

OUR MISSION STATEMENT

"Excellent advice and support – a great service for the community."

to relieve the poverty of the inhabitants of Inverclyde through information, advice and guidance



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"I got great advice and feel more confident about managing my own affairs." client

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CLIENT CONFIDENTIALITY

At Financial Fitness we take pride in putting our customers first. Our staff are committed to ensuring clients feel at ease and comfortable at all times through our non-judgemental approach. Each person we assist is treated with respect and all aspects of the service are completely confidential.



COMPANY INFORMATION

"I am grateful for the effort and respect I was shown." client

COMPANY HISTORY

Financial Fitness was established in 1999 to provide welfare benefit advice on an outreach basis to the residents of Inverclyde, Scotland.

National indicators of poverty and deprivation list the Inverclyde area as being in the worst 10% in Scotland. Furthermore, within Inverclyde approximately 15% of households are classed as multiply or severely deprived.

The Company's aim is to tackle poverty by ensuring local people have access to welfare benefit and financial advice and information in their own communities. We therefore tackle social exclusion, poverty and deprivation by providing a grass roots service of advice which is free, independent, impartial and confidential.

Furthermore, this service is provided in the local communities, through home visits or the use of various local venues which are easily accessible.

THE KEY SERVICES WE PROVIDE

- Advice on all welfare benefits
- Assistance with form filling, where appropriate
- Comprehensive benefit checks
- Better Off In Work calculations
- Money Advice
- Support to access bank accounts and other financial products
- Welfare benefit training
- Signposting clients to other services and agencies
- Home visits and community based surgeries
- Telephone, web and e-mail support

OVER £73
MILLION WORTH
OF UNCLAIMED
BENEFITS
SECURED SINCE
1999





STRUCTURE & SPONSORS

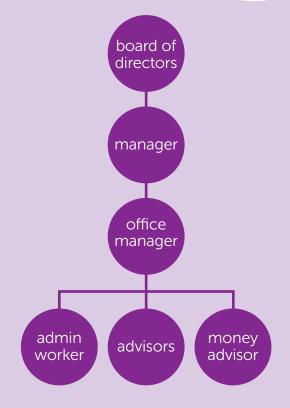
"Your agency is a valuable resource to ensure incomes are maximised." partner organisation

COMPANY STRUCTURE

Financial Fitness is a Company Limited by Guarantee and a recognised Scottish Charity.

A seven-strong Board of Directors have overall control of the company whilst day-to-day operational activity is overseen by the Manager with practical support from the Office Manager.

Services are delivered primarily by our range of advisers who have a particular job focus, however roles are both shared and inter-changeable.



SPONSORS

Financial Fitne ss would like to thank the following organisations for their support over the past year.

Bank of Scotland Foundation

Foundation Scotland

Inverclyde Council

Inverclyde Housing Association Forum

Inverclyde HSCP

People's Postcode Trust

Scottish Government Adapt and Thrive Programme

Scottish Government Communities Recovery Fund

Scottish Legal Aid Board

The Big Lottery Fund

The Scottish Government

"The advice was invaluable. I now try and budget my money and try to save rather than buying on credit."

23 years of information, advice and guidance for the people of Inverclyde

ces since 1999

Our first office was based in Bogle Street, Greenock and we moved in 2002 to a more central location in Sir Michael Street. We have been in our current premises at West Stewart Street since 2009.

We lost our friend and colleague Tam McIntyre in 2015 following a long battle with cancer. During his time as an Adviser, Tam supported over 5,000 clients, generating over £5m of unclaimed benefits for these individuals, and is never far from our thoughts.

We would like to remember like to remember past Management Committee members Donald McDonald, Dorothy Thomson, Norman Lovell, Margaret MacPhail, Barry Blust and Jim Ahlfeld who are sadly no longer with us.

blished March 7900

Financial Fitness was established in March 1999 thanks to the efforts of local volunteers and with support from Inverclyde Council.

The team have grown significantly over the years, from 3 staff members in 1999 to our current team of 10 staff.

* services

Financial Fitness initially provided welfare benefits advice but over the past few years we have developed additional services, including debt advice, better off in work advice, financial education programmes and various financial related training courses.

We embrace social media and regularly post updates and useful information via Facebook, Twitter and our website.

The organisation was established as a charity in January 2000 and became a **Company Limited** by Guarantee in November 2003.

thancial gains

Our financial gains secured for clients has grown by around 1,500% since 1999!

triage

In 2016 we launched our successful telephone triage service which helps around 1,000 clients every year to get quick advice without the need for

face appoint.

Ve have red over worth 1999.

bt and pension acture

Our Money Adviser has dealt with millions of pounds' worth of debt and pensions over the past 12 years.

Noyability pro

Almost
half of our
staff have been
recruited through
a local employability
programme designed to
provide opportunities
for unemployed
young people.



sources

The
organisation
has successfully
delivered over 70
individual projects
funded by various
streams including
Inverclyde Council,
Scottish Government,
DWP and Big
Lottery.

agement comm

Our Management Committee provide over 500 hours of voluntary support every year. 11,000 appoints

Financial Fitness has provided over 71,000 advice appointments in the past 23 years.

artin Lewis

Martin Lewis
(Money Saving
Expert) praised
the work of our
organisation and
highlighted the
importance our advice
has had for many
individuals.

nition and a

Financial
Fitness won
Inverclyde's
Equalities and
Inclusion award in
2013, 2014 and 2015,
as well as Voluntary
Organisation of the
Year in 2015.

ping the local ecopo

invested in
Financial Fitness
generates around
£20 back into the local
economy through
unclaimed benefits
and debt write-offs
secured by our
Advisers.

19: £7.5 million

was our most successful year to date, with the team securing just under £7.5m worth of unclaimed benefits and debt write-offs for Inverclyde residents.

eco friendly

Financial
Fitness have
moved towards
becoming paperless
through the use
of our electronic
case management
system, which was
introduced in
2018.





THE YEAR IN NUMBERS

"I was made to feel like a human being and was treated with respect and dignity" client

the amount of benefits we secured for Inverclyde residents this year.

2021/22 has been another successful year for Financial Fitness. We managed to successfully secure over £4.2m in unclaimed benefits for the residents of Inverclyde. This is an indication of just how many benefits are going unclaimed in the area and highlights the continuing need for the service across the district.

12.000

approximate phone queries handled

On average we receive around 12,000 telephone calls each year, ranging from advice enquiries to requests for appointments.

the number of people supported back into work through our 'Better Off In Work'
Service

With the excellent help of our employability partners, we managed to support 44 unemployed clients back into sustained employment this year, whilst also helping many clients into further education, training and volunteer placements.

total money and debt advice

Our Money Adviser dealt with over £900,000 worth of debt and pensions this year, improving people's financial position and easing their financial worries.

approximate triage appointments

We supported almost 200 clients with advice delivered over the telephone, which is easier and quicker for many individuals.

6,450

appointments made this year

Financial Fitness provided 6,450 appointments this year with 81% of clients attending their appointment.

new clients advised and assisted this year

Our advisers assisted
2,010 new clients from across
Inverclyde, ensuring local residents
were able to access and claim a range
of welfare benefits, thus maximising
household incomes in the area. We were
able to help these clients in a variety of
ways, through form filling, better off
in work calculations, benefit checks
and general problem solving. We
also provided ongoing assistance
to many of the thousands of
existing clients who have
received advice
since 1999.

THE BIGGER PICTURE

I have provide a good service."

ORGANISATIONS AND AGENCIES

We continued to work closely with other organisations and agencies, improving and increasing our service through closer links with our colleagues.

Through such collaboration, we were able to maintain and establish links with over 30 local services in the voluntary sector, contributing to and enhancing the level of service provision in the area.

We also work closely with public sector organisations such as Inverclyde Council, James Watt College and the Department for Work and Pensions, where many referrals to our service were made.

FINANCIAL STRATEGIES

As a committed agency in the fight against poverty, Financial Fitness continued to play a major role in developing various strategies at local and national level.

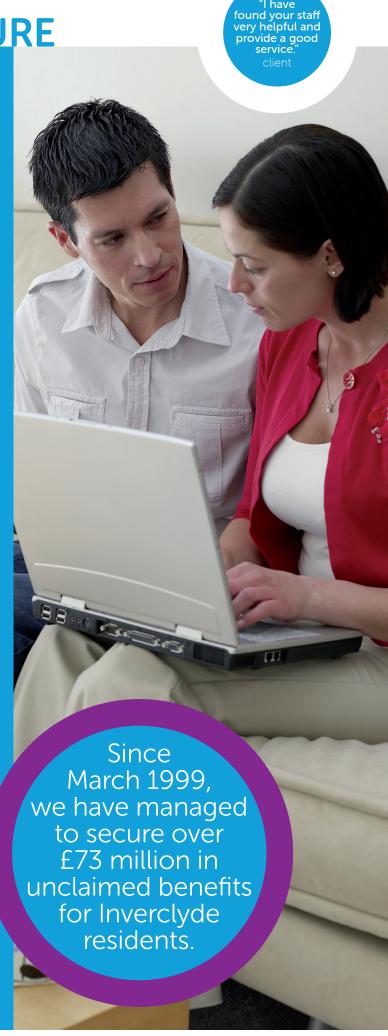
We continue to be heavily involved in contributing to local strategies, promoting financial inclusion, influencing benefit reform, highlighting poverty and ill-health links and fighting pensioner and child poverty.

SELF PROMOTION

We have also been busy promoting and advertising the service across Inverclyde in a variety of ways.

Our website, financial-fitness.uk, provides information and advice on welfare benefits and also gives people the opportunity to contact us electronically.

We also regularly updated many local organisations and agencies with our range of posters, leaflets and general literature.



1999-2022 TOTAL CLAIMS

"An excellent service, would recommend to others"

WELFARE BENEFITS SUCCESSFULLY CLAIMED SINCE 1999

This table shows a breakdown of the amount of welfare benefits successfully claimed by the Company over the last 23 years.

Our advisers have consistently increased household incomes each year and this year brought in £4,277,728 worth of unclaimed benefits for the local community. This allows our clients to improve many aspects of their lives and promotes social inclusion. Indeed, much of this new income will be spent on services and products within Inverclyde, which obviously improves the local economy.

"Without your assistance we would not be getting Pension Credit or Carers Allowance. This extra money has made a big difference to our standard of living."

1999-00	£333,208
2000-01	£690,116
2001-02	£743,524
2002-03	£1,063,504
2003-04	£1,933,999
2004-05	£2,386,324
2005-06	£1,958,842
2006-07	£3,246,871
2007-08	£2,318,559
2008-09	£1,476,403
2009-10	£3,355,176
2010-11	£4,771,773
2011-12	£3,772,042
2012-13	£3,137,868
2013-14	£4,530,562
2014-15	£4,726,805
2015-16	£5,646,666
2016-17	£4,580,191
2017-18	£5,335,716
2018-19	£5,650,251
2019-20	£3,711,970
2020-21	£3,581,875
2021-22	£4,277,728
TOTAL	£73,229,953

TRAINING

"Thank you for giving me peace of mind. Your staff are so friendly and re-assuring."

TRAINING PROGRAMMES

We now provide a range of welfare benefit, money advice and financial ducation training programmes for external organisations. Our staff can deliver numerous courses tailored specifically to suit the needs of individual groups, covering all aspects of the welfare system.

Interested parties can find out more information on the range of training we provide by accessing **www.financial-fitness.uk** or phoning **01475 729239**.

Training can be delivered in-house and our prices are extremely competitive, offering excellent value for money.

Key information on the materials, delivery and tutors of our training courses:

Our Tutors

Our tutors have over 30
years of welfare benefit advice
experience and currently work with
around 1,000 welfare benefit
claimants every year. They have
delivered numerous training courses
across Scotland on all aspects of the
welfare system and have extensive
experience of delivering money
advice and financial education
training within schools and
further education
establishments.





Course Materials

All delegates will receive an introductory Participant's Pack, with copies of the training presentation slides, notes, handouts and other relevant information. Participants are asked to bring along a calculator, pen and paper to allow them to complete the practical exercises within the training.

Course Delivery

Our tutor
will deliver the
training using a
PowerPoint based
presentation with group
and practical activities
included throughout the
course. We can provide a
laptop, projector
and screen if
required.

TRAINING

"I feel that some of the burden has been lifted off my shoulders."

TRAINING OPTIONS

Organisations can pick and choose from our list of courses to ensure that their training needs are met. Once you have chosen the course(s) you would like to book and you know the number of staff that will be participating, contact us to discuss the most suitable date, time and venue and we'll do the rest.

The training courses we provide are divided into four categories as follows:

Better off in work training

For organisations and staff working within the welfare benefit system or have clients who are in receipt of benefits.

Financial education training

For primary and secondary school children of all ages; a range of financial education sessions which complement and enhance financial literacy activities within the classroom.

For organisations and staff who work with financially excluded or vulnerable adults who have difficulties managing money, budgeting or maintaining a tenancy.

Money advice training Welfare benefit/ rights training

For organisations and staff working within the welfare benefit system or have clients who are in receipt of benefits.

YEAR IN DETAIL

"You provide advice and support that often makes a huge difference to many vulnerable people"

partner organisation

NEW CLIENTS

We advised a total of 2,166 new clients throughout the year, in addition to providing a continuing service to many of the 65,000 existing clients.

2,010

new clients were given advice this year We have provided over

71,000

individual, face-to-face advice appointments since 1999

1,892

clients accessed Welfare Benefit Advice Service 253
clients accessed
Money Advice
Service

135
clients
accessed both
services

81% of clients attended we provided 6,450 appointments this year

19% of clients did not attend



YEAR IN DETAIL

"Very satisfied with the help and support I received. Financial Fitness are very helpful and make you feel at ease in very trying times."

WORKING IN INVERCLYDE

Financial Fitness was established in 1999 to provide welfare benefit advice on an outreach basis to the residents of Inverclyde, Scotland.

National indicators of poverty and deprivation list the Inverclyde area as being in the worst 10% in Scotland. Furthermore, within Inverclyde approximately 15% of households are classed as multiply or severely deprived.

The Company's aim is to tackle poverty by ensuring local people have access to welfare benefit and financial advice and information in their own communities. We therefore tackle social exclusion, poverty and deprivation by providing a grass roots service of advice which is free, independent, impartial and confidential.

Furthermore, this service is provided in the local communities, through home visits or the use of various local venues which are easily accessible.



HELPING YOUNG AND OLD

This chart shows a breakdown of the different ages of our clients. We can clearly see that poverty affects all ages in our society.

As shown, the majority of people we assisted over the year are 50 years and above. Many successful claims were submitted for in-work benefits such as Tax Credits and disability benefits including Attendance Allowance and Disability Living Allowance. The ongoing publicity surrounding the Pension Credit system saw many older people contact the Company for advice, whilst we ran various campaigns to encourage take-up of unclaimed benefits.

aged between 0 and 16 - 19

aged between 17 and 24 - 158

aged between 25 and 34 - 251

aged between 35 and 49 - 427

aged between 50 and 64 - 630

aged 65 years or older - 525

Financial Fitness have selfless commitment and respect for others." partner organisation

drug or

16

`alcohol abuse

pre-school (under 5)

WHO ARE OUR CLIENTS

This graph shows a breakdown of the nature of the clients we assisted over the past year. unspecified 58 As you can see, the majority of our clients young mothers suffer from a physical or mental health (under age 25) problem. We also work with a significant number of older people and young children. housewife or husband 28 disabled 627 school age 19 **UC** claimant lone 560 parent 199 carer of disabled adult isa claimant 277 older person (over 65) 30 student 401 working 33 478 young person excluded from labour market 4 other workless

> "I have only just become aware of Financial Fitness and these people might be the difference between me sinking without a trace or battling to survive. The people involved in Financial Fitness have the selfless commitment and respect for others." partner organisation

household

415

new/expectant

mother 29

29

ESA/IB

claimant

216

carer of disabled child

88

ex-offender

"As a direct result of your assistance, the benefit will ease the pressure on me"



This graph shows a breakdown of the type of housing in which our clients live. Our clients live in all types of accommodation:

Caravan Horn specified for other or to the land housing association association association association of the land housing association association of the land housing association associ

Other 17, 108 , 110 citizan 215 citizan 250 citizan 25

River Clyde Homes 362 Own Outright. A23

"As a direct result of your assistance, the benefit will ease the pressure on me to ensure that I have enough funds available to pay, such as ever increasing electricity and gas bills, which are my main worry."



SUCCESSFUL GAINS

Our staff secured over £5m in unclaimed benefits and grants this year. Many people are now able to make better life choices simply due to this increased income. These charts shows the type of welfare benefits, grants and other forms of financial support secured.

MONEY AND DEBT ADVICE SUPPORT: TOTAL SECURED THIS YEAR WAS £902,072

Our advisers are able to access other forms of financial support from a variety of sources to assist vulnerable clients. A significant amount of debts were also written off.

£1,218

£900,854

pensions



Working Tax Credit £1,479

Total gains for our clients in 2021/22: over £6.5 million

WELFARE BENEFITS: TOTAL SECURED THIS YEAR WAS £4,277,728

The figures below show that our advisers were most successful in securing disability benefits (such as Personal Independence Payment (PIP) and Attendance Allowance (AA)) and Employment Support Allowance for our clients. The money brought in from successful claims to PIP and AA accounts for over 30% of the total benefits secured this year.

Attendance Allowance High Rate £602,265 Attendance Allowance Low Rate £211,502 Best Start Foods £2,314 BSG Early Years Payment £2,629 BSG Pregnancy and Baby Payment £3,912 Carers Allowance £152,632 Carers Allowance Supplement £17,264 Child Benefit (Additional Children) £4,438 Child Benefit (Additional Children) £4,438

Child Benefit 1st Child £29,613

Child Disability Payment - Care High Rate £15,323

Child Disability Payment - Care Middle Rate £19,542

Child Disability Payment - Care Low Rate £1,271

Child Disability Payment - Mobility Low Rate £8,588

Child Tax Credit £28,325

Cost of Living Payment (Moons Tosted) 67,000 ""Thank you Cost of Living Payment (Means Tested) £3,900 Cost of Living Payment (Disability) £2,850.00 very much to Council Tax Reduction £54,203 DHP £11,322 my Adviser who helped DLA Care Component High Rate £68,668 DLA Care Component Middle Rate £53,436 DLA Care Component Low Rate £1,232 DLA Mobility High Rate £3,252 me with my DLA Mobility Low Rate £26,613 application form." Employment financial gain other £7,488 ESA (Conts Based) £185,988 ESA (Income Related) £69,696 Financial gain other £3,364 client Funeral Support Payment £1,680 Housing Benefit £87,660 Industrial Injuries £1,872 Job Start Payment £505 Jobseekers Allowance (Conts Based) £15,537 Maternity Allowance £16,048 Other £21,297 Pension Credit £276,781 PIP Daily Living Enhanced Rate £345,796 PIP Daily Living Standard Rate £769,780 PIP Mobility Enhanced Rate £178,324 PIP Mobility Standard Rate £88,084 Retirement Pension £37,826 Scottish Child Payment £16,120 Scottish Welfare Fund Community Care Grant £6,985 Scottish Welfare Fund Crisis Grant £243 Statutory Maternity Pay £7,902 Sure Start Maternity Grant £606 Universal Credit £812,776

MONEY ADVICE SERVICE

Financial Fitness provide a Money Advice Service to Inverclyde residents. This project has been extremely successful in achieving the expected improvements to the lives of the financially disadvantaged that we support:

253 clients accessed the service

24 debt managed

debt written off

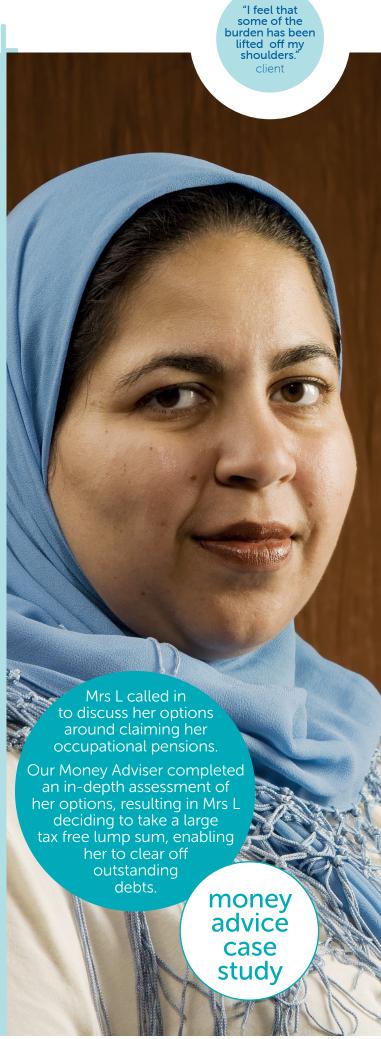
96 pensions advice

55 bankruptcy advice

57 budgeting advice

6 moratorium

token payment offers



"You make benefits seem more understandable" client

EMPLOYMENT SUPPORT

During the course of the year we supported 229 unemployed, working age clients to look at the positive financial implications of moving from benefits into employment. We carried out a detailed 'Better Off In Work' calculation for each client which shows the level of income a client can expect should they find suitable employment and details the range of return-to-work and in-work benefits due to them.

Out of the 229 clients we supported, 44 clients went on to access permanent employment as a result of our 'Better Off In Work' service and through support from other employability projects in the area.

Clients went on to access employment

Clients more confident to work

Clients better able to manage their finances



"I would like to say that I am very satisfied with the service I have just been given, I have found the staff very supportive, good listeners and I am more than pleased with the information I have been given. I feel that some of the burden has been lifted off my shoulders."

client



MARTIN LEWIS



Dear Financial Fitness,

I have been hearing about the work that you do and I know there is no Citizen's Advice Bureau in the area - I'm a massive fan of that organisation - but, thankfully the people of Inverclyde are protected, helped and given good advice because you are there.

I was reading that you have given millions of pounds worth of welfare benefits advice. That is an incredible achievement, absolutely superb. I just want to wish you well and hope you continue the good work.

We are in very difficult times at the moment, people are really struggling. They have got debt problems, they are struggling just to make ends meet even if they don't have debt problems with Welfare provisions being cut and it takes people actually face to face giving them advice.

I hope the reason you asked me is because if anyone gets glamour when it comes to talking about money, I'm the nearest thing to it. I'm the nearest thing to it while you are doing the actual work - dealing with people who are upset, they have got problems, mental health issues, coming here and calming them down, giving them the right advice, sending them on their way in a massively better state than they were when they came in and for that I hope all of you who work there take a little bit of a moment to pat yourself on the back, take a deep breath and be very proud of the work that you are doing.

I wish you all the best in the future.

Martin Lewis

Martin Lewis moneysavingexpert.com



MAKING A DIFFERENCE

"The staff are here to help people in difficult financial situations."

THE STATISTICS

There can be no doubt that Financial Fitness has made a tremendous amount of difference to many people's lives:

- Household incomes across Inverclyde were significantly increased as £4,277,728 in benefits were successfully claimed by our advisers.
- 2,010 people were given specialist one-to-one advice within the local community.
- 44 unemployed clients supported into sustainable employment.

PERSONAL IMPACT

These statistics however, fail to show the full extent to which people's lives have been impacted upon. Many Inverclyde residents are able to make informed lifestyle choices based on need rather than affordability. Here are some of the ways in which our clients have been affected personally.

- Increased income leads to healthier living as clients have greater access to better foods, exercise and leisure facilities.
- Clients are now able to deal with existing debt and budget accordingly due to higher household income.
- Many locals now experience greater self-esteem and confidence due to increased social inclusion.
- Clients will tend to spend relatively high amounts of their extra income on local services and businesses, thus improving the local economy.
- Higher incomes generally lead to less erratic lifestyles, as rent/ mortgage, council tax and other household priorities can be paid timeously.

Mr T, an
elderly local gentleman,
was referred to ourselves
due to problems with
claiming his state pension.

Our Adviser reviewed his financial situation and supported him with a range of advice and form filling, resulting in successful awards of Retirement Pension, Pension Credit, Attendance Allowance and Council Tax Reduction, a yearly financial increase of £21,095

elderly

total yearly benefit increase



CASE STUDIES

"Thank you for giving me peace of mind. Your staff are so friendly and re-assuring."



total yearly benefits accessed

over £20,000

Mr M, a lone parent, contacted us following a change in circumstances.

Our Adviser carried out a benefit check and identified a number of unclaimed benefits, including Child Benefit, Universal Credit, Personal Independence Payment and Council Tax Reduction.

Successful claims were submitted resulting in awards of over £20,000 per year for the client and his son.

Mrs G, a carer for her son, approached us for advice due to benefit issues.

Over a number of appointments our Adviser helped Mrs G through a change in her circumstances, enabling her to claim and subsequently receive new awards of Universal Credit, Council Tax Reduction and Discretionary Housing Payment.

Mrs G and her son are now £12,738 better off each year as a result of our advice and support.

carer annual increase £12,738



THE YEAR AHEAD

"Your agency is a valuable resource to ensure incomes are maximised." partner organisation

2021-22 was a year in which the world gradually returned to a new form of normality within the Covid-19 pandemic. Whilst 20-21 was essentially a year of lockdown restrictions, the vaccine programme gradually allowed key services like ourselves to re-open tentatively, with a new model of advice delivery in place. Staff returned to the office in a phased, hybrid basis from Autumn 2021, however the new Omicron variant of the coronavirus became concerning as 2021 drew to a close and we followed Government guidance and returned to a working-from-home approach over the winter months.

At the time of writing, we have returned to a hybrid model of advice delivery, with advice staff working from home 2 days per week and within the office for the other 3 days per week. This allows us to have the office open Monday to Friday as normal and enables us to offer clients face-to-face or remote appointments as necessary and based on their preference. We are finding that this model is working well but will continue to monitor it as well as any changes to Government guidance that may occur as a result of new or emerging variants of concern.

Despite the challenges presented by Covid-19, 2021-22 was another successful year for Financial Fitness and we increased the amount of financial outcomes secured for clients by around 27% on the year before.

The Company continues to go from strength to strength and remains a well-established and important resource within the community. Our staff often go out-with the remit of their own job description to ensure clients are given the best possible service. The Board of Directors are an extremely hard working and dedicated group whose time and effort has contributed greatly to the success of the company so far. Without such collaboration and enthusiasm from both parties, the company would not be the success it is now.

The benefit system continues to undergo its biggest change since its conception, with a host of benefits affected. The Government aims to reduce the perceived benefit dependency culture by promoting work and allowing households to keep more earnings from work, making work pay.

The overall target is to create a simpler, more streamlined system which should cut down administration costs as well as reducing the

spiralling costs of the current welfare system. However, there continues to be local and national concerns around the scale and impact of the reforms, which will impact on millions of claimants.

It is impossible to predict the exact numbers of local people who will be affected by the welfare reforms, however there is no doubt that thousands of households in Inverclyde will feel the impact of these impending cuts. Research has indicated that the cuts will result in £2billion being taken out of the Scottish economy, with £1billion worth of cuts falling on households containing disabled people. The new Social Security Scotland benefits for disabled children and adults (Child Disability Payment and Adult Disability Payment) are also rolling out in 2022 which will be the biggest change in the benefit system since Universal Credit was introduced several years ago.

Whilst adapting to these changes, we will continue to consolidate the existing and new services to ensure our clients receive the quality provision they have come to expect. We will ensure we are as active as ever in the community, promoting our service through surgeries, events, targeted campaigns and joint working with other organisations.

We will continue to support clients through these difficult times and adapt accordingly to ensure Inverclyde residents continue to receive accurate and up-to date advice. Unfortunately, due to the Covid-19 pandemic, we anticipate a significant increase in demand for our services in the next

few years as the fallout from the pandemic and lockdown impacts on jobs and household incomes. As such, Financial Fitness are sure to have another busy year. The challenging "cost of living" situation, with huge increases in energy costs, fuel and household bills, will also have a huge impact on many of our existing clients, and will also affect many other people across Inverclyde who previously may never have required advice from ourselves.

We will continue to provide up to date advice and information on all welfare benefits, to ensure local people are aware of their entitlements. The future is certainly going to be very challenging but at Financial Fitness we aim to be prepared for the challenges ahead. **SPECIAL THANKS**

OUR PARTNERS

Financial Fitness work closely with hundreds of individuals and organisations across Inverclyde and beyond. We deeply appreciate the support of our partners and we will endeavour to ensure that we continue to maintain and improve our established links and referral procedures.

THE PEOPLE OF INVERCLYDE

The company itself would be unable to operate without the people of Inverclyde to whom we provide this service. Throughout the course of our work we regularly meet many amazing individuals who have touched all our lives in different ways. The staff regularly advise and assist people under tremendous strain due to factors such as disability, ill health, poverty, debt or terminal illness and we are only too pleased to be of assistance in such trying circumstances. It is both a humbling and rewarding experience to be involved in such people's lives.

THE STAFF AT OUTREACH CENTRES

We would also like to thank the staff at all the community centres and venues we use for our outreach work. Without this help we would struggle to provide an outreach service within Inverclyde. It is yet another indication of the close working across the voluntary sector that such agreements are in place across the area.



HOW TO CONTACT US

A great burden was lifted from us and keeping us informed all the way was a godsend" client

FINANCIAL FITNESS RESOURCE TEAM
29 West Stewart Street, Greenock, PA15 1SH
01475 729239
finfitteam@yahoo.co.uk

finfitteam@yahoo.co.uk www.financial-fitness.uk



We recently surveyed 250 clients...



87% of clients stated their financial situation improved following our advice



80% of clients stated that they consider themselves to be more financially inclusive following our advice



80% of clients stated that they thought their financial situation would be more stable in the future, following our advice



67% of clients stated that their social wellbeing has improved following our advice

