

Adult Money Workshops

Our work with Adults aims to make staying on top of your money accessible to everyone.

We believe that getting on top of your money is essential to helping people improve their overall wellbeing, achieve their goals and live a happier, more positive life as a result. Our 2 hour face-to-face workshop aims to help people develop the knowledge, skills, behaviours and attitudes to manage their money well and we currently have funding to deliver our workshops **for free** to non-profit and charitable organisations.

Our workshops cover:

*Planning
Debt
Saving
Financial products
Everyday Money*

“You’ve inspired me to use my money to live life more fully, at a time when I didn’t have any money worries, but felt stuck in life and maybe a bit lost/lacking direction”

12 million people are not saving enough for retirement (MAS, 2015)

41% of adults do not know their current account balance within £50 (MAS, 2015)

In 2014/2015, 9.9 million days of work were lost due to stress, depression and anxiety, accounting for 43% of sick days taken (HSE, 2015). Research conducted by the Mental Health Foundation found that 45% of those surveyed cited financial worries as the source of their anxiety (MHF, 2014). Feedback from our previous workshops demonstrated that people felt increased confidence in managing their money, resulting in reduced overspending, saving more and worrying less.

Whether people are frustrated that their hard earned cash seems to disappear, or they are struggling to manage their credit, our workshops should set them off on a better path.

For more information about our workshops for adults – please contact Jasbinder Kaur, Training Officer, 0207 062 8933