

In light of Covid 19 many social welfare payments are being paid every 2 weeks instead of every week.

A double payment but unfortunately not double the money!!
This money needs to last you for 2 weeks.

This is one of the ways the Government is helping us - it reduces our need to leave our home.

Week 1
Money
€€€€€

You can split the money you receive into 2 envelopes.

Week 2
Money
€€€€€

Try and just spend the money available for Week 1 without touching Week 2.

If you are running short of cash, here are some tips that might help:

- 1 • Prioritise your bills.
If your budget is tight, cut out any non-essential items or unnecessary expenses.
- 2 • Try to reduce grocery costs by buying supermarket-own brands and shopping in discount stores when possible.
- 3 • Work out with your family how much money you need to spend each week on basic living expenses.
- 4 • Shop first for **what you need**
• Shop from a list you have prepared, covering basic food needs for the week.
- 5 • If you are receiving a social welfare payment, consider using the Household Budget Scheme to help organise the payment of your bills.