

NewstrAid newsletter

Issue 16 | Summer 2023

Welcome to our latest newsletter. I hope you and your families are well and have perhaps been able to find a little relaxation time during some of the hot spells we saw earlier this summer.

It has been a busy time at NewstrAid with more and more new beneficiaries coming forward for support as the country continues to face the ongoing cost of living increases.

In this newsletter we have outlined some of the additional help we have put in place to support people from the newspaper and magazine industry who are really struggling. This includes both financial and emotional support as well as practical advice for those who need it. If you, a colleague, or staff member need help, please do visit our website to find out more, or give us a call.

In addition, we have recently welcomed a new President to the charity (more details on page 2) and held our AGM and Area Committee awards. It was lovely to see so many Area Committee members attend this event and get recognition for their excellent fundraising efforts across the UK.

Finally, in September, an intrepid group of walkers will attempt to complete the Yorkshire 3 Peaks challenge which is a 23 mile walk up some pretty big hills to be completed in under 13 hours. If you would like to join or sponsor these foolhardy souls (I will be one of them) details can be found on page 4.

That's it from me. Stay safe, get some time to relax when you can and enjoy reading our latest newsletter.

Neil Jagger and The NewstrAid Team

NewstrAid's Wellbeing Suite

Supported by Hearst UK in memory of Terry Mansfield

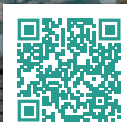
Give your employees all the benefits of a workplace wellbeing programme with absolutely no cost to your business.

**FREE 24/7 Wellbeing Helpline
0808 196 2016**

**FREE Wellbeing Website
<https://newstraid.spectrum.life>**

NewstrAid
The helping hand of the Newstrade

Organisation Code: news2021



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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

New President announced

Earlier this year we were sad to announce that Murdoch MacLennan had decided to step down as president of NewstrAid after almost a decade in the role. His support for the charity over the last 9 years has been hugely valuable.

Replacing him is David Dinsmore who is currently EVP Chief Operating Officer for News UK where he has enjoyed a long history and has held a number of senior roles.

Murdoch MacLennan said: *"It has been an honour to be President of NewstrAid since 2014 and I am very proud of all the excellent support the charity continues to provide to our industry and the people who work within it. I have no doubt that David will find the role of President equally rewarding and I wish him and the charity the very best for the future."*

David's first official duty as President was to chair the NewstrAid AGM which took place at the end of June.



10% Increase to Regular benefit

We are delighted to announce that we will be increasing the amount of our regular benefit payments by 10% starting in August. This payment is awarded 3 times a year to colleagues who have worked in the sale and distribution of newspapers and magazines and who need long term support. Given the ongoing increase in inflation and the hardship that so many people are facing at the moment, it was agreed by the Board of Trustees that this increase should come into effect before the Autumn months set in.

Welfare Manager Katie Babooram said: *Every week we are hearing from people who are continuing to struggle with the cost of living crisis. Increasing the regular benefit amount will offer a bit of extra support to those who are finding it difficult to make ends meet during these challenging times.*

Since 2021 NewstrAid has committed an extra £124k to supporting regular beneficiaries during the economic crisis.

Industry support funds Coronation treats for more than 580 households

At the beginning of May, thanks to support from businesses from across the newspaper and magazine trade, we were delighted to distribute a small box of treats to our beneficiaries and almoners to mark the King's Coronation.

Neil Jagger, CEO for NewstrAid said: *"We are very grateful to all the businesses that supported this initiative which allowed us to send goodies to over 580 of our beneficiaries and volunteers to help them celebrate the Coronation of King Charles III."*

The treat boxes contained a small selection of tea, coffee, biscuits and chocolate and were supported by: Frontline Group, Guardian News & Media, Mail Newspapers, Marketforce UK Ltd, Menzies Distribution Ltd, National Federation of Retail Newsagents, Newsprinters Limited, NewsTeam Group Ltd, Newtrade Media, Reach Plc, Seymour Distribution, Smiths News, Telegraph Media Group Limited, & Willis News Distribution Ltd.



"Thank you so much for the food hamper it made my day."

"Thank you to all those who made the coronation gift possible. You made an old lady who lives alone very happy."

"My gosh... what a pick-me-up. I was so touched by the kindness of NewstrAid. Thanks, thanks, thanks."

Wellbeing Resources for Employers

NewstrAid has access to a number of information packs that could be of interest to you as an employer. If you would like to receive a free e-copy of either of the following fact sheets produced by mental health experts Spectrum.Life, please email mail@newstraid.org.uk with the name of the guide in the subject line.

- **Mental Wellbeing for All**
- **Menopause** including how to best support your staff



Wellbeing Website

Don't forget that our Wellbeing Website also offers you and your staff access to a wide range of mental health materials for free. Register and log in to access all the resources including podcasts and a discount hub.



Beneficiary stories



Cost of Living Crisis Fund

Hetal made contact with us after seeing information about NewstrAid in his workplace. A single father with 2 young children, he was working full time and struggling to make ends meet. He had fallen behind on rent and was being threatened with eviction which was causing him great concern. He asked to be considered for a Cost of Living Crisis Fund grant to help him get by whilst he applied for support from local organisations regarding his housing situation.

Hetal completed a Cost of Living Crisis Fund Application form, and once his application was assessed, was awarded a £250 grant. The NewstrAid welfare team were also able to advise him on other support schemes available.



Help for Hobbies

Andy and Mel have 10 children, all of whom are dependant and living at home. They are a very musical family but the couple were finding it impossible to cover the cost of music lessons for all 10 children despite them both working in the newtrade. The couple's boss got in touch with NewstrAid to see if they would be eligible for assistance from our Help for Hobbies scheme.

The couple completed an application form and after an assessment by NewstrAid's Welfare Committee, were successfully awarded a Help for Hobbies grant for each of their children, allowing them all to take music lessons.

NewstrAid's AGM 2023

NewstrAid's AGM took place on June 28th at the Rubens Hotel in London. At the end of the meeting a number of awards were presented to our Area Committees and volunteers to recognise their hard work during the year.

Good Samaritan Awards were presented to three long-standing supporters of the charity, a number of trophies were presented to the committees and individuals who had made significant contributions to the charity's work and certificates were given to each Area Committee recognising their contribution to NewstrAid through the 200 club lotteries.

If you are interested in joining an Area Committee in your local area, please contact Tom@newstraid.org.uk.

You can also find out more on the NewstrAid website <https://www.newstraid.org.uk/area-committees/>



Did you know?

Since Autumn 2022, we have helped **179** households with a cost of Living Crisis Fund Grant.

True or False?

you have to pay to access NewstrAid's Wellbeing helpline and online resources?

False!

It is completely free: call 0808 196 2016 or sign up online



Yorkshire 3 Peaks Challenge

Three intrepid members of the NewstrAid team have signed up for our Yorkshire 3 peaks challenge this September. Neil, Laura and Katie (pictured) will be joined by around 20 fellow adventurers from the industry who are taking on the challenge to raise funds for NewstrAid.



If you are interested in taking part too, it is not too late to sign up – full details here <https://www.newstraid.org.uk/wp-content/uploads/2023/04/3-peaks-challenge-2023-flyer-FINAL.pdf>



However, if cheering them on from the sidelines is more your style, you can show your support by scanning this QR code and sponsoring the NewstrAid walking team:



Prize Draw

WE ARE GIVING AWAY

£150 of Amazon Vouchers!

Thank you to everyone who entered our Spring edition prize draw and congratulations to the winner who received their vouchers in July.

The question was: When you log into the Wellbeing Website and click on the My Organisation tab at the top, what is the title of the first article that appears? The correct answer was: About NewstrAid

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

How many households have NewstrAid helped with a Cost of Living Crisis fund grant since Autumn 2022?

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

All correct answers received before 30th September 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/

Children's Christmas Card Competition

Design a Christmas Card for NewstrAid and you could win a £50 Amazon voucher!

All entrants must be aged 14 or under and must have a connection to an adult who works in the newstrade.

How to enter: Send your best festive drawings including your **name, age, address** and **connection to the newstrade** by Tuesday 31st October to Jo Willis, NewstrAid Suite 2, Thremhall Estate, Start Hill, Bishop's Stortford CM22 7TD



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:

- Contact your supplying wholesaler using the relevant address from the following:
Menzies Distribution: enquiries.headoffice@menziesdistribution.com or
Smiths News: mynewsaccount@smithsnews.co.uk or
NewsTeam: 3 Saline Street, Airdrie ML6 9BE
- 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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