



## Supporting Our NHS People

### Helping you look after your financial wellbeing



This is a difficult time for our NHS people and we know that financial concerns have consistently been one of the top reasons that colleagues call the free helpline run by the Samaritans. As such, we've partnered with the MoneyHelper service (formerly Money and Pensions Service) to bring you financial guidance to help you manage your finances at home.

**NHS staff support line telephone support line** NHS colleagues can call this support line, provided by the Money Helper service, for free and impartial money guidance from Monday to Friday, 8am to 6pm. Call: 0800 448 0826

**WhatsApp** Add +44 7701 342 744 to your WhatsApp send the Money Helper service's national support team a message for help with sorting out your debts, credit questions and pensions guidance.

**Webchat** Chat to one of the Money Helper service team via their online portal at

[www.moneyhelper.org.uk/en](http://www.moneyhelper.org.uk/en)

More information: [www.england.nhs.uk/supporting-our-nhs-people/support-now/financial-support/](http://www.england.nhs.uk/supporting-our-nhs-people/support-now/financial-support/)

### Are You Struggling to Make Your Money Go Further? Would You Like Help To Make Better Money Decisions?

Your North West Health and Wellbeing team have sourced offers and support to help grow your understanding of how you can make your money work better for you and build a healthy financial future. We have also partnered with Salary Finance to help you get ahead financially with sessions over March, April and May 2022.

**The Money Advice Service:** Free and impartial money advice, set up by government. Advice, tools and calculators to help you manage your finances [www.moneyadviceservice.org.uk/en.html](http://www.moneyadviceservice.org.uk/en.html)

**Healthcare Workers Foundation:** A range of support for NHS workers including childcare support grants, PPE kits deliveries and counselling <https://healthcareworkersfoundation.org/>

**Stepchange debt charity:** Free debt advice and help [www.stepchange.org/](http://www.stepchange.org/)

**Citizens Advice Bureau:** Free debt advice and help [www.citizensadvice.org.uk/](http://www.citizensadvice.org.uk/)

**Cavell Nurses Trust:** Support for UK nurses, midwives and healthcare assistants, both working and retired, when they're suffering personal or financial hardship often due to illness, disability, older age and domestic abuse. [www.cavellnursestrust.org](http://www.cavellnursestrust.org)

**UNISON:** One-off grant of £250 to help with essential expenses, urgent repairs, disability equipment and adaptations, utility bills and funeral costs. To be eligible to apply for financial assistance, you must have been a member of UNISON for at least four weeks and up to date with your subscriptions. [www.unison.org.uk/get-help/](http://www.unison.org.uk/get-help/)

**Royal College of Nursing:** Hardship grants through their Lamplight Support Service for current or former nurses, midwives, healthcare assistants and associates. Potential support available for student nurses too. RCN membership is not necessary. To book an appointment with a Lamplight Support Service advisor call: RCN Members: ring 0345 772 6100 / Not an RCN Member: ring 0345 772 6200 Lines are open 8:30am - 8:30pm, seven days a week [www.rcn.org.uk](http://www.rcn.org.uk)

**The Care Workers' Charity:** Crisis grants (exclusive to health care workers) and COVID-19 Emergency fund grants (Health care workers and Cooks/Kitchen Assistants, Housekeepers or Domestic Workers, Maintenance staff, Drivers and Admin staff (Team Leaders/Supervisors and Personal Assistants) [www.thecareworkerscharity.org.uk/get-help/](http://www.thecareworkerscharity.org.uk/get-help/)