

NewstrAid newsletter

Issue Ten | Winter 2022

Hello There! A belated Happy New Year to you and your families. I hope you are keeping safe and well and 2022 has got off to a great start for you.

My 2022 began with a pledge to run 100km in January as part of NewstrAid's Chilly Challenge. It certainly lived up to its name and was both chilly and challenging but I got there and raised over £500 to help our beneficiaries. If you are thinking about carrying out any fundraising of your own, it would be fabulous if you could do it for NewstrAid. More information about NewstrAid's Chilly Challenge and how you can fundraise for us can be found on page 4.

May I once again thank all of you for the amazing support you give to NewstrAid which allows us to step in and be there for those newstrade colleagues who need some extra help in whatever form that takes. In this newsletter we have included some case studies that illustrate how we were able to make a positive difference to the lives of colleagues who were facing hardship as well as

sharing some of the feedback we have recently received from those we have helped. If you are aware of anyone within the trade who is struggling, please get in touch with us on **0800 917 8616**, oldben@newstraid.org.uk.

One of the key services we offer is our Wellbeing Suite. The Suite includes a free helpline and an online portal. The helpline gives you access to advice from trained counsellors to help with issues such as depression, anxiety or stress and the portal offers a range of online mental health resources as well as healthy eating recipes and personal health and wellbeing goals. More details can be found on page 2.

And finally... please, stay safe, keep well and I hope we can meet up in the weeks and months to come.

**Neil Jagger and
The NewstrAid Team**

Financial Help

Whether you are struggling to fund a new household appliance, need help to meet essential living costs or you need longer term financial support, NewstrAid may be able to help.



Visit our website
www.newstraid.org.uk
or call us for more
information **0800 917 8616**

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**



**Emotional
Support**

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



Thank You!

NewstrAid helps over 1000 people from the news trade every year thanks to the financial support we receive from you. Here are some messages of thanks we have recently received from people from the trade we have helped. Your money really does make a massive difference to other people's lives.



"Many thanks for all your help in 2021 - a lot of people would be in deep trouble without your help - me included!"

"Thank you for all the help and support you give to us."

"Just a note to say thank you for the Winter Comfort Grant and December payment. They have eased my worries about the heating bill and it's a relief to know that I can warm my home. I also bought myself some thermal vests which have made a big difference - this wouldn't have been possible without your help. Thank you so much and thank you for caring."

"I would like to take this opportunity to thank you for your continued help. We have put the money towards our electric bill as it has gone through the roof! Thank you once again."

"Thank you is the least we can say to show our appreciation for everything NewstrAid has provided us with over the years. Many thanks and all the best for 2022."

"Thank you for the caring and wonderful gifts throughout the year, the masks/sanitiser, the hamper with chocs and the xmas payment. I feel very blessed to know you."

"Many thanks for your letter and card and the money paid into my bank. Much appreciated and it was lovely to see my almoner again, we had a great chat"

"My partner and I would like to thank you very much for our benefit payment which has come in handy ... once again it seems that NewstrAid has come to our rescue."

"Thank you for the cheque, it makes all the difference to our lives. Both of us had covid last xmas so things were not so joyful for us, but we survived and our thoughts at this time go out to those families who lost their loved ones."



New Year New you?

If you are looking to eat more healthily in 2022, the NewstrAid Wellbeing Suite is a great source of inspiration for healthy and tasty recipes. Featuring everything from snacks and smoothies to full evening meals, there is bound to be something that tickles your tastebuds! The Wellbeing Suite is completely free to access, all you have to do is register with a username and password. You will then have access to the full range of resources including

recipes and fitness tips, meditation guides and mental health podcasts.

For more information about what our Wellbeing Suite can offer, check out the new video on the Emotional Support page of our website

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



Did you know?

HOW WE HELPED IN 2021...

764 REGULAR BENEFICIARIES SUPPORTED

92 CHILDREN'S GRANTS AWARDED

£701,074 OF SUPPORT PAID TO HOUSEHOLDS IN NEED

1000+ NEWS TRADE COLLEAGUES HELPED

Fresh Start Assist

Fresh Start Assist is for newsagents who have decided to cease trading or who have been victims of crime and are dealing with emotional stress and anxiety.

It is **open to all newsagents and their staff**, not just NFRN members.



Financial Help



Advice and Signposting



Emotional Support

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

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

or visit www.newstraid.org.uk



True or False?

NewstrAid mainly helps people working in wholesale.

False!

More than 60% of our beneficiaries are from the Retail sector.

Debt Advice

The new year can be a difficult time financially for everyone. With bills coming in from Christmas and energy costs at their highest, the year ahead can feel rather bleak. If you are worried about your finances, are struggling to keep up with credit card or loan repayments, have arrears or are facing legal action as a result of being unable to pay your creditors, NewstrAid's Debt Advice helpline can offer free, impartial advice.

We work in partnership with the Debt Advice Foundation which is a registered national debt advice and education charity offering free,

confidential support and advice to anyone worried about debt. Because they are a charity, you can be sure that the advice they give is impartial and based solely on what is best for you.

The Debt Advice Foundation can help you understand which options are available to you and will recommend the debt solution that is right for your situation.

Advice includes how to:

- Reduce monthly repayments to a realistic and affordable level
- Stop creditors taking enforcement action against you

- Protect important assets such as your home
- Help prevent debt by drawing up an individual weekly budget

They advise on the full range of debt solutions including Bankruptcy, Debt Relief Orders, Free Debt Management plans, IVAs, Trust Deeds, LILAs, Debt Arrangement Scheme, Administration Orders and Debt Consolidation. Although NewstrAid cannot help you clear credit card debts or loans, we will consider funding debt solutions recommended by professional advisors.

If you require advice on debt or need to talk to someone in confidence about your options, there's no need to wait or book an appointment, this free debt advisory service is open Monday to Friday 8am to 8pm and Saturday 9am to 5pm.



Free helpline
0800 987 5685

Beneficiary Stories - How we help



SAMARITAN GRANTS

Following an illness Tony found he was struggling to cover the cost of the hospital trips he needed to get back to full health. Having worked in the news trade for many years he contacted NewstrAid to see if we could help.

Following a financial assessment, the NewstrAid Welfare Committee agreed to award Tony with a Samaritan grant to cover his travel costs during his rehabilitation.

ACE CHILDREN'S GRANTS, WELLBEING SUPPORT AND DEBT ADVICE

Anna who had worked in a local shop selling newspapers and magazines contacted us when she found herself in debt and had nowhere else to turn. A victim of domestic violence and with a young child to care for, she was also suffering from chronic pain and mental health issues.

After a full assessment from the welfare team, the NewstrAid Welfare Committee agreed to make her a regular NewstrAid beneficiary receiving 3 payments throughout the year as well as awarding her money from the ACE children's fund to help with the care of her child. Finally, she was given access to our debt advice service to give her guidance for staying on top of her finances and access to our Wellbeing Suite to help with her mental health issues.



REGULAR BENEFIT

Ken had managed a newsagents all his working life. When he retired, he moved into an Old Ben Homes bungalow with his wife however when his wife sadly passed away, he started to struggle to cope financially. He moved into a smaller property but was unable to cover the cost of the appliances and redecoration that was needed.

After a full financial assessment the NewstrAid Welfare Committee agreed to cover his moving costs and make him a regular beneficiary, providing him with ongoing financial support.

Chilly Challenge 2022

January and February are notoriously dark and chilly months in the UK and after Christmas many people pledge to get active and start the New Year as they mean to go on.

To help motivate anyone taking on a new challenge for 2022 we launched a new fundraising campaign in January. NewstrAid's Chilly Challenge 2022 offered anyone taking part the chance to raise money for industry colleagues facing hardship, whilst reaching their own personal goals.

The personal goals could be anything from doing a 30 minute walk every day to training to take part in a triathlon. The important thing was that participants set up a NewstrAid fundraising page and enlisted the support of friends, family and colleagues to sponsor their personal challenge.

As you will have read on page 1, our CEO Neil Jagger started the ball rolling back in



December by pledging to run 100km during the course of January, a target that he smashed!

So far we have raised £614. If you would like to donate some money or take on your own Chilly Challenge for charity, simply visit our Just Giving campaign page <https://justgiving.com/campaign/newstraidchillychallenge22>



Prize Draw

WE ARE GIVING AWAY

£150 of Amazon Vouchers!

Thank you to everyone who entered our Autumn edition prize draw and congratulations to the winner who received their vouchers at the beginning of January. The correct answer to the question: **On what date is the broadcast of our Carol Service taking place this year?** was 15th December.

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

How many Children's Grants did we award in 2021?

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

All correct answers received before 31st March 2022 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/



NewstrAid's Carol Service 2021

A huge thank you to everyone who supported our carol service in December 2021. After 2 years of Covid restrictions, it was fantastic to be able to host a live event on 6th December and see old friends and colleagues from the industry that we haven't been able to meet for some time. We were also delighted to be able to give those who could not attend in person, the chance to experience this very special evening via a youtube broadcast which was available to watch from 15th December until the end of the year.

Thanks to a combination of generous industry sponsors, ticket sales for the live event and income from a small raffle, the Carol Service raised over £5,000 for NewstrAid, all of which will be used to support colleagues from the industry who are facing real hardship.

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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