

Wellbeing Special

NewstrAid newsletter

Issue 15 | Spring 2023

I hope you and your families are well. Could it be that Spring has finally arrived and we can at last look ahead to some warmer days?

It has felt like a very long, cold winter made even harder with soaring energy costs and inflation running at a 40-year high.

In this special edition of our NewstrAid newsletter and as part of our Mindful May campaign, we are focusing on Mental Health and Wellbeing. The recent pandemic has had a serious impact on almost all of us. Enforced lockdowns, families unable to meet each other, difficult trading conditions and ill health has put pressure on everyone in different ways and its legacy lives on. This, followed by the cost of living crisis that we are all currently living through, has affected everyone's mental health and resilience with many of us continuing to struggle.

In response, NewstrAid recently teamed up with health and wellbeing experts Spectrum.Life to launch a Wellbeing Suite to help all of us overcome some of these struggles. The Suite includes a Wellbeing Website which offers health, diet, and fitness plans to help you physically as well as a host of techniques, podcasts and plans to help you with your mental health. There is also the facility to speak one to one with a trained mental health professional through a confidential Wellbeing Helpline. All the services are completely free of charge, and this newsletter will provide more

detailed information on what services the Wellbeing Suite offers and how you, your family and your staff can access them.

I hope you find this newsletter helpful and if you haven't already, please do sign up to the Wellbeing Website. It is really easy and you will be surprised how much help and information is available for free.

**Neil Jagger
and The NewstrAid Team**



Welcome to Mindful May!

Throughout the month of May NewstrAid will be using our newsletters, social media and our website to encourage everyone in the newstrade to look after their emotional wellbeing. So why not pledge to focus on good mental health this month and help us to celebrate Mindful May!

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

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Free Helpline:
0800
917 8616



www.newstraid.org.uk

The NewstrAid Wellbeing Suite

Free Mental Health and Wellbeing support for you and your staff.

Supported by Hearst UK in memory of Terry Mansfield.



NewstrAid works in partnership with healthcare company Spectrum. Life to provide FREE mental health and wellbeing support to anyone with a newstrade connection. This partnership means that independent retailers like yourself can offer the benefits of a Workplace Wellbeing Programme to your staff with absolutely no cost to your business.

Give your employees the support they need, when they need it.

The Wellbeing Suite offers a complete range of support to help you and your employees stay on top of your mental health at all times.

The resources consist of 2 elements

1. A **FREE 24/7** helpline providing confidential help and advice from clinically trained counsellors.

Call **FREEPHONE 0808 196 2016**
or Text/Whatsapp 'Hi' to
00353 87369 0010

2. A **FREE** Wellbeing Website including a huge range of resources, videos, podcasts and information.

A Workplace Wellbeing Programme for your staff, with absolutely no cost to your business.

How to sign up to the Wellbeing Website for FREE!

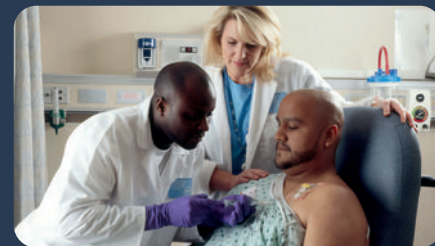
It is so easy to access the full range of resources available on our Wellbeing Website! All you need is an email address and our organisation code news2021.

- Visit: <https://newstraid.spectrum.life/login?org=news2021>
- Fill in your name, email address and create a password.
- Agree to the privacy statement and terms and conditions.
- Click 'Sign Up'

Once you have signed up, you will be able to access everything on the site using your email and password.



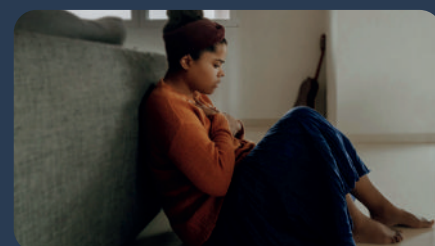
Beneficiary Stories



Support during an illness

Ex-retailer Jay was struggling to cope with his diagnosis of cancer and on top of this, his acrimonious split with his partner meant he rarely saw his children. He had already been diagnosed with bipolar disorder but when he approached us for financial assistance he was finding managing his mental health very difficult and reported that his motivation had hit an all time low.

He signed up to the Wellbeing Website after the NewstrAid welfare team advised him of the different resources available, including information on dealing with cancer and podcasts focused around mental ill health.



Support when coping with financial hardship

Shop worker Nina applied for financial assistance as she was struggling to keep up with her bills and was facing significant arrears on her rent, council tax and water bills. This had caused Nina a lot of stress and anxiety.

Whilst we assessed her application for financial help, we recommended that she sign up to the Wellbeing Website to access lots of helpful resources to tackle stress and anxiety as well as budgeting and money management tips. She has since signed up to the website and is finding it useful.

DISCOUNTS

Did you know?

Our Wellbeing Website can give you access to exclusive discounts from leading brands. Simply log into the Wellbeing Website and click on the 'Discounts' tab.



What can I expect from the Wellbeing Website?

Looking after the mental health and wellbeing of yourself, your family and your employees is hugely important especially when we are all living through such challenging times.

Here is a taster of some of the help and advice you can expect to find on our Wellbeing Website. Don't forget, if reading is not your thing, the Wellbeing Website also includes videos, meditation guides, podcasts and audio plans.



STRESS MANAGEMENT

Stress is a natural reaction to a challenge or demand that can occur in life. In small doses, stress is beneficial for building resilience, responding to change and for protecting ourselves. However, high levels of stress can be damaging to both our health and our relationships.

How to spot the signs of stress.

- Aches and pains
- Changes in bowel movement
- Nausea/ dizziness
- Chest pain/ Increased heart rate
- Frequent colds or flus

Managing the symptoms of stress:

There are many different ways to manage the symptoms of stress including eating a healthy, well balanced diet and staying active.

To find out more log into the wellbeing website:

<https://newstraid.spectrum.life>

NUTRITION FOR ENERGY

Just like you would put petrol in a car as it starts to run empty, it is important to keep re-fuelling your body?

Leaving hours between meals can see you running on empty and eventually craving sugary foods to give you an energy boost. To avoid this, aim to eat regularly leaving no more than 3-4 hours between meals. Not only will this give you a constant supply of energy but it will also prevent you from becoming ravenous and ultimately losing control over your food choice.

You can access lots more healthy eating information, videos and podcasts for free on the Wellbeing Website plus hundreds of healthy recipes to try.

<https://newstraid.spectrum.life>



WHAT HAPPENS WHEN YOU CONTACT NEWSTRAID'S WELLBEING HELPLINE

Freephone 0808 196 2016

WhatsApp Text 'hi' to

00353 87369 0010

NewstrAid's free Wellbeing Helpline is available 24/7 365 days a year and is completely confidential.

When you call the Wellbeing Helpline, a qualified counsellor will answer the phone and provide immediate support and guidance to help deal with your issue. The NewstrAid Wellbeing Helpline can also arrange for support in more than 40 different languages, on request.

Once this consultation has been completed, the counsellor will discuss the most appropriate next steps with you based on the information you have shared. This might include a referral for some counselling sessions or suggestions of other resources or organisations that might be of use to you.

You can also access 1:1 in the moment support via Whatsapp or text (WhatsApp Text 'hi' to 00353 87369 0010) and through Live Chat or email and request a call back through the Wellbeing Website.

TOP TIPS FOR FINANCIAL WELLBEING

1. Try Your Best to Spend Less Than You Earn

This may seem like an obvious piece of advice and many of us find there are times when we need to live on credit to make ends meet, however always try your best to stay within the confines of what you are earning. If you are really struggling please do contact the NewstrAid team on **0800 917 8616** for further advice.

2. Set Budgets

It's easier to manage your outgoings when you are keeping track of them. Manage your daily weekly and monthly spending with a budget that accounts for your guaranteed outgoings, like bills, and planned outgoings, such as savings, socialising etc.

3. Protect what you have

If you have a mortgage or savings, it's important to know exactly what level of protection you have. Mortgage protection is an important aspect of ensuring you are secure in unexpected circumstances, while there are laws in place to protect your personal savings. Be sure that you are informed and that your money is safe.



What the NewstrAid team think of our Wellbeing resources...

Increase Happiness Meditation Pathway – BeCalm

"I have heard about the benefits of meditation but never felt that I had time to fit it into my already very busy day! I used the Wellbeing Website app to listen to six short meditation recordings, all 15 minutes or less, and realised that actually it is quite easy to find a few minutes to listen to one recording a day. There is even a recording to listen to with earphones whilst walking, which is easier if, like me, you can't get 5 minutes peace at home!"

Laura Grice

NewstrAid's Financial Controller

Glutes & Legs Workout Plan – Fitness

"Each of the 6 workout sessions included easy to follow videos for each exercise and time dedicated to rest breaks. I completed the full plan over two evenings after work but you could choose to complete one session a day over the course of six days if you'd prefer. Exercise always lifts my mood and this plan certainly did!"

Frankie Gabbani

NewstrAid's Deputy Welfare Manager

Look out for a host of new reviews which will be added to the NewstrAid website during Mindful May 2023 www.newstraid.org.uk/wellbeing/

How the FREE Wellbeing Website can benefit you, your staff and your family

Hours of industry leading health & wellbeing content supporting Mind, Body and Life including:

- Nutrition plans, video recipes fitness programmes & mental health & lifestyle e-learning.
- Wellbeing Podcasts (soundspace) covering topics including mental wellbeing, nutrition, parenting, and health & fitness.

- Self-guided meditation (be calm) to reduce anxiety and stress, improve sleep and increase happiness.
- Access to exclusive benefits and savings across many different stores, restaurants, cinemas etc. Just log in, click on Discounts and you'll be taken to the Benefits Hub.



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

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 in April. The correct answer to the question: How many newstrade colleagues did NewstrAid help in 2022? Was More than 1100.

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

When you log into the Wellbeing Website and click on the My Organisation tab, what is the title of the first article that appears?

NB. This month you will need to log into the Wellbeing Website to find the answer. Please send your answer to mail@newstraid.org.uk



All correct answers received before 30th June 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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