

# MONTHLY MATTERS

MAY 2024



## Wealth Matters

CELEBRATING 25 YEARS



## Introduction

As the weather brightens up and summer finally feels as though it's just around the corner, we've been busy behind the scenes working on a myriad of work-related projects - some for fun, others for the development of the business.

One of the decidedly fun items on that list was our recent staff party to celebrate the 25th birthday of Wealth Matters. The team visited the Elvetham Country House Hotel in Hampshire for an overnight stay, complete with dinner, a Murder Mystery, and a 1950s Hollywood Glamour dress code. We also had time to take in the amazing grounds and gardens, croquet lawn, and have drinks in the sunshine. We had a fantastic time and certainly celebrated our company birthday in style!

First up in this newsletter, we have a recap of this month's WRAPS+ webinar, along with details of how to watch the recording if you missed it.

In honour of Mental Health Awareness Week, which fell this month, the theme of this month's newsletter is 'wellbeing', with two articles on this subject. The first of these is on mental wellbeing in retirement. After this, we'll introduce you to the first two of our 25th birthday videos.

Then, read about what our team does to take care of our mental health, before rounding up with our usual dose of Toby's Tales.

We hope you enjoy this newsletter.

### WHAT'S NEW

#### MONEY MATTERS

Webinar recap

Mental wellbeing in retirement

25 years of Wealth Matters: videos

#### TEAM NEWS

What we do to take care of our mental wellbeing

#### DOG TALES

What has Toby been up to?

## Our WRAPS+ update webinar: recap

Thank you to all who attended our WRAPS+ update webinar this month.

It was wonderful to see so many of you there and engaging with our informative guests. A special thanks to Mike Parker and Laurentius van den Worm from Timeline for taking the time to join us and deliver some very useful updates.

If you missed the webinar, you can access the recording by clicking the button below.

Keep your eyes peeled for our next webinar announcement.



[CLICK HERE TO WATCH THE WEBINAR RECORDING](#)

## Retiring with purpose is the key to mental wellbeing



Here at Wealth Matters, our priority is working with our clients to help them achieve financial freedom. It's a noble and highly attainable goal - who among us wouldn't love to spend less of their lives working and more of it living?

However, as with any major life change, retirement can bring with it a raft of more difficult emotions. As your routine shifts from very structured to incredibly open, and your purpose is no longer 'working person with professional responsibilities', but rather 'person of leisure', you are likely to find this transition difficult unless you know what you're retiring *to* as well as *from*. This is a crucial part of the process and its importance cannot be overstated.

Without purpose and structure, no matter how loose that structure may be, you are likely to become susceptible to reduced mental wellbeing.

### WHAT IS MENTAL WELLBEING AND WHY IS IT IMPORTANT?

Just as you would pay attention to and care for your physical health, so too should you for the health of your mind and your emotions. Every person alive has mental health, just as they also have physical health.

It's only when mental health declines that issues arise. This is known as 'mental ill health', or 'poor mental health'. This can take many forms, but some of the most common and recognisable are stress, anxiety, and depression.

There are likely to be periods in your life in which you have experienced, or will experience, short periods of mental ill health. Experiences of loss, hardship, and high stress are often the cause in



these cases, and the episode tends to resolve as these problems are alleviated either through action or time. This is the most common way that people experience mental ill health.

For others, mental ill health is an ongoing, long-term problem caused by a variety of factors and/or chemical imbalance in the brain. In both cases, poor mental wellbeing affects how a person perceives themselves, the world, and their life within it.

Speaking openly about mental health is a relatively new (but very positive) cultural development. It's okay if you can't comprehend the ins and outs of it, but it will mean a great deal to the people in your life who may be suffering if you can, at the very least, understand this: some people find it more difficult than others to navigate through the world, and for those people, it can be very distressing, frustrating, and lonely.

### **FAIL TO PREPARE, PREPARE TO FAIL**

For many people, mental wellbeing is tied to having a clear sense of purpose, a good quality of life, and a secure living environment. It's very common for your mental health to take a hit when you experience significant life changes, periods of transition, and disruption. This could include the death of a loved one, downsizing your home, changing jobs, ill health, and, of course, retirement.

When preparing your financial plan, you will be thinking in depth for perhaps the first time about exactly what it is that you truly enjoy and want to fill your time with. This is a wonderful opportunity to make sure that, in addition to

the exciting trips and big ticket items, you think about your day-to-day life too.

Plan for a retirement that you feel excited for, of course, but don't forget to make sure that it feels fulfilling and purposeful, too. Change can be frightening and unsettling, but it doesn't need to be. Having a clear plan and strategy will mean you're well-positioned for whatever life might throw at you and can give you a sense of control in turbulent times.

### **TIPS FOR SUCCESS**

It's never too early to start thinking about your retirement, and your mental wellbeing therein. Here are a few tips on how to start thinking about a mentally fulfilling retirement.

- **Write a bucket list.** A bucket list is a great place to get all your ideas out on paper, no matter how big or small. It's a chance to get really creative and think outside of the box. What matters most to you? What do you want to do more of? What would you like to experience perhaps for the first time? You might find that you identify a hobby or two in this exercise that inspires you to pursue it further.
- **Have frank conversations with your loved ones about what your (and their) ideal future looks like.** It's important to be on the same page about your plans, particularly with your spouse, to avoid any unnecessary disappointment further down the line. You might discover that, actually, your ideas of a perfect retirement are quite different – that's not necessarily a bad thing!

For example, if you know in advance that

your partner doesn't at all share your desire to campervan around Europe, you could plan to instead take those trips with a close friend or sibling. Or, if you're feeling extra adventurous, you could find and join a group of campervan travel enthusiasts and go on a group trip with your newfound friends. If you waited until retirement to make this discovery, you may end up both disappointed and a little resentful about what you're missing out on.

- **Keep active.** We all know that staying active does wonders for our overall health, but it's particularly proven to have excellent benefits for your mental wellbeing too. A gentle walk or swim counts just as much as a more strenuous workout.
- **Stay connected.** The loneliness epidemic soared during the pandemic. As we all discovered when we were suddenly working from home, spending the majority of your time with little to no in-person human interaction does not feel good at all. It's a recipe for mental ill health. The transition from everyday interactions in the workplace to a quiet home in retirement drastically

reduces the amount of socialisation you will encounter in your day-to-day life, so you must be intentional about maintaining it.

- **Understand the signs and symptoms of mental ill health.** If you notice them early, either in yourself or a loved one, you can act on them before it reaches a point where it feels too difficult to address them.
- **Enlist the help of an independent financial planner.** Whilst you can (and should) start thinking about all these things on your own, working with a professional to build and implement a robust, bespoke financial plan will instil you with peace of mind that it's all being taken care of. The future you've planned for is well within reach, and you can relax and enjoy the ride until that time.

### WHAT NEXT?

If you would like to speak to an independent financial planner about your plans for your retirement, please don't hesitate to get in touch.

We can be reached by phone on 01582 720511 from Monday-Friday, 9:00 until 17:00, and via email on [info@wealth-matters.co.uk](mailto:info@wealth-matters.co.uk).

## Our 25th birthday videos

Back in February, we spent a day at Luton Hoo filming a series of videos to honour the 25th birthday of Wealth Matters. We are pleased to now share the first of these with you.

In these first two videos, our founder Julian Gilbert reflects on why he set up Wealth Matters 25 years ago, and what he foresees for the next 25 years of the business' life.



### Why I Set Up Wealth Matters



[CLICK HERE TO WATCH](#)

### The Next 25 Years



[CLICK HERE TO WATCH](#)

# What we do to lift our spirits at Wealth Matters



Every one of us has something that we turn to when we're in need of a mood boost. Whether it's getting outside, retail therapy, helping others, or simply taking some time for a bit of R&R, these 'mood boosters' are in actual fact an essential part of your toolkit for mental wellbeing.

13-19 May was Mental Health Awareness Week, so in honour of this, we asked the Wealth Matters team for their go-to mood boosters. If you're feeling stuck, perhaps you can take some inspiration from them.

Going for a run always clears my mind – it doesn't matter what the weather is doing (although saying that statement makes me question my sanity!!)

Also, making an effort to find things for which to be grateful works a treat.

**Alison Howe**  
*Client Relationship Manager*

I'm an extrovert so I like to see my friends when I'm feeling down.

I also love to go climbing to clear my mind. I find it very meditative because it forces you to focus on what is in front of you.

**Katie Whitley**  
*Client Relationship Manager*

When I need a pick-me-up, I usually turn to music. Music has a unique ability to evoke emotions and change our mood.

**Cameron McKay**  
*Financial Planner*

If I need a quick reset, I'll take a few minutes to play a game on my phone and channel my attention there. This is especially helpful if you're in a situation where you're not able to get outside or change your surroundings.

**Chantelle Stemarthe**  
*Client Relationship Manager*

Mine is putting on some music – ideally something cheesy like *Get On Up* by FIVE! tends to do it.

**Debbie Pacey**  
*Client Relationship Manager*

Either exercise or a massage helps reset me.

**Francesca Case**  
*Business Manager*

When I'm feeling down for whatever reason, I find it helpful to talk about it with friends. My mantra is "a problem shared is a problem halved".

I also try to shift my mindset to focus on solutions, not problems. Usually a few minutes of meditation does the trick.

**Carmen Bacaoanu**  
*Head of Paraplanning*

My "go to" is a short walk. I do this most days regardless, as always helped my wellbeing. If I need more help to uplift my spirits I will:

- Use PLAs (Positive Loud Affirmations) to foster a positive mental state and attitude.
- Read a good self-help book – I've read two Paul McKenna books over the last few years and found them very good at "reprogramming" my brain to be more resilient and positive in dealing with life's challenges.

**Bruce Nash**  
*Director & Financial Planner*

For me it's walking Toby, of course!

**Julian Gilbert**  
*Founder & Financial Planner*

Being with my daughter.

**Bruce Hallman**  
*Head of Investment Planning*

## Dog Tales



This month saw Mental Health Awareness Week, and as such we thought it only fit that our Morale Officer should take centre stage.

A dog's life is far simpler than that of us humans, but we could learn a thing or two from our canine compatriots. Here are Toby's top tips for a dog's-eye view of life:

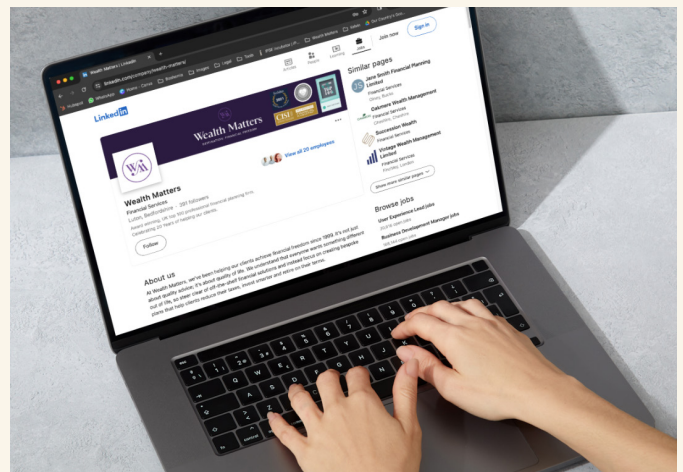
- Nap whenever and wherever possible.
- Every day is the best day ever – even if you're doing the same old thing, you've never seen it before the way that you're seeing it now.
- Get outdoors and feel the breeze in your fur. This is the best part of the day.
- Smell all the smells and investigate your surroundings with a childlike wonder.
- Devote yourself to the people you love.
- Steal your favourite snacks from other people if they leave them unattended.\*

*\*Note: we do not endorse this one!*

## Keep up to date with us on LinkedIn

If you don't already follow us on LinkedIn, then you're missing out! We would love to connect with you over there, so that you can keep up to date with all our latest news, articles, and updates from the team - just click the button below to go straight to our profile.

**Click here to connect with us on LinkedIn**



25  
YEARS

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**Email:** [info@wealth-matters.co.uk](mailto:info@wealth-matters.co.uk) • **Tel:** 01582 720511

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