



*With the April price hike in full swing, it's important to make your financial wellbeing a priority.*

At Involve, we deliver an array of holistic, personalised and impactful services to help people in the community that require additional support with their health and wellbeing. Each one of our services has been borne out of need and is a direct response to the social determinants of health. One of the social determinants of health is 'Economic Stability'. In recent years, it has become well documented that economic stress and instability can worsen chronic mental and physical health conditions such as depression, heart disease, obesity and diabetes.

In light of the recent price hikes, our incredible team has put together a list of **10 Top Tips** to assist with your financial security so that you can continue to focus on what matters most to you.

- 1.** Take your meter reading as soon as possible. This will stop your utility provider estimating at the new higher rate.
- 2.** Washing at 30 degrees can save you up to 40% on your electric for washing as you are using less heated water.
- 3.** To dry clothes, utilise outdoor drying if possible. If you don't have an outside space, you can use an airer or two. You can get pull out airers that go over the bath, or you can even simply hang your clothes on a coat hanger and place by a window or near a radiator. If you have to use your tumble dryer, add a dry towel to the wet load to help dry your clothes faster and use less electricity.

- 4.** Only heat the rooms in your house that are required and turn the thermostat down. E.g Do you need your radiator on in your hallway? For those using natural sources such as log burners, tree surgeons will often be able to provide you with more affordable wood than logging companies.
- 5.** When buying in person or online, always look around for the cheapest price rather than buying from the first company, you can save so much! Further, if you Google 'Discount Code' for that company, you may be surprised by the number of codes that appear! Additionally, many banks may offer rewards on purchases if you purchase from specific companies. Look into the rewards of your bank account and opt-in to receive money back if you see a company that you often or occasionally buy from.
- 6.** Think about your subscriptions. Do you use your gym membership? Do you feel that you are getting a good deal on your TV subscription?... if not cancel it. It's worth looking around and also calling your provider for deals. On occasion, if you call your provider and state that you'd like to cancel, they may provide you with a discount offer to stay.
- 7.** Remember to use Store Reward card's to collect points and then use those points to claim discount against another purchase. The Tesco Clubcard is infamous for offering some great discounts and you can exchange your points for discounts at many other stores e.g PizzaExpress.
- 8.** It's important that everyone has access to the food they need, if you are wondering if you could reduce your weekly shop by simply switching supermarkets, visit [Trolley.co.uk](http://Trolley.co.uk) which is a website that compares the food prices of a range of supermarkets.
- 9.** Most Water companies offer FREE water saving kits to help save water in your home. For example, Southern Water offer a FREE water saving bag that you put in your cistern to help save on the amount of water you use per flush. Give your supplier a call to see if they can offer this to you.
- 10.** If you're looking to go on trips on weekends and half terms and have children, check out KidsPass. They offer a 1-month trial for £1. After the first month, it increases to £4.99 a month. KidsPass offer some great discounts on various activities such as Cinemas, Zoos, Theme Parks and many more. For example, using the KidsPass on an average cinema trip for 2 adults and 2 children can save you£13.02! Well worth paying the £1 for.