

Online Financial Wellbeing Workshops

Calling all Hampshire residents! Discover our funded **online 1-hour** workshops on Zoom, delivered by financial wellbeing experts from Money Minded.

Camera on or camera off - it's up to you! Interact as much or as little as you like!

Wednesday 15th January 10am-11am	Live well: Your money reset An opportunity to take control of your financial wellbeing 10 things you can do today to improve your finances!
Wednesday 29th January 10am-11am	New year, new you: Your money goals Maximise your income, learn to budget and reduce your spending! Develop a positive money mindset, good habits and learn how to plan ahead.
Friday 7th February 10am-11am	Live well: Your money reset (repeat) An opportunity to take control of your financial wellbeing 10 things you can do today to improve your finances!
Thursday 13th February 10am-11am	From worry to wellbeing: simple steps to thrive with your money and mental health Learn how to build financial resilience and understand your money habits and emotions. Discover 7 steps to support your mental health.
Monday 3rd March 10am-11am	Spring clean your finances Learn about changes to state benefits, pensions and childcare in 2025 Understand tax thresholds and tax codes Explore ISAs and savings allowances. Check and understand your payslip!
Monday 17th March 10am-11am	Eat well for less Discover how to eat well on a budget, including using cheaper cooking methods Explore supermarket hacks and loyalty incentives Find out how to access food banks and pantries near you



For more information, or to enrol, scan the QR code or email us at employmentandskills@sng.org.uk