



## Financial Wellbeing 1-2-1 Sessions

Humber and North Yorkshire Health and Care Partnership has partnered with the independent financial education firm 'Better with Money' to provide individual "financial wellbeing" sessions. These are aimed to help you to take control of your personal finances to reduce money stress.

### When will the sessions take place?

The sessions will be held on 2 and 9 February 2023, and 2 and 3 March 2023 between 12pm and 7.30pm via Teams. You can book a 30-minute session at a time that suits you.

### What will be discussed during the 1-2-1?

The session aims to give you the tools and knowledge to take action around your personal finances. The experts can discuss various topics, such as budgeting, saving, debt, pensions, benefits, protection insurance, home-buying and investing.

Better with Money is totally independent and has no products to sell, so you can be assured that the information and guidance they give you will be unbiased and based on your own circumstances.

### Are the sessions confidential?

Yes. None of the information you discuss with Better with Money will be shared with Humber and North Yorkshire Health and Care Partnership without your prior authority or knowledge. We will ask you to complete a feedback form telling us of your experience, but this can be completed anonymously.

### Do I need to prepare anything for the session?

That's entirely up to you. There is no preparation necessary. Better with Money can chat through any money worries or questions you have on the day as they arise.

 07932 756390

 [education@betterwithmoney.com](mailto:education@betterwithmoney.com)

 [BetterwithMoney.com](http://BetterwithMoney.com)

 Stephenson House, 2 Cherry Orchard Road, Croydon, Surrey, CR0 6BA





### Will I receive financial advice?

No, these sessions provide guidance only, not advice. Your coach will listen to your financial circumstances and help you to make an actionable plan to achieve your money goals.

Your coach will never recommend a specific company's financial product or specific investments ... that's financial advice. Neither will they provide you with any tax advice.

If one of our coaches signposts you towards a website or company, it's because they genuinely believe they have services or information that can help you achieve your goals. Better with Money does not receive any financial incentives from any other company to mention their services which means our coaching is totally unbiased and based on your needs.

Although our coaches have worked in financial services for many years and have achieved financial exams, the Financial Conduct Authority (FCA) does not regulate the support our coaches offer you as we do not provide advice.

### How do I book a session?

To book a 30 minute 121 session with **Sarah** please click [here](#)

To book a 30 minute 121 session with **Nadine** please click [here](#)

To book a 30 minute 121 session with **Katie** please click [here](#)

### How can I find out more information about Better with Money?

Please go to their website at [www.betterwithmoney.com](http://www.betterwithmoney.com) or email them at [education@betterwithmoney.com](mailto:education@betterwithmoney.com)

**Please note Humber and North Yorkshire Health and Care Partnership is not responsible for any financial decisions you take as a result of these sessions.**

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### **You will be speaking to?**

One-to-one sessions will be available with Sarah Steel, Katie Vye and Nadine Reynolds. Please see below for their bios.

#### **Sarah Steel - 2 and 9 February; 3 March 2023**



An experienced financial professional and qualified coach, Sarah has been helping people to understand financial products and be confident about their finances for over twenty years.

Outside of work, Sarah is the Chair of Trustees for an Essex- based charity and School Governor. She has four children, two of whom have just finished university, so she has a good understanding of the financial pressures a family can bring!

#### **Katie Vye - 2 March 2023**



Katie's career in Financial Services spans 17 years, having undertaken roles in Banking, Employee Benefits and, most recently, Financial Education. Katie regularly provides 1-2-1 guidance to help employees have better financial futures.

Outside of work, Katie has two young children to keep her busy and enjoys spending time with friends and family.

#### **Nadine Reynolds - 9 February, 2 and 3 March 2023**



With 10 yrs in the banking industry and the last 3 yrs specialising in financial wellbeing, Nadine has been able to guide, support and educate many individuals on their financial journeys whether it be savings, investing, homebuying or money management to name but a few.

Life throws lots of challenges our way and many of these can be money related, this is where Nadine can assist people and give them the confidence to make informed decisions about their finances.

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