

# Budgeting

**Are you like many and live day to day, trying to spend sensibly but always run out of money before the end of the month? Budgeting is simply understanding how much you have coming in and how much is going out.**

Your outgoings will include essentials such as mortgage/rent, energy, travel and food. After you've paid those, having a plan of how to spend the rest is good practice.

Currently with the cost of living rising, one unexpected bill can impact your financial situation for the month or even longer. Knowing the costs that you consider to be additional or luxury will help you understand where you can make savings. If there's anything left you can consider building an emergency fund for the unexpected.

## **“If you can measure it, you can manage it”**

There is an old saying: “If you can measure it, you can manage it”. Budgeting starts with collecting bills and bank statements and noting down what money comes in and what goes out. If many transactions happen on the same bank statement, often it's difficult to see where the money is going. There are various apps and websites that offer free budgeting tools. These give lists of typical income and expenses which are a good prompt to help you plan your budget.

We recommend the government-provided Money Helper site, which is available at [moneyhelper.org.uk](https://moneyhelper.org.uk). Using this link, you can complete a budget planner online or download a spreadsheet. After entering your known costs, it will tell you how much you have left every month for spending on things that are important to you, or how much you are overspending. You can then use it to explore the “what ifs” and how you can balance your finances. The link to this site can also be found on PeoplePerks and our Employee Assistance Helpline (see below).

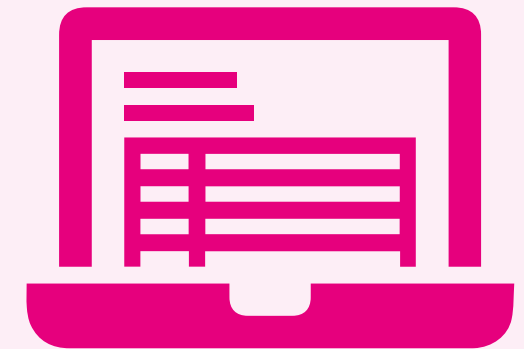
## **Need more help?**

Our [Employee Assistance Helpline](https://employeeassistance.org.uk) can provide you and your family with counselling and advice covering a variety of personal, family or workplace issues. All calls are free and confidential. Call 24 hours a day on **0800 328 1437**; visit [employeeassistance.org.uk](https://employeeassistance.org.uk) (the access code is SREAP); or find out more by logging into PeoplePerks.

# Financial wellbeing

We're also partnered with the Retail Trust to provide specialist emotional and physical support for retail colleagues. You can access this through your PeoplePerks account; via the trust's free and confidential 24-hour helpline on **0808 801 0808**; or by email at [helpline@retailtrust.org.uk](mailto:helpline@retailtrust.org.uk). Our package for retail staff includes a host of wellbeing features, which are available at [myrtwellbeing.org.uk](https://myrtwellbeing.org.uk).

Our PeoplePerks site is full of education, support, tools and activities to help your wellbeing. It includes a specific area on wellbeing, including financial wellbeing. Log in at [peopleperks.co.uk](https://peopleperks.co.uk). If you don't



| Category      | %  | Money |
|---------------|----|-------|
| Home          | 28 | 1008  |
| Food          | 18 | 626   |
| Transport     | 15 | 521   |
| Health        | 11 | 382   |
| Education     | 9  | 313   |
| Phone         | 7  | 243   |
| Clothes       | 5  | 174   |
| Entertainment | 4  | 139   |
| Other         | 2  | 70    |

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## Financial wellbeing

have a username or have forgotten your details, email the People Administration team at [peopleadmin@sueryder.org](mailto:peopleadmin@sueryder.org) or call 01491 640905 for support.

The [Wellbeing Resource Page](#) on [RyderNet](#) has huge amounts of support and information, including more printable wellbeing guidance sheets like this. There are also signposts to external resources and support from other organisations.

If you want to learn more about wellbeing and mental health issues, the [Learning and Organisational Development team](#) offers a variety of training and development options including e-learning packages, qualifications and training for line managers. Email the team at [learningteam@sueryder.org](mailto:learningteam@sueryder.org).

We also have around [70 Mental Health First Aiders](#) across Sue Ryder. To find their details, please visit the [Wellbeing Resource Page](#) on [RyderNet](#).

