



WE HELP YOU

MAKE LIFE A LITTLE EASIER

We provide free and confidential financial, emotional and practical support to anyone working in the grocery industry.

Call our free Helpline on 08088 021122
or visit www.groceryaid.org.uk/get-help



Free and confidential support for grocery colleagues
24/7, 365 days a year

We're Always Open

GroceryAid® 

WE HELP YOU

GET YOUR FINANCES **BACK ON TRACK**

If you have had an unexpected drop in household income, you may be eligible for a non-repayable grant or other financial support.

FIND A WAY FORWARD

Access immediate emotional support by calling our Helpline and speaking to a trained counsellor who may offer additional counselling for individuals, relationships and families.

SOLVE EVERYDAY PROBLEMS

Receive helpful guidance on everyday legal matters, money, housing, family or benefits by calling our Helpline and speaking to a Telephone Information Specialist.

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