

MONEY TALK

Your monthly financial wellbeing news, tips and updates, brought to you by Lifetime

Summer Holidays:

We're over halfway, feeling the strain?

At one of the most financially demanding times of the year, many parents feel stretched emotionally and financially.



Starting September Strong

With summer winding down and routines returning, there's a chance to get back into good habits and refocus before the year ends.

The Benefits of Overpaying Your Mortgage

Overpaying, even just a little, is one of those small changes that can make a big difference over time.

Summer Holidays:

We're over halfway, feeling the strain?

We understand this can be one of the most financially demanding times of the year for families. Between juggling work, keeping kids entertained, and preparing for the new school term, many parents feel stretched emotionally and financially.

It's not always easy to ask for help, but no one should have to navigate the summer holiday pressures alone.

If you haven't yet used your free financial planning session, now's the perfect time. Whether it's rising childcare costs, never-ending snack runs, or the looming expense of new uniforms, this is your chance to take a breath and get practical, one-to-one support.

Your plan is completely confidential, tailored to your real-life situation, and designed to help you feel more in control.

If you know a parent who's feeling the strain this summer, let them know we're here. They don't need to be part of your organisation to benefit, we're offering free plans to any parent who needs a bit of extra help right now. Encourage them to reach out.



Summer Holidays:

We're over halfway, feeling the strain?

To help make the rest of the holidays easier on your wallet, here are some great low-cost activities to keep the kids entertained – perfect if you're running low on ideas for the last stretch of summer:



Pets at Home – My Pet Pals Summer Workshop

These fun and educational workshops focus on the five needs of animal welfare, with a different theme each week during the summer holidays. Kids can learn how to care for a range of pets, take part in hands-on activities, and meet the store pets! Children collect a different sticker each week and work through a pocketbook of activities to earn a special badge.

Held in Pets at Home stores nationwide.



Barclays Big Tennis Weekends

Free tennis sessions take place at

thousands of venues across Great Britain throughout the year. It's a fantastic opportunity for kids and families to try out tennis in a fun, relaxed setting.

Find your nearest event on the Lawn Tennis Association (LTA) website.



National Racehorse Week

This nationwide celebration offers a behind-the-scenes look

at the care and attention racehorses receive. Racing yards, studs, and aftercare centres across the UK open their doors with free family-friendly events. Kids can meet the horses and learn about their daily routines.

***21st–31st August
Free events at various UK locations.***

National Trust – Summer Activities



Enjoy a summer full of adventure at National Trust sites, with a wide range of free and low-cost activities including races and games, cricket matches, nature trails, arts and crafts workshops, and dressing up or performing. Pack a picnic or visit one of their cafés on site.

Available at multiple National Trust properties, check local listings.

McDonald's Fun Football Sessions



Free football coaching for children aged 5–11, held at centres across the UK. Sessions focus on fun, confidence-building, and game-based activities rather than competitive matches, perfect for all skill levels. Coaches are all FA Level 1 qualified.

Book your nearest session on the McDonald's Fun Football website.





Starting September STRONG

September is often seen as a time to reset. With summer winding down and routines returning, it can feel like a fresh start, a chance to get back into good habits and refocus before the year ends.

For many though, this time of year also brings financial pressure. Back-to-school costs, rising bills, and looming end-of-year deadlines can make September feel less like a fresh start, and more like an uphill climb.

If that sounds familiar, you're not alone.

Feelings First, Finances Second

It's easy to feel like you should be setting new goals, getting on top of your money, or "making the most" of September, but sometimes, the best thing you can do is just take a breath.

There's a lot of noise out there about what you should be doing with your finances. But the truth is, your situation is unique, and so is the way you feel about it.

Right now, you might be:

- Worrying about how far your money will stretch.
- Feeling behind or out of control.
- Struggling to think beyond the next few months.

That's okay. You don't need to have everything figured out this minute. What matters most is that you take the first step that feels right for you.

A Small Head Start Can Go A Long Way

Getting a head start doesn't mean solving everything at once. It could be as simple as:

- Checking in with yourself, how are you really feeling about money right now?
- Noticing any habits you'd like to shift?
- Having one open conversation about finances at home.

Small steps add up. And when you feel supported, rather than judged, you're much more likely to keep going.

When you're ready, a financial plan can help

When life feels uncertain, a financial plan can bring much-needed clarity. Not a budget spreadsheet or a long list of rules, but a personalised plan that helps you understand where you are, where you'd like to be, and what steps you can take to get there.

It's not about perfection. It's about confidence, control, and feeling less alone.

If you're ready to start September with a little more peace of mind, we're here to help you build that head start, one step at a time.

Get in touch to find out how you start a financial plan this month.



The Benefits of Overpaying Your Mortgage



When life feels uncertain, a financial plan can bring much-needed clarity. Not a budget spreadsheet or a long list of rules, but a personalised plan that helps you understand where you are, where you'd like to be, and what steps you can take to get there.

By paying more than your usual monthly amount, you can reduce the overall amount you owe and pay less interest in the long run. It could also help you pay off your mortgage sooner, which means you'd be mortgage-free earlier than planned. For some people, that's years earlier.

Overpaying also means you build up more equity in your home faster. That can come in handy when it's time to remortgage, as it could give you access to better deals and lower interest rates.

Before you start making extra payments, it's a good idea to check the details with your lender. Some have limits on how much you can overpay without paying a fee, so make sure you know where you stand.

If you've had a pay rise, a bit of unexpected income, or you're just looking for a different way to make your money work harder, overpaying your mortgage could be a smart move. It's a simple way to boost your financial future without making major lifestyle changes.

We've put together a short video on the hub that explains how overpaying works and what to look out for, **[which you can watch here](#)**.

If you'd like to talk it through, you can book a chat with one of our friendly mortgage advisers. Don't forget, your financial wellbeing benefit includes a free 15 minute call, so there's no cost to get started.

[Book a chat with one of our mortgage advisers today!](#)



4.25%

4.00%

What The Latest Interest Rate Cut Could Mean For You

The Bank of England has just reduced interest rates to 4%, the lowest level we have seen in over two years. This change is part of the Bank's ongoing efforts to support the economy and ease financial pressures.

So, what does this mean?

For borrowers, particularly homeowners with certain types of mortgages, this could be welcome news. If you are on a tracker mortgage, which follows the Bank's base rate, you should see your monthly repayments come down. Some homeowners could save around £40 a month. While that might not feel like a huge amount, it can make a real difference over time, especially for those who have recently had to remortgage at higher rates.

However, for savers, this cut might feel like a step in the wrong direction. Savings rates had started to improve in recent months, offering some relief after a long period of low returns. A lower base rate may now lead to smaller gains for people trying to grow their savings.

Beyond individual finances, this rate cut also reflects the wider challenges the UK economy is facing. Fewer job vacancies are being advertised and pay increases are slowing, both signs that the job market is losing momentum. The hope is that by lowering interest rates, the Bank of England can encourage spending and investment, giving the economy a much-needed lift.

Whether you are a homeowner, saver, or simply trying to stay informed, financial uncertainty remains. Staying on top of these changes and understanding how they affect you can make a big difference when it comes to planning ahead.

If you are unsure what this means for your situation, it may be worth speaking to make use of your Lifetime financial wellbeing support provided through your employer.

Question:

"I have a mortgage offer from Barclays for 4.39% as a first-time buyer, and we are currently in the solicitor process stage. If the Bank of England announces rate cuts, how likely is Barclays to reduce my mortgage rate? I believe I can get lower rates until my contract exchange takes place."

Amey K, Coventry

Answer:

Because the Bank of England was widely expected to cut rates today, many lenders will have "priced in" a cut to their current offers.

However, it is probably worth reaching out to your lender or mortgage adviser to see if there is a cheaper rate available because, as you say, you've not signed the contract yet.



A spotlight on one of Lifetime's industry partnerships

Lifetime works with different companies across the industry who have a common purpose, which is to improve the wellbeing of people through the services they provide.

This month, we're shining the spotlight on iHus...

Who are iHus?

With 20 years of building excellence and bridging generations, iHus creates garden annexe homes that connect families and embody comfort. Through a dedicated culture of empathy and excellence, iHus focusses on designing annexes that respect the dignity of those transitioning from lifelong homes.

Every step of the way, the team ensures every iHus home is tailored to every need. We understand life's transitions and proudly offer functionality and style that create happier, healthier, wealthier lives.

Annexe Benefits

Lifestyle

Embarking on a new chapter with semi-dependent living in an annexe offers numerous lifestyle benefits. There are many perks of multi-generational living, including strengthened family relationships through proximity, fostering a sense of community and belonging.

Financial

Unlock equity from the family home while benefiting from a lower cost of living. As well as adding value to the main house, it can significantly reduce childcare expenses.

Care

Annexe living is a great care home alternative. Compared to the investment in a care home, an annexe can offer a better return on investment within 3-5 years and maintaining independence in a familiar, comforting environment.

//
When I started out, there were other companies building annexes, but I felt they just wanted to build a box, where I wanted to build a home //



Trevor Smeaton,
Founder & CEO



Our Process

As a full turn key provider, we take care of everything. From planning and foundations through to build and delivery, our experts are with you every step of the way.

1. Understanding You

- We get to know you and your needs through a free consultation to create a personalised quote followed by a comprehensive site survey.

2. Planning Permission

- Our planning experts NAPC take care of everything, applying for planning and liaising with all authorities on your behalf. We're so confident we'll secure permission that we offer a money back guarantee!

3. Build & Delivery

- Our best-in-class project management delivers 95% of our builds on time and our dedicated customer liaison will provide regular updates every step of the way.

4. Moving In & Aftercare

- It's the big day! We make a celebration of your move-in date, providing gifts, a handyman and aftercare for the future.

OpenHus

Our real customers are our best advocates, which is why we have a network of over 100 ambassadors ready to welcome visitors to see how an annexe truly comes to life.

SCAN ME!

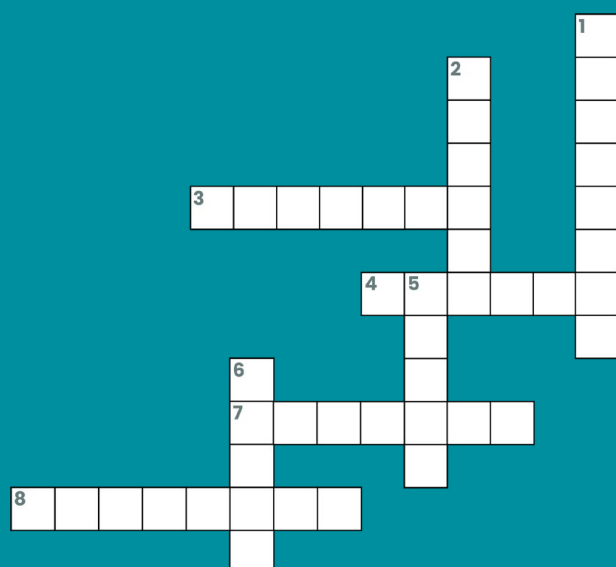


**Get in touch
with iHus**

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CROSSWORD

Across

3. Something parents often buy before a new school term
4. Starting September _____, title of a section of this newsletter
7. Someone you may call for a free 15-minute chat about mortgages
8. The cost of borrowing money, often tied to rates

Down

1. Term for long-term loan intended for buying a house
2. A season often linked with the school holidays
5. Organisation that runs family activities, e.g. National _____
6. The Bank of England just cut these to 4%

Your Financial Wellbeing Benefit



Your Lifetime Financial Wellbeing benefit can help you in many ways:

- **Education, tools, access to webinars, videos and other useful content via the Lifetime Financial Wellbeing app.**

Scan the QR code opposite to download it now on the App or Play store.

- **One-to-one chats with a coach.**

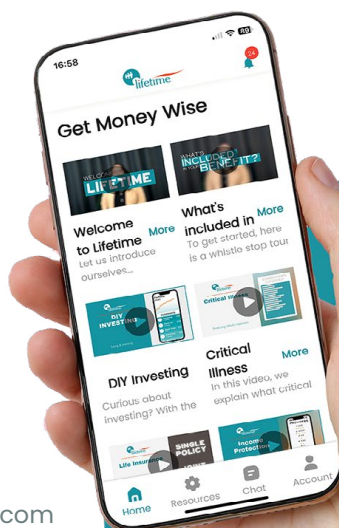
You can send in your money related questions to our coaches or alternatively book a chat with a coach to build your personalised financial plan.

- **Your very own financial plan that reflects your personal goals, circumstances and aspirations for the future.**

If you have had a financial plan created for you over a year ago, you may be able to get a refreshed one that is in tune with your current financial situation.



Scan the QR code to get the Lifetime App.



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Speak to your HR team to find out what your company's access code is.