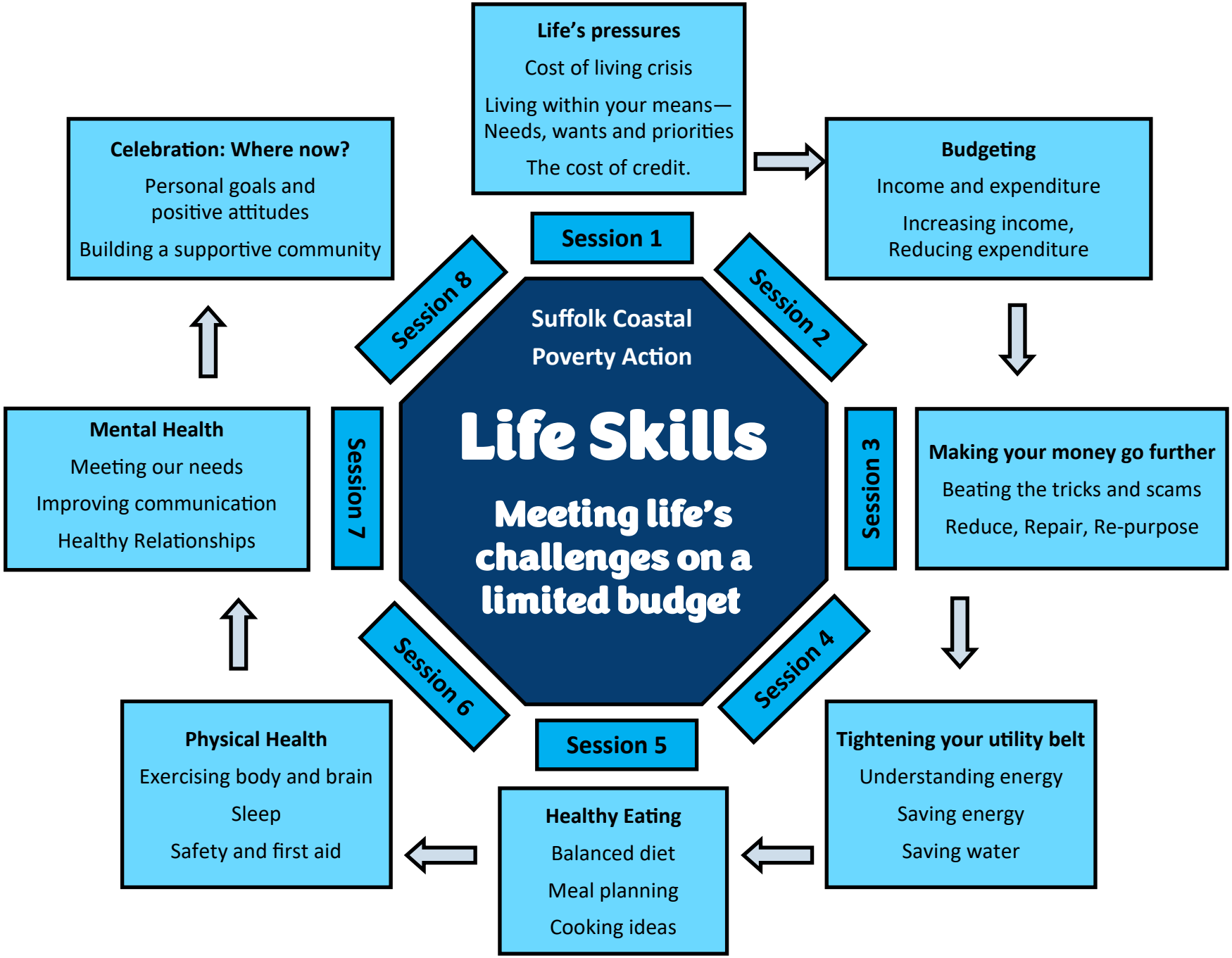
Suffolk Coastal
Poverty Action
Life Skills
Meeting life's challenges on a limited budget
Session 1
Life's pressures
Cost of living crisis
Living within your means—Needs, wants and priorities
The cost of credit.
Session 2
Budgeting
Income and expenditure
Increasing income, Reducing expenditure
Session 3
Making your money go further
Beating the tricks and scams
Reduce, Repair, Re-purpose
Session 4
Tightening your utility belt
Understanding energy
Saving energy
Saving water
Session 5
Healthy Eating
Balanced diet
Meal planning
Cooking ideas
Session 6
Physical Health
Exercising body and brain
Sleep
Safety and first aid
Session 7
Mental Health
Meeting our needs
Improving communication
Healthy Relationships
Session 8
Celebration: Where now?
Personal goals and positive attitudes
Building a supportive community