

NewstrAid newsletter

Issue 27 | Spring 2026

We recently attended the Talking Retail Live conference at London's Kia Oval, where it was a pleasure to connect with so many retailers, including the Fed's National President, Hetal Patel.

A key theme in our conversations was the positive impact our Retailer Support Scheme has had in supporting retailers facing hardship. However, it became clear that many are still unaware that this support is also available to shop staff.

We encourage you to share this newsletter with your team, helping to raise awareness of NewstrAid and the ways we can support them should they need us.

May marks our annual Mindful May initiative, and this year we're focusing on the wellbeing benefits of reading. Reading is a simple yet powerful way to support both mental and emotional health. It offers a chance to relax and unwind, helping to reduce stress by giving the mind a break from everyday

pressures. It can also improve focus and concentration while keeping the brain active and engaged.

To help celebrate Mindful May, we're delighted to be sending a book token to our regular beneficiaries, and we hope it inspires plenty of enjoyable reading moments. Why not pick up a book yourself this May?

On page 4 of this newsletter, we have included a short report on a recent event organised by one of our Area Committees. These committees play a vital role in raising awareness of who NewstrAid is, what we do, and how we can support colleagues facing hardship. They also host a range of fantastic and enjoyable events that generate much-needed funds for the charity.

We would love to welcome you to one of our Area Committees. Full details on how to get involved can be found within this newsletter.

**Thanks from Neil Jagger and
The NewstrAid Team**

We help shop staff as well as business owners

NewstrAid's Retailer Support Scheme

For more information contact us for **FREE** on **0800 917 8616**
email: mail@newstraid.org.uk
www.newstraid.org.uk/retailer-support-scheme/

NB. Financial support must be for commitments outside the business and will be subject to eligibility checks.

All grants are non-repayable



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Win £150 of Amazon Vouchers!



NewstrAid 
The helping hand of the Newstrade 

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

Free Helpline:
0800 917 8616



www.newstraid.org.uk

NewstrAid Welcomes Renewed Corporate Sponsorship from InPost Newstrade

We are delighted to announce that InPost Newstrade is continuing to support us as a corporate sponsor throughout 2026.

Mark Gilhespie, Newstrade Supply Chain Director at InPost Newstrade, said, "InPost Newstrade are proud to continue our long-standing support of NewstrAid, building on a relationship that began with Menzies Distribution over 100 years ago. The charity provides essential assistance to those facing tough times and we are very happy to support them in ensuring that support remains available."

Neil Jagger, CEO of NewstrAid, welcomed the renewed sponsorship: "Every year we hear from new people from our industry who are facing challenges and need our support. Ongoing sponsorship from businesses like InPost Newstrade ensures that the charity can continue to provide the emotional, financial and practical help it has been offering for more than 186 years. For this we are very grateful."



Free Retailer Packs

NewstrAid has launched a new promotional pack designed to ensure more shop staff across the UK know about the help and support available to them.

Each free pack contains two posters and ten wallet cards, clearly outlining the help available and how staff can access it. You can display the posters in staff areas and share the wallet cards with team members so they always have NewstrAid's contact details to hand should they ever need support.

We will be giving the packs out at the various trade shows we are attending during the course of the year but if you would like a pack for your store now – please email us mail@newstraid.org.uk with your postal address including 'Retailer Packs' in the subject line and we will get these sent to you.



Scan to order

Did you know?

In 2025 NewstrAid supported **80 people** who had never applied for help before.

True or False?

All NewstrAid Financial support is non-repayable

True!

Mindful May

Every May we run a campaign called **#MindfulMay** which focuses on mental health and wellbeing. As well as promoting the support available to the trade through our wellbeing website, we are also using the month to link up with the Government's National Year of Reading to promote the mindful benefits of picking up a book.

Reading can be beneficial in so many different ways. It can help to reduce stress, lower your heart rate, improve memory and focus and if you join a book club it can also give you the social benefits of meeting others and discussing what you have read.

If you follow us on social media you will also see that the NewstrAid team are recommending some of their favourite books during the month too!

Book Token Give Away

To help celebrate reading during Mindful May, we have a couple of **£25 book tokens** to give away.

To enter this special prize draw please answer the following question.

The famous author Charles Dickens was one of NewstrAid's first presidents. What is the title of his book which features characters including, the Artful Dodger, Fagin and Nancy?

Email your answers including your name and using the subject line 'Mindful May' to mail@newstraid.org.uk



Scan to enter



How We Help



ALIA'S STORY Supporting children

Single Mum Alia has three children, two of whom are disabled. She had worked for more than 3 years in the trade but was now unable to work due to health issues and was reliant on state benefits. As both her disabled children did not attend school full time, she spends a lot of money on home schooling, food costs and increased energy costs as she has to heat her home more often to keep it warm for her children.

She had rent arrears that built up during the Covid lockdown in 2020 and when she was subsequently unable to clear her energy arrears and pay for her water bill she contacted NewstrAid.

NewstrAid was able to award a one-off grant for each of the children to help cover some of her everyday costs and arranged for a Welfare Volunteer to visit the family to assess what other support might be appropriate.

NB All beneficiary names have been changed.



KALINDA'S STORY Putting food on the table

Kalinda was struggling financially after experiencing a relationship breakdown following her partner's struggle with addiction. Now a single parent to 6 children she was working as a care assistant in a care home but in the past had worked as a retailer for more than three years.

The family had already received help from NewstrAid to undertake some essential redecoration for their home and help with their utility bills but she contacted NewstrAid again when she found she was struggling to put food on the table.

The NewstrAid welfare team encouraged her to get a referral to her local food bank and also provided her with a supermarket grocery card to help cover the costs of a food shop for the family.



SHARON'S STORY Making ends meet

Sharon had run a newsagents with her husband for many years and received support from NewstrAid when she found herself in financial difficulties after the business was sold more than 10 years ago. Since then, she had always found it hard to keep her head above water and when she was forced to stop working due to extreme anxiety and panic attacks, the situation got worse. She had become totally reliant on state benefits and was struggling to make ends meet as well as struggling mentally.

After a review of her financial situation, NewstrAid gave Sharon details of the Debt Advice Foundation for guidance on how to manage her finances moving forwards. In addition, she was awarded a grant from the General Hardship Fund to help with the cost of living and made a regular beneficiary so that she receives two payments each year to help with general costs.

Fundraising Challenges

Magazine distribution company Marketforce are taking on a very special fundraising challenge in aid of NewstrAid this year. During the month of June they have pledged to walk an accumulative 2026 miles to raise money for the charity's work.

In addition to this, our very own Paul Bacon is taking on Race to the Stones 2026 to raise money for NewstrAid in July. This involves running 100km non-stop along the UK's oldest footpath!

We are so grateful to everyone who takes on a challenge in aid of NewstrAid and wish both Marketforce and Paul lots of luck. If you would like to take on a challenge to raise funds for the charity and help colleagues who are facing difficult times, please do get in touch.



North West Curry Night

We were delighted to see more than 50 retailers at a curry night organised by the North West Area Committee back in March. The event was a great way for local retailers to meet other business owners, learn more about the charity and we are delighted to say it also raised more than £300.

A full list of all the areas in the UK that are covered by a committee can be found on our website

<https://www.newstraid.org.uk/area-committees/> along with details of any upcoming events.



If you are interested in joining your local Area Committee, please do get in touch mail@newstraid.org.uk



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 prize in April.

The question was:

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

The correct answer was: 110

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

What is the name of our annual spring campaign that focuses on mental health and wellbeing and that this year is promoting the benefits of reading?

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

All correct answers received before 30th June 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/



Neil Jagger & Paul Bacon at Talking Retail Live

Trade Shows

The Talking Retail Live event at the Oval at the end of March offered us a great opportunity to meet retailers and talk to them about the work NewstrAid does. We hope to attend a number of trade events over the course of the year including Better Retailing in September so please do come and say 'hi' if you see us out and about.

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 weekly 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
 - Smiths News: mynewsaccount@smithsnews.co.uk
 - NewsTeam: retail@newsteamgroup.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
- 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



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www.facebook.com/newstraid.benevolentfund