ABC VAC SWEEP
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CHECKLIST

Household Money Recovery Checklist

- [ ] List all income and regular spending to see what is left after bills
- [ ] Identify which debts are priority and pay those first
- [ ] Register with GamStop to block gambling sites
- [ ] Install blocking software on all devices
- [ ] Contact a free debt advice service if debts exceed income
- [ ] Open a separate account for household bills if finances are shared
- [ ] Build a small buffer into each budget category
- [ ] Review the budget monthly and adjust as needed
- [ ] Reach out to GamCare or BeGambleAware for confidential support