

## Key facts in 2018

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.



People came to us for help more than **48,000 times**



We made payments of **£2.2million** to support people in need



Our team issued **2,200 Carers' Passports and Statements**

**465**

Our caseworkers booked **465 Wellbeing Conversations**



Our Money Advice Service team undertook **928 appointments**

The Charity for Civil Servants **for you by you**

The Charity for Civil Servants **for you by you**

## A bit about us

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

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 F: 020 8240 2401  
E: [info@foryoubyyou.org.uk](mailto:info@foryoubyyou.org.uk)

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The Civil Service Benevolent Fund. Company limited by guarantee 7286399. A charity registered in England and Wales no. 1136870 and in Scotland SC041956.

## 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 resources, we can provide assistance for things like:

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

## Money matters

We want to enable our community to make informed decisions about their finances. Using the Financial Capability Tools, we can explore our attitudes, skills and knowledge around finances.

Our tools include:

- **JaneBot** – our money advice chatbot
- **Budget Planner** – review what you earn and what you spend
- **Mortgage Affordability Calculator** – find out what you could borrow
- **Money Advice and Guidance** – learn how to get your debts under control
- **Pension Calculator** – work out your likely retirement income

“ The money advice was a fantastic resource. They provided me with straightforward advice to overcome my immediate financial difficulties and better manage my money. ”

## Mental health and wellbeing

Mental health and wellbeing impact all aspects of our lives. We know that three in five employees experience symptoms of poor mental health related to work. Yet, one in two don't feel comfortable talking about mental health at work. We're here to help. We'll listen to you and together we can explore the different ways we can help.

Our wellbeing tools include:

- **Wellbeing Hub** – with resources, short guides and information on anxiety, stress, depression and building resilience
- **DogBot** – our online mental wellbeing counsellor
- **Stress Test** – take the test and measure your stress levels
- **Be Mindful Online Course** – sign up for this free four-week course
- **Sleepstation** – free support and guidance if you think you might have a sleep problem

## Help for carers

Carers across our community have told us that accessing the right information at the right time and knowing what support is available is a challenge. We've listened.

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.

### Are you a carer?

If you're not sure, take our short questionnaire to see if we can help: [foryoubyyou.org.uk/carers](https://foryoubyyou.org.uk/carers)

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

## 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/info-resources](https://foryoubyyou.org.uk/info-resources)

## Get involved

### Donate

Make a difference today and visit: [foryoubyyou.org.uk/donate](https://foryoubyyou.org.uk/donate)

### Fundraise

Getting involved in our annual Walking Challenge and selling prize draw tickets are just a couple of brilliant activities you can try. If you have a creative streak, why not create your own fundraising idea? It doesn't matter what it is – you're helping people in need.

### 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 about what we do. By volunteering for us, you could play an essential role in bringing together your community.

“ I'm a volunteer and feel very proud to represent the Charity. I tell people about my story and try to get the message out there. ”

