



**Dorset County Council**  
Family Information Service



October 2013

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Parent Newsletter

[www.dorsetforyou.com/fis](http://www.dorsetforyou.com/fis)

## Love Food Hate Waste

### Save money on your food bill

The average family wastes £50 worth of food each month, so check out these great tips and recipes for using leftovers, what you can freeze and rescuing food that's past its best. There's also lots of money saving advice to help you reduce the cost of your weekly shop.



[Read more](#)



## Reduce your energy bills

### Grants, switching supplier and going green

Energy bills are a large part of household expenses, so making your home more energy efficient and shopping around for suppliers could help you save money. Whether you're a tenant or own your home, find out what you could do to keep your house warm and your energy bills down.

[Read more](#)

## Half term activities

### Need childcare or looking for something to do?

Holidays can be a tricky time for parents, whether you're looking for good quality childcare or something to keep everyone occupied. Our directory has just the answer. Here you can find out what's on in your area, as well as search



for childcare near you.

[Read more](#)



## Furniture Reuse Centres

### Need household furniture on a budget?

If you are receiving certain benefits and need furniture or large electrical items, why not try a furniture reuse centre? They have a whole range of furnishings at low cost and may even recycle household items you no longer need which are clean and in good condition.

[Read more](#)

## Budgeting for Christmas

### Money saving tips and planning ahead

Christmas can be an expensive time of year, but by setting a budget and sticking to it, you'll be able to start the New Year without loads of unplanned debt. The Money Advice Service has produced a handy budget planner and money saving tips to help you manage all the different costs.



[Read more](#)



## Save money on travelling

### Join [carsharedorset.com](http://carsharedorset.com)

Cut down on your travelling costs by joining [carsharedorset.com](http://carsharedorset.com). They have details of thousands of people who you could lift share with across Dorset, Devon and Hampshire. There's a calculator to see how much you could save and when you register you can see if there's a lift share going your way.

[Read more](#)

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relate  
the relationship people

## Relationship break up?

Free programme to help you and your children cope

**Relate Dorset** has 100 FREE places on their Dispute Resolution Separated Parents Information Programme for any parent involved in a relationship break up. It informs parents about the effects of parental conflict on children, how best to help children in this situation and to take steps towards their own solutions. Parents can be married, separated, 'common law' or 'never together'.

[Read more](#)



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