

YMCA Go!

FAMILY SUPPORT

A GUIDE FOR PARENTS
& GUARDIANS

BUDGETING



YMCA

Here for young people
Here for communities
Here for you



All information correct as of
November 2023.

Budgeting

Running a household and keeping to budget can be a hard task. Find tips on how to best manage a household budget below.

1

Only spend what you can afford

Using budget trackers is a good tool to understand what you can afford based on your monthly income, and important outgoings. Set saving goals throughout the year for additional outgoings such as birthdays and holidays.

2

Find local charity shops & foodbanks

Thrifting is now a popular activity, giving items with plenty of life more use - from clothing to frying pans! Foodbanks can also help to boost the food, and may be able to help with other items such as sanitary products.

3

Reuse & Recycle

Many items can be reused rather than thrown away instantly. Reduce costs on tupperware by using takeout containers. Old broken/stained clothes can be used as cleaning rags. Be creative!

4

Make do & Mend

Take time to learn a basic skill and it can save you endless money! Buttons can be re-sewn, hems taken up. Can you re-fuse a plug? Youtube is a great resource for learning how to mend the simple things.

5

School Uniform Funds

School uniform can be a huge expense throughout the year. Schools should now offer a more cost effective option to help, but many charities and groups offer funding to help (usually during the summer holidays but some are yearly).

6

Supermarket Own Brand

Branded items in the supermarket usually cost around twice the price if not more than own branded items, despite being made in the same factory a lot of the time! Try swapping out branded for supermarkets own next time you shop.

7

Communicate with school

Let the school know if you are struggling to cope. There may be ways to help such as free school meals for young people, or even vouchers to help spend on specific items throughout the year. *(Please bear in mind each school may offer different support)*

8

Do you have the correct benefits?

Check that you are in receipt of the correct benefits for you, as you may be entitled to more help. This can be checked at the local job centre, Citizens Advice or at local foodbanks.

Budget Tracker

Fill in the budget tracker to keep an eye on your expenses for the week/month

Income (Weekly/Monthly)	
Wages / Salary	£
Wages / Salary (Partner)	£
Benefits	£
Money from other people	£
Other	£
	£
Total Income:	£

My total income is:

£

My total outgoings are:

£

This leaves me an available income of:

£

Outgoings (Weekly/Monthly)	
Mortgage / Rent	£
Second Mortgage / agreed loan	£
Service charges	£
Building / Contents insurance	£
Life insurance / Endowment	£
Council tax	£
Gas / Electricity	£
Water	£
Food / Housekeeping	£
Travel	£
Phones	£
TV Licence	£
Clothing / Emergencies	£
Prescriptions / Health costs	£
Other	£
Total Outgoings:	£

Debt Management

Use this sheet to help you manage and reduce debts.

Priority Debts

Type of Debt	Money Owed	Payments negotiated to pay off debts (weekly/monthly)
Rent Arrears	£	£
Mortgage / 2nd Mortgage arrears	£	£
Council tax arrears	£	£
Gas / Electricity arrears	£	£
Fines	£	£
Maintenance arrears	£	£
Other	£	£
Total:	£	£

My total payments to priority creditors is £ per month/week.

When I have made payments to my priority creditors I have £ for my non-priority creditors.

Non-Priority Debts

Type of Debt (fill in the name)	Money Owed	Offer of payment (weekly/monthly)
Debt:	£	£
	£	£
	£	£
	£	£
Total:	£	£

For further support visit:

Websites:

www.moneysavingexpert.com

www.stepchange.org

www.citizensadvice.org.uk

www.nationaldebtline.org

www.moneyplusadvice.com

www.moneywellness.com

www.sottogether.vast.org.uk

www.stoke.gov.uk/info/20012/business/489/household_support_fund

Phone Numbers (Stoke):

Help through Hardship: 0808 208 2138

Alice Charity: 0800 032 8728

Beat The Cold: 0800 389 2258 / 01782 914 915

Money Matters: 01782 470 980 / 07880 795304

Payplan: 0800 316 1833



**For more information about
YMCA Go! please head to
www.ymcans.org.uk/ymca-go**

