





























Proudly supporting grocery colleagues in need

ABOUT GROCERYAID

- About GroceryAid
- Our President & Trustees
- Our Committees
- Our Supporters
 - Retailing & Wholesaling
 - Convenience & Independents
 - Manufacturers & Service Providers



WHEN YOU NEED HELP, WE ARE HERE

GroceryAid has been providing emotional, practical and financial support for grocery people since 1857.



Working in partnership with **hundreds of supporters** across the trade.

We help colleagues within the grocery industry from:

- Multiple Retailers
- Wholesalers
- Convenience Stores
- Independents
- Manufacturers
- Service providers

We are a small team of 26 supported by over **300 volunteers.**



OUR PRESIDENT & TRUSTEES

PRESIDENT



Charles Wilson

Charles Wilson is the Chief Executive of Booker Group within Tesco plc. Charles joined Booker in 2005 from Marks and Spencer Plc where he was a main board director. Prior to Marks and Spencer, he was a main board director of Arcadia Group plc. CHAIR OF TRUSTEES



Ruston Smith

CHAIR OF THE TESCO PENSION FUND CHAIR OF JP MORGAN ASSET MANAGEMENT CHAIR OF SMART PENSION LTD

Ruston was previously Group Director -Pensions and Insurable Risk at Tesco. He has an MBA and was a Non-Executive Director and past Chairman of the Pensions and Lifetime Savings Association. Our Trustees bring a wide variety of skills and experience to oversee the development of the organisation

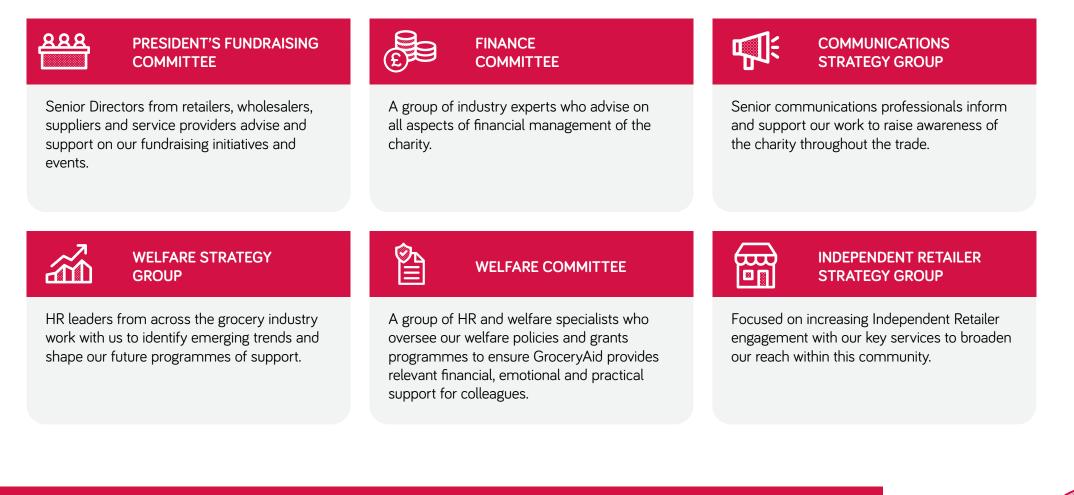
MORE ON THE TRUSTEES >



WELFARE

OUR COMMITTEES | VOLUNTEERS FROM THE HEART OF INDUSTRY

The work of GroceryAid is supported and guided by the industry with key figures volunteering their time as committee members.



OUR SUPPORTERS INCLUDE | FROM RETAILING AND WHOLESALING

We are supported by some of the biggest names in our industry.



OUR SUPPORTERS INCLUDE | FROM CONVENIENCE AND INDEPENDENTS

We collaborate closely with the independent and convenience sector to raise awareness of our services to colleagues.



OUR SUPPORTERS INCLUDE | FROM MANUFACTURERS AND SERVICE PROVIDERS



WELFARE

- How We Help
- Overview
- Financial Grants
- Covid-19 Fund & Advice
- Counselling & CBT Support
- Woebot
- Health & Wellbeing
- Online Mental Wellbeing
 Community For Ages 11-25

- Family & Relationship
 Support
- Workplace Critical Incident Support
- Management Support
- CAB Trained Advisors
- Debt Advice
- Gambling Support
- Legal Advice

CONTACT US

Back to Work Support



HOW WE HELP

GroceryAid offers emotional, practical and financial support to current and former colleagues.



FREE CONFIDENTIAL ADVICE

Our 24/7 Helpline offering emotional and practical advice covering a range of issues to grocery colleagues and their spouse/partner and dependants.

ELIGIBILITY CRITERIA:

From day one



FINANCIAL GRANTS

For unexpected emergencies, a change in circumstances or a sudden gap in income.

ELIGIBILITY CRITERIA:

One years' service and meet the Charity's financial eligibility criteria*



CONTACT US

LEGACY BENEFICIARIES

Former grocery colleagues on a low income who receive on-going financial support.

*THE TIME WORKED DOESN'T HAVE TO BE CONTINUOUS AND CAN BE WITH MULTIPLE COMPANIES



WELFARE

HOW WE HELP

GROCERYAID HELPLINE: 08088 021 122



FINANCIAL GRANTS



Our non-repayable one-off grants are designed to help those experiencing an unexpected emergency, a change in circumstances or a sudden gap in income.

REASONS OUR COLLEAGUES NEED FINANCIAL HELP

- Illness
- Financial Hardship
- Debt
- Relationship Breakdown
- Domestic Violence
- Funeral Costs
- Carer Responsibilities

CRITERIA

Financial Grants are available for:

- Colleagues currently working in the grocery industry and can evidence a minimum of one year's service
- Colleagues no longer working in the grocery industry, who have a minimum of five years grocery employment
- Household net income and savings meet GroceryAid's financial criteria



WELFARE

COVID-19 FUND & ADVICE





This fund provides enhanced support for colleagues in this unprecedented period.

MENTAL HEALTH SUPPORT

For people struggling with stress, anxiety, low mood or depression.



FINANCIAL GRANTS

Non-repayable one-off grants to help with those struggling with financial hardship caused during Covid-19.

BEREAVEMENT FINANCIAL ASSISTANCE

Financial assistance following a loss of a loved one through Covid-19. Available to those who lose a partner or for immediate family of a grocery colleague who passes away.



BACK TO THE

COUNSELLING & CBT SUPPORT



In the moment emotional support from a qualified counsellor 24/7. Solution Focussed Brief Therapy counselling services.

CRITERIA

- Available to all current and former colleagues, their spouses, partners and dependents.
- An assessment will be completed before access to these services is made available.

COGNITIVE BEHAVIOURAL TELEPHONE COUNSELLING FACE TO FACE COUNSELLING **THERAPY (CBT)** Six Sessions Seven online sessions Six sessions • • • Location of choice 1-2-1 counselling Supported by an Currently web cam advisor based



ABOUT GROCERYAID

WELFARE

WOEBOT





Download Woebot

Register and enter the code 'groceryaid1' when prompted

The artificial intelligence counsellor available 24/7 via an app for iPhone or Android.

Download on the App Store



WOEBOT IS BUILT ON THE FOUNDATIONS OF:

- Cognitive Behavioural Therapy
- Dialectical Behaviour Therapy
- Mindfulness
- Interpersonal Psychotherapy

WOEBOT CAN HELP USERS

- Feel better
- Discover insights
- Practice mindfulness
- Manage loneliness
- Reduce stress
- Track your mood
- Measure progress
- Balance emotions
- Cope with grief
- Tolerate distress



HEALTH & WELLBEING







Online Health and Wellbeing portal.

FIND OUT MORE GUIDES

WELLBEING SESSIONS

- Information and guidance on health and wellbeing topics
- No sign up needed
- Ideal for those looking to make changes in their lives
- 6-8 sessions

VISIT THE WELLBEING PLATFORM >



WELFARE

ONLINE MENTAL WELLBEING COMMUNITY FOR AGES 11-25





Our digital mental health and wellbeing platform gives free, confidential online counselling and support to students and young people aged 11-25.

If you work in the grocery industry your children or dependants can access this service by signing up to Kooth.

- Access to professionally trained counsellors
- Peer-to-peer support, mood-tracking, live, moderated forums and self-help tools designed to help make positive changes to your life

CONTACT US

• Available via phone, tablet or desktop

FIND OUT MORE >



FAMILY & RELATIONSHIP SUPPORT

relate the relationship people



• • •

Relationship counselling support from Relate.

SIX SESSIONS

Covers:

- Family
- Relationships
- Mediation
- Child & youth
- Psychosexual therapy



ABOUT GROCERYAID

WELFARE

BACK TO THE WELFARE WHEEL

WORKPLACE CRITICAL INCIDENT SUPPORT

Emotional support for colleagues who have been affected by a critical incident in the workplace.

SUPPORT FOR:

- Accidents at work
- Death of a colleague
- Medical emergencies
- Robberies with a threat to life
- Vehicle accidents
- Violent attacks

CRITERIA

Available to any grocery colleagues who have witnessed or been involved in a critical incident in the workplace.



WELFARE

MANAGEMENT SUPPORT





Consultancy, advice and support for anyone who line manages colleagues.

Extra support and resources for managers on issues such as managing change, effective workplace performance, and information on furlough, illness, and redundancy.

SERVICES AVAILABLE TO YOU:

RESOURCES

- Freephone advice, information and counselling service
- Online information
- Management
 consultancy
- Management referral to initiate counselling for an employee

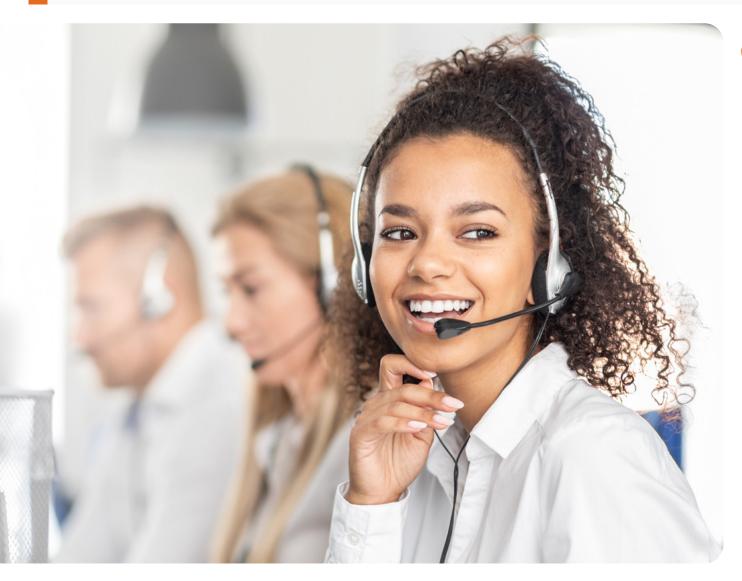
- Managing a team
- Working with difficult people
- Stress management
- Time management
- Noticing problems
- Helping you to help
 your employee
- Conflict
- Social Media



CONTACT US

BACK TO THE WELFARE WHEEL

TELEPHONE INFORMATION SPECIALISTS





- Citizens Advice Bureau (CAB) trained
- Wide range of issues
- Money and debt trained
- Benefits advice
- Monday to Friday 8am to 8pm



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DEBT ADVICE



BACK TO THE WELFARE WHEEL



Financial advice to get colleagues back on track.

Partnering with StepChange, a debt management charity, who can help people assess their financial situation and give advice and practical solutions to help them make a fresh start.

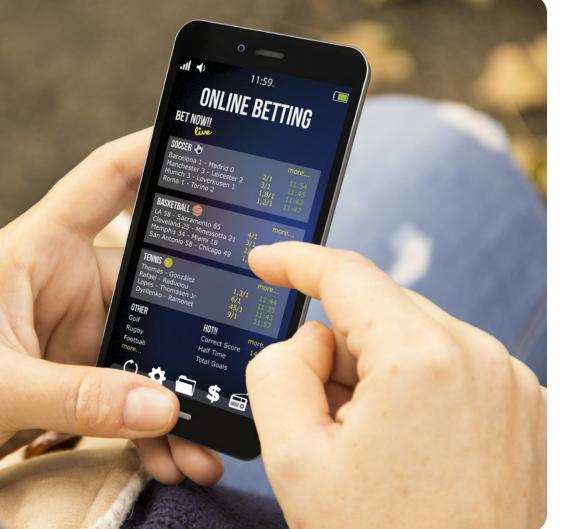




GAMBLING SUPPORT



BACK TO THE WELFARE WHEEL



Advice and support for anyone affected by gambling harms.

- Working in partnership with Gamcare
- Advisors available 24/7 via National Gambling Helpline
- Live Chat facility



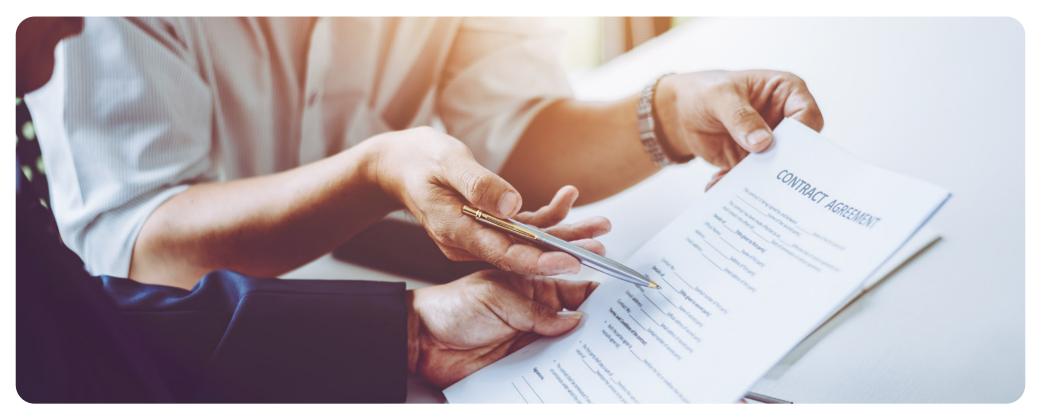
LEGAL ADVICE

Legal Advice through partnership with Law Express.



BACK TO THE WELFARE WHEEL

- Access to experienced advisors seven days a week
- Quick & effective help to resolve issues
- Calls are confidential and all advice given with complete impartiality





BACK TO WORK SUPPORT



BACK TO THE WELFARE WHEEL

Help getting back into the workplace after redundancy, ill-health or caring responsibilities.

SUPPORT FOR:

- Direction, structure, and guidance on your search
- A confidential programme tailored to your needs and goals
- Advice on creating a great CV
- Interview coaching





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CONTACT US

Want to find out more about the difference we make?

Visit: www.groceryaid.org.uk

We would love to hear from you info@groceryaid.org.uk 01252 875925







WELFARE