



Healthcare Workers' Foundation

FURTHER SUPPORT AND INFORMATION

Updated January 2025

ORGANISATION	SUPPORT OFFERED	WEBSITE
GENERAL FINANCIAL ASSISTANCE & ADVICE		
Turn2Us	Grants, advice and support for all	https://www.turn2us.org.uk/
National Benevolent Charity	Provides financial support to all experiencing poverty at a time of crisis including small grants to individuals	https://www.natben.org.uk/
Al-mizan Charitable Trust	Financial support for UK families facing difficult financial circumstances	https://www.almizantrust.org.uk/
Friends of the Elderly	Provides grants to older people living on low incomes. To be eligible you must: <ul style="list-style-type: none"> · Be of state retirement age · Live in England or Wales · Be managing on a low income with savings of less than £4,000 Not be living in a residential care home	https://www.fote.org.uk/our-charity-work/grants-2/
Hardship Fund	Government fund to help low paid workers who are victims of crime	https://www.gov.uk/guidance/the-hardship-fund-a-guide
Linking Help with Hope	Helps those living on very low incomes, receiving the appropriate welfare benefits and who have exhausted all other funding sources including statutory funding, occupational, local and specialist charities. Eligible applicants must present with a physical or diagnosed mental health condition, learning disability, or be a carer for an adult or child with a disability. One-off grants of up to £300 available as well as other forms of assistance	https://lhh.org.uk/what-we-do/
Lightning Reach	For those struggling with money issues who may need support such as finding grants, benefits or help with bills and local schemes. Lightning Reach portal enables a search and apply for support from multiple providers quickly and easily	https://www.lightningreach.org/application-portal?referral=google&gclid=EAlQobChMI4PfDjK64-

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National Debtline	Debt advice and support	https://nationaldebtline.org/
Find Your Credit Union	A much more affordable way to help people get out of debt other than using expensive credit cards/loan shark schemes. Credit unions are an affordable way to loan oney and could offer more flexible terms than mainstream lenders. Use this website to check what is available in your area as many are area-specific schemes	https://www.findyourcreditunion.co.uk/
Ask Bill	Free, impartial, advice and help with water, energy and debt problems as well as advice on how to manage finances and make savings	https://www.askbill.org.uk/
St Martin in the Fields Charity	Supports frontline workers across the UK with grants to prevent eviction and homelessness and helps with accommodation	https://www.smitfc.org/
Step Change	Debt advice and support	https://www.stepchange.org/debt-info/free-and-face-to-face-debt-advice/national-debtline.aspx
The Skinner's Company Atwell Charity	Financial support for young people from low-income backgrounds	https://www.skinner.org.uk/charities/scf/young-people/
Government Benefits	Benefits advice and links to application	https://www.gov.uk/browse/benefits
FINANCIAL SUPPORT FOR SPECIFIC ISSUES		
Macmillan Cancer Support	Grants and support for people living with cancer	https://www.macmillan.org.uk/
Terence Higgins Trust	Grants and support for people living with HIV	https://www.tht.org.uk/our-services/living-well-hiv/hardship-fund
Vicar's Relief Fund	Provides crisis grants to individuals at risk of, or currently experiencing, homelessness	https://smitf.flexigrant.com/

FINANCIAL SUPPORT FOR NURSING STAFF		
Junius S Morgan Benevolent Fund	Supports nurses and midwives in need of financial assistance. In partnership with the Cavell Trust, also supports a Domestic Abuse Fund	https://www.juniusmorgan.org.uk/
RCN Foundation	Supports nursing, midwifery and social care staff with provision of grants for hardship, education and research. Applicants do not need to be a RCN member to access this support	https://rcnfoundation.rcn.org.uk/home
Cavell Nurses Trust	Hardship grants for nurses and healthcare assistants	https://cavell.org.uk/get-support/eligible-for-help/
The Queen's Nursing Institute	Support for working and retired nurses. Hardship and educational grants as well as a listening service	https://qni.org.uk/support-for-nurses/
The 1930 Fund for District Nurses	Support for all community nurses in need, hardship and distress (inc. district nurses, psychiatric nurses, learning disability nurses, midwives, health visitors, school nurses and other registered nurses who have undertaken specialist nurse education to work in the community) - both working and retired - with advice and specific financial assistance for utility bills, domestic appliances and household repairs	https://1930fundfornurses.org/
SUPPORT FOR HOSPITAL DOCTORS AND GPs		
Royal Medical Benevolent Fund	Assists doctors, medical students and their families. Provides financial support, money advice and information when needed due to over state retirement aged, ill-health, disability or bereavement or because your work has been affected by Covid-19. Regular monthly grants may be provided to help with essential day-to-day living costs, back to work awards, purchase of specialist equipment or help with disability adaptations for home or car	https://rmbf.org/
The Cameron Fund – The GPs' own charity	Solely supports GPs and their dependents at times of financial need, whether through ill-health, disability, death or loss of employment. Also helps those who are already suffering from financial hardship and those who are facing it. Help includes grants, interest-free loans, money advice, assistance with education and student grants	https://cameronfund.org.uk/
BMA Charities	Supports doctors and medical students. Can supply: one-off grants to unemployed doctors for essential items; one-off grants to working doctors in financial hardship for help with GMC retention fee and professional indemnity insurance; grants to refugee and asylum-seeking doctors to meet their medical exam fees; money advice for any doctor in financial difficulty. Also provides help from The Dain Fund with the education and support of the children of medical practitioners, particularly from refugee doctors. It does not help with childcare costs for working doctors	https://bmacharities.org.uk/

Royal Medical Foundation (RMF)	Assistance for registered doctors and their families in financial hardship. Can provide: regular payments to widows, widowers and their children; one-off grants when emergency help is required; in exceptional circumstances, assistance with school fees for their children to maintain educational stability at times of distress caused by illness, bereavement or financial need in their family	http://www.royalmedicalfoundation.org/do-i-qualify/
BMA Wellbeing Directory	A wealth of support for doctors and medical students can be found in the Directory, including: Counselling: 0330 123 1245 Peer Support: bma.org.uk/yourwellbeing	https://www.bma.org.uk/media/7775/bma-wellbeing-support-services-directory-update-august-2023-v3.pdf?_ga=1*bjwye7*_up*MQ..*_ga*Nzg5NDIyNDMyLjE3MDYwMDkwNjI.*_ga_F8G3Q36DDR*MTcwNjAwOTA2MS4xLjAuMTcwNjAwOTA2MS4wLjAuMA..
Practitioner Health Programme	NHS service providing links to help for mental health issues, bereavement, burnout and physical issues	https://www.practitionerhealth.nhs.uk/
Help me, I'm a doctor	A site that helps to provide financial support for doctors and their families via independent charities (all shown on this Resource sheet) by allowing the doctor to complete a short questionnaire about their circumstances to see which charity might best be able to help them	https://doctorshelp.org.uk/
SUPPORT FOR CARE WORKERS		
The Care Workers' Charity	Offers crisis grants and other help as well as dedicated grants in certain areas of the country	https://www.thecareworkerscharity.org.uk/crisis-grant/
SUPPORT FOR SOCIAL WORKERS		
Social Workers' Benevolent Trust	Offers financial help to social workers and their dependents in times of hardship: e.g. sickness, bereavement, family difficulties or sudden catastrophe. Small monetary grants only	https://www.swbt.uk/
SUPPORT FOR AMBULANCE STAFF		
The Ambulance Staff Charity	Provides a range of services to support mental health, physical rehabilitation and financial wellbeing - including grants - for the UK's ambulance staff and their families, students and ambulance service volunteers	https://www.theasc.org.uk/

London Ambulance Service Benevolent Fund	A fund for members to provide support and assistance for the relief of severe financial hardship and/or unforeseen circumstances outside of the individual's control such as loss of pay due to prolonged sickness, caring for a dependent, sudden death or happenings that may create severe hardship	http://benfund.london/benefits/
SUPPORT FOR RADIOGRAPHERS		
The Society of Radiographers	Help for members, former members and their dependents in times of hardship or distress	https://www.sor.org/about/society-of-radiographers/benevolent-fund
SUPPORT FOR PHYSIOTHERAPISTS		
The Physiotherapy Benevolent Fund	Supports past and present members of the CSP who are experiencing financial difficulty or hardship	https://pbf.csp.org.uk/content/about-pbf
SUPPORT FOR PHARMACISTS		
Pharmacist Support	Provides all types of support and advice for pharmacists: well-being, financial, counselling, addiction	https://pharmacistsupport.org
SUPPORT FOR UNION MEMBERS		
Unite the Union	Medical trade union representing junior doctors, GPs and hospital consultants; members receive the legal, financial and professional support and benefits of Unite	https://doctorsinunite.com/ and https://www.unitetheunion.org/
Unison (Trade Union)	Provides information and support on employment rights and key issues affecting people in the workplace and at home. Financial assistance available for members experiencing a range of issues including: loss of income, relationship breakdown, bereavement, long-term illness, equipment to help with a disability, caring for someone with special needs or an illness. Financial assistance can help with: general living costs, household appliances, urgent repairs, disability equipment & adaptations; utility bills and funeral costs	https://www.unison.org.uk/get-help/services-support/there-for-you/financial-assistance/
Community Union	For Community Union members in health and social care. Provides hardship grants	https://community-tu.org/how-we-help/financial-support/hardship-fund/
PDA Union	Represents, defends and supports the interests of members either individually or collectively re their Ts & Cs in dealing with employers and/or outside organisations. Resources, newsletter and other support information	https://www.the-pda.org/get-involved/pda-union/

SUPPORT FOR FAMILIES AND CARERS		
Family Fund	Grants for parents/carers of a disabled or seriously-ill child	https://www.familyfund.org.uk/
Family Action	Provides practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country	https://www.family-action.org.uk/
Family Holiday Charity	Providing holidays for those families on very low incomes with children under 18 and who haven't had a holiday together in the last 4 years	https://familyholidaycharity.org.uk/
Ogilvie Charities	Provides grants towards household equipment for those in acute poverty, and breaks and carers	https://www.ogilviecharities.org.uk/
Care for Carers	Provides advice and support for carers	https://www.careforcarers.org.uk/support/counsel-and-care
SUPPORT FOR LESS ABLE PEOPLE		
The Hospital Saturday Fund	Provides assistance for registered health charities, medial organisations and individuals with a medical condition or disability. Can provide individuals with the purchase of specialised equipment or forms of treatment such as mobility equipment, hearing and vision aids, orthopaedic beds, mattresses and pillows, riser chairs; home adaptations such as walk-in showers and access ramps; therapies such as acupuncture, chiropractic treatment, physiotherapy	https://hospitalsaturdayfund.org/
Florence Nightingale Aid in Sickness	Provides life-enhancing grants to help people of all ages in need who are ill, convalescent or disabled – such as medical and household aids to alleviate sickness and increase people's ability to manage at home and live as independently as possible	https://home.fnaist.org.uk/
Independence at Home	Helps people with physical disabilities and mental health conditions and their families and carers with essential equipment, breaks, home repairs	https://independenceathome.org.uk/
SUPPORT FOR BEREAVEMENT		
Mind	Information and how to get support and suggestions for helping yourself and others through grief	https://www.mind.org.uk/information-support/guides-to-support-and-services/berereavement/useful-contacts/
Cruse	Providing support, understanding grief and coping in the workplace	https://www.cruse.org.uk/

SUPPORT FOR MENTAL HEALTH		
Clare & Me	Mental health support via accessible calls, WhatsApp and SMS	https://www.clareandme.com/?gclid=EAlalQobChMI-fe746q4-gIV44BQBh3sIAirEAMYAiAAEgILd_D_BwE
Give Us A Shout	Confidential text support with mental health issues	https://giveusashout.org/
Mental Health At Work	24-hour mental health support for all frontline staff	https://www.mentalhealthatwork.org.uk/ourfrontline/
Mind	Mental health support for everyone	https://www.mind.org.uk/get-involved/supported-self-help/?gclid=EAlalQobChMI-fe746q4-gIV44BQBh3sIAirEAAAYyAAEgLYAvD_BwE
Kooth	Free online mental health community	https://www.kooth.com/
Samaritans	Mental health support and listening service for everyone	https://www.samaritans.org/how-we-can-help/contact-samaritan/
Able Futures	Mental health support for people at work or on an apprenticeship	https://able-futures.co.uk/individuals
Rethink Mental Illness	Mental health support	https://www.rethink.org/aboutus/
Young Minds	Free mental health support for young people	https://www.youngminds.org.uk/
Childline	Support for young people aged 19 and under	https://www.childline.org.uk/
GENERAL RESOURCES FOR SUPPORT AND INFORMATION		
The Society for the Assistance of Medical Families (SAMF)	Assists members with immediate practical and financial support such as: help with unexpected expenses during financial hardship; help with further education, particularly medical degrees; retraining expenses; home improvements and disability adaptations not covered by State Benefits;	https://www.samf.org.uk/

	money advisor help and assistance with rearranging finances; vouchers for household expenses where there is a temporary reduction in income leading to difficulty in cost-covering; help with expenses of courses and exams to enable those in financial difficulty to progress in their career. For non-members: prioritises short-term financial assistance for items that will help either with a return to work after illness or to help people remain in the profession, which may include referral to a money advisor, vouchers for household expenses or help with course and exam fees to enable progression for those in financial difficulty	
NHS England	Wealth of information and links for: National Discounts; Household discounts and offers; Supermarket loyalty schemes; Pre-owned items; Help for households; Advice and guidance; Travel; Grocery costs; Childcare advice; Finance advice and Grant funding and financial support; mental health support	https://www.england.nhs.uk/supporting-our-nhs-people/support-now/financial-support/supporting-our-staff-to-help-money-go-further/-finances
NHS Wales	Wealth of information and links for those working in the NHS in Wales and Social Care Wales including: Physical wellbeing; Financial wellbeing; Health resources; Helplines; Bereavement; Suicide; Trauma; Loneliness; Links to other regulatory bodies; Feeling safe at home; Long Covid; BAME	https://heiw.nhs.wales/support/colleague-health-and-wellbeing/
National Wellbeing Hub (Scotland)	A national hub for all those working in health, social care and social work in Scotland. Covering: Mental health; Financial wellbeing; Physical wellbeing; Psychologically safe workplaces; Supporting staff wellbeing; Responding to emergencies and a wealth of other issues, information and advice	https://wellbeinghub.scot/
Public Health Agency (N Ireland)	Website has a staff health and wellbeing resources section covering: Mental and Physical health; Psychological wellbeing; Looking after your family; Support for others with learning difficulties as well as a number of downloads and links to other resources	https://www.publichealth.hscni.net/covid-19-coronavirus/guidance-hsc-staff-healthcare-workers-and-care-providers/staff-health-and-0
MEMBERSHIP BODIES The membership bodies for various branches of healthcare. Most do not offer financial support but have a wealth of professional information and advice for their field of medicine and links to further resources		
The Academy of Medical Royal Colleges	The membership body for UK & Ireland's 24 royal medical colleges and faculties. Doesn't provide assistance to individuals but has wealth of information and pointers to other areas and websites	https://www.aomrc.org.uk/about-us/
PROFESSIONAL BODIES: MEDICAL COUNCILS AND ORGANISATIONS		

British Medical Association	Wealth of information, support - including negotiating and campaigning - for UK doctors and medical students, but no grant support	https://www.bma.org.uk/
Nursing & Midwifery Council	Independent regulator for nurses and midwives in the UK. Does not offer support	https://www.nmc.org.uk/about-us/
General Pharmaceutical Council	Regulates pharmacists, pharmacy technicians and pharmacies in UK. Does not offer support	https://www.pharmacyregulation.org/about-us
The British Psychological Society	Member body. Does not offer grants but is currently campaigning for investment in vital mental health and wellbeing support for NHS and social care staff	https://www.bps.org.uk/
Royal College of Nursing	Offers help with understanding the benefits system, managing money and advice on money worries including debt advice via the RCN Welfare Service	https://www.rcn.org.uk/About-us
Chartered Society of Physiotherapy	Member body. Does not offer grants but has a wealth of information on the site for the profession	https://www.csp.org.uk/about-csp
Hospital Consultants and Specialists Association	Trade union solely for hospital doctors, excluding GPs. Campaigns and offers support and advice, including financial, but not grant assistance	https://www.hcsa.com/
The Society and College of Radiographers	Site for members only	https://www.sor.org/
PROFESSIONAL BODIES: THE ROYAL COLLEGES		
Royal College of Podiatry	Does not offer support but information for members and those thinking of joining the profession	https://rcpod.org.uk/
Royal College of Anaesthetists	Web page pointing to selection of general and profession-specific resources for doctors experiencing problems in their personal or working life. Can only be accessed by members of the College	https://www.rcoa.ac.uk/
Royal College of Emergency Medicine	Site for members of the RCEM; does not offer support	https://rcem.ac.uk/
Royal College of General Practitioners	Has a GP wellbeing section, which has a wealth of information and links to specific areas of concern and help	https://www.rcgp.org.uk/

<u>Royal College of Obstetricians and Gynaecologists</u>	Site for members of the RCOG. Has a comprehensive Wellbeing Resources Hub on the site but does not offer financial support: https://www.rcog.org.uk/careers-and-training/starting-your-og-career/workforce/supporting-our-doctors/wellbeing-resources-hub/	https://www.rcog.org.uk/
<u>Royal College of Ophthalmologists</u>	Member organisation that promotes and supports the ophthalmic profession in the UK and overseas. Does not offer wellbeing support	https://www.rcophth.ac.uk/
<u>Royal College of Paediatrics and Child Health</u>	Site for members. Has a wellbeing support area for doctors with references for further support with mental health, disability, neurodivergent doctors, bullying and harrasment, but does not offer financial help itself: https://www.rcpch.ac.uk/resources/where-go-help-support-doctors-wellbeing	https://www.rcpch.ac.uk/
<u>Royal College of Pathologists</u>	Membership and governing body for the profession. Does not offer wellbeing support	https://www.rcpath.org/
<u>Royal College of Physicians</u>	Membership and governing body for the profession. Does not offer wellbeing support	https://www.rcplondon.ac.uk/
<u>The Royal Society of Medicine</u>	For members, a provider of continuing learning for healthcare professionals. Does not offer wellbeing support	https://www.rsm.ac.uk/
<u>Royal College of Surgeons of England</u>	Mentoring; no hardship assistance	https://www.rcseng.ac.uk/
<u>Royal College of Surgeons of Edinburgh</u>	Governing body of surgeons providing education, assessment and development for the profession at all career stages. Does not offer wellbeing support	https://www.rcsed.ac.uk/
<u>Royal College of Physicians of Edinburgh</u>	Governing body and membership to assist qualified doctors pursue their careers in specialist medicine. Does not offer wellbeing support	https://www.rcpe.ac.uk/
<u>Royal College of Physicians and Surgeons of Glasgow</u>	Membership of health professionals to advance the profession and improve patient care. Membership organisation representing physicians, surgeons, dental surgery, travel and podiatric medicine. Does not offer wellbeing support	https://rcpsg.ac.uk/
<u>Royal College of Psychiatrists</u>	Professional medical body responsible for supporting psychiatrists throughout their careers. Does not offer wellbeing support	https://www.rcpsych.ac.uk/

Royal College of Radiologists	Professional medical body responsible for supporting radiologists throughout their careers. Does not offer wellbeing support	https://www.rcr.ac.uk/
PROFESSIONAL BODIES: FACULTIES OF BRANCHES OF MEDICINE		
Faculty of Intensive Care Medicine	Professional and statutory body for doctors who lead critical care services, advanced critical care practitioners and critical care pharmacists. Does not offer grant support	http://www.ficm.ac.uk/
Faculty of Occupational Medicine	Governing body for occupational health. Has some wellbeing advice but does not offer wellbeing support as such	https://www.fom.ac.uk/
Faculty of Pharmaceutical Medicine	Charity and professional membership body for the advancement of science and practice of pharmaceutical medicine. Does not offer wellbeing support	https://www.fpm.org.uk/
Faculty of Sport & Exercise Medicine (UK)	Professional medical body responsible for supporting excellence in musculoskeletal medicine, exercise medicine and team care. Does not offer wellbeing support	https://www.fsem.ac.uk/