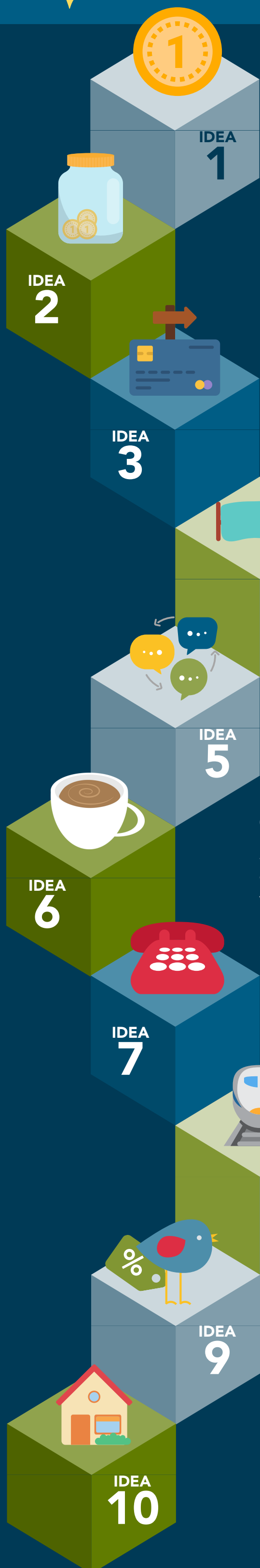


PCRS Conference

19-21 September 2024



Money Saving Tips



Take the 1p Challenge Start

Start by saving 1p on the first day, 2p on the second day, and so on. By the end of the year, you'll have saved around £650! It's a small daily commitment that can lead to significant savings.

Use a money saving jar

Designate a jar as your conference fund and regularly contribute spare change or small amounts. Watching the jar fill up can be motivating and make saving feel more tangible.

Set up a direct debit

Automate your savings by setting up a direct debit to transfer a fixed amount from your current account to a savings account each month. This way, you save without even thinking about it.

Book your hotel early

Accommodation costs can skyrocket closer to the conference date. Book your hotel as soon as possible to secure the best rates and avoid last-minute price hikes.

Speak to local pharmaceutical company representative

Local pharmaceutical company representative often have access to conference discounts or sponsorships. Reach out to them to inquire about any available opportunities.

Can you give up a coffee a day?

Small daily expenses like buying coffee can add up. Consider making coffee at home and putting the money you would have spent into your conference savings.

Ask your local training hub

If you are a nurse working in Primary Care you are eligible for up to £300 each year study leave funding. This year a number of delegates used this to fund their attendance. Reach out to your [local training hub](#) to explore any financial assistance available.

Book your travel early

Set a reminder on your phone to look at train prices 12+ weeks before the conference. Be sure to book after 1 pm for your return journey so you can attend the full conference and be in with a chance to win a free place at the 2025 Conference!

Look out for our early bird discounts

We always offer discounted rates for early registrations. Keep an eye out for these opportunities and register early to save on entry fees.

Explore alternative accommodations

Consider staying in budget hotels, hostels, or Airbnb to save on accommodation costs. You might also find fellow attendees looking for roommates to share costs.

Scan to save the date

