



THE PARTICIPATION TEAM



#E-LIFE HACKS

Use the extra time you have at home right now to get yourself organised.

Every New Year, we often say that this is the year we will sort out our lives! Make 2020 your year and organise your life, finances and home!

GET ORGANISED

First Make A To Do List:

Write down everything that you need to do that you never seem to get around to doing.

Include the big and small things from setting up online banking and direct debits to clearing out that messy kitchen drawer.

There are lots of To Do Lists you can do online, or download. Set up one on your phone or buy a notebook just for this purpose.

<https://www.printabletodolist.com/>

Sort Out Your Finances:

We all put this off but once you have made a list of your income and outgoings and worked out exactly how much money you have left each month to spend on other things, it is a really good feeling.

Weekly Shopping Planner:

Plan your shopping carefully, first check what you have left in the fridge and kitchen cupboards to see what you need to use up. You can really save money by not wasting the food you have.

Plan your meals for the week and then write a shopping list of what you need; all you need to do then is make sure you stick to the list when you are in the Supermarket! That way you will stick to your budget and can avoid impulse buys.

Weekly Meal Planner

	Breakfast	Lunch	Dinner	Snack	Grocery List
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

You can also stick to a budget by doing your shopping online but remember that you will then have to pay delivery costs.

All supermarkets offer weekly food planning advice online:

<https://realfood.tesco.com/meal-planner.html>

<https://recipes.sainsburys.co.uk/meal-plans/comfort-food/monday-to-friday-meal-plan>

<https://groceries.asda.com/product/notebooks/asda-weekly-and-monthly-planner/1000036534587>

Clear Out Those Cupboards And Drawers!

Sometimes there is nothing better than having a good clear out. If you haven't worn something for a year—do you really need it? You could take clothes you no longer wear to a charity shop as someone else may really like them.

Shred old bills and papers you no longer need, clear out the kitchen cupboards and all that junk that has been sitting in the corner of your bedroom for months!

Decluttering can also make you feel really good

You know the saying 'Tidy Home - Tidy Mind'.

Look out for ideas about staying active, being creative and much more in the upcoming weeks!



Also, take a look at our Instagram page, participation_team, for fun daily updates.

We love to hear from you too so why not contact us at VSK_Participation@kent.gov.uk or through the [Contact Us](#) pages on the Kent Cares Town website!

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