

How to apply

We need to make an assessment of your financial circumstances and your overall needs before we can offer help in the form of financial assistance or a wellbeing break.

Please complete the relevant application form and read the accompanying guidance notes.

You can obtain our application forms from our website, through your UNISON branch or by contacting us at the e-mail address and telephone number below.

Call UNISON Welfare on
020 7551 1620 (office hours)
e-mail welfare@unison.co.uk
Or visit www.unison.org.uk/welfare

For debt advice and support
Call UNISON Welfare's debtline
on freephone 0800 389 3302
8am to 9pm Monday to Friday
9am to 3pm Saturdays
Or visit www.debtclinic.co.uk/unison

Provided we have received all the relevant information we can usually give a quick response

UNISON Welfare
1 Mabledon Place
London WC1H 9AJ
Tel: 020 7551 1620
Fax: 020 383 2617
E-mail: welfare@unison.co.uk
www.unison.org.uk/welfare

Registered Charity No. 1023552

stock no. 1754

www.unison.org.uk/welfare

UNISON Welfare



How we can help

A unique confidential service just for UNISON members and their families

Call 020 7551 1620



About UNISON Welfare

We recognise that UNISON members experience many pressures in their lives affecting both work and home.

UNISON Welfare offers a unique confidential advice and support service just for members of UNISON and their dependants.

Whether it is a chat and a sympathetic ear, advice or more concrete help you are seeking we may be able to help.

At a glance we provide:

- Listening and support
- Financial assistance
- Breaks and holidays
- Debt advice
- General advice

Our services come free with membership of UNISON

The service is provided by our experienced and professional staff team at national office. They can help you to complete our application form, give information and advice or suggest another organisation that can help. Your local UNISON branch welfare officer will also be able to assist you.

Financial assistance

Sometimes all it takes is a small change in circumstances to tip the balance and turn a manageable situation into an unmanageable one. An extended illness can lead to a drop in pay. There may be other circumstances which are placing a strain on the household budget. You may need help with equipment because of a disability or you might be caring for someone with special needs.

Whatever your difficulty we will try to support you. As a charity, whether we can help with a grant or not will depend on your financial circumstances and whether your needs match our criteria, but hundreds of members and their families benefit this way every year.



We make more than 2,000 grants to members every year. Many more receive confidential advice and information.



Debt advice and support

Our free, impartial and confidential debt advice service is provided in partnership with Payplan who are experts in helping people in financial difficulty. Together we can help you find the best solution to suit your particular circumstances.

Wellbeing breaks

Our wellbeing breaks of up to one week can provide relief from stress and the space and time to reflect away from depressing or difficult circumstances. They include:

- family holidays and outings
- get well breaks
- breaks in other circumstances such as following bereavement or for carers.

This is a brief overview of our services. Please refer to our application forms and accompanying guidance (available on our website) for further information. Or speak to our staff or your UNISON branch welfare officer.

We can help to ensure you are receiving your correct entitlement to benefits.