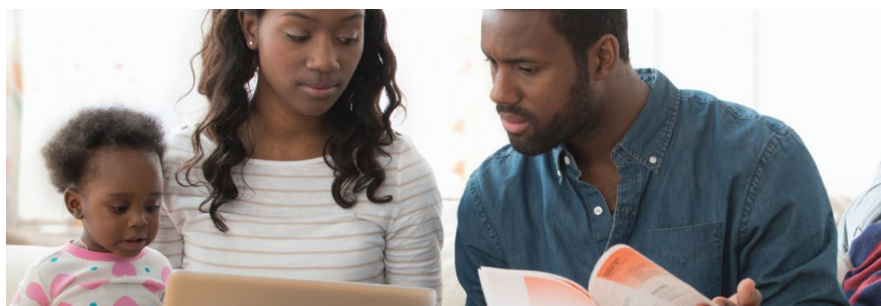
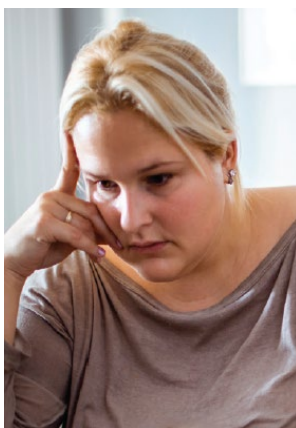




Scottish Government
Riaghaltas na h-Alba

ParentClub

How we can help you look after your money and find work



Easy read booklet

Who we are and what this booklet is about



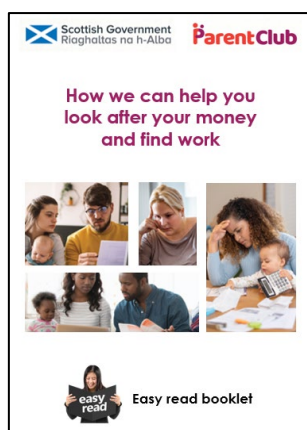
We are **Parent Club**. We give advice to parents about how to be healthy, look after their money and find work.



We want parents to feel like they can talk to us about any worries they might have.



We can give you advice and get an **expert** to help you think about what to do next. An **expert** is someone who knows a lot about something.



This booklet tells you about the types of help you can get from us and services close to you.

Worries about money



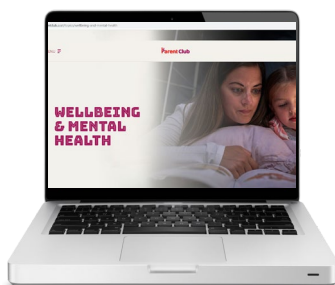
Worrying too much about money can be bad for your **mental health**. Your **mental health** means how you think and feel most of the time.



If you need help to look after your mental health, we can give you advice or help you find an expert to talk to.



Lots of people worry about money so you shouldn't feel scared to ask for help when you need it.



Go to this website for advice on how to look after your mental health

[Parentclub.scot/mental-health](https://parentclub.scot/mental-health).

Help with benefits



We can help you when it feels scary to apply for benefits or find out what payments you can get.



We can get an expert to help you check what benefits and payments you can get. They can also help you to apply for them.



Anything you tell them is **confidential** and you won't lose any of the benefits you get right now.



Confidential means the expert you talk to won't tell anyone else about things you talk about and the information you give them.

The Money Talk Team



The **Money Talk team** is a group of experts who can give you advice about money.



They are people from the Citizen Advice Bureau who have all been trained to give advice.

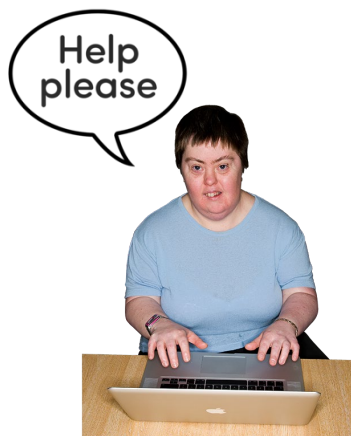


They can tell you what benefits you might be able to get and what to do if you owe any money.



The **Money Talk Team** is free to talk to and anything you talk about with them is confidential.

How The Money Talk Team can help



The **Money Talk Team** can give you help in 3 different ways.



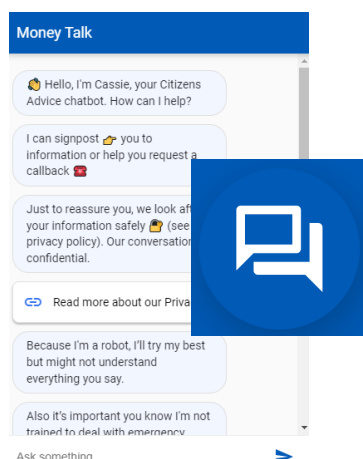
Go to this website for advice and more information

moneytalkteam.org.uk.



Call this phone number to book a time to speak to someone in person

0800 028 1456.



Go to this website and find this chat button to ask any questions from your computer or phone

moneytalkteam.org.uk.

What parents have said about The Money Talk Team



I would feel really stressed
if I didn't have their help.

The advice they gave me
was great.



They helped me to fill in the
right forms so I can now get
the benefits I need.

Help to find work



It can be stressful to find a job that is right for you and your family.



You might not have worked for a long time or think you don't have the right skills for a job.



You might not have had a job before or you don't know how to find work.



We can tell you about services close to you that can help you find work.

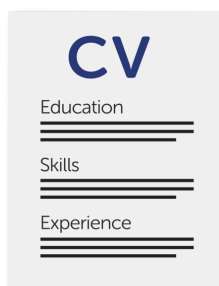
Employment services



Ask your local **council** about what **employment services** they have. Your local **council** are in charge of services where you live.



Employment services are the ways your local council can help you find a job or learn new skills for work.



They can help you write your CV, apply for a job and get ready for a **job interview**.



A **job interview** is a meeting where you are asked questions to find out if you are the right person for a job.



You can ask them how to apply for college or training to help you get a job.



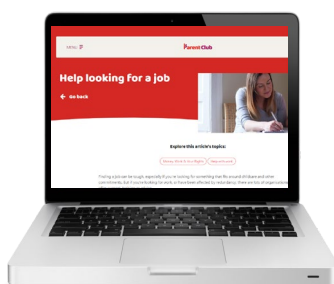
It's your choice to use employment services and you don't have to take a job that isn't right for you.



You won't lose any benefits you get right now if you decide not to take a job that isn't right for you.



You can get help from employment services if you already have a job and you want to earn more money.



Go to our website to find out what employment services are near you

parentclub.scot/job.

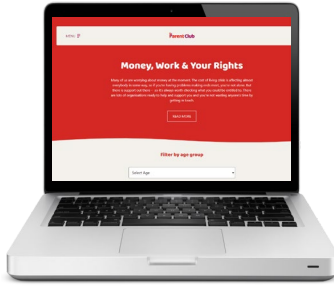
What parents have said about Employment services



I'm happy I talked to
someone about what help I
could get.

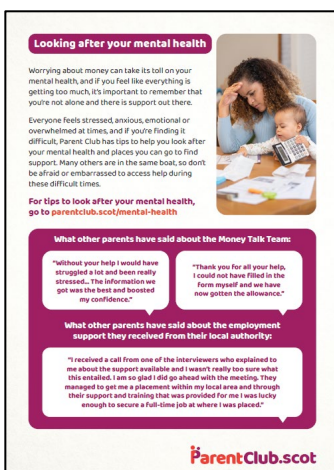
They helped me find
training and a place to work.

I now have a full-time job
there.



Go to our website to find out how we can help you to find work, apply for benefits and learn new skills

parentclub.scot/money-work.



The full version of this document is called
SG-6863-PC Financial Support Leaflet.