

February/March 2012 Release Article

Release... It is over!

Christmas and New Year have been and gone, we take time to prepare for them and they seem to go by 'instantly'.

However, well intentioned we are, we have probably spent more than we wanted to, and the real 'cost' may be beginning to bite! You may be asking the question 'what should I do?' Money worries affect nearly all of us.

If you find that you are falling behind with your bills and worried about how to pay your debts, you are not alone, many people will be going through the same thing, and most of us just put a brave face on things and 'muddle along'.

SO 'WHAT SHOULD I DO IF IT HAS ALL GONE WRONG?'

- Don't ignore the problem; it won't go away and the longer you leave it, the worse it will get.
- Don't borrow money to pay off your debts without thinking carefully. Get advice first.
- Work out your personal budget to send to your creditors, when you tell them about your difficulties.
- Make sure you tackle your priority debts first, for example, debts which could mean losing your home or having your gas or electricity cut off.
- Contact everyone you owe money to and make arrangements to pay a reduced amount that you can afford on your credit debts.

RATHER THAN LETTING MONEY CONTROL YOU, WHY NOT MAKE YOUR NEW YEAR'S RESOLUTION TO CONTROL YOUR MONEY?

This will greatly improve how you and your family feel. The crucial thing is to create a budget – this is just a summary of all money we have coming IN and all we pay OUT (Income and Expenditure), ensure **everything** is included.

There are no 'right' forms to use, but try <http://budgetbuilder.themoneycourse.org/> which is easy to use and calculates figures for you (converting them to all weekly amounts or whatever you select).

If you require a paper budget sheet, do contact us.

WE WISH YOU A VERY HAPPY AND PROSPEROUS 2012.

FOR FREE, CONFIDENTIAL AND NON-JUDGMENTAL ADVICE ON CREATING A BUDGET and DEALING WITH DEBTS – contact RELEASE (Financial) Charitable Trust on 01773 306289 or 07805 795748 or 07932 088331. www.releaseonline.org.uk

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