



Helping you live with the increased cost of living

The increased cost of living is putting pressure on our finances, and we're all thinking carefully about our day-to-day spending.

In this newsletter we share some more practical step-by-step ideas you could use to help you get ahead and stay ahead of the increased cost of living.

Taking control of your spending

Budget today and benefit straight away

Budgeting doesn't have to mean cutting back, but it can show you where you can make adjustments and save a few pounds.

[Budgeting for all](#)

Build a savings plan

We've got a new seven-day savings plan that could help you spot chances to cut back and save.

[Seven ways to save](#)

What do other people's finances really look like?

Four volunteers share a truly honest look at their finances, warts and all. Then our Barclays Money Mentors® Grace and Fabio offer tips to help them take the next steps towards improving their money habits.

[Money Diaries](#)

Planning your finances

Whilst we live with the increased cost of living now could also be a good time to consider how you plan your finances so you're ready for whatever comes next. Cash savings and investments are both important and each has a role to play.

To help you plan for the future we give you the lowdown on what to consider when weighing up whether to invest your savings

[Saving and investing](#)

If you are thinking about investing Barclays are also offering access to preferential pricing with Smart Investor, our DIY investment platform as an exclusive benefit of our relationship with your organisation

[Find out more](#)

The value of investments can fall as well as rise. You may not get back what you invest.

