

NewstrAid newsletter

Issue Seven | Spring 2021

It is hard to believe that we have been living under the shadow of Covid-19 for more than a year now. It has undoubtedly been a tough year for everyone but the ongoing success of the vaccine programme, and the prospect of restrictions being eased over the coming weeks, means that there is hopefully some light at the end of this long tunnel.

Despite the difficult circumstances, NewstrAid continues to provide help and support to a wide range of people from the news trade who are facing hardship. Around 70% of the people we help are from the retail sector and we hope this newsletter gives you a snapshot of some of the work we are doing and the people we are helping thanks to your ongoing support.

We are always looking to improve the services we have on offer and have recently signed up with a new partner called Spectrum.Life to provide our emotional support services. This new partnership will allow us to offer a broader range of help and support to our beneficiaries and further details can be found on page 3.

In addition, we are aware that some of our most vulnerable beneficiaries have found the last year very isolating and lonely and so we were delighted to be able to deliver an Easter treat to them all in April. The aim was to let them know that we were thinking of them and as you will see on page 2, the gesture was very much appreciated by the recipients.

Don't forget, if you or anyone you know from the industry are facing difficulties, please do get in touch or visit our website for more information about how we can help.

Keep well and stay safe.

**Mike Mirams and
The NewstrAid Team**

Coronavirus Support

We have a range of services and support on offer should you be facing hardship as a result of Coronavirus, including;

- State Benefits advice
- Signposting and information services
- Anxiety Support Services
- Financial support
- Debt Advice

Visit our website www.newstraid.org.uk or contact us for more information: oldben@newstraid.org.uk 0800 917 8616

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NewstrAid 
The helping hand of the Newstrade 

We are the
**helping
hand** of the
news trade



Financial
Support



Grants



State Benefits
Advice



Support For
Disabled
& Carers



Help For
Children



Almoner
Home Visits



Debt
Advice



Anxiety
Support

Free Helpline:
0800 917 8616
www.newstraid.org.uk

Chief Executive of NewstrAid to step down in August



Mike Mirams has announced that he will be retiring from his position as Chief Executive Officer of NewstrAid, in August 2021.

Following a long career at magazine distributor COMAG, including 11 years as managing director, Mike took over as NewstrAid CEO in September 2018 having spent 14 years on the NewstrAid Trustee Board and six years as its Chairman.

Over the last two and a half years, Mike has steered the charity through a period of substantial development including significant staff changes, the launch of a new brand and website, and the challenge of Covid -19.

Neil Jagger, Chair of the Board of Trustees said: "Mike has been an excellent CEO for NewstrAid. His business acumen, industry knowledge and leadership abilities have helped to successfully steer the charity through what could have been a particularly difficult period. He took

over at a time when the regulatory landscape was changing, key senior members of the NewstrAid team had retired and then, of course, Covid struck. He will leave NewstrAid with a strong team in place and with confidence that the charity will continue to successfully serve its beneficiaries in the most difficult of circumstances and be able to raise much needed funds fully compliant with new regulation. On behalf of the Trustees, our army of volunteers, the NewstrAid staff and the charity's beneficiaries, a huge thank you to Mike, we wish him every future success."

Mike Mirams said: "It has been a pleasure and an honour to have been CEO of NewstrAid but it was always intended to be a transition role and now is the time for me to hand over to someone who can take the charity forward. I'm very proud of the NewstrAid team and grateful to all our fabulous volunteers and supporters across the industry."

NewstrAid delivers Easter Treat to hundreds of Vulnerable Beneficiaries

In April, we delivered chocolate treats to hundreds of vulnerable households in an attempt to bring a bit of Easter cheer to those in need.

This is the third surprise care package that we have organised for our beneficiaries during the coronavirus pandemic.

CEO Mike Mirams said: "The last 12 months has been difficult for everyone but we know that it has hit our beneficiaries really hard particularly as many have had to shield and isolate for long periods of time. Having distributed hampers and PPE in 2020, we know that small gestures like this are appreciated enormously by the recipients and can really lift spirits during these difficult times."

A box of chocolate treats was delivered to more than 500 regular beneficiary households throughout the UK ready for the Easter weekend.

Beneficiary Feedback

"I would just like to express our deepest thanks for the unexpected Easter Gift sent to us this morning. It's been an extremely difficult time not just for us but for others who have vulnerable people in their household. This was a lovely thought and means so much."

"We would just like to say a huge thank you because the smiles that this caused will last a lot longer than the chocolatey fingers and faces here - it was such a kind and thoughtful gift."

"What a lovely surprise my chocolate box was. It brought a smile to my face and made my day, thank you so much."

Did you know?

IN 2020 WE...

...PAID OUT OVER **£23,000** TO WORKING PEOPLE IN NEED THROUGH OUR IN-WORK SUPPORT SCHEME

...SUPPORTED MORE THAN **800** REGULAR BENEFICIARIES

...DELIVERED PPE TO **HUNDREDS** OF BENEFICIARIES AND VOLUNTEERS TO KEEP THEM SAFE

Fresh Start Assist

Fresh Start Assist is for newsagents who have decided to cease trading or who are dealing with emotional stress and anxiety. It is open to all newsagents and their staff not just NFRN members.

The Scheme offers a wide range of services including:

- Financial Help
- Emotional Support
- Advice and Signposting



"When my business ran into financial difficulties and we decided to stop trading, NewstrAid was an absolute lifeline!" Mr P.

For more information contact us **FREE** on 0800 917 8616.

True or False?

NewstrAid can offer one-off grants to help purchase household appliances.

True!

In 2020 we paid out more than **£130k** in **one-off grants**, many of which funded the purchase of cookers, fridges and washing machines.

New Wellbeing Suite

NewstrAid has joined forces with health and wellbeing provider, Spectrum.Life, to launch a new suite of wellbeing resources for those from the industry experiencing stress, anxiety or mental health issues.

The new wellbeing suite which launched on 1st May 2021 includes access to a huge range of digital resources and tools via the NewstrAid website and a free helpline manned 24/7 by clinically trained experts.

Areas of support include:

- Depression, anxiety & stress
 - Grief & bereavement
 - Addictions
 - Relationship & marital problems
 - Work stress & work-life balance issues
 - Workplace conflict & communication
 - Career progression or retirement
- And much more...

Sinead Flood, Welfare Manager for NewstrAid said: "NewstrAid is thrilled to be working with Spectrum.Life to launch a wealth of new resources and tools to support the emotional wellbeing of the industry. Helping colleagues who are feeling overwhelmed or who are struggling to cope is an essential part of the service NewstrAid offers to the industry and we are delighted to be launching a new suite including a Wellbeing Helpline and Digital Platform which is open to everyone in the news trade including partners/spouses and dependents over 16 who are living at home.

This new wellbeing suite follows the announcement in January that Hearst UK would be supporting NewstrAid's wellbeing services for 3 years in memory of industry stalwart Terry Mansfield.



spectrum
.life

Free Wellbeing Helpline 0808 196 2016

Supported by Hearst UK in memory of Terry Mansfield

www.newstraid.org.uk/how-we-help/emotional-support

How we help...

The pandemic has had a big impact on retailers across the country and we have been able to provide support to many of those who are facing hardship as a result of the virus through our Fresh Start Assist scheme.

JOHN

John contacted NewstrAid following the closure of his shop as a result of Coronavirus. Although he wasn't required to shut by the government restrictions, his shop was situated in the middle of a town centre and with all high street shops closed, no customers were coming in.

He had been trading for over 10 years and his wife worked alongside him which meant they had no source of income once the shop was closed. With 3 dependent children to provide for and rent and bills to pay, the family were struggling to make ends meet even after receiving Universal Credit and money from the NFRN's Coronavirus fund to reduce their business debt.

After a full financial assessment, the Welfare Committee agreed to award the family £2000 from the Fresh Start Assist Scheme to help towards living costs.

SANDIP

Having struggled with debt for 2 years and following the closure of his shop due to Covid-19, Sandip found himself in serious financial difficulties. He had run up thousands of pounds worth of debt on his credit cards and was struggling to support his wife and 2 children.

In addition, his wife was suffering from a medical condition and he was experiencing anxiety as well as high blood pressure, high cholesterol and blood sugar issues.

The Welfare Team advised him to contact the NFRN for help with his business debts and following a financial assessment, the Welfare Committee agreed to an award of £2000 from the Fresh Start Assist Scheme to help with living costs whilst the shop was closed due to the pandemic.

TONY

Tony had to close up his news stand in March 2020 due to Covid-19 and by July his situation had deteriorated both financially and health wise. He was overdrawn and was struggling to make ends meet and was seeking financial support to keep himself afloat whilst he worked out what to do for the future.

Tony was in receipt of his state pension but relied on his income from the news stand to keep on top of his finances and maintain financial independence. Bank statements confirmed that he was facing hardship.

His deteriorating health and the ongoing pandemic meant that it was likely that he would reluctantly have to close the news stand permanently in the not too distant future.

The welfare team asked Tony to keep in touch and let them know if and when he decides to cease trading all together. In the meantime and following a financial assessment, he was awarded £1000 towards living costs from the Fresh Start Assist Scheme.

5k May

Thank you to all our fundraisers who are taking part in the 5k May challenge to raise money for NewstrAid.

This national initiative asks people to:

- 1 take on a 5k challenge (eg run/walk/cycle etc)
- 2 donate £5 to NewstrAid
- 3 nominate 5 people to do the same during May.

Last year it raised millions for NHS charities and this year the organisers are opening it up to all charities to take part and raise money for their own cause. We are hoping to raise at least £500 for the charity and if you would like to make a donation, please visit our Just Giving page <https://runforheroes.justgiving.com/get-involved?charityId=3085810>

More information can be found on our website www.newstraid.org.uk/5kmay



How your money helps

A donation of just £25 would fund a telephone counselling session for a colleague dealing with mental health issues.

200 Club Prices

Please note that the entry fee for the 200 Club lottery in East of England, East Midlands, London East, West Midlands, North East and The Shires was increased from 1st May 2021. You will have received further notification of this increase via your news and magazine wholesaler.

Your contribution through these lotteries means that we are able to help and support many individuals and families from the news trade.

Your data

At Newstraid, we are committed to protecting your personal information and being transparent about what we do with it. That's why, as part of our responsibilities under the GDPR, we need to let you know that we've recently updated our Privacy Policy.

The changes we have made are designed to give you more detailed information about the ways we process and look after personal data, ensuring you are kept fully informed and in control of what we do with it. If you'd like to read the Privacy Policy please visit our website <https://www.newstraid.org.uk/about/newstraid-policy-documents/>

Prize Draw

WE ARE GIVING AWAY

£150 of Amazon Vouchers!

Thank you to everyone who entered our Winter edition prize draw and congratulations to the winner who received their vouchers at the beginning of April. The correct answer to the question: "How much did NewstrAid pay in one-off grants?" Was £136k.

If you would like to enter the next prize draw, please answer the following question:

How much did we pay out through the In-Work Support scheme last year?

As always, the answer is in this newsletter. Please send your answer to oldben@newstraid.org.uk

All correct answers received before 30th June 2021 will be entered into the prize draw. Terms and conditions apply. See the NewstrAid website for details www.newstraid.org.uk/about/newstraid-policy-documents/

If you no longer want to support NewstrAid

Thank you for making a regular contribution to NewstrAid through your news wholesaler's weekly invoice, either as a 40p a week Retailer Charitable Donation (RCD) / NewstrAid Charitable Donation, or by membership of the NewstrAid 200 Club / Old Ben 200/400.

Your money allows us to make a real difference to the lives of people from our own industry who need help. We are very grateful for this support. However, if you would like to cancel your Retailer Charitable Donation, your membership of the 200 Club, or both, please do one of the following:

- Email your supplying wholesaler using the relevant address from the following:
Menzies Distribution: enquiries.headoffice@menziesdistribution.com or
Smiths News: mynewsaccount@smithsnews.co.uk
- Fill in the opt-out form on our website: www.newstraid.org.uk/retailer-donations/
- Email NewstrAid at: oldben@newstraid.org.uk
- Write to us at: NewstrAid, Suite 2 Thremhall Estate, Start Hill, Bishop's Stortford CM22 7TD
- Call us on 01279 879569 or on Free Helpline 0800 917 8616

You can also use any of these contact details to let us know that you no longer wish to receive this newsletter but please be aware that this will automatically cancel all contributions.



NewstrAid Benevolent Fund

Suite 2 Thremhall Estate, Start Hill, Bishops Stortford, Herts CM22 7TD

Free Helpline: 0800 917 8616

www.newstraid.org.uk Tel: 01279 879569 oldben@newstraid.org.uk



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