

LOOKING AFTER YOUR WELLBEING - FINANCIAL WELLBEING

CHILDCARE



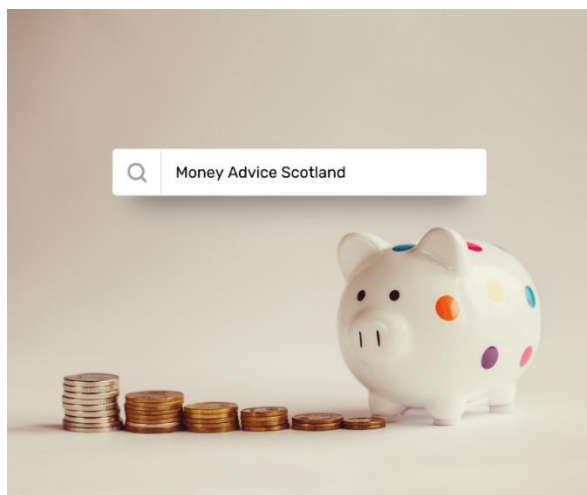
Did you know that you can get up to 1,140 hours of funded early learning and childcare a year (around 30 hours a week in term time) if your child is 3 or 4 years old? Funded early learning and childcare is also available for 2-year-olds who have experience of care. Your 2-year-old can also get funded early learning and childcare if you get one of the listed benefits outlined online.

For full information [click here](#) to visit the government website.

You can also visit the dedicated pages for your local council:

- [Angus Council](#)
- [Dundee City Council](#)
- [Perth and Kinross Council](#)

MONEY ADVICE SCOTLAND



Money Advice Scotland is Scotland's money charity with a mission to be the driving force towards financial wellbeing for the people of Scotland. The charity exists to help people in debt, support money advisers, and influence policy.

In the 'Get help' section of the website there is a range of resources available, which includes: a benefit calculator, advice on preparing for appointments, an Affordability Passport explanation of debt terms and MAS

online bank which is a safe and secure way to practice using online banking without connecting your own account.

[Visit](#) the Money Advice Scotland website to find out more.

In addition to this, Money Advice Scotland also host a range of [events](#) such as online webinars and training. The target audience for the events can vary therefore it is important that you read the event outline carefully.

The Money Advice team are available to help with any queries - [click here](#) to find out ways to contact them.

ONLINE LEARNING

There are a range of financial education resources available online. Find out about some recommended resources below:

[Martin Lewis – Money Saving Expert](#) – A consumer website with advice on Income & Budgeting, Banking & Saving, Deals, Household bills and so much more.

[Santander](#) – Budgeting and Borrowing Videos

[Barclay Life Skills](#) – A range of online resources for adult and young people.

[Lloyds Academy](#) – An online learning hub with a wide programme of lessons is open to everyone, easy to follow and completely free. In addition to this, there are also [resources](#), such as videos, guidance notes and full session packs designed to empower young people with financial skills.

[HSBC](#) – HSBC have a Financial Fitness tool which you can use to understand how healthy your finances are and it provides tips to help you set achievable goals to improve your financial health. This is a free tool, which requires no registration and will not impact your credit score in any way.



grow.

PERIOD PRODUCTS

Scotland was the first country to make period products widely available for free! These were first introduced in schools, colleges and universities, and are now widely available in our communities. To support you to access free sanitary products, you can download the PickupMyPeriod App on [IOS](#) ([Apple](#)) or [Android](#) to find pick up locations in your local area. As of January 2022, PickupMyPeriod links to over 700 venues in many communities where free products are available and this number is expected to

You can also visit the dedicated pages on your local council website for further support: [Angus Council](#), [Dundee City Council](#), [Perth and Kinross Council](#)

WHERE TO GO FOR SUPPORT

DETAILS CORRECT AS AT NOVEMBER 2023	
<p>Welfare Rights Team</p> <p>The Welfare Rights Team in each council area aim to help support you with a wide range of benefit and tax credit queries. They can ensure you are not missing out on entitlement to benefits and other related help by providing a free, confidential and impartial benefits advice.</p>	<p>Angus Website: www.angus.gov.uk/benefits and money advice Email: welfarerights@angus.gov.uk Phone: 0345 277 7778</p> <p>Dundee Website: www.dundeehscp.com/welfare-rights Email: welfare.rights@dundeecity.gov.uk Phone: 01382 431167</p> <p>Perth & Kinross Website: www.pkc.gov.uk/wrt Email: welfarerights@pkc.gov.uk Phone: 01738 476900</p>
<p>Funded Early Learning and Childcare</p> <p>You can get up to 1,140 hours of funded early learning and childcare a year (around 30 hours a week in term time) if your child is 3 or 4 years old.</p> <p>In some cases, if your child is 2 or almost 2 years old you may also qualify for childcare support.</p>	<p>Angus Website: www.angus.gov.uk/schools and young people/early learning and childcare</p> <p>Dundee Website: www.dundeecity.gov.uk/service-area/childrenand-families-service/education/entitlement-to-funded-early-learning-and-childcare-nursery Email: earlyyears@dundeecity.gov.uk</p> <p>Perth & Kinross Website: www.pkc.gov.uk/article/21333/My-child-is-under-5 Email: childcare@pkc.gov.uk (Childcare Strategy Team)</p>

<p>Citizens Advice Bureau Across Tayside, the Citizens Advice Bureau have several offices. They offer free, impartial and confidential advice and information to give individuals the tools they need to sort out any issues or problems on topics such as benefits, debt, pension, financial wellbeing.</p>	<p>Angus Website: www.anguscab.org.uk Phone: 01241 870661 (Arbroath), 01674 673263 (Montrose), 01307 467096 (Forfar) Email: Angus online email form</p> <p>Dundee Website: www.dundeecab.org.uk Phone: 01382 214 633 Email: Bureau@dundeecab.casonline.org.uk</p> <p>Perth & Kinross Website: www.perthcab.org.uk/get-advice Phone: 0808 196 9440 Email: advice@perthcab.org.uk</p>
<p>Money Advice Scotland Money Advice Scotland is Scotland's money charity, who exist to help people in debt, support money advisers, and influence policy.</p>	<p>Website: www.moneyadvicescotland.org.uk Phone: 0808 800 444 Email: info@moneyadvicescotland.org.uk</p>
<p>Period Products Under The Period Products (Free Provision) (Scotland) Act 2021 local authorities and education providers have a legal duty to make period products available free to anyone who needs to use them. The Act will be in force by January 2023 at the latest, however, there are over 700 venues currently providing free period products across communities</p>	<p>Website: www.mygov.scot/free-period-products</p> <p>App: Download the PickupMyPeriod app for iOS Download the PickupMyPeriod app for Android</p>