

# NewstrAid newsletter

Issue Eight | Summer 2021

**Thankfully we are at last beginning to wake up from the lengthy Covid winter, hopefully just in time to enjoy some of the best of the Summer!**

The last 16 months have felt like such a long sentence through which we have all had to deal with isolation and the restriction on freedoms we normally take for granted. We should also remember that so many people have lost loved ones, suffered from the effects of Covid themselves or felt the economic impact of the pandemic. Throughout this tough time, healthcare professionals, carers, key workers and an army of volunteers have worked tirelessly to help where they can.

Whilst the Covid battle has dragged on, my time as CEO of NewstrAid has flown by and I am already preparing to hand over to my successor, Neil Jagger, who you can meet on page 2. It has been a strange time for NewstrAid, as it has for many charities, but I couldn't be more proud of what our small team has achieved in such challenging circumstances to ensure that we are able to support people from the news trade who need our help, long into

the future. Of course, that wouldn't be possible without your support and that of thousands like you across the country for which I am hugely grateful.

Elsewhere in this newsletter you will find details of how we have helped a number of news retailers in recent months as well as more information on some of the resources provided by our Wellbeing Suite which is free to access for everyone in the trade. If you are feeling anxious about the end of coronavirus restrictions, you might also be interested in our hints and tips on how to adjust to life after lockdown on page 3.

All that is left for me to say is Thank You for your support during my time as CEO and long may it continue!

Stay safe and well.

**Mike Mirams and  
The NewstrAid Team**

## Coronavirus Support

If the end of government support like the Furlough scheme is going to put you or your family in financial distress, don't forget, NewstrAid can offer a range of services to those 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](http://www.newstraid.org.uk) or contact us for more information: [oldben@newstraid.org.uk](mailto:oldben@newstraid.org.uk) 0800 917 8616

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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](http://www.newstraid.org.uk)

# Neil Jagger appointed Chief Executive of NewstrAid



Following the announcement of Mike Miram's retirement, Neil Jagger has been appointed as the new CEO of NewstrAid with effect from 13th September 2021.

Neil has enjoyed a long career in the newspaper industry working for national and regional titles and most recently for Reach Plc as Chief Operating Officer. He is also a former Chairman of ACE, has sat on the NMA Circulation Board and is currently Chairman of Newtrade Media. Neil joined the NewstrAid Board of Trustees fourteen years ago and was its chairman for two and half years.

Deputy Chair of Trustees Richard Webb commented, "On behalf of the staff, Trustees and beneficiaries of

*NewstrAid, I would like to thank Mike for the splendid job he has done as CEO since 2018. All of our good wishes go with him. Following a thorough recruitment process, I am delighted that Neil has agreed to become CEO. His industry experience and deep knowledge of NewstrAid made him the ideal choice and I look forward to working closely with him."*

Neil Jagger added, "I am delighted to have been given this fantastic opportunity. NewstrAid is a charity that I have had very close associations with for many years and I look forward to working with its team and its many stakeholders. I would like to thank Mike Mirams for the great work he has done and I hope to build on his achievements in the coming years."



## Almoner Home Visits to resume

Now that the coronavirus restrictions have been relaxed a little more, our much-missed almoner home visits will be able to recommence. We have approximately 100 volunteer almoners throughout the UK who visit our beneficiaries around 3 times a year to check how they are doing and if they are in need of any additional help. During the last 18 months they have been keeping in touch by telephone but now, provided specific guidelines are followed they will be able to visit again in person.

These visits will require that:

- all parties are fully vaccinated (2

jabs), including each member of the beneficiary household, and the almoner.

- all parties are comfortable with a home visit, including each member of the beneficiary household and the almoner.
- a risk assessment has been carried out over the telephone prior to the visit and all visit requirements have been met.

The safety of our beneficiaries and our volunteers is always our highest priority and full guidelines for the visits will also be provided to everyone concerned.

Did you know?

IN 2020  
NEWSTRAID...

...DELIVERED MORE THAN **500** CARE PACKAGES TO VULNERABLE BENEFICIARIES DURING THE PANDEMIC

...PAID OUT MORE THAN **£740K** IN GRANTS TO HOUSEHOLDS IN NEED

## 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?

You can't get financial help from NewstrAid if you are claiming benefits.

**False!**

A large number of our beneficiaries are also in receipt of state benefits.

# Are you feeling anxious about lockdown measures being eased?

If so, you are not alone – many people are experiencing mixed emotions, despite having missed the presence of family and friends. After months spent indoors you may feel wary of going out or socialising again. There is no right and wrong way to deal with the situation, but there are things you can do to help along the way:

## 1) Go at your own pace.

Work out what you are most worried about and plan for making it more manageable. Let people know what you feel comfortable doing and don't feel pressured into doing more than you want to. Likewise, don't pressure other people into moving at your pace. Everyone will have their own thresholds of what they are happy doing which you will need to respect, even if you disagree with them.

## 2) Explore different techniques to help manage your anxiety.

You might find it calming to listen to music, podcasts, or audiobooks when you go outside. You could also try doing some breathing exercises or

meditation to help calm you before you leave the house or when you get back.

## 3) Reach out.

Talk to people you trust about how you are feeling. You may be surprised to find that many of your friends and family are experiencing the same worries. Find out what they are doing to help manage their concerns and see if there are things you can do together.

Remember, our Wellbeing Suite offers a wealth of online resources and podcasts to help with issues like this including tips on helping children dealing with anxiety. You can also call the wellbeing helpline for support **0808 196 2016** or, if you prefer, you can call the NewstrAid welfare team: **0800 917 8616**



## How we help...

### ONE OFF GRANTS

Rakesh and Yasmine were self-employed newsagents for years until poor health forced them to cease trading. As they were now unable to work, they were struggling to afford essential items - in particular a washing machine. Taking their clothes to the launderette was not cost effective and was also adding to their health problems.

After a full financial assessment, NewstrAid were able to fund a new washing machine as well as award the couple with a regular benefit payment giving them more financial security for their future.

### ADVICE, SIGNPOSTING AND WELLBEING SUPPORT

Anna, a self-employed newsagent with a very long trade connection, contacted NewstrAid after she was told she needed a knee operation which would require her to be cared for by her family post-op. In addition, her home was not suitable or practical for recovery.

The NewstrAid Welfare team were able to advise Anna on what options and benefits were available to her

based on her circumstances. After a financial assessment NewstrAid was also able to fund some mobility aids including a specialist recliner chair, easing the strain on her family and giving her a bit more independence and freedom after surgery. She was also encouraged to sign up to the NewstrAid Wellbeing Suite, to help look after her mental health during her recuperation.

### CORONAVIRUS SUPPORT

Sally owned a newsagents for 14 years but ceased trading after a large supermarket opened up nearby and took away most of her trade. In an attempt to start earning some money she took on a self-employed job however this had to stop due to the pandemic restrictions in place. To further add to her worries, a diagnosis of cataracts severely impaired her ability to do everyday tasks. With debts racking up and no form of stable income she contacted NewstrAid.

Following a full financial review NewstrAid agreed to award her with funds to clear her debts as well as a regular benefit payment whilst she was unable to work.



## Podcasts available through the NewstrAid Wellbeing Suite

Our new Wellbeing Suite in partnership with Spectrum.Life offers a range of podcasts focusing on themes such as Parenting, Mental Health, Nourishment, and Wellbeing. The podcasts include discussions with experts on how to manage stress, live a healthy, balanced life and deal with day-to-day mental health issues. New Spectrum.Life podcasts are added every week and there are also links to other wellbeing podcasts like 'Happy Place' (Fearne Cotton) and 'Feel Better, Live More' (Dr Rangan Chatterjee).

You can register to access the free podcasts via the Wellbeing Portal on the Emotional Support pages of our website: [www.newstraid.org.uk/how-we-help/emotional-support/](http://www.newstraid.org.uk/how-we-help/emotional-support/)

# 5K May fundraising total smashed!

A huge **THANK YOU** to everyone who took the time to take on a 5K Challenge and donate to NewstrAid as part of 5KMay. Many NewstrAid heroes stepped up to the plate but in particular we would like to celebrate the efforts of two amazing fundraisers.

Richard Cooper from DMG Media not only helped us to promote the initiative to all his colleagues but he also took on his own '5 ways to 5k' challenge which saw him running 5K, cycling 5K, carrying his youngest on his back across the wilds of the Cambridgeshire countryside for 5K, taking a 5K tour of his hometown on a hastily-borrowed scooter, and finally, rowing 5k, all in the name of NewstrAid!! What a superhero!

And finally...Colin Fletcher, one of our Trustees and volunteers not only managed to negotiate £500 of donations to take on a whopping 100k walking challenge during



the last two weeks of May, but by the end of the month he and his team had actually walked 267k and managed to raise more than £1000 in donations. What a fantastic achievement by Colin and crew!

**So far...our GRAND 5KMAY TOTAL is £2,539.00**

We are so grateful to everyone who supported us. Thank you, Thank you, Thank you!

## Fundraise for us

Do you fancy taking on a new challenge or hosting an event in 2021 and raising money for NewstrAid? Why not face a fear, take on a physical challenge or organise a quiz or bake sale?! The money you raise will help colleagues in need. Find out how to set up a fundraising page on our website [www.newstraid.org.uk/fundraise-for-us](http://www.newstraid.org.uk/fundraise-for-us)



### How your money helps

**£25 funds a telephone counselling session for a news trade colleague dealing with mental health issues.**

## 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](mailto:enquiries.headoffice@menziesdistribution.com) or  
Smiths News: [mynewsaccount@smithsnews.co.uk](mailto:mynewsaccount@smithsnews.co.uk)
- Fill in the opt-out form on our website: [www.newstraid.org.uk/retailer-donations/](http://www.newstraid.org.uk/retailer-donations/)
- Email NewstrAid at: [oldben@newstraid.org.uk](mailto: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](http://www.newstraid.org.uk) Tel: 01279 879569 [oldben@newstraid.org.uk](mailto:oldben@newstraid.org.uk)

## 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 we pay out through the In-Work Support scheme last year? Was over £23,000.

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

**How much money did we raise during 5kMay?**

As always, the answer is in this newsletter. Please send your answer to [oldben@newstraid.org.uk](mailto:oldben@newstraid.org.uk)

All correct answers received before 30th September 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/](http://www.newstraid.org.uk/about/newstraid-policy-documents/)



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