

SPACE

# Simple advice on budget and managing your money

This month our budget advisor Barry Wilcox offers some tips for helping to manage your money better.

Budgeting can best be described as money planning to meet your financial goals. And how do you achieve this?

It's really quite simple, it's just a matter of adding up how much money is coming into your household (your income), then you add up how much is going out (your spending) and work out the difference.

Hopefully this will show a surplus, but if it doesn't you will need to revisit the budget and see where you can either increase your income or decrease your spending.

It's a good idea to do this for a full year as some expenses are not necessarily made every week or month, for example, car registration, warrant of fitness, school fees.

Then perhaps to better plan for these type of expenses work them out on a weekly basis and put the money aside in a separate savings account so that when they come due you have the money available to pay them.

Budget worksheets and cash flow statements are available to download on [www.familybudgeting.org.nz](http://www.familybudgeting.org.nz).

A good idea is to regularly review your budget to see that you are on track. Sometimes unexpected expenses arise so adjust the budget accordingly. Remember it is not set in concrete but rather an ongoing tool to help manage your finances.

Compare what you actually spend at least monthly by checking your bank statement with your budget — you will often



Budget advisor Barry Wilcox

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be surprised as to what you may have spent that was not budgeted for.

If your only income is from a benefit, it is our view that you cannot afford a car. While we all think it is a necessity, by the time you take into account the costs, including petrol, registration, maintenance and perhaps finance costs you will quickly see what effect this has on your budget.

There is a good bus service in Hamilton and in an emergency a taxi is another option.

With spring now upon us, it is a good time to start thinking about growing your own veges. Even if you haven't tried it before it is something that can give you a lot of satisfaction.

Start off in a small way. You only need, say, a square metre of ground to grow a few lettuces (the

type you pick the leaves off go further than the hearting variety) and perhaps a couple of silverbeet plants.

You don't have to be an expert to grow a few veges of your own. If you want more advice or assistance practical help is available at Waimarie — just phone the office for details and join the gardening group.

Next month we will look at ways to better manage your debt.

**Barry is available for free, confidential, one on one interviews to assist you with any budgeting requirements. His service is affiliated to the NZ Federation of Family Budgeting Services, the largest and most recognised in New Zealand. For an appointment phone 858 3453.**

## Spotlight on a volunteer

Paula has been a volunteer and vege client (regularly buying Waimarie's weekly fruit and vege boxes) for several years.

A keen crafter, she is also a member of our Monday Knit and Natter group where people come together once a week to work on handcraft projects with other people. They learn from each other and make new friends.

Paula has helped with our curtain project and events. For about the past 18 months she has volunteered to pick up frozen food from a local bakery and left over bread from another local bakery (this bakery has since discontinued giving bread to us).

"I needed something to motivate me," said Paula. "I was offered by staff at Waimarie the job of doing the bread and bakery run. I found this motivated me more — making me get up, out of bed. It also gave me some purpose to my day. It motivated me into wanting to get a job.

"I didn't have any ambition before. Everyone at Waimarie was so friendly. I felt like I was worth something. It boosted my self-confidence so I was able to go and get a job. Before that, I wasn't doing anything with my life and didn't have anyone to support me."

Paula often brings her neighbour and friend, Daisy, along with her.

"Bringing Daisy also gave me confidence. Daisy would say 'I really like Jackie and Jane'," said Paula. "It is great to be appreciated. I know I can come here and get a nice smile and a hello, a good welcome. I started feeling useful and had a place to belong to.

"I am now more gracious towards other people. If I have spare stuff, I can give it away without fretting which is the best thing for me as I don't need it any more.

"I got a fridge when my Dad died so I gave my old one to someone who didn't have a fridge at all. I felt great as I had contributed something to society rather than just taking (being on a benefit). Doing this work has opened my eyes to the fact that there are more people out there struggling than even a year ago."

Paula started a part-time job as a home help carer recently.

### REGULAR ACTIVITIES

- Free budgeting service. Tuesdays from 9am. Please phone for an appointment.
- Free advocacy service. Please phone for an appointment.
- Free legal advice. Thursdays from 9am. Please phone for an appointment.
- Vege boxes (includes fruit). \$11 pre-paid by Wednesday lunchtime. Pick up Thursday. Online payment option.
- Photocopying: A4 13cents per copy
- A4 10cents per copy
- 11 +
- A4 colour \$1 per copy
- A3 25cents per copy
- A3 20cents per copy
- 11 +
- A3 colour \$2 per copy
- Friday morning community gardening and organic gardening courses.
- Opportunity shop and curtain bank. Open every day 9.30am-3.30pm.
- Room hireage and community courses
- Knit and Natter group, Tai Chi, Sahaja Yoga

### COORDINATOR'S CORNER

Welcome. Waimarie: Hamilton East Community House serves the south-east area of Kirikiriroa.

We run a variety of programmes and services and we are always open to new ideas and suggestions. Please pop in or email us and let us know what you would like to see happening at Waimarie and/or how you could help us to achieve your vision.

I am taking a couple of months off work after 13 years of continuous service and will have gone by the time you read this. But I'll be back.

#### HOLIDAY PROGRAMME

Our September programme will kick off on Monday, September 29 for two weeks, finishing on Friday October 10. We take children from age five

to 12.

There is always a trip on Fridays and smaller outings on other days.

The cost is \$35 per day and \$40 on Fridays. WINZ subsidies are available for those eligible. This requires a \$25 deposit paid in advance.

Two of the highlights this term are trips to ten pin bowling at The Bowlevar in the Sky City complex. This should be a lot of fun!

Children will also enjoy the regular arts and crafts, cooking and sports games. Please enrol as soon as possible.

#### OPPORTUNITY SHOP

We have reopened our fabulous retro opportunity shop. We will be closed when the holiday programme is running but otherwise, we are open from 9.30am-3.30pm

Monday to Friday.

Come and check out our wares. We specialise in curtains as well, so take your window measurements and find some curtain bargains to help insulate your home.

We have lots of books, jewellery, linen, china, bric a brac and kitchenware.

We also upcycle and have some of these new from old items for sale including oven mitts, plastic bag holders, hot water bottle covers and some lovely fully lined cloth shoulder bags. We are planning on offering knitted goods as well. We don't stock clothing as there are many shops in Grey St offering this.

If you have odds and ends of wool or needles you would like to donate, we would be very appreciative.

#### DONATIONS

If you have good quality books, bric-a-brac, jewellery, kitchenware, cushions, linen, curtains, tools or china that you would like to donate, we would be happy to have them. We do not sell clothing, shoes or furniture.

#### TERM FOUR COURSES

Courses in the planning stages for next term include driver's licence theory, cooking in the evening, harakeke and car maintenance. If you are interested in any of these, please phone us and let us know.

Thank you to our many wonderful volunteers. We couldn't function without them.

Ka kite ano

■ Jane Landman