
- How to reduce the impact?
- What to do if you find yourself in difficulty.



WHYSUP

TO GET THE MOST OUT OF THIS SESSION, WE RECOMMEND YOU:



Put your phone on 'Do Not Disturb' or better yet, leave it in another room



Let anyone in your general space know that you'll be occupied for the next 20-30 minutes



Give this session your full attention

These guidelines are here to ensure you're absorbing the content fully with room to reflect



WHYSUP

ALTHOUGH YOU HAVE JUST
HEARD WHYSUP SPEAK, THIS IS
ULTIMATELY ABOUT **YOU**.

Our mission is to get you thinking about your own wellbeing, how you can start to look after yourself better, and to give you the practical tools to get started.

Got questions?

Just ask [@WhysupOfficial](#)

KEY TAKEAWAYS

- Do not panic, difficult financial markets don't last forever, there are things you can do and advice is always available.
- Utilise comparison sites, websites and make a plan.
- Create and use a monthly budget planner.
- Talk openly about money with those you trust.
- If anyone finds them self in difficulty:
 - Ask for help
 - Speak to friends and family
 - Utilise advice services such as Citizens Advice and Money Advice Service
 - Investigate other means of support including benefit entitlement and charities
- Practical Steps:
 - Check your savings are working for you.
 - Organise debt and ensure your paying off the highest interest first.
 - Check when your mortgage renewal is and get comparisons.
 - Review utilities and look out for new deals as the year progresses.
 - Check any contract and avoid auto renewal.
 - Sell old items, use eBay and other sites.
 - Get used to saying no to social events and think of other ways to meet up!

USEFUL LINKS / APPS

Martin Lewis' Money Saving Expert

<https://www.moneysavingexpert.com/>

Citizens Advice:

<https://www.citizensadvice.org.uk/>

Money Advice:

<https://moneyadvice.co.uk/>

National Debtline:

<https://nationaldebtline.org/>

Contact Kaye Price directly on:

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email kaye.price@sjpp.co.uk

Facebook -

<https://www.facebook.com/kayepricewealth>

WHYSUP

ONGOING SUPPORT

Whysup Support + Merchandise

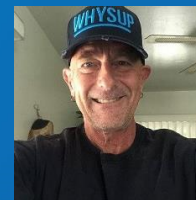
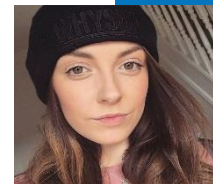
Our merchandise range was launched to create a brand that would be associated with addiction awareness, recovery and a positive state of wellbeing but today it is so much more...

The revenue from our merchandise is used within our community support work to fund the delivery of free services within education and local community groups, as well as funding recognition awards for young people

We also operate a support line for those who reach out and offer free private counselling.

Further information can be found at;

www.whysup.co.uk/help



WHYSUP

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