

MEDIA RELEASE
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Fair Trading Commissioner launches Care's guide to Surviving Debt – Wednesday 20 December

The Christmas/New Year period traditionally brings huge challenges for household budgets. Data from the Reserve Bank confirms the surge in credit card spending that occurs in the lead up to Christmas. According to Care's Director, David Tennant, that can and usually does produce a major debt hangover when the bills arrive toward the end of January. A new publication, *Surviving Debt* aims to give people important and useful information about how to deal with debt pressure.

"The end of January and start of February are usually our busiest times of the year," says Tennant. "Christmas time delivers a variety of financial pressures. Even those who budget well and spend carefully can find they have overstretched. But a debt squeeze does not have to result in financial crisis."

Surviving Debt provides practical tips for dealing with debt problems. "Being in debt can be terrifying," says David Tennant. "*Surviving Debt* aims to take some of the terror away, demystifying terms and setting out rights and obligations in easy to understand language. From how to describe payment problems to your creditors, to responding to Court action, most issues are covered."

The book is part of Care's popular Surviving and Thriving range, first released in 1989. 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." *Surviving Debt* is free and can be obtained from Care or online at www.carefcs.org.

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

Where: Canberra Museum and Gallery, Theatre
When: Wednesday 20 December 2006, 10am

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