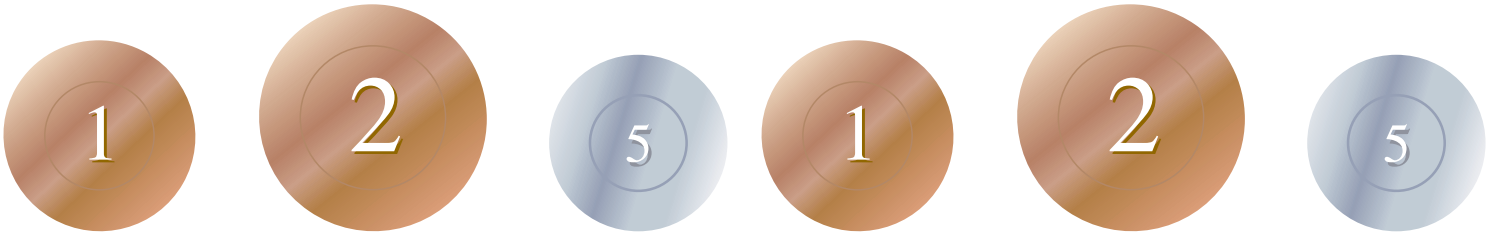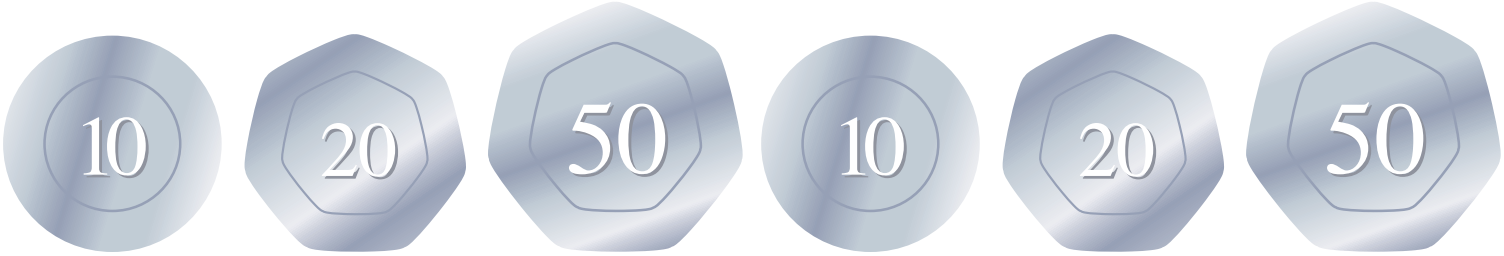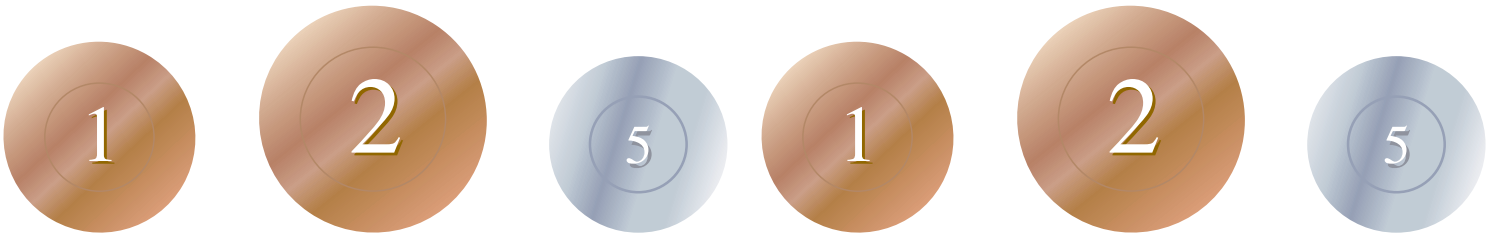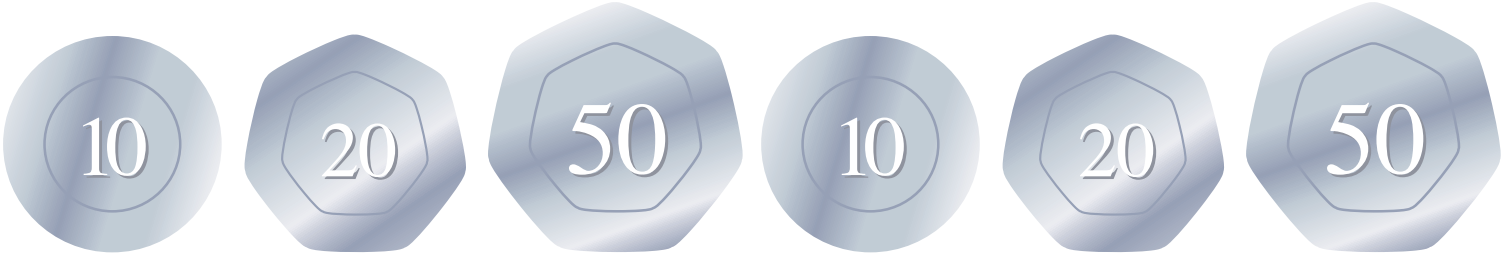Visit www.valuesmoneyandme.co.uk to access the full range of resources.