

Dear

As an employee of xx, your wellbeing is important to us and we want to remind you that you can access free and confidential financial, emotional and practical support through GroceryAid, our industry charity.

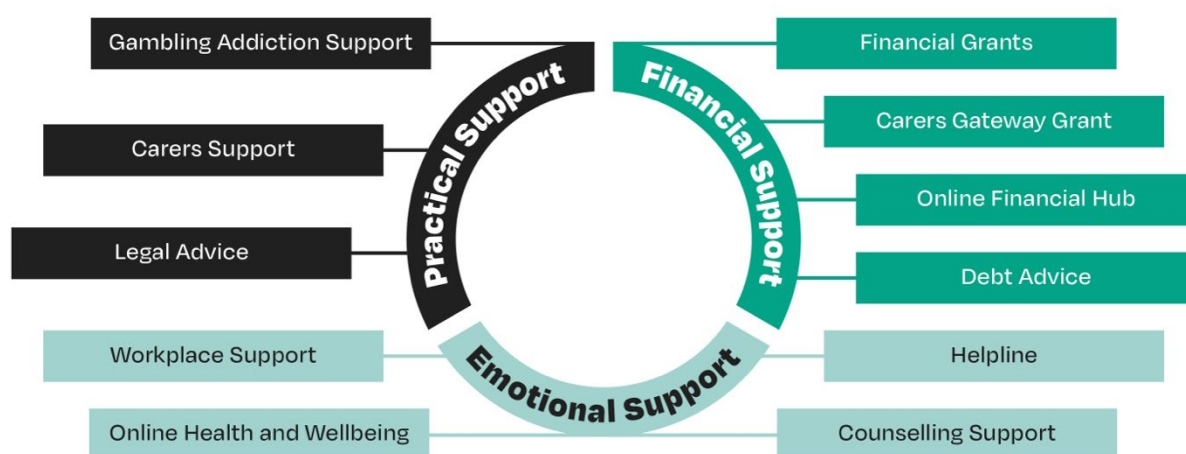
You can access these services from the first day of your employment. After six months of continuous employment, if you have had a significant change in circumstances that has caused a drop in income, you may be eligible for a non-repayable financial grant.

If you need immediate emotional support, you can call GroceryAid's FREE and confidential Helpline, which is available 24 hours a day, 365 days a year on 08088 021 122. Your call will be answered by a trained counsellor who can either give you immediate support or signpost you to another GroceryAid service that may help. More than 200 languages are also supported through the Helpline, on request.

Support and further advice are also available through the website, groceryaid.org.uk/get-help. The website has an accessibility toolbar which translates the content into over 100 different languages, as well as text to speech in 60 languages.

All of GroceryAid's services are completely free and confidential and they do not disclose any details back to us. Their emotional and practical support is also available to your spouse/partner and dependants.

Here is an overview of GroceryAid's services and the experts they work with.



For regular updates about the support available and updates on financial grants such as School Essentials Grant, follow the Charity on Facebook (@groceryaid) or Instagram (@groceryaid_uk)

We hope you reach out to GroceryAid for support during tough times.

Kind regards

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