

6.Members' top tips

6.1 Better Money Habits



How can you change your spending to save money?



Make a list of everything you buy in a month

TESCO



Shop around the different supermarkets for the cheapest prices

ASDA



Look out for offers such as 2 for 1



Make a shopping list so you only buy what you need



You could buy supermarket own brands rather than the named brands (like Heinz or Kellogg's)



50%

You can plan ahead and buy presents in the sale

ASDA

PC World

John Lewis

You can look out for shops that **do price matching**

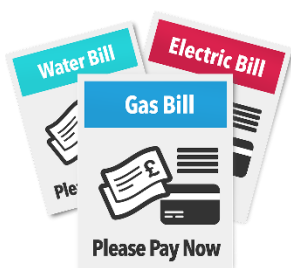
- Asda
- PC World
- John Lewis



£100.00

What is **price matching**?

If you find an item that cost less another store will match the price



Shopping around for gas, electricity, phone and internet deals



Make sure you are receiving the right money by doing a benefit check



Making sure you are paying the right amount of council tax



If you have a severe disability you may be able to get a discount on your council tax bill

6.Members top tips

6.2 How to save money on your food shopping



Here are some simple changes you can make to your food shopping that could save you money



Look out for reduced items, often shops will reduce fresh food in the evening



Make a shopping list before you go shopping



Think about the items you could buy in bulk

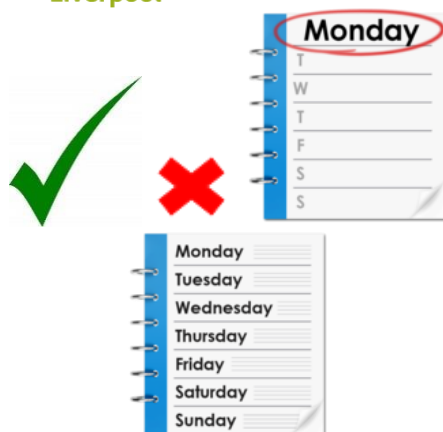
- Toilet roll
- Teabags
- Pasta



Don't just do your shopping in the one shop,
shop around for the best prices



Look out for deals in store such as 2 for 1



Do a weekly shop instead of shopping daily



Do not go shopping on an empty stomach as you will be more likely to buy items you do not need



Buy supermarket brands instead of named brands



Check the price before you buy, you may be able to find the item cheaper somewhere else

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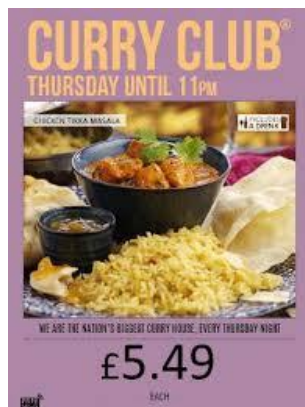
6.3 How to save money when going out



Going to the cinema when there are offers on such as 2 for 1



Getting a cinema card so your support worker or carer can go for free



Specialty food nights such as curry night and a drink for a set price



Going to a community café where the food may be cheaper



Taking a picnic to the park and making your own sandwiches



Going the theatre mid-week and for the afternoon (**matinee**) showing



Doing free outdoor activities such as going for a bike ride



Visiting local free attractions such as museums and art galleries