



Money Management (SUM)

**Do you want to improve
your financial health?**

**Would you like advice
on how to manage
money?**

**Are you interested in
learning new skills?**



Our FREE friendly and supportive course offers one-to-one coaching and group support, helping you to take control of your financial wellbeing. The course could lead into further training and work.

We will assess your current situation and agree practical actions that you will take forward. Workshops will include managing your money, employment support, IT and welfare benefits advice.

For more information call our health, learning and work team on 01582 470900 or email hlw@drcbeds.org.uk

The Building Better Opportunities "Financial Inclusion" project is funded by the European Union European Social Fund and the Big Lottery Fund.



LOTTERY FUNDED



European Union
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Email: hlw@drcbeds.org.uk

Poynters House, Poynters Rd, Dunstable, LU5 4TP

Registered Charity No 1041712

Our Patron: The Duke of Bedford





Who can attend the course?

This programme is aimed at residents of Central Bedfordshire, Luton and Northampton who have a physical disability or health condition.

You must be unemployed or economically inactive and have a right to live and work in the UK.

One-to-one and group support includes:

- Welfare benefits advice
- Money management skills
- Changing financial behaviour
- Employability skills
- IT
- Managing change
- Better off calculations

Course background The funding for the project is provided by the Big Lottery and the European Social Fund.

The 'Support to Understand your Money' (S U M) project is to support

unemployed or economically inactive individuals to improve their financial capability and tackle poverty that may be the result of being out of work. Training will enable people to be more job ready and, in the longer term, to move into work.



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