

Thrive wellbeing

Confidential staff financial wellbeing support



Money Helper

Impartial guidance on debts, credit questions and managing your money in uncertain times. Fee budget planning tool. Information on cost of living support organisations. www.moneyhelper.org.uk/en
NHS telephone support: 0800 448 0826
WhatsApp: 07701342744



Salary Finance

Our financial wellbeing partner has created the G.U.I.D.E (Groceries, Utilities, Insurance, Debt, Energy) to help you navigate the increasing cost of living. They also offer NHS loans, salary advances, free webinars and a free financial fitness calculator. www.salaryfinance.com



Let's Talk

Money

Advice and support from the Citizens Advice service about debts, rent arrears, claiming benefits or general finance. www.citizensadvicebcp.org.uk/campaigns/letstalkmoney
Telephone support: 01202 985104



Access to Food Map



BCP's new app to support you if you are struggling to pay for food. Visit www.bcpCouncil.gov.uk and search 'access to food map' for details on how to confidentially access local food banks and download the app.



WellNet

Support and educational tools tailored to NHS staff aimed at helping you make the most of your money, deal effectively with debt and plan for the future. Visit wellnet.dorset.nhs.uk and search financial wellbeing.



NHS staff can register online to benefit from national and local retailer discounts including days out, fashion, gifts and more. www.bluelightcard.co.uk



NHS staff can purchase a membership to access discounts on home items, groceries and electronics in local warehouses and online. www.costco.co.uk



Find more wellbeing support under 'W' on the UHD intranet