

# Wellbeing and Money News



Welcome to our regular news bulletin where our Wellbeing Coordinator **Lynn** aims to provide you with the latest news and tips for taking care of your wellbeing and your finances.

July

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2020



**So things seem to be changing and life is getting back to a new normal.**

What isn't changing is that you should wear a face covering if using public transport, wash your hands regularly, carry hand gel everywhere, try not to touch your face and keep your 2 meters distance. Here's the latest government advice on staying alert during the coronavirus pandemic and what you can and can't do:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>



Did you know that so far in the United Kingdom £5 million has been lost due to coronavirus scams !! Stay alert and take a look at the latest information from Action Fraud <https://www.actionfraud.police.uk/>

Looking for work? Despite the disruption caused by the covid-19 outbreak, there are still jobs out there to apply for. Take a look at the following advice:

<https://jobhelp.campaign.gov.uk/>



Looking to take more exercise to improve your health and mental wellbeing?

The City Council's leisure teams are putting on some great virtual exercise classes. Take a look at the ActiveStoke Facebook page.

<https://www.facebook.com/activestoke>



No matter what your circumstances, if you would like a financial health check or would like to discuss any aspect of your wellbeing contact us to make an appointment to chat with Lynn.

Lynn will do her best to assist you to access the various help that might be available to you. **Call 01782 968566**

**Important:** This new bulletin aim to provide the best advice, guides and tips that are out there and available. It does not constitute financial advice and we cannot accept liability if things go wrong.