

Taking Action on the rising cost of living

Thursday, 3 February 2022

In January, we shared the campaign that Journalists across JPIMedia teamed up to launch; an important and timely campaign highlighting the huge impact that domestic fuel price rises will have on families.

For many of us, the reality of this is being felt, and we are looking for practical ways to budget, save and stay on top of the rising cost of living. Happily, there are many free and easily accessible resources available.

Citizens Advice offers support to empower people to find their way forward, including practical ideas on reducing living costs.

The Big Issue was founded to give vital support and specialist services to enable their vendors to rebuild their lives and determine their own pathways – but had you also considered that their website offers a wealth of advice on financial support?

Martin Lewis – Money Saving Expert the well-known campaigner with the tagline – Cutting your costs, fighting your corner. Readers can access FREE resources to support budgeting, and debt help and even food storage hacks to help save money – and the planet!

If you're struggling with debts, they may seem impossible to manage. However, there are ways to get out of debt, no matter how bad the situation seems. NI Direct.Gov offers free and independent advice available to help you manage your debt problem.

.moneyhelper.org offer the Beginner's guide to managing your money, with a free helpline to get additional support

Step Change is a well established debt charity, offering free advice online – why not take the first step with their questionnaire to get the best advice for your situation.

The most important thing to remember is that you are never alone. Any of the helplines listed here can offer free and impartial advice without judgement. JPIMedia offers a free and confidential Employee Assistance Programme. The EAP not only offers free counselling but also interactive health assessments, budgeting tools, fitness advice and a range of other resources.

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