



ORANGE HUB

Let's Talk Money
Empowering
Financial
Well-being
for Women

sheinspiresfoundation.org.uk

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The contents of this brochure are contributed by our advisory board members as part of our education programme.

Introduction

Welcome to Orange Hub - Let's Talk Money! Here, we embark on a transformative journey towards financial empowerment for women. Our mission is to provide knowledge, resources, and support, fostering a community where financial well-being is within reach for every woman. As we navigate through the complexities of finance, we aim to equip you with the tools needed to make informed decisions, overcome challenges, and build a secure future. Let's unlock the power of financial literacy together, embracing a brighter, more empowered tomorrow. Welcome to a space where your financial well-being takes centre stage.

Overview of the brochure's purpose

The Orange Hub - Let's Talk Money brochure is designed to serve as a comprehensive guide to financial well-being and literacy for women. It aims to empower and educate women from all walks of life about various aspects of personal finance. With a focus on inclusivity, the brochure addresses specific challenges faced by women in abusive relationships, elderly women, and provides information about support available, including housing credits. The purpose is to create a supportive community, offering knowledge, resources, and practical advice to enhance financial resilience and independence. Orange Hub invites women to engage, learn, and take charge of their financial futures.

Financial Well-being for Women

- Importance of financial literacy
- How financial well-being contributes to overall empowerment

Financial Well-being for Women

Financial literacy is a cornerstone of women's empowerment, enabling informed decisions and fostering independence. Recognizing the importance of financial literacy is pivotal in navigating the complex landscape of personal finance. It equips women with the knowledge to make informed choices, manage resources efficiently, and plan for the future.

In the broader context of empowerment, financial well-being plays a crucial role. Beyond mere monetary matters, it encompasses the ability to set and achieve financial goals, build a secure future, and weather unexpected challenges. A financially literate woman is empowered to take control of her financial destiny, ensuring a path to economic independence and resilience.

By championing financial literacy, we contribute not only to individual women's well-being but also to the collective strength of communities. Informed and empowered women become catalysts for positive change, breaking down barriers and inspiring others on the journey toward financial self-sufficiency. The pursuit of financial well-being is a shared endeavor, fostering a community that uplifts and supports each woman on her unique financial journey.

Key Financial Concepts

- Brief explanations of essential financial terms

Key Financial Concepts

1. **Budgeting:** The cornerstone of financial planning, budgeting involves creating a roadmap for managing income and expenses.
2. **Savings:** Setting aside a portion of income regularly, cultivating a financial safety net for future needs or emergencies.
3. **Investing:** Growing wealth by putting money into various financial instruments, such as stocks, bonds, or mutual funds.
4. **Credit Score:** A numerical representation of creditworthiness, influencing the ability to obtain loans and favorable interest rates.
5. **Debt Management:** Strategies for effectively handling and reducing debts, ensuring financial health.
6. **Compound Interest:** The concept of earning interest on both the initial principal and accumulated interest over time.
7. **Retirement Planning:** Preparing financially for a comfortable and secure retirement through savings and investments.
8. **Insurance:** Protection against financial losses, covering various aspects such as health, life, and property.

Understanding these key financial concepts is essential for making informed decisions and building a solid foundation for financial well-being.

Tips for Managing Budgets:

1. **Set Clear Goals:** Define short-term and long-term financial objectives to guide your budgeting process.
2. **Track Expenses:** Monitor spending habits to identify areas where adjustments can be made.
3. **Prioritise Essentials:** Allocate funds for necessities first, ensuring crucial bills are covered.
4. **Emergency Fund:** Build a financial safety net by regularly contributing to an emergency fund.
5. **Review Regularly:** Regularly assess and adjust your budget to accommodate changing circumstances.

Tips for Savings:

1. **Automate Savings:** Set up automatic transfers to a savings account to ensure consistency.
2. **Cut Unnecessary Expenses:** Identify non-essential spending and redirect those funds toward savings.
3. **Establish Savings Goals:** Define specific savings goals to motivate and guide your efforts.
4. **Take Advantage of Apps:** Utilise budgeting and savings apps for convenient tracking and management.
5. **Negotiate Bills:** Negotiate with service providers to reduce bills, freeing up more funds for savings.

Effective budgeting and savings strategies empower women to take control of their financial well-being and work towards achieving their financial goals.

Women in Abusive Relationships

- Recognising financial abuse

Recognising Financial Abuse in Abusive Relationships:

Financial abuse is a subtle yet powerful form of control that can manifest in various ways within abusive relationships. It involves manipulating someone's financial resources to limit their independence and trap them in the abusive dynamic. Warning signs of financial abuse may include:

1. **Controlling Finances:** The abuser restricts access to bank accounts, credit cards, or financial information.
2. **Sabotaging Employment:** Interference with work or career progression to maintain financial dependence.
3. **Forbidding Economic Independence:** Discouraging or preventing the victim from working or pursuing education.
4. **Exploiting Credit:** Accumulating debt in the victim's name without their knowledge or consent.
5. **Withholding Resources:** Denying access to money for basic needs or necessities.

Recognising these signs is crucial for empowering women to break free from financial abuse, seek help, and regain control of their financial well-being.

- Resources for financial independence and support

Resources for Financial Independence and Support:

Empowering women to achieve financial independence is a key step towards breaking free from abusive relationships. Various resources offer support and guidance to help women navigate financial challenges and build a secure future:

1. **Financial Literacy Workshops:** Attend workshops focused on budgeting, investing, and building financial resilience.
2. **Community Organisations:** Connect with local organisations providing financial education and assistance.
3. **Employment Support Services:** Access services that aid in securing employment or advancing in one's career.
4. **Legal Aid Clinics:** Seek legal assistance to understand rights and options related to finances in abusive relationships.
5. **Financial Counselling:** Engage with professional financial counsellors who specialise in supporting survivors.

These resources play a vital role in equipping women with the knowledge and tools needed to achieve financial independence and overcome the impact of financial abuse.

Kaye Price

Kaye Price is an award winning Financial Planner with over 24 years experience. She runs her own practice, KP Financial Wellbeing and is passionate about supporting clients on their journeys to financial wellbeing.



She prides herself in providing an excellent service to all of her clients. She can plan holistically for all clients, incorporating their existing arrangements and addressing all financial goals and objectives, with the intention of improving their financial wellbeing.

Her commitment is that her clients come first. Meeting on a regular basis to review their ever-evolving financial goals which will include, retirement and investment planning, protecting their loved ones and inheritance tax planning.

She breaks through the jargon and is easy to work with.

Kaye's Top Tips

Leaving an abusive relationship is a courageous step. Here's a checklist to help women prioritise their financial well-being during this challenging transition:

1. Secure Important Documents:

- Passport, identification documents, national insurance number.
- Birth certificates for yourself and your children.
- Marriage certificate, divorce papers, if applicable.
- Health insurance cards.

2. Financial Accounts:

- Create a new bank account in your name.
- Transfer necessary funds or open a separate savings account.
- Update contact information for existing accounts.
- Change passwords for online banking.

3. Income and Employment:

- Update your employer with your new contact information.
- Explore employment opportunities or seek job training if needed.
- Understand workplace support services.

4. Housing:

- Assess your housing options – consider shelters, friends, or family.
- Contact local housing authorities for assistance.
- Save for a security deposit and rent if applicable.

5. Budgeting and Financial Planning:

- Develop a realistic budget for your new living situation.
- Identify essential expenses and prioritise them.
- Seek financial counseling or advice.

6. Legal Protection:

- Obtain a restraining order if necessary.
- Consult with a solicitor regarding divorce, custody, and support issues.
- Keep a record of incidents and any evidence of abuse.

7. Support Services:

- Reach out to local domestic violence support organisations.
- Utilise counselling services for emotional support.
- Explore government assistance programmes.

8. Children's Needs:

- Ensure the safety and well-being of your children.
- Seek legal advice regarding custody arrangements.
- Understand child support options.

9. Credit and Financial History:

- Monitor your credit report for any joint accounts or changes.
- Close joint accounts or remove your ex-partner's name.
- Establish credit in your name if necessary.

10. Self-Care:

- Prioritise your mental and physical well-being.
- Seek professional counselling or support groups.
- Take steps to rebuild your confidence and independence.

Remember, seeking assistance from professionals, support organisations, and trusted individuals is crucial. You are not alone, and there are resources available to help you navigate this challenging time.



Nazia Haque

I am Nazia Haque, a firm believer that everyone has the right to be the hero of their own story. It was six years ago when I discovered the power of taking control of my own finances, realizing that it is the ultimate game changer in turning dreams into reality, rather than just dreaming about them.

This realisation led me to establish Nazia Haque Wealth Management, drawing from my 15 years of experience as a financial advisor and the rollercoaster of life's ups and downs. My purpose is clear - to make financial stability and well-being accessible to every individual, regardless of their background or gender.

I firmly believe that the empowerment that comes from understanding and managing money is a right we all deserve. In addition to building my business and being deeply passionate about all things related to money, I am also a proud single mother of three adorable boys. They are my greatest motivators, driving me to excel in everything I do.

While I specialise in pension planning, which I find particularly enjoyable as it provides financial freedom and choices, I am a holistic advisor capable of assisting you with any aspect of your finances.

Nazia's Top Tips

Elderly Financial Well-being: Navigating Unique Challenges

Elderly women, especially within BAME communities, face distinct financial challenges that require tailored solutions. This section addresses these specific issues, offering insights into:

- 1. Retirement Planning:** Guidance on managing finances during retirement, including pension options and investment strategies.
- 2. Healthcare Expenses:** Understanding the financial implications of healthcare costs in later years and exploring available support.
- 3. Estate Planning:** Information on creating a comprehensive estate plan to secure assets and ensure a smooth transition for loved ones.
- 4. Benefits:** Navigating the complexities of benefits and maximizing available resources.

By acknowledging and addressing the unique financial considerations of elderly women, we aim to empower them to lead financially secure and fulfilling lives in their golden years.

- Financial planning tips for seniors





Financial Planning Tips for Seniors

As we navigate the financial landscape in our golden years, it's crucial to adopt a proactive approach to ensure stability and security. Here are key financial planning tips tailored for seniors:

- 1. Budgeting:** Develop a realistic budget that aligns with your current income and expenses. Regularly review and adjust as needed.
- 2. Emergency Fund:** Maintain an emergency fund to cover unexpected expenses, providing a financial safety net during unforeseen circumstances.
- 3. Healthcare Planning:** Understand healthcare costs and explore insurance options that suit your needs. Consider long-term care insurance for additional protection.
- 4. Estate Planning:** Work with professionals to create or update your estate plan, including wills, trusts, and powers of attorney.
- 5. Income Sources:** Diversify income sources to include pensions, social security, investments, and potential part-time work.
- 6. Debt Management:** Prioritize paying off high-interest debts to reduce financial strain and increase disposable income.
- 7. Financial Education:** Stay informed about financial matters, seeking guidance when needed. Attend workshops or consult financial advisors for personalised advice.

By incorporating these tips into your financial strategy, you can navigate your senior years with confidence and financial well-being.

Financial Well-being Checklist for Elderly in Asian Communities with Cultural Considerations:

1. Estate Planning:

- Ensure a clear and updated will to distribute assets according to your wishes.

2. Financial Independence:

- Encourage and maintain financial independence to avoid undue reliance on family.

3. Online Security:

- Educate about online security to avoid falling victim to scams or emotional blackmail.

4. Regular Financial Conversations:

- Foster open and regular financial discussions with family, addressing concerns and expectations.

5. Community Resources:

- Explore cultural community resources that provide support and advice on financial matters.

6. Cautious Financial Assistance:

- Be cautious about providing financial assistance; consider implications and alternatives.

7. Healthcare Planning:

- Plan for healthcare costs, ensuring adequate insurance coverage.

8. Guard Against Emotional Blackmail:

- Stay vigilant against emotional blackmail, especially within familial relationships.

9. Education on Scams:

- Educate about common scams and tactics to prevent falling prey to emotional manipulation.

10. Financial Literacy Programmes:

- Encourage participation in financial literacy programmes tailored to cultural sensitivities.

11. Monitoring Bank Statements:

- Regularly review and monitor bank statements to detect any irregularities or unauthorised transactions.

12. Legal Consultation:

- Seek legal advice to understand and protect your financial rights and interests.

13. Emergency Fund:

- Establish and maintain an emergency fund for unexpected expenses.

14. Documentation:

- Keep important financial documents organised and accessible.

15. Professional Financial Guidance:

- Seek professional financial guidance with an understanding of cultural nuances.

This checklist aims to provide a comprehensive approach to financial well-being, considering cultural factors and potential challenges faced by the elderly in Asian communities.

Alison Marsh

Alison Marsh, Managing Director of Insight Business Solutions, is a highly skilled accountant with a robust background in financial management. Specialising in optimising financial processes, Alison leads her firm with strategic acumen, ensuring clients benefit from cutting-edge financial solutions.



In her role, Alison oversees financial operations, providing astute guidance and fostering a culture of innovation. Her leadership extends beyond traditional accounting, incorporating a forward-thinking mindset that aligns financial strategies with broader business goals.

Alison's commitment to excellence goes hand in hand with her active engagement in industry trends, positioning her as a trusted advisor. Insight Business Solutions, under her guidance, not only excels in providing financial expertise but also stands out as a thought leader in the industry.

Beyond her professional achievements, Alison is dedicated to community initiatives, supporting local causes and embodying corporate social responsibility. Her multifaceted contributions showcase Alison Marsh as a skilled accountant and visionary leader, shaping the trajectory of Insight Business Solutions in the dynamic landscape of financial management.

Alison's Tips for Managing Budgets

- 1. Set Clear Goals:** Define short-term and long-term financial objectives to guide your budgeting process.
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Housing Credits and Support

- Overview of available housing credits and support programmes
- Guidance on accessing resources

Housing Credits and Support in the UK

Navigating the housing landscape can be complex, especially for women facing unique challenges. This section provides an overview of available housing credits and support programmes tailored for women in the UK.

1. **Overview:** Understand the various housing credits and support programmes designed to assist women in securing stable and safe accommodation.
2. **Eligibility Criteria:** Learn about the eligibility criteria for different housing credits and support initiatives to determine which options align with your circumstances.
3. **Application Process:** Gain insights into the application process for housing credits and support, ensuring a smoother experience when seeking assistance.
4. **Support Organisations:** Explore organisations and resources dedicated to supporting women in accessing suitable housing. These entities can provide guidance and assistance throughout the process.
5. **Rights and Protections:** Familiarise yourself with your rights as a woman seeking housing credits and support, including legal protections in place to ensure fair treatment.
6. **Community Engagement:** Connect with local communities and support networks that can offer valuable insights and assistance in navigating the housing support landscape.

Empower yourself with knowledge about available housing credits and support, making informed decisions to secure a safe and stable living environment.

When writing a will, consider the following:

1. **Assets and Property:** List all your assets and decide how you want them distributed.
2. **Beneficiaries:** Clearly identify who will inherit your assets and specify their shares.
3. **Guardianship:** If you have minor children, appoint a guardian and include

instructions for their care.

- 4. Executor:** Choose a trustworthy person to execute your will and handle the distribution of assets.
- 5. Debts and Taxes:** Address how outstanding debts and taxes should be settled using your estate.
- 6. Specific Bequests:** If you have specific items or sentimental belongings, specify who receives them.
- 7. Digital Assets:** Consider digital assets like online accounts and provide access instructions.
- 8. Contingencies:** Plan for unforeseen circumstances and include alternate beneficiaries or executors.
- 9. Review and Update:** Regularly review and update your will to reflect changes in your life.
- 10. Legal Assistance:** Consult with a legal professional to ensure your will complies with relevant laws.

Remember, seeking professional advice ensures your will accurately reflects your intentions and stands up to legal scrutiny.

Jenna Atkinson

Jenna, an Associate Solicitor at Harrison Drury Solicitors, is a dedicated family law specialist, handling divorce, matrimonial finances, domestic abuse, and children's arrangements post-separation. As a Resolution member, Jenna prioritises constructive and compassionate resolutions, emphasising her commitment to helping clients navigate the complexities of marital breakdowns. Her dual accreditation in private law children matters and complex financial remedies allows her to represent clients both locally and nationally.



Jenna's passion lies in making a positive difference during difficult times. She finds particular fulfilment in resolving complex children matters, advocating for close parent-child relationships. Witnessing the transformation from initial uncertainty to a more positive future is what fuels her dedication to this area of law. Jenna also extends her commitment beyond legal practice. She serves as an ambassador for Women in the Law UK and is a trustee at Endeavour, a charity in Bolton aiding victims of domestic abuse and their pets.

Jenna's impactful work has garnered several accolades, including an Orange Champion award at the She Inspires Awards and being named one of Lancashire Business View's Sub 36 "Ones to Watch." In 2023, she received the Freshie for Captain Kindness and Outstanding Woman in Law at the Bolton Women in Business Awards.

A Solicitor's Guide to Women's Financial Wellbeing

1. Estate Planning

Consult with a solicitor to ensure your assets are protected and distributed according to your wishes in case of unforeseen circumstances.

2. Investment Guidance

Seek professional advice on suitable investments to grow your wealth, considering your financial goals and risk tolerance.

3. Income Protection

Explore options for income protection and insurance to safeguard against unexpected events affecting your ability to earn.

4. Debt Management

Work with a solicitor to manage and reduce any outstanding debts strategically, ensuring financial stability.

5. Legal Review

Regularly review legal documents, such as wills and trusts, to ensure they align with your current situation and objectives.

6. Retirement Planning

Develop a comprehensive retirement plan, factoring in your desired lifestyle and potential healthcare costs.

7. Tax Planning

Optimise your tax strategy with the assistance of a solicitor, considering deductions and credits available to you.

8. Budgeting and Saving

Establish a realistic budget and savings plan to build a financial cushion for future needs and emergencies.

9. Business Ventures

If involved in business, seek legal counsel for contracts, partnerships, and other legal aspects to protect your interests.

10. Continuous Education

Stay informed about financial laws and regulations, attending seminars or workshops to enhance your financial literacy.

Remember to consult with a solicitor regularly to adapt your financial plan to changing circumstances.

Financial Wellbeing Advisory Board



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Ray Hanks
Co Chair



Kaye Price
Advisory Member



Jenna Atkinson
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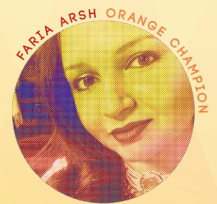
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Allison Marsh
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Jenny Hyde
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50,000 **5 Years**
women and girls

**Educating women
and girls for a
brighter world.**



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