

A close-up portrait of a Black man with short, dark, curly hair and a light beard. He is smiling broadly, showing his teeth. He is wearing a light blue button-down shirt. The background is blurred, showing other people in a social setting.

# The Charity for Civil Servants

## A bit about us

We support civil servants, past and present, listening without judgement and offering practical, financial and emotional support.

# Who do we help?

If you're a civil servant, past or present, or if you work for an organisation which is sponsored by a government department, you may be eligible to apply for help.

## Financial assistance

We know that life-changing events can have a negative impact on your financial wellbeing. Bereavement, redundancy, relationship breakdowns and illness are just a few reasons why people find themselves in financial difficulty. **In addition to a wide range of online resources, we can provide assistance for things like:**

- Essential household items
- Household bills
- Funeral expenses
- Travel costs

## Money matters

We want to enable you to make informed decisions about your finances and find appropriate solutions to unmanageable debt. Our Money Advice and Guidance Service provides e-learning and one-to-one debt advice with qualified, experienced advisers to help manage debt. Our Financial Capability Toolkit provides a range of tools to help you make better financial decisions.

### Our tools include:

- JaneBot – our money advice chatbot
- Mortgage Affordability Calculator
- Pension Calculator
- Budget Planner
- The Financial Healthcheck



**"I wept with joy when the person on the phone said they could help me. The Charity helped me get out of the worst situation I could ever face."**

Jenny, DWP

## Mental health and wellbeing

We know that one in four people experience mental health issues each year, with 792 million affected worldwide. Mental illnesses are more common, long-lasting and impactful than other health conditions. We're here to help. We'll listen to you and together we can explore the different ways we can support you.

### Our range of wellbeing tools includes:

- **Grief Works App** – we pay for you to have a year's access to receive 24/7 grief support
- **Don't Tone Alone Nutrition and Weight Management** – a six-week course to improve your overall wellbeing
- **Breathworks** – a range of resources to help introduce you to mindfulness
- **Sleepstation** – we pay for and provide access to this expert sleep support and guidance
- **Dementia Support Service** – access specialist advice in partnership with Dementia UK
- **Anxiety UK** – receive a year's free membership via our application portal
- **Relate** – access up to 6 sessions with a Relate counsellor for expert relationship support

### Help for carers

Developed in partnership with Carers UK, our Carers' Digital Resource is packed full of information, guides and tools to help you manage your caring responsibilities.

Not sure if you're a carer? Take our questionnaire to see if we can help.

[foryoubyyou.org.uk/carers](https://foryoubyyou.org.uk/carers)

## Support and advice

**Webinars** – our free webinars give you the chance to put your questions live to our expert hosts. Get information on a range of issues such as bereavement, housing, relationships and domestic abuse.

Discover more at: [foryoubyyou.org.uk/webinars](https://foryoubyyou.org.uk/webinars)

# Get involved

**We are a charity that exists to give emotional, financial, and practical support to past and present civil servants when they need it most.**

We are proud of the support we offer, which is always confidential, impartial, and free. Whether you're a fundraiser, a volunteer, leaving a gift in your will, or making a donation, we couldn't help others without the help we receive from you.



## Support us

There are a number of ways you can support us as a team or individually. From our Walking Challenge to skydiving, wearing a Christmas jumper to taking part in office events. If you have a creative streak, why not create your own fundraising idea? It doesn't matter what it is. Whether it's big or small – you're helping people in need.

You might also like to make a regular or one-off donation by visiting: [\*\*foryoubyyou.org.uk/donate\*\*](https://foryoubyyou.org.uk/donate)

## Volunteer

With an estimated 1.5 million people eligible for our help, we want to get people talking. Whatever skills you have and however much time you can give, there are many ways you can help us spread the word. By volunteering for us, you could play an essential role in bringing your community together in support of the Charity.

Discover more about our volunteering opportunities at [\*\*foryoubyyou.org.uk/volunteering\*\*](https://foryoubyyou.org.uk/volunteering)

**"I really enjoy my volunteering role as I'm able to see how we're making a difference to the Charity."**

Current Volunteer

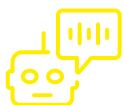
# Key facts in 2021

**Life-changing events can affect us all.** We know that one problem can often lead to another. That's why we try to look at the whole picture when someone approaches us for help.



**97,000**

People came to us for help over 97,000 times



**7,000**

Our TalkMoney ChatBot had over 7,000 conversations



**1,700**

Using our digital tool, 1,700 people created carers' passports and statements



**737**

Our caseworkers booked 737 wellbeing conversations



**£1.6m**

We gave out £1.6 million in financial support to people in need



**33,000**

Wellbeing information was downloaded from our website nearly 33,000 times

# The Charity for Civil Servants

If you need support, visit:

**[foryoubyyou.org.uk](https://foryoubyyou.org.uk)**

or call our free, confidential helpline:

**0800 056 2424**

or email:

**[help@foryoubyyou.org.uk](mailto:help@foryoubyyou.org.uk)**

Head office: 5 Anne Boleyn's Walk, Cheam, SM3 8DY

T: 020 8240 2400

E: [info@foryoubyyou.org.uk](mailto:info@foryoubyyou.org.uk)

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