



Northside
Partnership

New Beginnings



Introduction

The New Beginnings Toolkit is designed to support learning outcomes related to Level 3 QQI Component: Personal Effectiveness 3N0565 and Level 3 QQI Component: Managing Personal Finances 3N0921. The Toolkit is divided into 2 main sections and a final summary section. Section 1 is core and relates to personal development and goal setting. Section 2 focuses on money skills and financial knowledge and is designed to support lone parents to live independently with everyday skills such as managing finances and household budgeting

The content is situated in the lives of parents transitioning from temporary accommodation and the purpose of the toolkit is to equip parents with the confidence and skills to live independently and set important goals for life, education and future work. The toolkit consists of a series of exercises to be implemented alongside work already taking place between key workers and parents, work that supports goal development, life skills development and money management.

The Toolkit has been largely configured around the Level 3 QQI component units referenced above and supports the following outcomes relating to these components.

Learners will be able to:

- 1 | Describe the concept of personal effectiveness and the resources employed for effective engagement in the learning and workplace or community environments.
- 2 | Demonstrate an awareness of self by exploring strengths, talents, goals, values, challenges, and abilities with skills such as communication, assertiveness, time management, and areas for improvement.
- 3 | Draw up a personal learning plan following a series of steps, which include identifying learning goals, resources required, time frame, implementation, review and evaluation, which leads to the achievement of specified personal learning goals, incorporating a variety of learning situations.
- 4 | Discuss personal and cultural values surrounding money to include bills, necessities, discretionary spending and large expenditure.
- 5 | Prepare a weekly spending plan.
- 6 | Compare personal finance experience and habits with those of dependents, partners, family and friends.

Principles of the Toolkit

The design of this workbook is underpinned by the Advantaged Thinking framework which forms the basis for Northside Partnership's work across communities.

Advantaged Thinking (Falconer, Colin 2011) holds that all individuals have abilities in the form of talents, gifts and strengths; and that by identifying and investing in them we can promote personal growth and development and lever their potential for individual and societal good.

Essential to an Advantaged Thinking vision is that we hold and promote high aspirations in people's potential. This strength of belief is likely to be reflected in how people are 'talked about', 'understood' and 'invested in', as well as how teams 'work with' their participants and staff.



Contents

Personal Effectiveness and Goal Setting

PART 1

My Informal Mind Map	6
Developing New Skills	7
My Situation Now	8

PART 2

Future Me	9
My Most Important Goals	10
My Progress Map	11

PART 3

My Short-term Goal	12
My Long-term Goal	13
Contact List	14

Managing My Money Effectively

PART 1

My Money and Me	18
My Income Sources	19
Managing My Spending	20

PART 2

Budgeting	28
Saving	30
Banking and Payments	32
Borrowing and Debt	34
Staying Safe Online	37

Summary

Review of My Goals	42
My Progress Map	43

“My approach is just fearless, I'm not afraid to try anything”

Stormzy



Personal Effectiveness and Goal Setting

PART 1

- My Informal Mind Map
- Developing New Skills
- My Situation Now



PART 2

- Future Me
- My Most Important Goals
- My Progress Map

PART 3

- My Short-Term Goal
- My Long-Term Goal
- Contact List



My Informal Mind Map

What are your hobbies and interests?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Tell me about any successes that you are proud of?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Identified talents & strengths -

.....

.....

.....

.....

.....

Identified talents & strengths -

.....

.....

.....

.....

.....

If you could do any job what would it be? What are your work ambitions?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

How do you resolve difficult/stressful situations?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

How would someone who knows you describe you?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Identified talents & strengths -

.....

.....

.....

.....

.....

Identified talents & strengths -

.....

.....

.....

.....

.....

Identified talents & strengths -

.....

.....

.....

.....

.....

Identified talents & strengths -

.....

.....

.....

.....

.....

Developing New Skills

List some important life skills you have that you use everyday

.....

.....

.....

.....



How do you learn new skills and find out what you need to know?

.....

.....

.....

.....



How do you plan things to help you get the best out of your day?

.....

.....

.....

.....



How does planning things now help you for the future?

.....

.....

.....

.....

My Situation Now

Pick 2 or 3 goal areas from the headings below and fill out all 4 squares, starting with My Future Plan, working your way backwards to Skills and Knowledge I need, Skills and Knowledge I already have, What's getting in my way?

- Education/Employment/Training
- Accommodation and Living Skills
- Health and Wellbeing
- Finance and Budgeting
- Personal and Social Development
- Identity and Emotional Wellbeing
- Family Supports

My Future Plan

[illegible]

Tell me about any successes that you are proud of

[illegible]

What's getting in my way?

[illegible]

Skills and knowledge I already have

[illegible]

Future Me

Education/Employment/Training

Accommodation and Living Skills

Health and Wellbeing

Personal and Social Development

Finance and Budgeting

Identity and Emotional Wellbeing

Family Supports

“Believe you can
and you're
halfway there”

Theodore Roosevelt

My Most Important Goals

- Having goals in life is one thing, knowing how to prioritise and achieve is another.
- Some goals we have to really focus on before we can achieve another. These are called primary goals.
- In the space below list your goals, and then number them in order of importance. List your top 3 goals below, these will be your primary goals.



GOALS + ASPIRATIONS

Education/Employment/Training

Health and Wellbeing

Accommodation and Living Skills

Personal and Social Development

Finance and Budgeting

Identity and Emotional Wellbeing

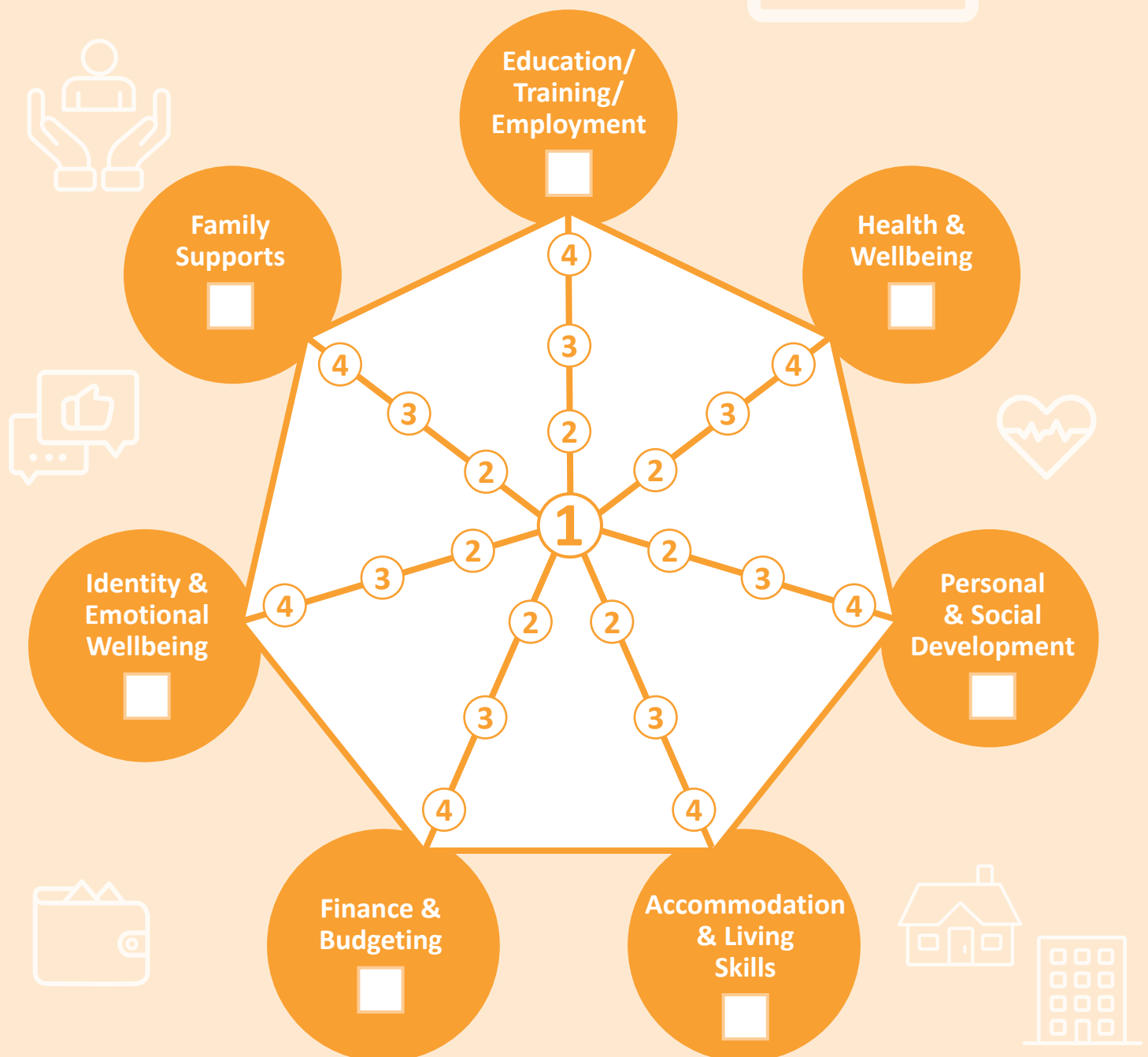
Family Supports

List your top 2 goals here:

My Progress Map

This diagram helps you to map “where you are at” now across these 7 areas of your life. This will give you and your key worker an idea of where you feel motivated to act on in your life. Add your goals identified in the previous exercise and use the rating system to help you identify how you feel.

- 1 Don't know yet.
- 2 Ready to explore.
- 3 Trying stuff and getting motivated.
- 4 Getting motivated and on track.



My Short-term Goal

Start developing a plan for achieving your goals

My goal

Which service offer does my goal relate to?

Is my goal SMART?



Specific

Achievable



Measurable

5

Realistic

9

Time-bound

What skills and talents and contacts do I have?

What do I still need?

Actions I need to take, schedule these actions into your diary

Action 1

By when:

Action 2

.....

.....

By when:

.....

.....

Keep contacts of people who might be able to help you with your goals in the contact list. Schedule dates for contacting and follow-up on these connections.

My Long-term Goal

Start developing a plan for achieving your goals

My goal

.....

.....

.....

Which service offer does my goal relate to?

.....

- ☐ Education/Training/Employment ☐ Accommodation & Living Skills ☐ Employment
- ☐ Health & Wellbeing ☐ Personal & Social Development ☐ Finance & Budgeting

Is my goal SMART?

.....

- ☐ Specific ☐ Achievable ☐ Measurable ☐ Realistic ☐ Time-bound

What skills and talents and contacts do I have?

.....

.....

What do I still need?

.....

.....

Actions I need to take, schedule these actions into your diary

Action 1

.....

.....

By when:

.....

Action 2

.....

.....

By when:

.....

Keep contacts of people who might be able to help you with your goals in the contact list. Schedule dates for contacting and follow-up on these connections.

Contact List

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact List

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

Contact Name	How can they help me?
Organisation	
Phone	
Mobile	

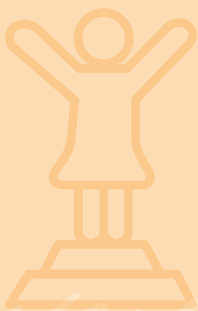


Well done on completing the Personal Effectiveness section of the toolkit.

Once you have reviewed your goals in Section 3,
your knowledge and learning can be accredited on
Learn With NALA

[https://www.learnwithnala.ie/account?action=createaccount
&nala_centre_id=NPP-UP](https://www.learnwithnala.ie/account?action=createaccount&nala_centre_id=NPP-UP)

Your keyworker or aftercare worker can support you with this.



Managing My Money Effectively



PART 1

- My Money and Me
- My Income Sources
- Managing My Spending



PART 2

- Budgeting
- Saving
- Banking and Payments
- Borrowing and Debt
- Staying Safe Online



My Money and Me

1 What does money mean to me

When you think about money, what words come to mind?

.....

.....

.....

2 My money mindset

Money mindset refers to how we think and feel about money. Choose the number that shows how well you agree or disagree with the statements below. (Sliding scale 1 – 5 Completely agree to Completely disagree)

- | | |
|--|---|
| ☐ I feel stressed when I think of my money situation | ☐ I don't know where my money goes |
| ☐ When it comes to money, I live for today | ☐ I would feel more in control if I had a plan for my money |
| ☐ I plan my money carefully | ☐ I feel under pressure from others to spend money I do not have |
| ☐ Managing money gets in the way of having a good time | ☐ I don't have confidence in my ability to manage money |
| ☐ My life would be better if I could better manage my money | |

3 Short of money

- | | |
|--|--|
| ☐ Borrow from friends or family | ☐ Use high cost credit such as Buy Now Pay Later or a Credit Card |
| ☐ Get a loan from the Bank or Credit Union | ☐ Look for support from charities or other organisations |
| ☐ Don't pay my bills | ☐ Borrow from an illegal moneylender |
| ☐ Go without food | |
| ☐ Go without other things I need until I get paid again | |

4 Discuss why money matters?

Thinking about your current situation, how important is it to you to have enough money for the people or things that matter to you?

.....

How might your money situation or priorities change at different stages in your life?

.....

When it comes to money, there are some things that are outside of our control and some things that we can control

- List some of those things that are outside of your control
-

- What are some actions you can take to keep control of your money
-

My Income Sources

My current weekly income:	€
How much is this now and how might it change over time if:	Amount: €
I am unemployed but available for work	
I am a lone parent with a child under 7/over 7	
I am in education or training	
I am working full-time on minimum wage	
In the longer term if I have a job in my chosen career	

Discussion

Have you thought about how much money you will need to live independently?

Have you considered if it might be possible to remain or return to education or training?

What other allowances or benefits might be available depending on your personal circumstances?

Do you know how to check your entitlements and available supports?

Where can you get reliable information and advice?



☐ You just got paid	☐ You feel under pressure from others
☐ It makes you feel better	☐ You put pressure on yourself perhaps out of guilt
☐ You are bored	☐ You act impulsively
☐ You feel you deserve a treat	☐ It is so easy to be tempted online

2 Identifying your needs and wants

Use the flash cards to identify your needs and wants (page 27). As we move through the life stages, from childhood to young adulthood our needs and priorities will change.

3 Thinking about your own personal situation, list your needs for independent living

[illegible]

4

to know where

Complete the tracking exercise and keep a daily record of your spend either by writing it down or using an app.

Food shop	Coffee/ Snacks/ Convenience food	Baby & Child	Toiletries & Personal care	Travel	Clothes & Accessories	Other essentials	Social & Leisure
Totals							

Examine your spending and get to know your habits. Can you identify an item or items that you buy on a weekly basis. Work out how much this item will cost you for a full year e.g. if you buy a takeaway once a week at a cost of €15 per week, in a full year, takeaways will cost you $€15 \times 52$ weeks = €780 per year.

Daily spend	Item	€	multiply by 356 days =	€	per year
Weekly spend	Item	€	multiply by 52 weeks =	€	per year
Monthly spend	Item	€	multiply by 12 months =	€	per year

Understanding your spending in this way can help you to make choices around essential and non-essential spending.

Follow this link to work out how much your day to day spending can really add up.

<https://www.ccpc.ie/consumers/money-tools/spending-calculator/>

5 Planning ahead

At different stages of life, there are once-off items we need or want that require planning for when we buy and how we pay – this could be a piece of equipment or furniture on moving to a new place to live, getting car insurance or equipment for a new baby.

Think of a once-off item that you might want to buy in the next 12 months. List the item or items

List the item or items

- When will you need it?
- Where might you get it from?
- Are there different options or brands?
- Is there an option to buy a pre-owned or refurbished version?
- Might it be possible to get from families or friends or to swap for something you have that you don't need?
- Compare prices
- Will you have enough to pay for it when you need to buy it?
- Can you save for it between now and when you need it?
- Will you receive any one-off social welfare supports or work related payment such as a Christmas bonus, double payment or Child Benefit that can be set aside for this purpose?
- If necessary, could you borrow and spread the cost over a number of months (noting that this option may mean paying interest, extra charges or fees)
- Do you know where you can get additional support if short of money for essentials?



6 Unexpected windfall

If you got an unexpected windfall of €400 what would you do with it?

- ☐ Pay off debt.
- ☐ Use it to gamble.
- ☐ Purchase an essential item for home.
- ☐ Share with family.
- ☐ Treat yourself.
- ☐ Spend with friends.
- ☐ Buy cryptocurrency.
- ☐ Put in long term savings.
- ☐ Use to make ends meet this week/month/year.



Other options?

.....

.....

.....

If a friend asks to borrow the cash and you know you will not get it back, what would you do?

.....

.....

.....

How confident are you in your ability to make the decision for yourself?

.....

.....

.....

7 What's important when you shop & where do you shop?

What's important when you shop?

.....

.....

.....

Where do you shop?

.....

.....

.....

Who or what helps you choose?

.....

.....

.....

8 Who is in my money circle?

- Think about the people in your circle who influence or impact your money decisions.
- Identify the most important people in your circle.

Do they influence your money decisions?

What's good about some people's influences when it comes to money?

What's not good about some people's influences?

What challenges or risks do some people present when it comes to money?

Think about a money decision you made that was influenced positively or negatively by others?

Would you do anything differently if making that decision again?

How does being a parent influence or change your money decisions?

9 When might you end up spending when you didn't expect to?

- ☐ Impulse
- ☐ Pressure
- ☐ Tied into a contract you didn't fully understand.
- ☐ Had an accident.
- ☐ Suffered loss or damage and not insured or delay in reimbursement.
- ☐ In App purchases.
- ☐ Missing a bus and getting a taxi.



Anything else?

10 What would you do?

Your mobile phone is old and you have wanted to get a new one for months. In the shop, the one you want costs €1,000 but you are told the sale starts next week and it will be reduced by 20%

Scenario 1 – you have the €1,000 saved already

Scenario 2 – you have no savings but you can get a loan paying back €90 a month for 12 months. The total cost is €1110

Compare the cost if you wait a week, buy now with the cash or borrow the money today.

What’s the difference in cost between waiting a week for the discount and getting a loan and paying €110 in interest?

What could you do with the difference?

Why might you choose one option over another?

If you have been unable to save any money for a new phone up to now, how confident are you of being able to pay €90 a month for the next 12 months?

Do you know what the consequences are of missing a payment or being unable to repay the loan?

11 Weekly meal planner

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							



Unit Pricing

When food shopping, it pays to check the unit price, that is the price per kilo or per litre. Retailers are required by law to show this information.

Next time you are in a supermarket, look out for the price per kilo or per litre. What do you notice? Compare the cost of these items by checking the price per kilo of each product

Product	Price Per Kilo
Ben's Original Long Grain Rice 1kg	€
Ben's Original Long Grain Microwave Rice	€
Flahavan's Microwaveable Quick Oats 500g	€
Flahavan's Microwave Quick Oats Pot 44g	€

12 Smart shopping

- | | True | False |
|---|--------------------------|--------------------------|
| 1. Essential items such as bread and milk are placed at the back of the store. | ☐ | ☐ |
| 2. Essential items are placed near each other. | ☐ | ☐ |
| 3. Supermarkets like to keep the same layout so shoppers know where things are. | ☐ | ☐ |
| 4. Expensive brands are placed lower down than cheaper brands. | ☐ | ☐ |
| 5. Special offers are placed at the end of aisles so you have to pass by them. | ☐ | ☐ |
| 6. A best before date means you should not eat the food after this date. | ☐ | ☐ |
| 7. Buying a larger quantity is always better value. | ☐ | ☐ |
| 8. Supermarkets use attractive smells to encourage you to buy. | ☐ | ☐ |
| 9. Supermarkets deliberately place items together to encourage you to buy more. | ☐ | ☐ |

13 Discussion

How might personal circumstances result in high spending on food

What strategies might help to keep the cost of food as low as possible

Consider taking free cookery classes to help with the cost of food and if necessary to gain access to cooking facilities

Managing my spending flash cards

Needs

Bills e.g. gas,
electric, broadband



Mobile phone
top-up/bill pay



Groceries



Personal
care items



Rent



Loan
repayments



Clothes/
foot wear



Wants

Taxis



Weekends away/
holidays



Latest iPhone



Streaming
subscriptions



Gaming



Takeaways



Designer labels



Budgeting

1 How well do I manage my money?

Question	Yes/no/ sometimes/ don't know	How confident am I at managing this Scale 1 – 5	Notes
Do I know what money I have coming in each week?			
Do I know what subscriptions I am paying?			
Do I know how much money I spend every week?			
Do I know what bills have to be paid each week?			
Do I keep track of everything I spend?			
Do I make a plan for how I spend my money?			
Do I spend money first on the things I need?			
Do I save money?			
Do I need to borrow money from time to time?			
Do I owe money now?			
Do I have a Bank/Credit Union/Post-office Account?			
If unexpected expenses arise, do I have a plan to deal with them?			
Do I know where to get help with any of the above If I need it?			

2 Budgeting

Step A - Income



Job	€
Social Welfare	€
Child Benefit	€
Other	€
Total Income (A)	€

Step B - Needs



Accommodation	€
Electricity	€
Gas	€
Food	€
Baby essentials	€
Total Needs (B)	€

Step C - Bills & Commitments



Loan repayments	€
Mobile	€
Broadband	€
Subscriptions (Netflix etc)	€
TV licence	€
Other	€
Total Other Bills (C)	€

Step D - Everyday Essentials



Household	€
Personal care	€
Transport	€
Medical	€
Education	€
Clothes	€
Total Everyday (D)	€

Step E - Don't Forget Savings!



Emergency Fund	€
Short-term goal	€
Long-term goal	€
Total Savings (E)	€

Step F - Social & Personal



Events/Christmas/birthday	€
Socialising, cinema, sport	€
Cigarettes/alcohol	€
Other	€
Total Social & Personal (F)	€

Step G - Last One!



Put it all together

Total Income (A) €

Total Needs (B) €

Total Other Bills (C) €

Total Everyday (D) €

Total Savings (E) €

Total Social & Personal (F) €

Add up totals of B to F to get overall spending €

Income - Spending = €

RESULT

Saving

1 Saving for my future

Recall the item you might want to buy in the Section 'Planning Ahead' on Page 22 and consider how you might save to pay for it:

What is the total amount you will need to save?

.....

.....

.....

How much can you put aside each week?

.....

.....

.....

By saving this amount each week, how long will it take you to reach your goal?

.....

.....

.....

What might get in the way of reaching your saving goal?

.....

.....

.....

What might help you to reach your goal

.....

.....

.....

2 Ways to save

Think about what saving method works best for you:

- Putting the money you save in a safe place so that you are not tempted to spend it, can be a real challenge, especially if you hold the money in cash.
- It can help to physically separate the cash using a money jar or an envelope with your goal written on it.
- If using a bank account, you can transfer money from your current account to Instant Access or On Demand deposit accounts e.g. using Vaults in Revolut or the Money Pots option in traditional banks.
- Savings that are immediately accessible will generally earn little or no interest. Check out other savings options with your Bank/Credit Union/Post Office.

3 What's my saving style?

To what extent do you agree or disagree with these statements Choose the number that shows how well you agree or disagree with the statements below. (Sliding scale 1 – 5 Completely agree to Completely disagree)

- ☐ I am a spender, not a saver.
- ☐ I live for today.
- ☐ I never seem to have any money.
- ☐ I don't know where my money goes.
- ☐ I always put some money aside for a rainy day.
- ☐ I feel stressed when I know I don't have savings.
- ☐ I am working towards my savings goal.
- ☐ I feel confident in my ability to save.
- ☐ I feel good when I see my savings grow.
- ☐ Saving before I spend means I don't notice I don't have it.
- ☐ There are things I couldn't do because I had no money.
- ☐ If I'm stuck for money, I borrow where I can.
- ☐ I know borrowing is expensive, but I just can't seem to save.
- ☐ I can deal with an unexpected expense.



Small changes I can start making that will help me to save money

Banking and Payments

1 Managing your bank account

How do you keep track of your money:

- | | |
|---|---|
| ☐ Use an app on your mobile phone | ☐ Use a laptop/tablet for online banking |
| ☐ Go to branch of bank/Credit Union /Post Office | ☐ Use an ATM |
| | ☐ Other |

How often do you check your bank statement

- ☐ Daily ☐ Weekly ☐ Monthly ☐ Only if there's a problem ☐ Never

Why is it important to check both money coming into your account and payments leaving your account?

.....

.....

.....

2 Buy now Pay later

What do you understand by Buy Now Pay Later (BNPL)

.....

.....

.....

Name some companies that provide credit through BNPL

.....

.....

.....

List the pros and cons of Buy Now Pay Later loans

.....

.....

.....

Would you agree or disagree with the following statements?

- | | Agree | Disagree |
|---|--------------------------|--------------------------|
| Because of BNPL, when shopping, people will often end up purchasing items that they didn't originally plan on buying. | ☐ | ☐ |
| People are more likely to purchase things they don't need because of BNPL. | ☐ | ☐ |
| People often spend significantly more money than planned when using BNP. | ☐ | ☐ |

Watch: <https://www.youtube.com/watch?v=exFYQv45Jcw>

Learn more: <https://www.mabs.ie/en/blog/buy-now-pay-later-mabs-investigates/>

Discussion:

What do you think of the possibility to buy food using BNPL?

.....

.....

.....

3 Payment methods

What is a direct debit?

- ☐ Money coming to my account
- ☐ A fixed or variable amount going out every month to pay a bill e.g. a mobile phone contract



What payment method do I use?

.....

.....

.....

.....

What are my options for paying for things?

.....

.....

.....

.....

What's the benefit of using different payment methods?

.....

.....

.....

.....

What do you think is the safest way to pay for things?

.....

.....

.....

.....

What is the benefit of prepaid cards or digital only banks?

.....

.....

.....

.....

Borrowing and Debt

1 Types of debt

Can you list some different types of loans?

.....

.....

.....

2 Why might someone get into difficulty with debt?

Why might someone get into difficulty with debt?

.....

.....

.....

3 Cost of borrowing €2,000

Personal loans

Search for personal loans:

I am looking for a loan of: € 2000

Over a period of: 2 Years

Search

Provider	Product	APR	Monthly repayments	Total cost of credit	
 Revolut	Revolut Personal Loan from 6.50% to 12.99%	8.41%	€90.55	€173.15	☒
MORE DETAILS					
 Bank of Ireland	Personal Loan	8.5%	€90.62	€174.98	☒
MORE DETAILS					
 AIB	Personal Loan	8.95%	€91.01	€184.13	☒
MORE DETAILS					
Compare					
 Credit Union	Standard Personal Loan (Rate varies by CU)	10.48%	€92.30	€215.13	☐
MORE DETAILS					

Adapted from : <https://www.ccpc.ie/consumers/money-tools/loan-comparison/>

What is the interest rate on the Bank of Ireland loan?

What's the total repayment on the AIB loan?

Which loan is the cheapest option?

What 3 things does your exact repayment depend on?

4 Questions to ask before you borrow

Before you borrow ask yourself:

Before you sign the loan ask yourself:

For more information go to: <https://www.citizensadvice.org.uk/debt-and-money/borrowing-money/getting-the-best-credit-deal/>

5 What are the signs borrowing might be a problem and what to do?

When borrowing becomes a problem

What are the signs?

What to do?

For more information on coping with debt: <https://mabs.ie/tackling-debt/multiple-debts/>

6 Borrowing true or false quiz

	True	False
1. The Central Credit register holds personal and credit information on loans of €500 or more.	☐	☐
2. If you miss even one single repayment on a loan, this will show on your credit report.	☐	☐
3. Anyone can access your credit report.	☐	☐
4. Your credit report shows a lender your detailed payment record for the last 24 months.	☐	☐
5. If you switch financial institution your personal debt doesn't travel with you.	☐	☐
6. After two years, a poor credit history is erased from your credit record.	☐	☐
7. A lender is required to check the Credit Register if you apply to borrow an amount greater than €2,000.	☐	☐

For more information - https://www.citizensinformation.ie/en/money_and_tax/personal_finance/loans_and_credit/your_credit_history/

7 Do you know?

What word describes your bank account when the balance is less than zero?

- ☐ Positive
- ☐ Negative

Number these debt products 1-3 with 1 being the cheapest and 3 the most expensive.

Credit card

☐

Money lender(fast cash)

☐

Personal loan

☐

Why is your credit history important?

- ☐ I can put it on my CV.
- ☐ It lets other lenders know if I am a reliable customer.

What should you do if you are having trouble making payments on a loan? (Choose 2)

- ☐ Tell your friends.
- ☐ Contact your loan provider/creditor.
- ☐ Contact mabs.ie



Staying Safe Online

1 Your personal information online

Think about your personal information that you might have shared in different places online e.g.

- Where you live
- Your image
- Likes and dislikes
- Your date of birth
- PPS Number

1. What do you think are the risks when all of this information about you is available to scammers?
2. Could a fraudster have enough of your personal details to steal your identity?

2 How to spot a scam

Think of the messages, emails and social media alerts you might receive. Tick all of these which might be a scam?

- ☐ You receive a text from a retailer you're not signed up with.
- ☐ You receive a message from your bank asking you to click on a link.
- ☐ You get a promo message from a retailer you regularly buy things from.
- ☐ You receive a call from Amazon saying you are due a refund on a subscription.
- ☐ You receive an email saying you've won an iphone.
- ☐ You receive a call from your bank to say you've been a victim of fraud and need to deposit your money into a new account to keep it safe.



3 List some do's and don'ts of staying safe online

Do Don't

- ☐ ☐ Use the same passwords for email, banking and social media.
- ☐ ☐ Use passwords PIN or biometrics to lock mobile and other devices.
- ☐ ☐ Use public wifi networks for banking or shopping online.
- ☐ ☐ Open links or attachments in unsolicited texts or emails.
- ☐ ☐ Hang up and call your bank from a number you know is genuine.



Check out your own bank fraud warnings and list the key messages here e.g.

Check, Challenge, Chat from www.fraudsmart.ie

4 Reasons not to be a money mule

	True	False
1. A money mule is someone who lets another person use their bank account to transfer money.	☐	☐
2. Criminals use money mules to transfer money obtained from drugs, human trafficking, online fraud etc.	☐	☐
3. If you allow someone else to use your bank account to commit a crime, you will not be prosecuted as long as you were not involved in the crime.	☐	☐
4. A legitimate employer might ask you to use your personal bank account to conduct company business.	☐	☐
5. If you are caught acting as a money mule you may get a prison sentence and never be allowed have a bank account or get a mortgage.	☐	☐
6. If you have a criminal conviction for money muling, you may be denied a visa for countries you might like to visit or live in.	☐	☐
7. Criminals only target people who have lots of money in their account.	☐	☐
8. Almost all money mule incidents in Ireland involve bank accounts belonging to those aged between 18 and 24 years of age.	☐	☐

What to do.

Stay clear of any approach offering easy money for use of your bank account.

If you think you are being used as a money mule, stop transferring money, notify your bank and the Gardai.

5 Cryptocurrency

Cryptocurrency is the term used to describe a digital currency. It exists electronically and does not have notes or coins. There are many digital currencies, and they can be bought and sold on digital exchanges. As with any currency, their value can go up and down and they can be used in some situations to make electronic payments.

	True	False
1. If you buy cryptocurrency in Ireland, your money is protected in the same way as money in an Irish bank account.	☐	☐
2. Prices of cryptocurrencies can rise and fall very quickly.	☐	☐
3. If you invest money in cryptocurrency, you should be prepared to lose all your money.	☐	☐
4. Social influencers are often paid to promote cryptocurrency investments.	☐	☐
5. "Pump and Dump" refers to scams where the price of a cryptocurrency is driven up through social media and then collapses when the promoters sell out at a profit, leaving innocent investors at a loss.	☐	☐
6. If things go wrong, you are protected by Irish and EU law.	☐	☐

Checkout

<https://www.cnn.com/2022/08/11/some-influencers-paid-thousands-to-endorse-cryptocurrency-projects.html>

6 Staying safe online

Multi-level marketing schemes (MLM) target women and young mothers

Multi level marketing schemes involve becoming a salesperson with the potential to make money by selling products and by getting new people to join as salespeople. However, US research found that at least 99% of MLM participants lose money. The reality is that many of these schemes depend on recruiting new sellers – while a small number of those who promote or join early may profit, those who join later, do not. Women and particularly young mothers are the main target with an offer of life-changing opportunity but often resulting not just in loss of money but also family and friends.

Case study (Source: © 2022 irishtimes.com)

One Irish woman, Karina O'Dowd, was looking for an opportunity to work from home while dealing with a health condition. O'Dowd, then 23, was sick of being on social welfare and wanted to make her own money. She happened upon an advertisement on a buy-and-sell Facebook page. The infomercial-style post read: "Would you like a second income? Would you like to work from home and choose your own hours?"

O'Dowd had doubts about the possibly too-good-to-be-true opportunity, but she was in a vulnerable place: "I was so desperate for a job at the time that I thought I'd give it a go."

O'Dowd replied to the post and received a message from a woman in the UK asking if she would be interested in becoming a salesperson for an MLM cosmetics brand. She was told she would need to buy a "starter kit" for €138 that she could use to advertise with and sell. The kit would contain €300 worth of products.

Once O'Dowd agreed, she was introduced to her "team", which consisted of five other women tasked with being the first sellers for the brand in Ireland. "I remember thinking it was going to be really hard to launch and advertise because no one had ever heard of it – and it was."

O'Dowd describes an average day selling for an MLM as similar to that of an influencer. A lot of time is spent "creating content" – writing posts, uploading photos and videos – and posting it on social media to attract customers. However, while influencers may get paid for promotion MLM salespeople do not.

O'Dowd says that while she sold some products, she didn't make a profit over the year she was involved: "By the end of it I'd say I lost money rather than made it." The idea is to "reinvest" whatever small profit you make in order to reach higher levels in the company, she says. "I understand why they didn't buy [the products], because they were way too overpriced,"

After a year without making a profit and learning more about the structure of the company, O'Dowd decided to stop selling for the MLM. "[I realised] it's not helping me financially... and I didn't like the ethics of it."

From reading the case study, list some of the red flags to look out for, if offered a similar "sales opportunity"



Well done on completing Managing My Money Effectively.

You can also accredit your knowledge and learning on
Learn With NALA

[https://www.learnwithnala.ie/account?action=createaccount
&nala_centre_id=NPP-UP](https://www.learnwithnala.ie/account?action=createaccount&nala_centre_id=NPP-UP)

Your keyworker or aftercare worker can support you with this.





Summary

- Review of My Goals
- My Progress Map



Review of My Goals

Goal/goals - tick

☐

Education

☐

Accommodation and living skills

☐

Employment

☐

Finance & Budgeting

☐

Health & Wellbeing

☐

Personal Wellbeing

☐

Family Connections

What didn't work well? Did you encounter any problems

.....

.....

.....

Activities completed

.....

.....

.....

Is there anything you would do differently?

.....

.....

.....

What went well?

.....

.....

.....

What would you like to do next?

.....

.....

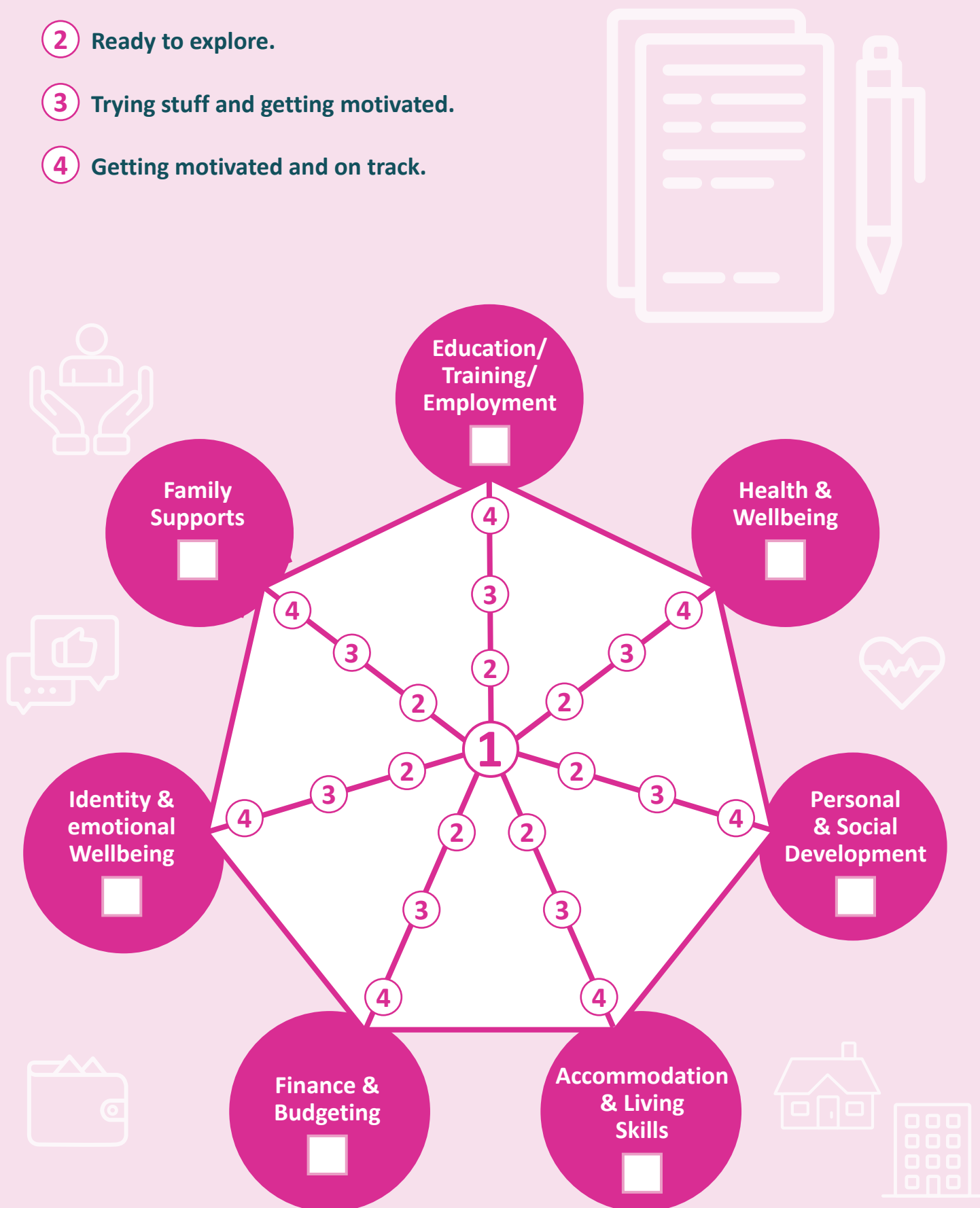
.....



My Progress Map

Go back to the original star to rate where you are in relation to your goals

- ① Don't know yet.
- ② Ready to explore.
- ③ Trying stuff and getting motivated.
- ④ Getting motivated and on track.



This resource was originally developed
by Northside Partnership in association
with Tusla, CYPSC and funded by JP
Morgan and revised in association with
Anew and funded by SOLAS



J.P.Morgan



Northside Partnership works in partnership with homeless services
to facilitate access to the programme.
To find out more about partnering with Northside Partnership to deliver
this programme in your area, please contact: info@nspartnership.ie



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-Funded by the
European Union