

FINANCIAL WELLBEING SUPPORT RESOURCES

RESOURCES AVAILABLE TO ALL BLMK STAFF

MONEYHELPER SERVICE

- > For free, impartial advice [click here](#) or call their dedicated number for NHS [0800 448 0826](#)
- > Try the budget planner tool by [clicking here](#)



HELPFUL ARTICLES ON MONEY SAVING TIPS!

- > HSBC Financial Fitness - [How to save money on groceries and waste less](#)
- > Good Housekeeping - [25 money saving tips](#)
- > Money Saving Expert - [Cutting your costs](#)



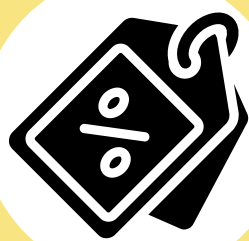
MENTAL HEALTH SUPPORT

- > [Keeping Well BLMK Hub](#) offer confidential wellbeing and psychological support
- > [SHOUT Mental Health Support](#) via text: [85258](#)



DISCOUNT WEBSITES

- > [Health Service Discounts](#): offers exclusive discounts, cashback & vouchers to NHS & Healthcare Workers
- > [Tickets for Good](#): platform to receive free/heavily discounted tickets for a variety of live event and entertainment
- > [BlueLight Discount Card](#): (£5 sign up) provides members with 1,000s of discounts online & on the high street.



FOODBANKS ACROSS BLMK

BEDFORD, LUTON & MILTON KEYNES FOODBANK

- > Visit Luton Foodbank home page by [clicking here](#)
- > Visit Bedford Foodbank home page by [clicking here](#)
- > Visit MK Foodbank home page by [clicking here](#)

HELP FOR NURSES ACROSS BLMK

- > Cavell Nurses Trust - if you [need help](#) or want to [get involved](#)
- > The RCN Foundation - [Hardship Fund](#)
- > [Junius S. Morgan Benevolent Fund](#) - available whether practicing or retired & to HCA's



HELP FOR DOCTORS ACROSS BLMK

- > [Practitioner Health](#) - offer free webinars and advice
- > Royal Medical Benevolent Fund - [more information can be found here](#)



RISE