

# Savings Guide

It's never too late to become a savvy-saver.

Your Financial Ally

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**Did you know:**

**Around 9.45m households in the UK have no savings\***



\*[www.themoneycharity.org.uk/media/April-2017-Money-Statistics.pdf](http://www.themoneycharity.org.uk/media/April-2017-Money-Statistics.pdf)

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# What money-saving smart moves can you make today?

It's never too late to change your habits and make wiser choices when it comes to your money.

You've heard of simple swaps when it comes to your health and nutrition; well, you'll be pleased to know that the same principle can be applied to your finances.

## How?

Read on to find out more about the smart saving moves you can make now to get on your way to becoming a savvy-saver.



# Smart moves to save you more at home\*



## Adjust your heating

Turning down your thermostat by just 1C could save you £80 to £90 a year.

## Switch off standby

Save around £30 a year just by turning your appliances off standby mode.



## Spend less time in the shower

Spend one minute less in the shower each day and save up to £7 each year, per person.



## Washing up

Use a bowl to wash up rather than a running tap and save up to £25 a year.

## Switch to LEDs

If the average household replaced all bulbs with LEDs, the saving would be about £35 a year on bills



## Making a brew

Fill the kettle with just the water you need and save around £7 a year.



Reducing your expenses just a little gives you a simple way to start saving at no extra cost!  
\*Source: [www.energysavingtrust.org.uk/home-energy-efficiency/energy-saving-quick-wins](http://www.energysavingtrust.org.uk/home-energy-efficiency/energy-saving-quick-wins)

# A guide to savings and the differences between saving and investing

If you save regularly your funds will soon start to add up and its very rewarding to watch them keep growing.

## Instant Access Saving Account

These are accounts that pay interest and allow you to withdraw money whenever you need it. You can save as little or as much as you want each month. You can often open an account with an initial deposit of as little as £1.

## ISAs

ISAs are tax-efficient savings and investment accounts. You can use them to save cash or invest in stocks and shares. You can pay your whole annual allowance of £20,000 into a stocks and shares ISA\*, or into a Cash ISA or any combination of these.

\*For most of the investments you would put into a Stocks and shares ISA, the value can go down as well as up and you might get back less than you invested.

## Investing

If your savings goal is more than five years away, putting some of your cash into investments could allow you to earn more from your money and keep up with rising prices. If you've got funds in your cash savings account – enough to cover you for at least six months – and you want to see your money grow over the long term, then you should consider investing some of it.

## Finding out more

Visit: [moneyadvice.service.gov.uk](https://moneyadvice.service.gov.uk) | [www.moneyforce.org.uk](https://www.moneyforce.org.uk)  
For more helpful information.



## Planning for their future is the thing most Brits are most likely to delay

On average Britain spends eleven hours a week procrastinating, and planning for their financial future is the thing most Brits delay. We at Forces Mutual think this is a worrying finding.

Surprisingly people put off looking after their financial future more than putting off exercising, dieting and even going to the dentist.

The research By Beagle Street found that the most common distractions are watching TV, making a cuppa and having a snack.

We hope this guide to saving shows you the benefits of making time to think about your finances and inspires you to focus on your financial future.

Source: Money Magpie: <https://www.moneymagpie.com/save-money/21-surprising-facts-about-money-2>  
City AM: <http://www.cityam.com/218276/brions-spend-24-days-year-procrastinating>

## Did you know?

There was £67.3bn in credit card debt in the UK in 2017  
Per household this is £2,493 \*

Based on the average interest rate it would take 25 years and 11 months to repay if you made only the minimum repayment each month.

The minimum repayment in the first month would be £60 but reduces each month.

If you paid £60 every month, the debt would be cleared in around 5 years and 4 months.

\* [www.themoneycharity.org.uk/media/April-2017-Money-Statistics.pdf](http://www.themoneycharity.org.uk/media/April-2017-Money-Statistics.pdf)

Purchases using plastic cards were worth £1.84 billion every day during January 2017\*

Households now spend 38% of their annual income on raising a child.\*

According to the Council of Mortgage Lenders (CML), the typical first-time buyer deposit in January 2017 was 15.7% (around £28,552) – 108% of an average salary\*

248 people a day are declared insolvent or bankrupt. This is equivalent to one person every 6 minutes 13 seconds\*

\*[www.themoneycharity.org.uk/media/April-2017-Money-Statistics.pdf](http://www.themoneycharity.org.uk/media/April-2017-Money-Statistics.pdf)