

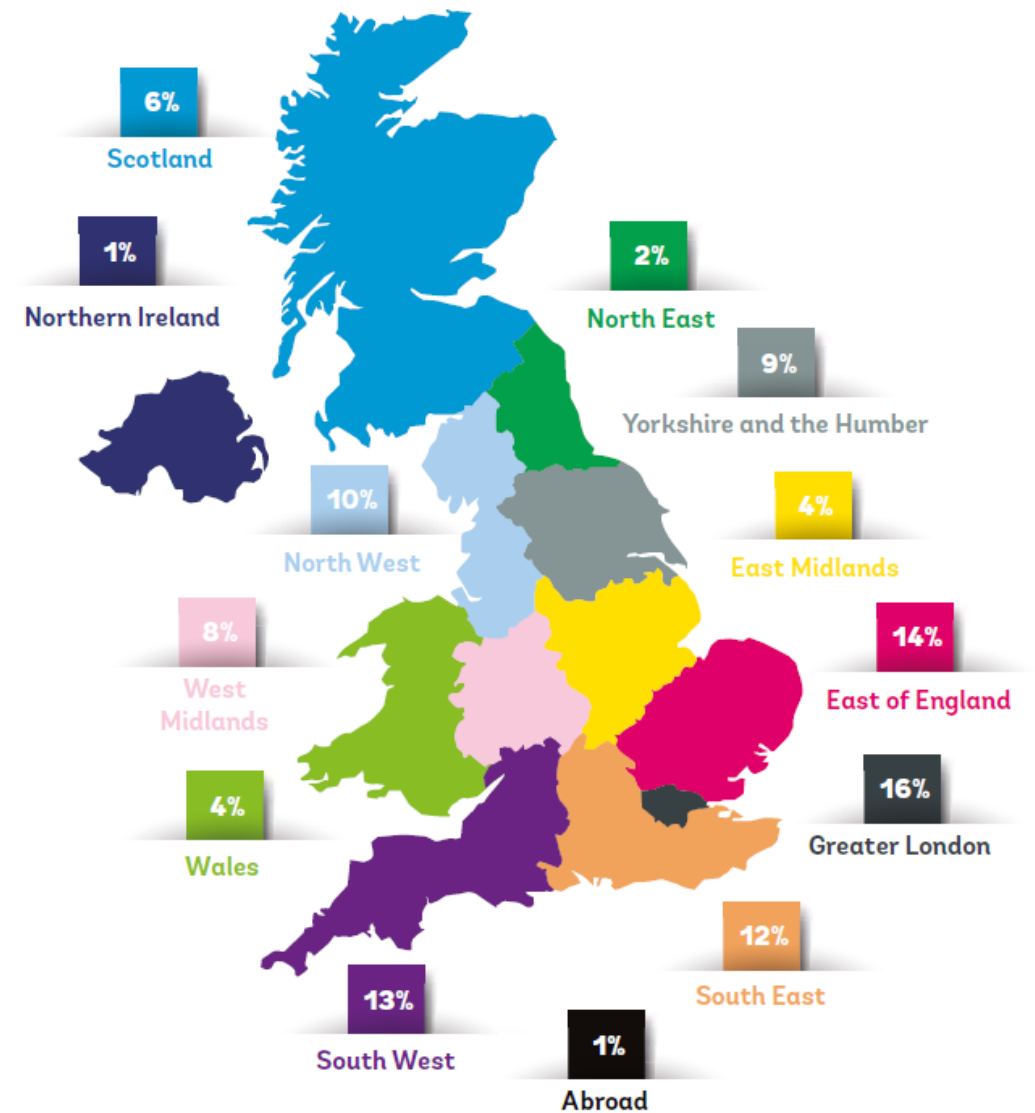
The background of the slide is a dynamic, abstract composition of ink splashes. On the left, there are wispy, ethereal clouds of light blue and green ink. On the right, there are more solid, rounded, and textured blobs of vibrant blue and teal ink. The colors blend and swirl together, creating a sense of movement and depth against the white background.

Introducing The Printing Charity

We are a national charity with a proud heritage and history.

We were established as a benevolent charity in 1827 to support printers and their dependents. As society and the printing sector have evolved, so too, has the definition of our sector. Our definition of 'printers' includes, but is not limited to print, paper, packaging, publishing, graphics, and allied trades.

- Our aim & objectives
 - To help make life better for people in our sector
 - To help everyone in genuine need through practical, emotional, and financial support
 - To champion workplace skills and opportunities within our sector for young people
- Our work is delivered through:
 - Welfare & wellbeing
 - Education & partnerships



Welfare & wellbeing

Helping people in immediate crisis and for the longer-term

We're here to help with **practical**, **emotional**, and **financial** support. Grants are available to help those who can't make ends meet or find themselves in an emergency, whether currently in work, out of work, or retired.

Our support is more than financial, and we'll often signpost to specialist services to help individual situations. We also support those retired from the industry at our two sheltered home schemes, comprising 72 apartments for independent living.



Education & partnerships

Supporting workplace skills and pathways into employment

Our flagship [Rising Star Awards](#), funded education and training projects, and collaboration with industry partners are designed to help us support new skills and champion a new generation working in the sector.

Our largest funded projects are the NCTJ's Journalism Diversity Fund, the Rory Peck Trust's training and welfare grants for freelance journalists, and bursaries with the Stationers' Foundation.



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Helpline

Free. Confidential. 24/7/365

If you work in the sector, you, or an immediate family member can access our help.

We are increasingly aware of the challenges people face at work and at home. Our interaction with people across all our programmes and activities have given insight to the challenges people face.

Having someone to talk to is vital not only at a point of crisis but hopefully before a crisis happens



Our information, advice & counselling is designed to help with the big things as well as the seemingly unimportant. No issue is too big or small.



365 days a year we offer counselling, 24 hours a day



Online chat support
Monday - Friday
8am-10pm and 9am-5pm on weekends



Monday-Friday, 8am-8pm we offer advice on other more practical issues

We recognise that picking up the phone can often be a barrier, so we do offer an online chat facility accessible via our website

What can I use the helpline for?

You can talk to one of our information and advice specialists or counsellors about a range of subjects, including:

- | | |
|---|---|
|  Legal Information |  Childcare support |
|  Relationship advice |  Dealing with debt |
|  Stress & anxiety |  Alcohol & drug issues |
|  Bereavement |  Housing |
|  Family issues |  Bullying & harassment |

Online Financial Support

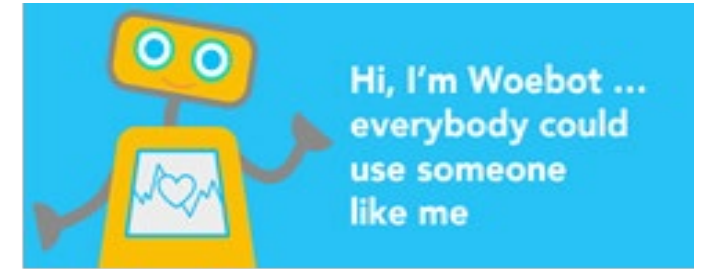
MyEva is a digital financial expert, here for you at every stage of life.



- ❖ MyEva is here to help with money-related matters from everyday spending, savings, mortgages, and investing for the future.
- ❖ It's adaptable depending on your circumstance, helping you to identify which areas of your financial wellbeing you might need to concentrate on, giving you the right guidance and help.
- ❖ MyEva can help you with personalised advice on:
 - Managing day to day spending
 - Saving into a pension
 - Reducing debt
 - Arranging protection for you and your loved ones
 - Saving for an emergency
 - Buying your first home
 - Reviewing your mortgage options
 - Investing for the future
 - Planning your retirement

Mobile Support App

Woebot



- ❖ Woebot is a personal, emotional guide in your pocket, that will check in with you every day to see how you are doing.
- ❖ He'll help you track your mood, change your thinking, set goals, practice mindfulness and gain insights into your patterns.

Woebot is built on the foundations of:

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Mindfulness
- Interpersonal Psychotherapy

Woebot can help you:

- Feel better
- Discover insights
- Practice mindfulness
- Help Manage loneliness
- Reduce stress
- Track your mood
- Measure progress
- Balance emotions
- Cope with grief
- Tolerate distress

Management support

- ❖ We know that managing employee issues can feel overwhelming, but our helpline offers an opportunity to discuss how to approach a scenario and give you confidence
- ❖ The helpline service can offer support on many areas a manager may encounter, including long-term sickness and the return to work, disciplinary procedures and more
- ❖ Support may be in the form of a specific issue or the impact that managing is having on your own wellbeing

Mental Health First Aid support

- ❖ Many organisations have appointed Mental Health First Aiders to be the first point of call to support colleagues with non-judgemental listening and guidance if they are struggling with their wellbeing
- ❖ Mental Health First Aiders can call the helpline to speak with a counsellor in confidence about a particularly challenging or upsetting conversation with someone they have supported
- ❖ Counsellors can offer support on how to respond to scenarios, discuss wider implications, and reduce any impact on the Mental Health First Aider

Supporting materials and assets



- Wellbeing
- Personal finance
- Changes at work
- Family & Personal
- Legal
- Counselling



*Telephone number not to be shared publicly



Myth Busters

MYTH #5

MYTH #9

MYTH #11



Questions?

Connect with us

Find us on social media



@printingcharity



The-printing-charity

Website – www.theprintingcharity.org.uk

Email helpline@theprintingcharity.org.uk

A large, abstract graphic on the right side of the image. It features a vibrant splash of paint in shades of green and blue, with a white, torn-paper-like border. The text 'Here to help' is written in a large, white, sans-serif font, centered over the green and blue areas.

Here
to help