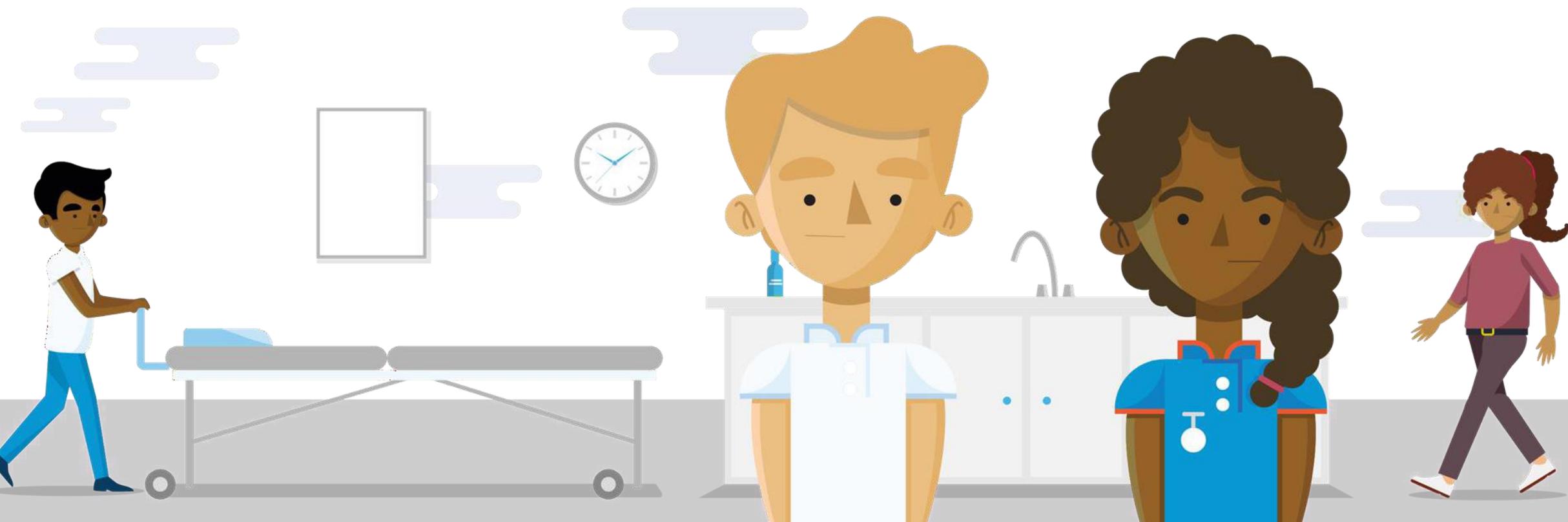


# Supporting Our NHS People

Helping you look after your financial wellbeing



# Support with your finances



This is a difficult time for our NHS people and we know that financial concerns have consistently been one of the top reasons that colleagues call the free helpline run by the Samaritans. As such, we've partnered with the MoneyHelper service (formerly Money and Pensions Service) to bring you financial guidance to help you manage your finances at home.

## **NHS staff support line telephone support line**

NHS colleagues can call this support line, provided by the Money Helper service, for free and impartial money guidance from Monday to Friday, 8am to 6pm. **Call:** 0800 448 0826

## **WhatsApp**

**Add** +44 7701 342 744 to your WhatsApp and send the Money Helper service's national support team a message for help with sorting out your debts, credit questions and pensions guidance.

## **Webchat**

Chat to one of the Money Helper service team via their online portal at <https://www.moneyhelper.org.uk/en>

**Find out more:** <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/financial-support/>



# Financial Wellbeing information 1

Are You Struggling to Make Your Money Go Further? Would You Like Help To Make Better Money Decisions?

Your North West Health and Wellbeing team have sourced offers and support to help grow your understanding of how you can make your money work better for you and build a healthy financial future. We have also partnered with Salary Finance to help you get ahead financially with sessions over March, April and May 2022.

**The Money Advice Service:** Free and impartial money advice, set up by government. Advice, tools and calculators to help you manage your finances <https://www.moneyadviceservice.org.uk/en.html>

**Healthcare Workers Foundation:** A range of support for NHS workers including childcare support grants, PPE kits deliveries and counselling <https://healthcareworkersfoundation.org/>

**Stepchange debt charity:** Free debt advice and help <https://www.stepchange.org/>

**Citizens Advice Bureau:** Free debt advice and help <https://www.citizensadvice.org.uk/>



**Salary Finance:** Financial products and educational resources including simple savings, access to salary as it is earned and affordable loans <https://www.salaryfinance.com/uk/>

# Financial Wellbeing information 2

**Cavell Nurses Trust:** Support for UK nurses, midwives and healthcare assistants, both working and retired, when they're suffering personal or financial hardship often due to illness, disability, older age and domestic abuse. [www.cavellnursestrust.org](http://www.cavellnursestrust.org)

**UNISON:** One-off grant of £250 to help with essential expenses, urgent repairs, disability equipment and adaptations, utility bills and funeral costs. To be eligible to apply for financial assistance, you must have been a member of UNISON for at least four weeks and up to date with your subscriptions.

<https://www.unison.org.uk/get-help/>

**Royal College of Nursing:** Hardship grants through their Lamplight Support Service for current or former nurses, midwives, healthcare assistants and associates. Potential support available for student nurses too. RCN membership is not necessary. To book an appointment with a Lamplight Support Service advisor call: RCN Members: ring 0345 772 6100 / Not an RCN Member: ring 0345 772 6200  
Lines are open 8:30am - 8:30pm, seven days a week [www.rcn.org.uk](http://www.rcn.org.uk)



**The Care Workers' Charity:** Crisis grants (exclusive to health care workers) and COVID-19 Emergency fund grants (Health care workers and Cooks/Kitchen Assistants, Housekeepers or Domestic Workers, Maintenance staff, Drivers and Admin staff (Team Leaders/Supervisors and Personal Assistants))

<https://www.thecareworkerscharity.org.uk/get-help/>

# Financial Wellbeing information 3

**CSIS Charity Fund:** A small organisation providing grants or advice to individuals who are either current Civil Service Insurance Society policyholders or who have been financially dependent on a policyholder who has died <https://www.csischarityfund.org/apply-others.htm>

**The Ambulance Staff Charity (TASC):** Leading UK charity providing support to all present and past ambulance staff and their families in time of need, both in the NHS and independent sector [www.theasc.org.uk](http://www.theasc.org.uk)

**Turn2us:** Support to access welfare benefits, charitable grants and other financial help. Their website includes a benefits calculator, grants search database, information on welfare benefits, charitable grants and managing money [www.turn2us.org.uk](http://www.turn2us.org.uk)

**Social Workers Benevolent Fund (SWBT):** A small charity offering one-off, limited financial help to social workers – including retired social workers – and their dependents in times of hardship [www.swbt.org](http://www.swbt.org)

**The Charity for Civil Servants:** (formerly The Civil Service Benevolent Fund) supports all civil servants, past and present, throughout their lives, with whatever problems they may have [www.foryoubyyou.org.uk](http://www.foryoubyyou.org.uk)

# Financial Wellbeing information 4

**Neyber:** Financial wellbeing education and products including savings, salary access, affordable loans and investments. Services exclusive to staff of organisations signed up with Neyber <https://www.neyber.co.uk/>

**Credit Unions** offer a range of savings accounts, current accounts and loans to members, much like traditional banks and building societies.

- The key difference is that it's a not-for-profit setup that's run by members who have something in common (e.g. locality or industry).
- To be eligible to join a credit union, you typically have to have the same "common bond" with other members, though some credit unions have relaxed their criteria.

**Metro Money wise** based in Rochdale (also open to Pennine Care staff)  
<https://www.metromoneywise.co.uk/>

**The NHS Credit union:** Supporting financial health of members across Scotland and the North of England with affordable savings and loans <https://www.nhscreditunion.com/>



# NHS Discounts and Offers

The cost of living surged by 5.1% in the 12 months to November, up from 4.2% the month before, and its highest level since September 2011.

The North West regional team are delighted to be able to provide a number of offers to support you and your family in this difficult times.

NHS Discounts & Healthcare Staff Benefits: Film-buffs, fashion-lovers or gig-goers, Health Service Discounts has something for everyone: <https://healthservicediscounts.com/>

Blue Light Card: Whether you're looking for a weekend getaway, fashion fix, state-of-the art device; save online with thousands of retailers: <https://www.bluelightcard.co.uk/>

NHS Discount Offers: Discounts and Money Saving Vouchers for NHS Staff: <https://www.nhsdiscountoffers.co.uk/>

Health Staff Discounts: Find exclusive health service discounts, offers and deals: <https://www.healthstaffdiscounts.co.uk/>