



Even though several lockdown restrictions have been eased recently, normality remains a distant prospect in many areas of our lives and we're still left facing difficulties and challenging situations.

That's why we want to take this opportunity to remind you of the support services the Bank Workers Charity (BWC) offer to bank pensioners, your partners and dependents.

What can BWC help with?

BWC are working to a full service to provide you with the help and support you're after. They work with some of the UK's leading organisations to provide you with specialist support including:

- **Caring responsibilities** – offering access to financial, legal and practical support for the carer and the person being cared for.
- **Disability and long-term conditions** – giving advice and support to help manage a disability, illness or health condition to help improve quality of life.
- **Maximising income** – identifying benefits and schemes you may be eligible for or liaising with organisations on your behalf.
- **Financial grants** – including short-term general living expenses and long-term costs such as disability aids or home adaptations.
- **Mental health** – providing access to specialist services such as counselling or other therapies to look after your mental wellbeing.

How can you get in touch with BWC?

You can get in touch by calling their **free and confidential Helpline on 0800 0234 834** - they're open **Monday to Friday from 9.00am to 5.00pm** (except bank holidays).