



Confidential staff financial wellbeing support



Impartial guidance on debts, credit questions and managing your money in uncertain times. Free budget planning tool. Information on cost of living support organisations. www.moneyhelper.org.uk/en
NHS telephone support: 0800 448 0826
WhatsApp: 07701 342 744



Sign up to our Employee Assistance Programme for free 24/7 online debt advice to help you manage your finances. Vivup.co.uk also has links to free impartial help, advice and tips for reducing your utility bills, managing money, dealing with debt and support for tackling these problems in emergency situations.



Cost of living advice and support from the local Citizens Advice service including food, energy, housing and debt. www.citizensadvicebcp.org.uk/cost-of-living



Support if you are struggling to pay for food. Visit www.bcpCouncil.gov.uk and search 'access to food' for details on how to confidentially access local food banks.



Registered charity founded by healthcare workers for healthcare workers, providing financial support and counselling. Visit www.healthcareworkersfoundation.org to apply for a £250 cash grant.



Our charity partner offers advice, signposting, referrals to specialist services, one-off grants and rapid emergency funding for nurses, registered nursing associates, midwives and maternity support workers. www.cavell.org.uk/get-support
Telephone support: 01527 595 999



Benefits Calculator, Grants Search and PIP Helper tools to help you check what benefits you are entitled to and what grants you can apply for. www.turn2us.org.uk

