

Helping You Through a Restructure or Redundancy

If you have been affected by a recent restructure or redundancy, GroceryAid is here to help.

All colleagues have access to free and confidential financial, emotional and practical support through GroceryAid. Here are some useful tools to help you through this time:

Wellbeing During Redundancy

It's important to look after your wellbeing during and after being made redundant. To support you during this difficult time, we've partnered with Spectrum.Life to give you free and confidential access to clinically-backed tools, expert guidance and evidence based resources designed to support your mental, physical and emotional wellbeing. Visit our website or scan the QR code to access this support.



Financial Advice On Redundancy

MoneyHelper's Redundancy Calculator gives you a personalised summary of your legal rights and straightforward advice on how to manage your money when dealing with redundancy. You can also find out what out-of-work benefits you might be able to claim. Visit our website or scan the QR code.



Support For Managers

As a manager, supporting colleagues through redundancy can be stressful so we offer extra support for colleagues who are responsible for co-workers. Managers can call our free and confidential Helpline on **08088 021 122**, anytime or visit our website for more information.



GroceryAid's Helpline

As well as in the moment emotional support, the 24/7 free and confidential Helpline can offer telephone counselling and practical advice.

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our 24/7 Helpline on
08088 021 122

Visit groceryaid.org.uk/get-help
for more information the free and
confidential support available to you.

GROCERY AID[®]
The help you've earned