

Difficulties with money?



**citizens
advice**

**Leiston,
Saxmundham
& District**

Financial Capability

We are here to help you create and keep to a budget so, you can:

- **Maximise and track your income and manage your spending**
- **Manage bills, credit and borrowing**
- **Save money**

We also work with groups to discuss financial topics specifically relevant to them such as pensioners, new parents, school leavers, new family groups, care leavers and first-time tenants.

Our sessions are free and interactive and there are a variety of resources and activities provided, including research and enquiry.

They can be designed to match your requirements and can be delivered to different age groups in large/small groups, or on an individual basis.

For Free independent Budgeting and Financial Capability advice, please contact us on 01728 832193 or email budgeting@leistoncab.cabnet.org.uk

we remain open for advice by phone and email (Mon, Tues, Thurs and Fri – 10am-2pm.