

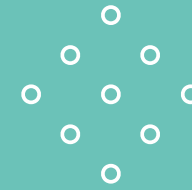


Foothold

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“ We often get overwhelmed and disoriented by the issues we’re facing and find it difficult to know where to start. We help you navigate the issues you’re facing and support you in finding the best way forward. ”

Jonas, caseworker

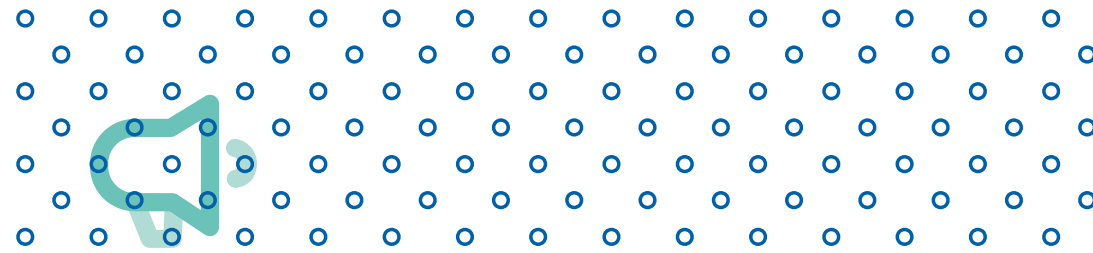


Foothold

Supporting engineers

A GUIDE TO OUR SUPPORT





Introduction

Welcome to your guide to the Foothold community and the support you can find here.

We all need a bit of support from time to time, even the most capable among us. That's why at Foothold, we believe it's important to nurture all areas of our wellbeing – from physical and mental health to finances, career and getting the most fulfilment out of life you possibly can.

We're not experts in all areas of life but we have partnered with wonderful people and organisations who are, so that their expertise can now be yours.

We keep developing new ways of supporting the Foothold community so if you're looking for support that isn't listed in this brochure, give us a call anyway – we may be able to help.

We believe that our support makes the biggest difference when we put people in the driving seat. So, we start with a conversation: our friendly team is here to listen, offer options and to support you in deciding the next steps.

Let's have a chat.

“ I just feel content and secure. I feel like I have a safety net which reassures me massively. I still have stressful days, but I can manage them so much better than before. ”

Steph Phillips, 27, engineering student



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“The support has alleviated so many problems for us. I can’t express how much it helped. It’s enabled us to live, rather than limit the heating at home or have our daughters miss out on things.”

Alan, 53, Telecoms engineer

Who we are

We may not know much about engineering, but we do know engineers. We’ve been supporting IET members and their families and the engineering community since 1890.

In the busyness of our lives we often forget that being well is just as important as doing well.

More of us are feeling stressed in our jobs. One in four of us will have a mental health problem this year.

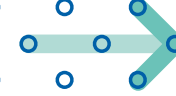
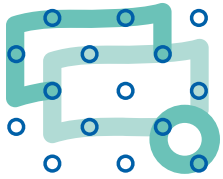
More of us are living longer. Our health needs are growing yet we have a shortage of carers.

Rising costs are forcing living standards down. And we’re facing a loneliness epidemic.

We’re here so that engineers, their partners and families never need to face life’s challenges without support.

Whatever the problem, big or small, Foothold is a place where you can regain your balance and help others do the same.

Your Foothold is here.



Money matters

We know it can be difficult to talk about money, and even harder to tell someone if you're struggling financially. But we shouldn't be embarrassed to talk about it, especially with our team who are trained to help in situations exactly like this.

At Foothold, we'd like to help you and your family if you're having financial problems – no matter the reason.

We believe everyone has the right to a decent standard of living and if you're facing temporary or ongoing costs that are preventing that, we want to be there for you.

“It's the first time I used Foothold and to be honest, I am proud to be a member of this family. I received financial help in order to overcome some difficulties.”

”

Anonymous

Whether it's through a one-off grant or quarterly or monthly payments over a longer period of time, there might be ways in which we can ease some of the pressure if you're under a heavy financial burden.

As part of the engineering community, your welfare is our priority. Let us help you get your financial foothold back.

How we can support you

From short term grants to expertise and guidance, we can help you take control of your finances.

Financial grants

You may be finding it difficult to cover unexpected or increased household expenses. Or, you may have been out of work for some time or seen a drop in income after separating or losing your partner.

A financial grant can help with many situations, so get in touch.

Benefits advice

We understand that benefits can be sensitive to discuss, but many of us need a bit of financial support at times, and that's why the system exists.

If you're looking for advice that could prevent you from losing out on assistance you're entitled to and that would make a difference to your quality of life – we're here to offer it.

Debt management

Most of us have loans, mortgages and credit cards, so we understand that a change in circumstances can make repayments difficult. Things can quickly spiral out of control.

If you have debts that you're finding it hard to keep on top of, we'll put you in touch with experts at the leading debt advice charity, Step Change.

If you're struggling to make ends meet and have less than £16,000 in savings, we can help. Call us on **+44 020 7344 5498** or send us an email to hello@myfoothold.org



Work life

The average Briton will spend 3,507 hours at work in their lifetime.

International figures vary, of course, but no matter where in the world we live it's safe to say that work represents a big chunk of our adult lives.

Which makes it really important that we get the most out of work and that we receive help with any issues that come up, including finding a job.

At Foothold we know we can't be experts in every field, but we can partner with people who are. And that's what we've done to offer existing and former IET members career development support.

Whatever your circumstances and stage of career, if you or your partner have ever been a member of the IET, we fund programmes designed to give you the skills and the confidence to help you with your next step.

Whether it's a short programme looking at networking and CV writing skills, time with a dedicated career coach, or support to look at your retirement in a new way, we have the resources and expertise to get you in control.

Through our partnership with career transition specialists Renovo and Chiumento we can help make finding your next role a more positive experience.

If you're out of work, aren't happy in your current role or are thinking about retirement, we can help. Call us on **+44 020 7344 5498** or email **hello@myfoothold.org**

How we can support you

Career coaching

Working with the same coach, you will receive career advice tailored to your situation, incorporating practical pointers like looking at your CV and updating your LinkedIn profile but also analysing the bigger picture – where you are the moment and where you want to be.

Online resources

Our expert partners will provide access to online resources, including interview training, skills testing, IT training, career assessments, online workshops and a job search engine. There is also 24/7 wellbeing support and access to counsellors, for the times when you need someone to talk to.

Employed but unhappy?

You don't have to be unemployed to get career support from us. If you're not happy in your current role, our support looks at what might be preventing you from moving on and incorporates help with your CV and LinkedIn profile, career coaching and more.

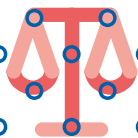
Retirement support

The Reinventing retirement programme focuses on the stage before retirement. In partnership with experts at Renovo, we bring together career support, lifestyle coaching and financial planning.

The programme features one-to-one time with a coach, to help create a pre-retirement career plan that is tailored to you. The programme includes online resources, including videos, courses and other information on health, money, lifestyle, career, and more.

We also offer retirement planning workshops with LaterLife at a reduced rate. These UK-wide workshops are designed to make you think about what you really want from retirement, and what you can do to make those things happen.

Aspects covered include when and how to retire, financial planning and time management.



Legal support

The need for legal advice can be linked to almost any aspect of life.

You may need legal advice on consumer issues. Perhaps you've brought an item or service and there's now a dispute around payment or refund.

Maybe you've had a bereavement in the family and need advice on how to move ahead with things like wills, probate and inheritance.

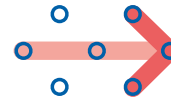
Or perhaps you've just been sent a large tax bill and am not sure why you received it or how to pay.

Through our partnership with legal advice provider Law Express we have put together a selection of fact sheets to help you get to grips with some of the common legal concerns you might have.

We want to make sure that our engineering community have access to expertise on a wide range of issues, including property and money.

So, if you have a legal concern, contact us. We're not legal experts, but we can put you in touch with people who are.

If you need expert legal advice, we can help.
Call us on **+44 020 7344 5498** or email
hello@myfoothold.org



How we can support you

Our partnership with Law Express means you have access to a team of legal experts in all areas of life, such as:

Tenancy issues

You may have come up against housing or property problems that have reached a stage where you need legal advice, either as a tenant or as a landlord.

Whether you're unfairly threatened with eviction, having disruptive tenants, dealing with noisy or aggressive neighbours, having an uncooperative landlord who won't honour their obligations or finding yourself in unsafe accommodation, we can help.

Family issues

You may need legal advice if you are about to separate or file for divorce. Perhaps you've already split up but need help working out a custody arrangement for your children? Or maybe you're in an abusive situation and don't know how to remove yourself from it.

Employment issues

The Law Express team also includes employment law experts. You may want to look into your options for flexible working, your rights at work, your notice period, sick pay, and instances of discrimination, harassment or wrongful or unfair dismissal.

Injury or ill-health

If you've sustained an injury that's affecting your health – perhaps in a traffic accident, at work or as a result of a medical procedure – you might need to speak to a lawyer about your choices with regards to a personal injury claim.

We can help you get legal advice on these and many other areas of the law; from consumer and company to criminal and intellectual property law.



Mental health & wellbeing

We believe mental wellbeing is just as important as physical health. And we believe that everyone should have access to the counselling and therapy support they need, when they need it.

But we know that this is not always an option. Not all countries have public healthcare systems that offer therapy free of charge and when they do, overstretched health services can mean long waiting lists that make immediate help hard to come by.

It can be easy to put your emotional wellbeing on the back burner, but your mental health is enormously important.

We understand that admitting you need support, that you're having a hard time and could really use someone to talk to, can be difficult.

And while friends and family can be great if you just need a sympathetic ear, there are times when professional help is invaluable.

Someone who can offer unbiased advice from an outside perspective, can really make a difference.

“It has made me feel that I am not alone. Support provided from Foothold has given me a positive thinking and approach to my life again.”

Somasunder, 44

How we can support you

If you're in need of counselling and support services that you're unable to access for free or the waiting list is too long, our grants could help you receive professional help faster.

Support for careers and those with care needs

If you or someone in your family has care needs, we can support you. We can help fund counselling sessions for you and the person you care for. We can also fund activities, so you don't miss out on the socially inclusive lifestyle that's so important for physical and mental wellbeing.

If you are a carer and need a break, we can help to fund the cost of a trip or activity for you. We can also help to cover the cost of someone to take over while you're away.

Support for students

Full time education can be demanding, and you may be finding that unforeseen difficulties are threatening your ability to finish your degree. Talking to someone might make a world of difference to your wellbeing.

Bereavement and crisis support

You may need support after losing someone close to you or dealing with a crisis or emergency.

Whatever the reason, if you're having a difficult time and feel that having someone to talk to would make a difference, we might be able to help with a counselling grant

Don't suffer in silence – let's talk.

If you or your partner is a former or existing IET member and you have savings of less than £50,000, we can help. Give us a call us on **+44 020 7344 5498** or email hello@myfoothold.org



Autism support

Autism is part of daily life for many people in the UK and around the world. We know that includes many members of the Foothold community.

We understand that the varied nature of autism means that many people can manage with little or no support, whilst others may need more help.

We believe in everyone's right to live a socially inclusive life. If you could use a boost to get there, we want to make sure you receive it.

So, whether you have autism, or support someone who does, we can help.

“ The support will allow our disabled son to enjoy his garden and engage in games he would not otherwise enjoy. The support will allow him to enjoy a swing in safety too as he doesn't engage well with other children. ”

Donal, 47

How we can support you

Through our partnership with the National Autistic Society (NAS), we can help you with both the practical and emotional aspects of autism. For example:

NAS Membership

We can pay for your NAS membership which means you'll be supported through getting a diagnosis.

You can also get in touch with local families in a similar situation, and lots of other practical and emotional assistance.

Financial grants

If you need practical support, our grants could help you pay for adjustments to help you, your child or another family member get the most out of daily life – including school, college or the workplace.

Support for grandparents

If you're a grandparent involved in the care of children who are living with autism, we are also able to offer support.

If you're living with autism or if someone in your family is on the autism spectrum and you're an existing or former member of the IET, we can support you.

Call us on **+44 020 7344 5498** or email hello@myfoothold.org



Sleep support

How are you sleeping? It's a seemingly simple question but the quality of our sleep has a significant impact on our mental and physical wellbeing and almost every aspect of our lives.

Sleep is as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information.

Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression.

At Foothold we have partnered with the science-driven sleep experts at Sleepstation to offer existing and former IET members support with sleep issues.

If you're struggling to get enough rest at night and it's having an effect on other areas of your life, go to our website for an assessment and advice on how we can help.

Together, we'll figure out a way forward.

How we can support you

Sleepstation is a drug-free and clinically validated sleep programme in two parts.

Delivered entirely online and carefully tailored to each individual, the first part will help you identify the underlying causes of your sleep problem and support you on your journey to better sleep.

The Sleepstation team will then analyse your current sleeping patterns and report their insights back to you, along with advice and ideas about how to treat any sleep issues you may have.

If the Sleepstation experts feel that their full programme would be helpful for you, we'll pay for your access to their expert support and guidance while you retrain your mind and body for better sleep.

If your sleep issues are having a negative impact on other areas of your life, call us on **+44 020 7344 5498** or send an email to hello@myfoothold.org



Care and disability support

Being comfortable in your own home is incredibly important, and even more so if you're dealing with an illness, long-term condition or disability.

If you or someone in your family has a care need, there might be adjustments that could be made to your home to make daily life easier.

We support carers too. We know that carers shoulder a huge responsibility, and that if you're looking after someone else every day, there are times when you need to rest.

We can pay for you to have some time away – for a social activity you love or just to take it easy and recover.

“The help I have received will make my daily life much more manageable and keep me at work which I love. I found it very difficult reaching out for help but with encouragement from colleagues and friends I am so glad I did.”

Anonymous

How we can support you

Care can be challenging but shouldn't feel unmanageable. At Foothold there are various ways we can support you, such as:

Making your home suitable

Our grants can be used for home adaptations, equipment and technology.

If you have specialist needs, we have a partnership with Remap - a charity who can adapt an off the shelf product or invent something entirely unique just for you.

Healthcare

Long waiting lists can mean the help you need is not readily available. If you're experiencing a long wait for essential treatment, talk to us to see if we can arrange for you to be seen privately instead.

We're also aware that not everyone we work with lives in a country with free or affordable healthcare. If you or someone in your immediate family needs treatment or surgery that could make a real difference to quality of life and you're struggling to pay for it, get in touch with us to see how we can support you.

Respite care

If you are a carer and need a break, we can help to fund the cost of a trip or activity for you. We can also help to cover the cost of someone to take over while you're away.

And if you're the person with care needs, we can help fund activities you enjoy so you don't miss out on the socially inclusive lifestyle that's so important for physical and mental wellbeing.

continued...



Further support

Specialist equipment

We work with Remap – a national charity that helps disabled people of all ages to live more independent lives by designing and making customised equipment free of charge.

Remap provides solutions to everyday problems when there is nothing commercially available; designing and custom-making equipment for individuals because everyone's needs are different.

Engineers and other skilled people volunteer for Remap, using their ingenuity and practical skills to help others.

They respond to thousands of requests for help every year. We support Remap's work with the Foothold community, so that they can continue to provide their services free of charge to their clients.

So if the off-the-shelf equipment you already have isn't quite right, or the equipment you need doesn't exist yet, we'll put you in touch with Remap's network of inventors.

If you or your partner is an engineer and you have less than £50,000 in savings, we can help. Call us on **+44 020 7344 5498** or email **hello@myfoothold.org**



Frequently asked questions

Q: My membership to The IET has lapsed – can I still get support?

A: Even if you're a lapsed member of The IET, you are still entitled to support from Foothold.

Q: If I am eligible for financial assistance, what will I receive and will I have to pay it back?

A: The amount will depend on your individual circumstances. Our casework team will complete an assessment and together, we'll figure out the best way forward. Our support does not have to be repaid, ever.

Q: My partner is an IET member am I entitled to any support?

A: Yes, as a partner of an IET member, you are entitled to our full support.

Q: My late partner was an IET member – can I receive any support?

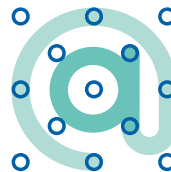
A: Yes, as the widow/widower of a member you are entitled to our full support.

Q: I've never been a member of The IET but I am an engineer - can I get any assistance?

A: Absolutely - we can support you when it comes to any care and disability needs.

Q: My grandchild is having difficulties at home and at school – can I get any support for them?

A: We may be to support your grandchild through one of our specialist partnerships so please get in touch.



Get involved

Foothold community is a place where we can find support but also offer it to others. Whether you have two minutes or a few hours per week to give, the benefits of volunteering can be enormous.

Putting your skills and time to use as a volunteer can help you to find friends, connect with the community, learn new skills, and even advance your career. Giving back can also help protect your mental and physical health. It can reduce stress, combat depression and provide a sense of purpose.

There are many ways you can volunteer with Foothold and help others:

- Share your story
- Write about your experiences
- Talk about Foothold in events and presentations
- Hold fundraising events
- Offer befriending support to others in the community
- Share Foothold's content on social media

We add new volunteer roles regularly - keep an eye on our website:
www.myfoothold.org

If you would like to volunteer, please e-mail us on
volunteering@myfoothold.org

How to find us

BY PHONE

+44 020 7344 5498

BY EMAIL

hello@myfoothold.org

ONLINE

www.myfoothold.org

ADDRESS

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