



Financial wellbeing training

**Sunderland
City Council**



Why financial wellbeing matters

In today's challenging world, providing support to residents who are experiencing financial difficulties is more crucial than ever. For anyone working with vulnerable communities, being able to have conversations about financial wellbeing can have a real positive impact.

What are the benefits of financial wellbeing training?

Financial wellbeing training can boost your confidence and give you the knowledge and tools needed to support others in improving their financial wellbeing.

There is a range of courses to choose from that are all free. They are delivered online and in person, depending on the course you choose.

The courses are suitable for all levels. Whether you are new to financial wellbeing conversations or looking to expand your skillset, there is a training course to meet your needs.

The training is ideal for people working with communities, individuals or families experiencing financial difficulties. This includes professionals in social care, health, community services and the voluntary and community sector. Training is also available to members of the public to increase their awareness of the support available.

Information about the courses

Introduction to Making Every Contact Count (MECC) Talking Money and Wellbeing



30 mins



E-learning

This training covers:

- The impact of financial wellbeing on health
- Attitudes towards discussing money
- The MECC approach to conversations
- Awareness of available support and signposting

To register please contact the Financial Inclusion Team at managingyourmoney@sunderland.gov.uk

Information about the courses

MECC Talking Money and Wellbeing

This training will help you:

- Understand the importance of financial wellbeing
- Explore attitudes to talking about money
- Build confidence using the 3As model in the MECC approach
- Increase awareness of local and national support available



2 hours



Face to face or
online

To register scan the QR code

For more information, please contact the Financial Inclusion Team at managingyourmoney@sunderland.gov.uk



Money Guiders

Money Guiders is a free programme that builds knowledge, skills, and confidence to support individuals with managing money. It's available to organisations providing non-regulated money guidance. The learning hub offers 2.5 hours of e-learning, plus an optional assessment for a Money Guidance Recognition Award (CPD).

This training is delivered by the Money and Pension Service (MaPS).

To register email managingyourmoney@sunderland.gov.uk



Self-paced



E-learning

Loan Shark Awareness

This session raises awareness about illegal money lending, signs someone may be involved, and its impact on victims and communities. Learn how to help those affected and prevent further harm.



1 hour
30 mins



Face to face or
online

To register scan the QR code

To book bespoke group training email laura.mawson@birmingham.gov.uk



Information about the courses

Health Champions

Sunderland Health Champions help make communities healthier by sharing information, encouraging healthy conversations, and signposting support. The training includes:

- Health and wellbeing topics
- Access to network events



Varies



Face to face or online

To register scan the QR code



Money Advisor Network

The Money Advisor Network is a free service from the Money & Pensions Service to connect people to debt advice. It provides a shared referral system that makes it easier for organisations to refer those in need to start the debt advice journey.

Referral partners can use a simple online form to help customers get debt advice through their preferred method.



30 mins



E-learning

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Barclay's Digital Wings

Barclays Digital Wings offers a wide range of online modules designed to help you with everyday digital tasks - whether you're just starting out or want to develop your skills further.

The training includes:

- Online safety and protecting yourself from scams
- Managing your money online
- Improving digital skills for work
- Using social media and communication tools
- Learning about emerging technology



Varies



E-learning

To register scan the QR code



Course and skills checklist

| Course | Skills | | | | | |
|--|-----------------------------|------------------|--------------------|---------------------|--------------------------------|-------------------|
| | Behaviour change techniques | Community safety | Financial literacy | Brief interventions | Local and national signposting | Skilled knowledge |
| Introduction to MECC Talking Money and Wellbeing | ✓ | | | ✓ | ✓ | |
| MECC Talking Money and Wellbeing | ✓ | | | ✓ | ✓ | ✓ |
| Money Guiders course by the Money and Pensions Service | | | ✓ | ✓ | | ✓ |
| Loan Shark Awareness training | ✓ | ✓ | | | ✓ | ✓ |
| Health Champions | ✓ | ✓ | | ✓ | ✓ | |
| Money Adviser Network | | | ✓ | | | |
| Barclays Digital Wings | | | ✓ | | | ✓ |



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For more about financial
wellbeing please visit
[www.sunderland.gov.uk/
managingyourmoney](http://www.sunderland.gov.uk/managingyourmoney)
or email
[managingyourmoney@
sunderland.gov.uk](mailto:managingyourmoney@sunderland.gov.uk)

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