**GroceryAid: June Content**

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| **June 2025 – Pride Month** | |
| **Email, Instagram, Facebook, Intranet** |  |
| As we celebrate Pride month, this is your reminder that GroceryAid is here to provide relief through life’s tough times with **free and confidential support** available to all grocery colleagues from day one of employment.  Whether you’re facing financial pressures, emotional challenges, or need practical guidance, GroceryAid is here to help.  Find out more here: [groceryaid.org.uk/get-help/](https://www.groceryaid.org.uk/get-help/)  #GroceryAid #Grocery #EmotionalSupport #PrideMonth |

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| **9th – 15th June 2025 – Carers Week** | |
| **Email, Instagram, Facebook, Intranet** |  |
| If you’re caring for someone in your household who is seriously ill or disabled, you’re not alone and support is available. GroceryAid is here to provide **free and confidential** support through tough times, offering services including a non-repayable carers financial grant to help ease financial pressures.  Find out if you’re eligible and how to apply here: [groceryaid.org.uk/finances/carers-grant/](https://www.groceryaid.org.uk/finances/carers-grant/)  #GroceryAid #Grocery #FinancialSupport #CarersWeek |

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| **9th – 15th June 2025 – National Men’s Health Week** | |
| **Email, Instagram, Facebook, Intranet** |  |
| It’s National Men’s Health Week, and a reminder that support is always just a phone call away. GroceryAid is here to provide relief through tough times, offering a **free and confidential 24/7 Helpline** for in-the-moment emotional support from trained counsellors.  If you're struggling or just need someone to talk to, don’t wait. Call 08088 021 122 anytime, day or night.  #GroceryAid #Grocery #EmotionalSupport #NationalMensHealthWeek #MensHealth |