

NewstrAid newsletter

Issue 14 | Winter 2023

There is no doubt that the last few months have been extremely difficult for everyone.

The help we are able to offer colleagues who are really struggling at the moment simply wouldn't be possible without the support we receive from retailers, like yourself, and we are very grateful for your ongoing contributions.

NewstrAid recently launched its Cost of Living Crisis Fund to help newstrade colleagues facing financial hardship as energy and food costs continue to soar. We have had a great response to this fund as you will read about in this newsletter and the fund is still open so if you or a colleague need help, please get in touch with us.

NewstrAid has a variety of different funds available to help people who have different needs. It could be regular financial support that we provide, a one-off grant to buy household equipment that no longer works, cost of living assistance or perhaps support to help

your children take part in hobbies. In addition we can offer emotional support through our wellbeing suite, and practical advice including impartial debt advice. Details of all these services can be found in this newsletter and should you or someone you know need our help, I simply ask that one of your New Year resolutions is to get in touch with NewstrAid and take advantage of the financial, emotional and practical support that we can offer.

Finally, we are always looking for new volunteers to join our band of Almoners and Area Committees throughout the country and so if getting more involved with the charity is something you would be interested in, take a look at page 3 for more information.

Thank you again for your support and a very Happy New Year to you and your family.

Kind regards

Neil Jagger and The NewstrAid Team

Are you struggling with the Cost of Living?
Are you worried about paying your bills and putting food on the table?

If the answer is yes to the above questions then you could be eligible for a grant from the NewstrAid Cost of Living Crisis Fund.

Visit www.newstraid.org.uk for more information



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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**



**Emotional
Support**

**Free
Helpline:**
**0800
917 8616**



www.newstraid.org.uk

NewstrAid's FREE Wellbeing Helpline and Online Portal

Supported by Hearst UK in memory of Terry Mansfield.

As we all struggle with the current economic situation, looking after your mental health and resilience is more important than ever. It is worth remembering that NewstrAid's **Wellbeing Suite** is available to anyone with a newstrade connection, is completely **free of charge** and can provide the tools we all need to look after our emotional health.

Free Wellbeing Helpline
0800 196 2016
or Text/Whatsapp 'Hi' to
00353 87369 0010

All calls are answered by a clinically trained psychotherapist/counsellor, where callers receive 1:1 in the moment support via Freephone, Live Chat, WhatsApp, SMS, Email & Request Call Back. A wide range of issues are covered such as:

- depression, anxiety, stress, grief, and bereavement
- relationship and marital problems
- parenting coaching
- managing sleep issues
- work stress and work life balance issues

Call handlers work therapeutically in 40+ languages including Polish, Romanian, Hindu and Punjabi.

Wellbeing Portal

The online portal provides access to over 200 hours of mental health & lifestyle resources. Content includes:

Cost of Living help

Following the launch of our Cost of Living Crisis Fund at the end of last year, we have heard from many people who are finding it increasingly difficult to make ends meet during the current economic situation. As a reminder, this special fund offers up to £250 per household to help bridge the gap between income and costs for anyone with a newstrade connection.

Applicants must satisfy the following criteria:

- Live in the UK
- Work or have worked directly in newspaper or magazine sales/circulation/distribution for a minimum of 2 years, full time
- Have less than £6,000 in household savings



- **Wellbeing Podcasts** covering a range of topics including mental wellbeing, nutrition, parenting, and health & fitness.
- **Self-guided meditation** designed in modules to reduce anxiety and stress, improve sleep and increase happiness.
- **Seminars** featuring informative conversations with experts discussing a range of wellbeing topics.
- **Nutrition plans** and video recipes
- **Fitness tracking**, programmes, and workout videos.

You can also access rewards through our exclusive benefits partners and redeem discounts from leading brands.

Sign Up Via
<https://newstraid.spectrum.life/login?org=news2021>
(Using Organisation Code: news2021)



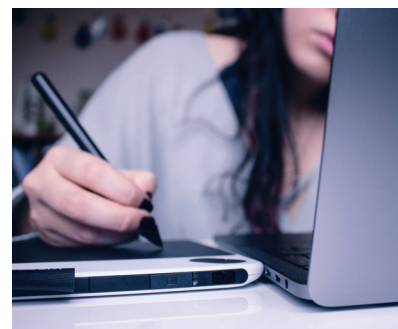
Access to the Wellbeing Helpline and Wellbeing Portal is also available to your staff, your partner/spouse and all your dependents over 16 and living at home.



- Be in receipt of one of the state benefits listed on our website:
www.newstraid.org.uk/cost-of-living-crisis-fund/

Please do contact us if you or someone you know is currently struggling and needs help.

Tel: 0800 917 8616
or email: mail@newstraid.org.uk



Debt advice

It is not just financial help and emotional support that NewstrAid can offer, we also provide practical advice to hundreds of people every year. In particular we work with the Debt Advice Foundation to provide free, impartial debt advice.

If you have a debt problem, 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.

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, their free debt advisory service is open Monday to Friday 8am to 8pm and Saturday 9am to 5pm on
Tel: 0800 987 5685.

Did you know?

In 2022 we helped more than 1100 newstrade colleagues and paid out nearly **£800k** to people facing hardship.

True or False?

NewstrAid only provides financial help.

False!

We can also provide emotional support and practical advice.

Financial Support for our regular beneficiaries



In December we distributed payments to over 500 of our regular beneficiaries. Regular beneficiaries are those who are facing constant hardship and are struggling to cover ongoing everyday living costs for themselves and their family. They receive money from NewstrAid in April, August and December and are always extremely grateful for the support they receive which is illustrated by the comments below.

"Thank you for all your help and support. I will always treasure and cherish your kindness and goodness. Bless you all."

"Thank you for your kindness, you are so generous. This money means I can keep the heating on without worry."

"My very grateful thanks for all your help in 2022. Without your help I don't know how I would have coped managing my heating bills and keeping warm."

Beneficiary stories



Cost of Living Crisis Fund

Gus works in a convenience store and contacted us after he saw an advert for our Cost of Living Crisis fund. He lives with his wife and 4 children and had noticed over recent months that finances were becoming increasingly tight. It was getting more and more difficult for them to meet all their monthly bills and ensure that there was enough food for the family to eat. They often fell into their overdraft at the end of the month before wages/benefits were paid in. He also mentioned that the family were weighing up which costs they would have to cut to ensure they did not fall behind on bills.

After reviewing his completed application form, NewstrAid was able to award £250 to the family from the Cost of Living Crisis Fund. The welfare team also signposted Gus and his wife to the Debt Advice Foundation, for budgeting advice and to the Wellbeing Suite portal for lots of practical and wellbeing advice for the family.



Help for Hobbies

Since starting to play Ice Hockey 18 months earlier Helen's daughter had shown a real aptitude for the game. Her school had also noted what a positive impact it was having on her general performance in the classroom. However, Helen was struggling financially and could not see how she could continue to cover the cost of her daughter's sports kit and fees.

Helen was encouraged to apply for a Help for Hobbies grant and after a full assessment was awarded £250.

"Thanks to financial support from NewstrAid's Help for Hobbies Fund my daughter was able to continue with her hobby, Ice Hockey, which has become her life now. She is today, on the first of three regional trials which will hopefully result in her being picked to train and then play a game for England V Slovakia. None of this would have been possible without the generous funding from NewstrAid."



Could you give up a few hours each year to visit NewstrAid beneficiaries in your local area?

We are looking for new volunteers to join our invaluable team of Almoners across the UK.

Our Almoners are the human face of NewstrAid and their home visits enable us to provide a more personal welfare service which sets us apart from other similar organisations. This is a rewarding and essential role and full training is given in advance including a comprehensive induction pack and the opportunity to attend one of our regular Almoner Workshops.

WHAT DO YOU NEED?

- Time to visit beneficiaries up to 3 times a year
- A willingness to chat and listen
- Empathy for people who are going through challenging times
- The ability to observe and assess through asking questions
- The ability to report clearly to Head Office following a visit
- Respect for the people you visit
- A background in the newstrade

For more information on what is involved in being an Almoner please visit our website

www.newstraid.org.uk or contact the welfare team on **01279 879569**.



Join an Area Committee

There are 13 NewstrAid area committees across the UK and they perform 2 functions:

- 1. To Raise Funds For The Work Of The Charity** – through regional events and activities.
- 2. To Raise Local Awareness Of The Charity** – if people do not know we exist, they cannot ask us for help.

Each year we host Area Committee Awards at our AGM to recognise the work of these vital volunteers.



Our Area Committees are always looking for people to help them in their work, so if you would like to know more and be put in contact with your local committee, email Tom Rodger: tom@newstraid.org.uk

East of England Dickens (Maidstone)
East Midlands (Peterborough)
London East & South Essex (Greenwich)
North East (Newcastle)
North West (Chester/Stockport)
Scottish (Edinburgh)
South Wales and West (Newport)
Sussex & Surrey (Shoreham)
Thames Valley (Slough)
The Shires (Nottingham)
Wessex (Southampton)
West Midlands (Birmingham)
Yorkshire & North Derbyshire (Wakefield)

Our annual Carol Service at St Bride's Church last December was hugely successful and saw more than 100 colleagues from the industry come together to celebrate the festive season. The event also included our Christmas Raffle draw which, for the first time included some online entries from those who couldn't attend in person.

A huge thank you to everyone who bought a ticket for this raffle and who entered the raffles organised by ACE in Manchester and London this Christmas. Across these 3 events we managed



to raise more than £6,000 and all the proceeds will be used to help newstrade colleagues and their families who are facing hardship.

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 in January. The correct answer to the question: How much money is available per household from our new Cost of Living Crisis fund? was £250.

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

How many newstrade colleagues did NewstrAid help in 2022?

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

All correct answers received before 31st March 2023 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: mail@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 mail@newstraid.org.uk

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