

Financial Wellbeing Support delivered in the Community

Our free, community- delivered Financial Wellbeing Programme provides the opportunity for participants to get involved in group sessions and receive personalised 1:1 support. Our sessions are delivered by an experienced facilitator on Tues-Thurs. Our delivery is perceptive and reactive, and each session is tailored to the needs of the attendees as much as we possibly can.

By creating a safe and inclusive environment, participants are able to share their feelings towards numeracy related subjects such as budgeting, managing a household income and making positive purchasing decisions. We also explore the important link between finances/money and wellbeing. Participants are encouraged to find solutions and identify personal goals along the way. We offer a flexible session structure where participants can learn from each other and share their experiences.

The Enable East team have a strong background in delivering free community programmes that improve public wellbeing. As part of an NHS trust specialising in Mental Health (Essex Partnership University NHS Foundation Trust), our activity is always centred on making improvements to people's wellbeing and resilience. By doing this, we aim to help our local communities thrive.

Outlined below is a summary of the content that our programme offers which is ideally delivered in-person to groups in community locations. Where this isn't possible we can explore an online option via MS Teams. The participants' journey includes 8 learning hours starting with a thought task before they arrive to the face to face session which itself takes roughly 5 hours (with lots of breaks). A 1:1 support session is arranged soon afterwards which can be online or via telephone. We are open to discussions about the desired approach and happy to adapt our model within reason, to suit the needs of the participant.

A minimum of 5 participants are required for our community delivery option. We have a number of different locations that are available for us to host sessions, or if you have the space we can come to you. All who complete the course and the 1:1 support session, will receive a certificate of attendance and a £10 supermarket voucher.

Participants must be 19+, based in Essex and not have GCSE/O level in maths (at C or above)

Participant Journey (Sessions 1-3 delivered in face to face group)

Session 1 – Budgeting and Managing Your Monthly Finances – Activities such as creating a simple budget, separating luxury from essential, maximising income and reducing expenditure, and comparing 'what I think I spend' vs. 'the reality'. This session gives you some of the tools to start effectively manage your spending.

Session 2 – The Relationship between Money and Wellbeing – Focussing on creating positive relationships with money and acknowledging the impact that poor finances can have on your wellbeing. Exploring emotional spending, not buying more than you need, how to manage income-related anxiety and starting to create sensible spending habits.

Signposting (3) – This short, final group session is designed to show the participants what further help is available to them via signposting to other support organisations.

1:1 Support Session – A bespoke session via phone/Teams. Participant led discussion around individual financial concerns or other support needs. i.e. applying for other courses, employability or signposting to available Mental Health Support.