



# Debt Workshop

**Armed Forces Networks**

**[www.sussexarmedforcesnetwork.nhs.uk](http://www.sussexarmedforcesnetwork.nhs.uk)**

**[www.kentandmedwayarmedforcesnetwork.nhs.uk](http://www.kentandmedwayarmedforcesnetwork.nhs.uk)**

# Aims

- Debt
- In the Armed Forces
- Useful Contacts
- Impact of Debt
- Video the ultimate impact (BBC Video)
- Sharing of Cases
- Break into Groups:
  - What we can do to improve the situation?



# Dealing with Debt

## Four simple steps

Our complete guide to dealing with debt

**Step 1** Increase your income

**Step 3** Deal with your priority debts

**Step 2** Work out your personal budget

**Step 4** Deal with your non-priority debts

National Debtline

### Increase Your Income

- Receive all the money they are entitled to
  - War Pension, Armed Forces Independence Payment (AFIP),
  - Tax credits or Universal Credits
  - Grants
  - Help with Energy Costs

### Personal budget

- Budget tools
  - Income and outgoings
  - Reduction in cost, review tariffs, direct debits
  - Review phones, water
  - County Court Judgments

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National Debtline

### Dealing with priority debts

- Mortgage arrears
- Rent arrears
- Council tax arrears
- Gas and electricity arrears
- TV licence arrears
- Magistrates' court fines
- Parking penalty charges

- Child maintenance arrears
- Benefit overpayments
- Tax credit overpayments
- Tax debts
- Hire purchase or conditional sale
- Bills of sale

# Dealing with Debt

## 3 steps to getting advice and a debt solution

Whether you get advice online or over the phone, you'll follow a straightforward advice process giving you a clear picture of how to deal with your debts.

### 1. Tell us your situation

Give us details about your debts, income and outgoings and we'll help you create a budget.

### 2. Explore your options

You'll get a personal action plan and recommended debt solutions that suit your situation.

### 3. Choose your debt solution

We'll help you get things set up and give you the support to deal with your debts, however long it's needed.

Step Change Debt Charity

### Common to all

- Understanding the problem in detail
- Setting a Budget
- Action Plan and Options to go forward
- Set up the debt solutions

# Useful Links / Free!

- **Mental Health & Money Advice**

<https://www.mentalhealthandmoneyadvice.org/en/>

- Clear, practical advice and support for people experiencing issues with mental health and money.



- **National Debtline**

<https://www.nationaldebtline.org/>

0808 808 4000

- Free help over the phone or online. Large amount of useful material.



- **Step Change Debt Charity**

<https://www.stepchange.org/>

- 25 years providing free, expert debt advice, practical debt solutions



# Armed Forces – Specific References

- **Working Tax Credits**

- WTC to top up your wages if you re in paid work but low income
- To qualify for the disabled workers element you must receive a disability benefit such as:
  - Armed Forces Independence Payment (AFIP)

- **Housing Benefit**

- People on low income to pay their rent

- **Employment and Support allowance**

- Struggling with mental health issues not well enough to work

# Armed Forces – Specific References

- **Housing Costs**
  - Rent a house or flat, you may get the housing costs element to help with the rent and other costs.
- **Social Care:**
  - Local authorities should disregard Guaranteed Income Payments for veterans from the Armed Forces Compensation Scheme
- **Personal Independence Payment (PIP)**
  - You need to be in the residence and presence in GB except:
    - if you are in the Armed Forces



# Debt

- **Individual Voluntary Arrangement**  
(£10k+)
  - It is an alternative to bankruptcy
  - It is a formal arrangement to pay an agreed amount off your debts over a shorter period (5yrs) the rest of the balance is written off.
  - You may be in a profession where you could lose your job if you go bankrupt, such as accountancy, the police or the **armed forces**.

# Military Support

- **The Royal British Legion**

<https://www.britishlegion.org.uk/get-support/finance/debt-advice/>

- The Legion's Benefits and Money Advice team



- **MoneyForce**

<https://www.moneyforce.org.uk/>

- Has useful tools for those who have served in the Armed forces it is supported by TRBL and MoD
- It has the **MoneyFit** interactive tool.
  - Budgeting, Debt, Savings, Planning and Protection



- **SSAFA**

<https://www.ssafa.org.uk/help-you/veterans/debt-advice>

- Help for Ex-Forces with finance problems



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**MONEYFIT CHALLENGE**  
How MoneyFit are you?

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# Impact of Debt

## Citizens Advice (CAB)

A debt effect? How is unmanageable debt related to other problems in people's lives July 2016

### Debt has a high relationship to:

- unemployment,
- low pay and
- health problems
- (Gambling)

### Impact

- financial strain: Paying back far more than they borrowed
- lead to financial exclusions
- family breakdown
- poor physical health
- poor mental and ultimately high risk indicator for suicide





£130?

**G** GUIDANCE: Some upsetting scenes

# Group Work – What can we do?

- ❖ Sharing of cases
- ❖ What is the current position?
- ❖ What can we do to help those with debt?
- ❖ What can we do to prevent debt?



# Next Steps

