

SWP Financial Wellbeing

South Wales Police are committed to supporting the financial wellbeing of our officers and staff, helping to improve financial resilience and encourage a healthy environment for all.

Debt Management

StepChange is a national debt advice charity that provides free, confidential and expert debt advice and money guidance. As well as providing advice they can also recommend the best solutions or services for your circumstances. They will support you while you deal with any money issues, for as long as you need their support.

[StepChange website](#)

Breathing Space will allow you time to seek debt advice and explore your opportunities for debt solution, without the stresses that come from collection and enforcement activities. The scheme can provide up to 60 days protection from most types of debt collection.

[StepChange: Breathing Space](#)

Other Resources

[Police Mutual: debt awareness booklet](#)

[Copperpot: guide to debt consolidation](#)

[StepChange website](#)

[Citizens advice](#)

[Government news article: Breathing Space](#)

[Money Advice Trust](#)

[StepChange 60 Second debt test](#)

Quickly find out if you need debt advice

[Debt consolidation calculator](#)

Is debt consolidation right for you?

[Equity release calculator](#)

How much equity could you release?

[Credit card repayment checker](#)

Are you in control of your repayments?

[Online benefits calculator](#)

What benefits are you entitled to?

[7 Days, 7 Ways programme](#)

Take control of your financial future

Credit Unions

No.1 CopperPot

No1 CopperPot Credit Union is a not-for-profit organisation that offers financial services exclusively to the Police Family. No.1 CopperPot's aims are; to encourage members to save, to provide affordable loans and to provide financial education.

Visit: No.1 CopperPot

Tel: 0161 741 3160

E-mail: info@no1copperpot.com



Police Mutual

Police Mutual offer financial services and wellbeing support to police service across the UK. Police Mutual can also make a debt advice referral with Payplan, a free and confidential advice service to anyone in serious financial difficulties.

Visit: Police Mutual

To get in touch with a PayPlan advisor;

Tel: 0800 197 8433

Visit: PayPlan Police Mutual



Savings and Investment Options

Budgeting

Budgeting for your month/year will provide a sense of control over your financial wellbeing and will also allow you to begin to save. Your budget should include entertainment, clothes, holidays, gifts and emergency expenses.

A number of free online budgeting tools are available, including:

[MoneyHelper budget planner](#)

[Police Mutual budget calculator](#)

Saving

Getting into the habit of regularly saving can be a potential way of reaching your goals.

The Police Mutual ISA provides a saving option from just £30 a month regular savings. [Find out more.](#)

[How to Save](#)

[Types of savings](#)

[Savings calculator](#)

No.1 CopperPot also offer a range of savings services. [See more here.](#)

Investments

Once you are comfortable with saving, a next step may be to invest. Investing can potentially enable your savings to grow faster than they would in a savings account; however investing does not come without risk, so it is worth thoroughly researching your options first.

[MoneyHelper looks at the different ways of investing money, how to manage your investments to minimise any risks.](#)

Preparing for Christmas

[Christmas Money Planner](#)

[the Money Advice Service](#)

[Saving money for Christmas](#)

[MoneyHelper](#)

[Christmas Financial Detox](#)

[Police Mutual](#)

Internal Advice and Support

CareFirst support

CareFirst is our employee assistance programme. It provides 24/7 counselling and financial/debt advice from qualified advisors for all officers and staff.

Tel: 0800 174 319

Visit: [CareFirst website](#) [username: southwales password: police]

Counselling and mental health support

Our occupational health services provide support for officers and staff with personal and/or related concerns.

Tel: 01656 305990

Email: GM-CounsellingandTraumaServices@south-wales.police.uk

GMB

GMB has its own credit union and works closely with the *Debt Advice Network*. GMB also offer its members a solicitor's service through *Unionline* which can offer free advice and support on a range of topics.

Visit: [GMB](#)

Alternatively you can link in with your local representative who can provide you with further information and support.

Police Federation

The Police Federation urges officers who are experiencing financial difficulty to get in touch with their local representative who can help by providing one to one advice and guidance.

Police Staff Benevolent Fund

This fund provides financial support to police staff and can contribute towards home adaptations to support mobility, travelling and accommodation costs involved with the care of a member of your immediate family etc.

Visit: [Benevolent Fund](#)

Unison

Unison has its own unique charity 'There for You' which provides several wellbeing and financial services for members.

Visit: [Unison](#)

Alternatively, you can link in with your local representative who can provide you with further information and support.

External Advice and Support

AdviceUK

AdviceUK supports a large network of Independent Advice Services. They signpost several organisations and charities across the UK who provide information and support guidance surrounding money and debt advice.

[Visit their website.](#)

Citizens Advice

Citizens Advice has signposted information relating to debt and money advice allowing you to make the right choices, including help to deal with your debt problems, how to avoid losing your home and how to get your finances back into shape.

[Visit their website.](#)

Debt Advice Foundation

The Debt Advice Foundation's primary focus is on helping those that need advice and support through the provision of free, impartial and appropriate debt advice to people with unaffordable debt.

[View their website.](#)

Gov.uk

The Gov.uk site signposts a range of government services and information.

[View their website.](#)

Money and Pensions service

The Money and Pensions service's mission is to ensure everyone in the UK can easily access the information they need to make the right financial decisions for them throughout their lives, making the most of their money and pensions.

[Visit their website](#)

Pension Wise

Pension Wise provides free and impartial government guidance about your defined contribution pension options.

View their website.

The Money Charity

The Money Charity proactively provides education, information, advice and guidance to people of all ages, helping them to manage their money well and increase their Financial Wellbeing.

[Visit their website.](#)

Turn2us

Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help, providing practical help to people who are struggling financially – online, by phone and face to face.

[Visit their website.](#)

