



# Finance Capabilities

## At Fusion Healthy Living Centre

A 5-week course designed to support individuals with overcoming their mental health and also financial difficulties.

The Finance Capabilities Course (FCC) is a 5-week programme designed to help people overcome their mental health issues so that they are able to build their confidence and their skills, allowing them to better manage their finances and deal with any debts which they may have. Topics covered include:

- Wider issues of mental health, and how they influence decision making
  - How spending money can be a poor coping mechanism
  - How to budget and plan
  - How to spot good financial deals

This course can be accessed at Fusion Healthy Living Centre from the 1st of July. Course will take place from 1pm - 3:30pm.

To book your space, please E-Mail Annie via [anniepalmer@fusionhlc.org.uk](mailto:anniepalmer@fusionhlc.org.uk)