



# Getting support from the Money Talk Team



## Who are the Money Talk Team?

We all know that being a parent can cost a lot of money. If you're struggling to make your money last to the end of the week or month or you're worried about how you'll pay your bills or manage your debts, you're definitely not alone.

The Citizens Advice Network in Scotland offers families the opportunity to get a little help from the Money Talk Team.

It's nothing scary, just a chat with their friendly advisers to see what you might be entitled to, and advice to help you make the most of your money.

They'll check whether you're getting as much income as you possibly could, and help find ways that you could pay out less each month, like:

- ways you might be able to save cash
- claiming benefits you might not know you're entitled to
- grants or exemptions you may be entitled to
- ways to manage debt.

## Who can access the Money Talk Team?

There are lots of different grants, benefits and exemptions for parents across Scotland and the team want to ensure you're making the most of them. So no matter whether you have a small or large family, a new family, a single parent family, or are a parent of a child with disabilities – there could be something to help you.

If you have any money worries, or if you're in debt and you want some advice, the Money Talk Team can help you find the best way forward.



### Find out more

Visit [ParentClub.scot](https://parentclub.scot) for more information on the Money Talk Team or call them free on **0800 028 1456** for a chat.