In September myself and a team of colleagues from CSSC Sports & Leisure will be aiming to conquer the UK’s three highest mountain peaks. The Three Peaks Challenge comprises Mount Snowdon in Wales, Scafell Pike in England and Ben Nevis in Scotland - a total hike of over 3,400 metres in under 24 hours!

I’m delighted to say one of our key incentives for taking part in the challenge is to support The Charity for Civil Servants by raising £10,000.

In the last edition of For You By You News, you’ll have read about the Charity’s new services, such as its partnership with Relate and the Friends in Need community for those suffering from depression. Like everything the Charity does, these services are vitally important because they make a difference to people’s lives.

These services are only made possible through the generous support of thousands of volunteers, donors and fundraisers just like you. I hope you’ll consider helping us reach our fundraising target of £10,000.

Simon Lee
Chief Executive, CSSC Sports & Leisure

More information on the Challenge will be available on www.cssc.co.uk from mid-March.

New Year Ambition

Supporting Former Civil Servants
One of the things we pride ourselves on is the ongoing support we offer civil servants who are no longer working in the Civil Service. Read Martin’s story on pg. 5

Charity of the Year
The Plymouth Office of the Valuation Office Agency have chosen The Charity for Civil Servants, as their charity for 2014! This is wonderful news and we’re looking forward to seeing all the creative and fun ideas they come up with over the year.

If you would like to raise money for us you can contact our Fundraising Team by email: fun@foryoubbyyou.org.uk

A huge thank you to all of you who support us by fundraising or donating - you help make a significant difference to people like Sarah and her daughter Megan.

“I was so shocked when I got the phone call I burst into tears.”

Sarah needed to adapt her house to get a better quality of life for her daughter, Megan, who is severely disabled.

“With Megan growing, we needed to adapt our house for everything she needed. We fundraised for over three years, but we were still quite a way off our target. It was around then my boss reminded me about the Charity.”

Once Sarah contacted us, we were able to financially support her while the adaptations were completed.

“We’ve been able to widen our front door and we’ve had a lift installed so we can get Megan upstairs without carrying her. We’ve also increased the size of her room and bathroom so we can fit all her medical equipment.

“The process was really easy – you were so friendly and the information on your Carer’s Passport was a great help. You’ve made a huge difference to Megan’s life as well as ours, which I can’t thank you for enough.”

Affected by flooding? See pg. 2 for a link to our emergency application form.

The Charity for Civil Servants
Company limited by guarantee No. 7286399 Charity registered in England and Wales No. 1136870 Charity registered in Scotland No. SC041956

visit www.foryoubbyyou.org.uk
Connect
Social relationships are critical to your wellbeing, whether that’s speaking to family and friends, or connecting with someone new online.

Be Active
Regular physical activity is linked to increased wellbeing; even something as simple as going for a walk at lunchtime will make a difference.

Take Notice
By breaking your normal routine you’ll find you’re more aware of your surroundings - doing this may make you see situations differently.

Learn
New skills can give you a sense of achievement, great for your self-esteem. It could be a new sport/activity or perhaps a coping mechanism.

Give
Giving others our time, knowledge, or a simple thank you, are all linked to improving your wellbeing.

“So many people don’t understand what depression is like and it’s difficult to get the help you need sometimes, but the Friends in Need network has been so supportive.”
Freephone: 0800 056 2424

Five Ways to Wellbeing
We’ve developed our Friends in Need service in partnership with Depression Alliance. This supportive online social network helps people living with depression get well, stay well and where relevant, stay in work. It’s based on the principles of The Five Ways to Wellbeing - simple things you can apply to your life to improve your mental and physical health.

The Walking Challenge is Back!
Time to dust off your trainers, limber up and get ready to join us as we improve our fitness in the run up to summer 2014.

This year’s challenge runs from 19 May to 7 July. It’s the perfect way to walk your way to a new, healthier you and raise additional funds for the Charity at the same time.

We can guarantee you’ll feel better for striding out! Last year 1,795 people walked, with 38% reporting they had more energy and 28% less stress as a result of taking part.

A quarter of participants said they lost weight and were more toned as well. So it’s good news all round!

The challenge to walk 10,000 steps a day for 50 days is also an incredible fundraiser. Last year’s participants raised £34,000 between them. We can’t thank you enough and hope to see many of you back again this year.

Registration on our website opens from 14 April.

The British 10K London
If you want to be part of this great experience but haven’t run before, we’ve developed a 16 week training plan that will get you to the finish line with minimum effort.

This year’s British 10K London Run is on Sunday 13 July. We’ve guaranteed places available for you to join over 25,000 other runners as they make their way through the heart of the capital. Starting in Hyde Park and finishing at the Cenotaph in Whitehall, the run covers 10k (6.2 miles).

With chip timing, an incredible atmosphere, a post event reception and full support from the Charity, this is a tremendous way to challenge yourself to something new, practice for the London marathon or simply raise money to support our work.

If you’d like to join our team, email: fun@foryoubyyou.org.uk or call us on 020 8240 2442/2448 See our website for details of the 16 week training plan.

Affected by flooding? Complete our online application form for emergency assistance or call 0800 056 2424
Are you a daredevil with a head for heights? If so we’re offering you the opportunity to do something amazing... Following the success of our sponsored abseil last year, we’re inviting you to join us again on Saturday 28 June.

Built in the 1870s and opened by Queen Victoria in 1882, The Royal Courts of Justice are located on the Strand within the City of Westminster in central London. The view from the top of the building is stunning! You’ll be able to take in The Gherkin, St. Paul’s Cathedral and The Shard before you descend 110ft to the sound of applause and cheers from our team as well as your friends and family.

Book your place now by contacting: fun@foryoubyyou.org.uk or calling us on 020 8240 2442/2448

---

**Spring Prize Draw!**

We’re delighted to announce tickets for our Spring Prize Draw will be available from 22 April. Eight generous cash prizes have again been sponsored by The Civil Service Insurance Society so a huge thank you to CSIS for their support!

Buying tickets for the Draw will help bring in much needed income for the Charity, and whether you want to buy just one ticket, a book of 10 or to help raise funds by selling tickets to your colleagues, neighbours and friends, every single pound will help people in need.

1st Prize: £2,000
2nd Prize: £1,000
3rd Prize: £500
5 Prizes of £100

The draw will take place on 18 June.
To order tickets call: 020 8240 2442/2444
or email fun@foryoubyyou.org.uk

Pictured are last year’s Spring & Autumn draw winners, retired civil servant from DWP, Alan Edgar, and Land Registry employee Michael Paterson.

---

**Live Chat**

In the last edition we announced details of an exciting new partnership with Relate. Our Live Chat facility enables users to access up to three 30 minute online chats with a trained Relate counsellor. We’re delighted that in the first month the number of people using the service has exceeded our expectations, demonstrating that there’s a real need for quick, effective and timely support for people experiencing relationship difficulties. Over 80% of users report that the intervention has helped them identify their next course of action.

“...the time goes really quickly but outstanding service and really professional staff online, thank you!”

As part of this service, we’ve developed a web channel looking at various issues around relationships and the difficulties people can encounter. Learn more at www.foryoubyyou.org.uk/relationships

---

Our Lottery is licensed by the UK Gambling Commission and open to individuals who are aged 16 years or over and are resident of Great Britain. Unfortunately this excludes the Channel Islands, Isle of Man, BFPO addresses, and Northern Ireland.

---

Visit www.foryoubyyou.org.uk
We try to make as many people as possible aware of what we do, so when we visit an office that has more than 300 staff in the building, our Area Development Managers visit as a team. It can take up to three days to speak to everyone in a large office depending on the size of the site, so we’re delighted that last year we were able to see over fourteen thousand staff in 49 workplaces across the breadth of the UK.

We had a particularly warm welcome from staff at Border Force where we saw 50% of employees and received 44 requests for help, one of our largest responses ever. Staff were incredibly generous as well and over the course of the three days we raised over £10,000 in donations. A huge thank you to all of you for your generosity.

A day in the life of...
Julian Cundey
Area Services Manager

Julian is one of the Area Service Managers for NE England.

My role involves meeting serving civil servants in their work environment and helping with their concerns and issues. The visits help raise the visibility of the Charity as people who are helped tend to recommend us to their colleagues. Senior Managers see our visits as positive support for staff because it complements their own health and wellbeing initiatives.

I can’t tell them what to do – I’m here to advise, support and if necessary, refer.

Q: What’s the response from clients once they’ve met you in a session?
A: The vast majority of clients leave in a better frame of mind, but it varies. Some people are simply pleased to learn of the help on offer, for others, it’s the start of a longer journey.

Q: What’s the difference between meeting clients in their workplace rather than their home?
A: In a home visit you can be flexible, if it requires more time you can give it. But in the office there is more pressure because you are in the client’s workplace. You don’t know what you’re walking into, there isn’t an application form yet. You have to think on your feet.

Q: How do you handle an Advice Session?
A: I’ve learnt that the person themselves has to take responsibility, even though Martin had been made redundant, the Charity was still there for him. After his wife left he was on his own to manage the household bills, struggling to pay rent arrears and utility bills, as well as coming to terms with an early diagnosis of Alzheimer’s Disease. His confidence at a very low ebb, he turned to us for help. With support from the CSIS Charity Fund we were able to assist as he began to manage his debts and make the move into sheltered accommodation to start a new life.

Visiting you in 2013

We try to make as many people as possible aware of what we do, so when we visit an office that has more than 300 staff in the building, our Area Development Managers visit as a team. It can take up to three days to speak to everyone in a large office depending on the size of the site, so we’re delighted that last year we were able to see over fourteen thousand staff in 49 workplaces across the breadth of the UK.

We had a particularly warm welcome from staff at Border Force where we saw 50% of employees and received 44 requests for help, one of our largest responses ever. Staff were incredibly generous as well and over the course of the three days we raised over £10,000 in donations. A huge thank you to all of you for your generosity.

Get fit, have fun and join in! Our 2014 events calendar is on the next page.
Print it out and post it in your workplace.
2014 summer plans

19 May to 7 July – The Walking Challenge
Team names:
The Walkie Talkies
Team Blister
Lost in Pace

18 June: Spring Prize Draw
Order tickets in May.

*Return tickets by 16 June*

28 June – Abseil at the Royal Courts of Justice
★ Bring camera to get photos from the top ★

13 July – British 10K London Run (9:45 start)
(Remember, shower and snacks afterwards at the Civil Service Club)

visit www.foryoubbyou.org.uk