

NewstrAid newsletter

Issue Eleven | Spring 2022

Hello Everyone. With the odd burst of Spring weather, it does feel like the world is beginning to open up again after the dark winter days and a sense of normality after the pandemic is returning.

I hope you and your loved ones are keeping safe and well.

In response to the current cost of living increases we are all experiencing, this edition of our newsletter focuses on a host of money saving tips and ideas to help you keep on top of your budget. There's some great advice so please give yourself some time to see how you can make your money go further, particularly given the increases we have all seen in the costs of utility bills and other essential items.

Of course, not everyone from the newstrade is able to keep their heads

above water in these difficult times. Often it is those that need the most support who don't know where to look for it and this is where NewstrAid can step in. If you know of anyone from the newstrade who needs practical, emotional or financial support, please do get in touch with us and we will swing into action.

Take care, stay safe and enjoy Springtime.

**Neil Jagger and
The NewstrAid Team**

Regional Events

Our Area Committees are located across the UK and organise a number of different fundraising and social events to help raise money and awareness about NewstrAid and the work that we do.

A great example of this was in February when the South West Committee joined forces with the NFRN to host a race night in Chepstow which was attended by more than 70 retailers.

To find out about any forthcoming events, visit the event page of our website www.newstraid.org.uk/events/



Page two
Budgeting
Advice

Page three
Energy Saving
Tips

Page three
Other Sources
of Help

Page four
Beneficiary
Stories



NewstrAid 
The helping hand of the Newstrade OLD BEN

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

NewstrAid helps colleagues struggling with the rise in energy bills

In response to the energy price increases, we paid a discretionary grant to our most vulnerable beneficiaries in February to help them cover the cost of rising household bills.

Sinead Flood, Welfare Manager said: "We have heard from many of our beneficiaries who are extremely worried about the increase in energy bills and cannot see how they will be able to cover the costs with their current income. With that in mind we decided to award an additional booster grant of £150 to the most vulnerable households we assist as well as offering them help and advice on other sources of support available to them".

Sinead Flood added; "The last few months have proved really difficult for a lot of people and we are committed to providing as much help as we can to those from the industry who are facing hardship. No one should have to choose between heating their home and putting food on the table.

Anyone with a newstrade connection who is struggling to cope with increasing energy bills or the general cost of living should contact our welfare team on Freephone **0800 917 8616**. We can offer advice to anybody from the industry and signpost to other sources of help where appropriate."



"I was delighted to receive the wellbeing booster grant. It really does come in handy when I'm struggling to keep on top of the utility bills."

"I would like to thank you for the payment you have awarded me with, which I can assure you is a welcome addition to the running cost of heating my flat. I really appreciate your continued support, it's far more than I requested."

"Just a quick email to say thank you very much for the wellbeing booster grant. This is a very welcome surprise with everyday living going through the roof and we very much appreciate it."

Budgeting Advice

Living within your means can be a challenge when dependent on a low income, but it is important to try and avoid arrears building up and debts arising, as additional repayments can cause further hardship.

We can help you to manage your household costs on an ongoing basis by arranging for you to have a personalized household budget drawn up to manage your weekly



household expenditure. We work in partnership with the Debt Advice Foundation to provide this service and you can also ask for help to manage existing debt repayments. Call our dedicated debt advice helpline **0800 987 5685** for budgeting advice.

Did you know?

NEWSTRAID IS NOW ON INSTAGRAM!

WHY NOT FOLLOW US?

-  [newstraid_](#)
-  [Newstraid Benevolent Fund](#)
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-  [newstraid-benevolent-fund](#)

NewstrAid Helpline Numbers:

Welfare Support Line:
0800 917 8616

Wellbeing Suite/Emotional Support Helpline:
0808 196 2016

Debt Advice Helpline:
0800 987 5685

Other Useful Numbers:

National Debtline:
0808 808 4000

Step Change:
0800 138 1111

Citizens Advice:
0808 800 9060 (Scotland)
0800 144 8848 (England)
0800 702 2020 (Wales)
0800 111 4455 (N Ireland)

Age UK Advice Line:
0800 678 1602

Family Support Line:
0808 802 6666

True or False?

Only pensioners can get financial help from NewstrAid

False!

In 2021 around 42% of our new beneficiaries were currently in work. In fact, our In-Work Support scheme is designed specifically to help those currently in employment and our Fresh Start Assist scheme also helps trading newsagents.

Quick Tips to Save Energy

The rise in the cost of living is having an effect on everybody. Although the weather might be getting warmer which should mean a reduction in our heating bills, there are other things we can all do to save energy and reduce energy bills a little more.

- **Switch off standby**
You can save around £55 a year just by remembering to turn your appliances off standby mode.
- **Draught-proof windows and doors**
Unless your home is very new, you will lose some heat through draughts around doors and windows, gaps around the floor, or through the chimney.
- **Turn off lights**
Turn your lights off when you're not using them. This will save you around £20 a year on your annual energy bills. Replacing all the lights in your home with LED bulbs could help you save even more.
- **Careful with your washing**
You can save around £28 a year from your energy bill just by using your washing machine on a 30-degree cycle and only starting a wash when you have a full load.
- **Avoid the tumble dryer**
Drying clothes on racks inside where possible or outside in warmer weather can save £55 a year.
- **Spend less time in the shower**
Keeping your shower time to just 4 minutes could save a typical household £65 a year on their energy bills.
- **Swap your bath for a shower**
Some of us might enjoy a long soak in the bath but swapping just one bath a week with a 4-minute shower could save you £11 a year on your energy bills.
- **Be savvy in the kitchen**
Avoid overfilling the kettle and only boil water when you are ready to use it. Reducing your dishwasher use by one run per week for a year could save money too.
- **Top up the insulation**
Effective insulation of your hot water cylinder, pipes and radiators is a quick and easy way to save money on your bills.



Other sources of help:

Other sources of help you might want to pursue are as follows:

- **£200 off energy bills**
The government has announced that everyone in the UK will receive a deduction of £200 from energy bills in October in the form of a loan, which will have to be paid back from April 2023 in instalments of £40 over a 5 year period.
- **£150 council tax refund**
The government also announced a £150 council tax refund targeted at properties with a council tax band of A to D. This is a grant, not a loan, so no repayment is necessary. Contact your local council to see if you are eligible.
- **Free Insulation and Boiler Grants**
Energy suppliers are obliged to offer grants to their most vulnerable customers as part of their efficiency obligations. If you are in receipt of any means tested benefit it is worth contacting your supplier to see what is available.
- **Hardship funds**
Many energy providers have their own hardship funds, with some set up to respond directly to the current crisis. They can also help you to arrange a payment schedule to get out of debt. Contact your supplier to see what support they can offer. British Gas also has a fund open to non-customers, so it could be worth checking whether you can get help.
- **Winter Fuel Payment**
Every household including someone born on or before 26th September 1955 is entitled to a one-off, tax-free payment of between £100 and £300.
- **Warm home discount**
Most warm home discount schemes have already closed, but it's worth checking to see if your energy supplier is still accepting applications. If you've missed the deadline, you'll have to wait until October to apply.
- **Household support fund**
Local councils have received additional funding to help struggling residents. The level of help varies across the UK and all have different eligibility criteria, but many are helping with energy and food costs. Contact your local council to enquire about what is on offer in your area. Ensure you tell them about your age, health, if you have dependents and if you are in receipt of means tested benefits.



Energy Advice Helplines:

Home Energy Scotland
0808 808 2282

Simple Energy Advice England
0800 444 202

Nest (Welsh Residents)
0800 808 2244

Northern Ireland Energy Advice Service:
0800 111 4455

Beneficiary Stories - How we help

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 January. The correct answer to the question: How many Children's Grants did we award in 2021? was 92.

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

In which month did our Welfare Committee meet in London this 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 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/



Sheila worked in a newsagents for a number of years, with her husband, Ron who had also worked as a driver for a wholesaler for over 20 years. With both their health declining and a number of their household appliances breaking down, they contacted NewstrAid to ask if they would be able to receive some support.

After a full financial assessment, the Welfare Committee agreed to award the couple regular benefit, as well as replace some of their appliances and provide a new recliner chair to help Ron whose mobility was declining.

Riz had worked in a shop selling newspapers and magazines for 6 years and was made redundant during the pandemic. With a young child to care for and growing arrears, she contacted us to ask for some support.

Following a financial assessment, NewstrAid awarded a grant from our ACE Children's fund to alleviate some of the financial strain and referred Riz to our Wellbeing Suite to access career advice.



Welfare Committee Thank You

We are hugely grateful to our Welfare Committee who have been meeting via video conference throughout the pandemic to review the many applications for help we receive throughout the year. In March we were delighted to host our first face to face Welfare Committee meeting in London since 2020. It was fantastic to see everyone 'in the flesh' and to have discussions around a table rather than through a computer screen.



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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