

NewstrAid newsletter

Issue 26 | Winter 2026

Happy New Year to you and your family. As we say goodbye to 2025, it's a valuable time to reflect on how NewstrAid continues to grow and to support colleagues across the news industry.

Over the past year, our Retailer Support Scheme awarded more than £29k to retailers and members of their teams, helping those facing financial hardship and providing access to emotional support when it was most needed.

We would like to remind you that this scheme is available not only to you as retailers, but also to your staff, should they require financial assistance or emotional wellbeing support.

During 2025 the NewstrAid team were active at a wide range of trade shows, supported by organisations such as The Fed and Newtrade Media. It has been a pleasure to meet so many retailers and to hear such positive feedback.

We will be continuing this engagement into 2026, beginning with the Talking

Retail Live event at the Kia Oval in March, and we hope to see you there.

If you are aware of any trade events that NewstrAid could attend, we would be delighted to hear from you—please do get in touch.

I would like to thank you and your retail colleagues for the continued support you give NewstrAid by taking part in our regional lotteries.

In addition, we are extremely grateful for the corporate donations received from our trade partners, including dmg, NewsTeam, Tindle's, DC Thomson, InPost Newstrade, Smiths News and News UK.

Without this generous support, we would not be able to carry out the vital work we do in assisting our colleagues at the time they need it most.

I hope you enjoy our first newsletter of 2026 and wish you every success for the year ahead.

Neil Jagger and The NewstrAid Team

NewstrAid 
The helping hand of the Newstrade OLD BEN

We are the helping hand of the newstrade



Financial Support



Grants



Welfare Volunteer Home Visits



Support For Disabled & Carers



Help For Children



State Benefits Advice



Debt Advice



Emotional Support

How your money helps In 2025, NewstrAid...



Helped more than **1000** people from the newstrade



Awarded **60+** Retailer Support Scheme Grants



Paid out **£773K** to households facing hardship



Gave advice to over **340** people

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Win £150 of Amazon Vouchers!



Free Helpline:
0800 917 8616



www.newstraid.org.uk

Help for shop staff!

Throughout 2025, we met lots of retailers at trade shows and events across the country. One thing really stood out from our conversations: many people were surprised to learn that NewstrAid's Retailer Support Scheme isn't just for business owners, it's for shop staff too.

That's why in 2026 we're stepping up our efforts to make sure everyone in our industry knows help is there when it's needed. NewstrAid offers financial, emotional and practical support, and it's available to those working on the shop floor as well as those running the business.

You can help spread the word. Tell your colleagues, tell your teams,



and make sure everyone knows that NewstrAid is there when times get tough.

To find out more, visit our website <https://www.newstraid.org.uk/retailer-support-scheme/>, call us on **0800 917 8616** or email mail@newstraid.org.uk

We are the helping hand of the newstrade – from shop staff, to business owners.



Kick off the new year with some healthy recipes!

Our wellbeing website offers over 500 delicious and nutritious recipes that will inspire and support a healthier diet. Whether you are looking for some inspiration for what to make for breakfast, lunch, dinner or anything in between, the site can offer a wealth of easy-to-follow instructions, including nutritional information to aid anyone who is on a health kick.

From 'Banana and choc chip overnight oats', to 'Asian Air Fryer sesame chicken', there truly is something available for everyone.

Simply sign up to the site for free and click on the nutrition section to access all the recipes.

<https://newstraid.spectrum.life/login?org=news2021>



A Christmas Treat

In the run up to Christmas 2025 we were delighted to send a special tin of biscuits to more than 500 of our beneficiaries to help them celebrate the festive season.

Thanks go to fulfilment and logistics specialists, InterSend, who helped us to distribute the biscuits and to our Welfare Volunteers, many of whom delivered the biscuits in person to their beneficiaries.

We know the biscuits were gratefully received as we have lots of lovely thank you cards and messages to prove it!

"To all at NewstrAid, thank you so much for the super tin of biscuits I received this afternoon! Such a surprise and a most welcome one."

NewstrAid Beneficiary

A helping hand for everyday essentials

In December 2025 we awarded a special 'Helping Hand One-off Grant' to a small number of newstrade households who were finding it difficult to cover the cost of everyday essentials.

Katie Baboram, Welfare Manager, said, *"This discretionary grant has given a little extra helping hand to those who were struggling with the cost of living at what can be a particularly tough time of the year."*

If you or anyone you know in the newstrade is finding it difficult to make ends meet, please do get in touch.



Did you know?

In 2025 NewstrAid paid out **110 grants** for children.

True or False?

NewstrAid only helps business owners

False!

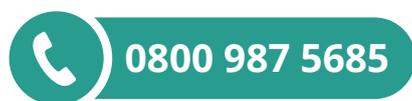
We are there for anyone involved in the sale of newspapers and magazines including shopworkers and shop staff.

Debt Advice Counselling

Free, impartial debt helpline in England and Wales.

We work in partnership with the Debt Advice Foundation which is a registered 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.

If you have a debt problem, they can help you understand which options are available to you and will recommend the debt solution that is right for your situation.



Their aim is to help you:

- 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.

If you 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, their debt helpline advisors are standing by waiting to help.

www.newstraid.org.uk/how-we-help/advice-and-signposting/



Wills and Legacies

Every year, NewstrAid helps hundreds of people from the newstrade who are facing hardship.

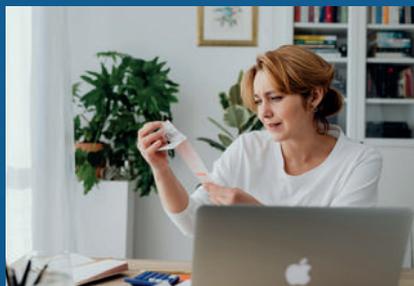
By remembering NewstrAid in your Will you can help us continue to support people who are struggling to cope or who are going through a difficult time.

<https://www.newstraid.org.uk/wills-and-legacies/>



People we have helped

Support for those dealing with Debt



YULIANA'S STORY

Yuliana had been struggling financially for many years following the death of her daughter in a car accident and the subsequent break down of her relationship. She had taken out a loan in order to buy a new car and was falling deeper and deeper into debt and didn't know which way to turn.

NewstrAid referred her to the Debt Advice Foundation for help with budgeting and financial planning moving forward. In addition, and following a visit from a NewstrAid Welfare Volunteer, a grant from the General Hardship Fund was also awarded to help with day-to-day costs.



SHAHED'S STORY

Shahed is a single mum of 2 children and recently split from her abusive partner. The family were in substantial debt which her partner had built up over the years. Although she had set up a payment plan to repay the debt, it left her with no money at the end of the month for essentials like groceries. In addition, her children were very keen on sport but she was unable to cover the costs for them to take part in the activities they loved.

NewstrAid awarded her with a grant to help clear her council tax arrears as well as a grant from the General Hardship Fund to help with the cost of groceries and a Help for Hobbies grant to enable her children to take part in sports activities.



BAL'S STORY

Shop worker Bal had been struggling with her energy bills for many years and had negotiated a monthly payment plan with her energy provider to try and reduce the debt gradually. Whilst she was in hospital being treated for Sepsis, the energy company started to contact her demanding that she increase her payments in order to cover her rising bills. Her mother contacted NewstrAid as she was worried her daughter would return home from hospital and not put any heating on in a bid to keep her bills as low as possible which would hamper her recovery, especially during the colder months.

NewstrAid cleared the energy bill arrears so that she could return home in comfort and get back to full health.

NB All beneficiary names have been changed.

Christmas Raffle and Carol Service

In December our annual Carol Service and Christmas raffle raised more than £7.5k for the charity. We are very grateful to everyone who supported this event by coming along or buying a raffle ticket.

Every penny we receive from events like this goes to supporting colleagues from the trade who are going through a difficult time. **Thank you for your help!**



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 prize in January.

The question was:
Of the people NewstrAid supports, what percentage are from the Retail Sector?
The correct answer was: *around 60%*

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

How many Children's grants did we award in 2025?

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

All correct answers received before 31st March 2026 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/

Are you struggling to stay warm and cover your heating bills during the colder weather?

NewstrAid is here to help and can provide **FINANCIAL, EMOTIONAL and PRACTICAL** support to retailers and their staff this winter.

For more information visit www.newstraid.org.uk call us **FREE** on 0800 917 8616 or email mail@newstraid.org.uk



Thinking of leaving retail?

If you are thinking of leaving retail, don't forget that NewstrAid can offer financial help, emotional support and practical advice to anyone who has worked in the sale and distribution of newspapers and magazines.

Visit the website or call 0800 917 8616 for more information



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:
InPost / 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
- Text the word **NEWS** and your **box number** to: 88440* (eg. NEWS 1234)
- 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.

**If using the text option please include a space between NEWS and your box number for example NEWS 1234. You will get an automatic TEXT REPLY confirming your cancellation, if you do not receive a reply, please check that you have correctly spelt NEWS, left a space and included your box number.*



NewstrAid Benevolent Fund

Suite 2 Thremhall Estate, Start Hill, Bishop's Stortford, Herts CM22 7TD

Free Helpline: 0800 917 8616

www.newstraid.org.uk Tel: 01279 879569 mail@newstraid.org.uk



[LinkedIn/newstraid-benevolent-fund](https://www.linkedin.com/company/newstraid-benevolent-fund)
www.facebook.com/newstraid.benevolentfund