

Fresh Start Assist

Financial and emotional support for Newsagents

Are you worried about what lies ahead and how to readjust to life after retail?

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.



FINANCIAL HELP

- Regular grants, to help with ongoing living costs
- One-off grants, including help with home relocation and help for retailers in crises, e.g. victims of crime or those facing shop closure



EMOTIONAL SUPPORT

- NewstrAid's Wellbeing Suite, including a FREE Wellbeing Helpline and Online Portal featuring 200+ hours of mental health and wellbeing e-learning
- One to one person support via our team of volunteer almoners



ADVICE & SIGNPOSTING

- State Benefits Advice, including working age schemes and benefits for those facing retirement
- Debt Advice in partnership with The Debt Advice Foundation, free professional debt advice and funding for debt solutions (IVA/DRO/bankruptcy etc)
- Support for the disabled and their carers



NewstrAid can help to give you a **fresh start**

For more information contact us
FREE on 0800 917 8616 www.newstraid.org.uk

“

When my business ran into financial difficulties and we decided to stop trading, NewstrAid was an absolute lifeline. After receiving a visit from an almoner and then having a full financial assessment, NewstrAid agreed to cover our bankruptcy and court fees and awarded us a hardship grant whilst our state benefits were being processed. We are so very grateful!”

NewstrAid Beneficiary

Deciding to cease trading is a very difficult decision to make

We urge all trading newsagents to contact the NFRN Assist Scheme to discuss their business problems before making a final decision. NFRN Assist can be contacted by **calling 0800 043 0215** for business advice and support. You do not have to be a member of the NFRN to avail of this service.

Decision Time...



Continue Trading?

Contact **NFRN** for Business Support on **0800 043 0215**

Cease Trading?

Contact **NewstrAid** for Welfare Support on **0800 917 8616**

NewstrAid's Wellbeing Suite

Stressed by running a business?
Been a victim of retail crime?

Emotional stress and anxiety are far more common than you may think and can affect people of all ages and from all walks of life.

Our Wellbeing Suite includes:

- **A free dedicated helpline** – 24/7 emotional support from clinically trained counsellors to help you understand and manage stress and anxiety
- **Therapy provision** – for those experiencing anxiety and or depression
- **Self help materials** via an online portal

The key to overcoming difficulties is to get help early and it takes courage to take that first step. If you are feeling low, anxious and in need of support, why not call our freephone helpline for confidential, specialist advice.

Free, Confidential Helpline:
0800 196 2016

NewstrAid's Wellbeing Suite is supported by Hearst UK in memory of Terry Mansfield.

