

**MEDIA RELEASE**  
**(Embargo 4pm 28 February 2006)**

## **The Chief Minister to launch Care's updated guide to family budgeting**

Making a budget work on a low income can be a constant juggling act. It is one of the challenges that Care Inc Financial Counselling Service has been assisting Canberra households to meet since the agency opened in 1983. An updated publication, entitled "Budgeting for Life", will be launched by the Chief Minister on Wednesday morning at the ACT Legislative Assembly.

Care responded to around 2500 new requests for assistance last financial year. According to Care's Director, David Tennant, many of those requests were from people who needed assistance to balance their limited incomes against increasing financial demands. "We are constantly bombarded with messages that suggest if you do not have a plasma screen television, or a new car every couple of years, you are a financial failure," says Tennant. "But for families or individuals on a low or fixed income, survival is a real achievement in itself. We think Budgeting for Life will be a useful resource for some people who are facing those challenges – providing practical, non-judgmental suggestions for action."

The book, which is part of Care's popular Surviving and Thriving range, has some extra practical features, including lift out sample budgeting sheets and a spending diary. Says Tennant "we have sought assistance from our clients with the design, so the information reflects their needs, not what we think they should be told."

Assistance with printing costs has been provided by the ACT Office of Fair Trading.

**Where:** ACT Legislative Assembly, Reception Room  
**When:** Wednesday 1 March 2006, 9.30am to 10am

**Further Comments: David Tennant**  
**Phone:** 6257 1788, 0409 772 349 or email: [david.tennant@carefcs.org](mailto:david.tennant@carefcs.org)