

We support IET members and their families for life, including in retirement.



**Means-tested support:**

- Disability, illness and care support
- Specialised neurodiversity support
- Financial grants
- Counselling grants
- Support for carers



**Free online support for all engineers:**

- Legal and financial advice sheets
- Debt and benefits advice
- Wellbeing Hub
- Mental Health Check-In tool
- Monthly webinars
- Sleep support
- Neurodiversity hub



**Foothold's  
impact  
2024–25**

£ **£1.2m**  
spent  
delivering

 **1,257**  
instances of  
direct support

 **to 1,226**  
people

 **in 47**  
countries

Here to make sure that  
no engineer has to face  
life's challenges alone.

**Get support**  
[myfoothold.org/iet](https://myfoothold.org/iet)



**Support our  
work**

