

Foothold

Supporting IET members
and their families through
life's challenges since
1890

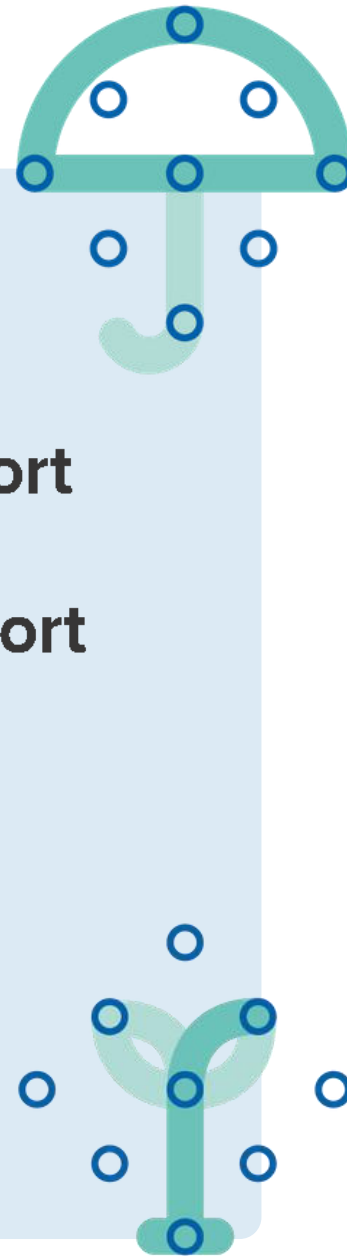


We support IET members and their families for life, including in retirement.



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



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



Get support
myfoothold.org/iet

Foothold's history

We're an independent charity, but our history is closely linked to the IET.



1890

Members of the IEE (now the IET) set up a benevolent fund to give financial help to members in need.

Some of the era's most influential engineers were among the first donors, including Tesla, Kelvin and Siemens.

1900

The fund awarded its first grant – £20 (about £2,500 today).

1944

An appeal was started for a homes fund for engineers returning from war. Charles Speirs offered his house and estate.



Charles Speirs later gifted the charity the funds to purchase his estate, continuing its use to support engineers.

The house was later sold and the proceeds used to create the Speirs Fund, which still supports engineers with care and respite needs today.

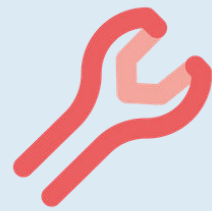
Today

Since the 2000s we have been expanding our support beyond financial help. We now offer a range of resources to empower engineers to prepare for life's challenges.

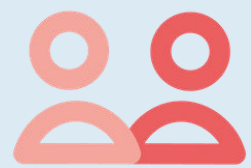
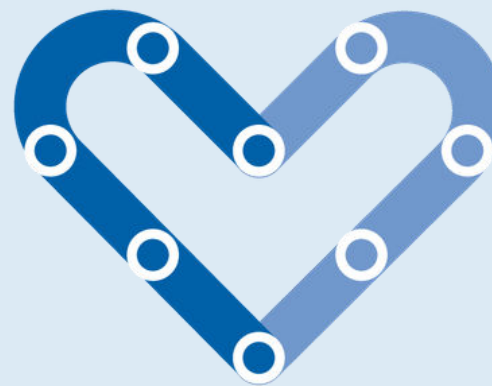
Foothold's impact 2024–25



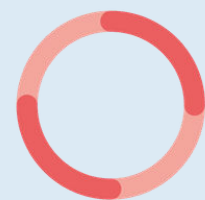
£1.2m
spent
delivering



1,257
instances of
direct support



to 1,226
people



in 47
countries

226

new people applied
for support

108

people received
grants

603

hours of
volunteer support

23,002

digital wellbeing
sessions delivered

2,245

sign ups to webinars
and online support

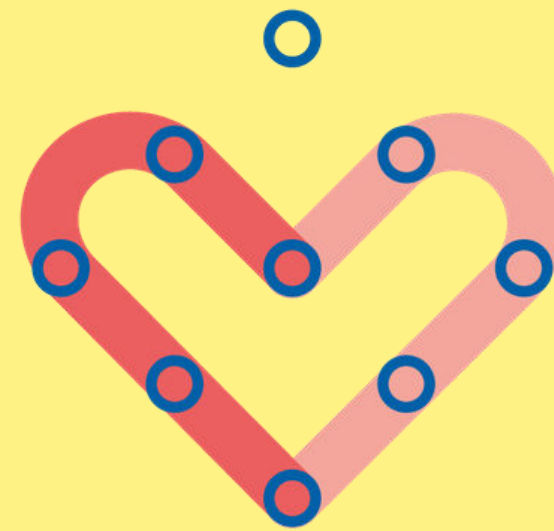
Tristan's story

“We heard something that no parent ever wants to hear about their child.”

Foothold has supported Tristan for over 10 years. Two of his family members have been IET members. Tristan's mum Pauline shares their story.

“Tristan was 14 when he first got sick. He has very high care needs, so I gave up my full-time job to care for him. Tristan suffers from long-term chronic illnesses including a debilitating heart condition.

In the first few years after diagnosis, we felt that as a family, we were just surviving rather than living. Being told by doctors that there is no cure for my son is a hard reality to face.



There has been a ray of hope throughout all this. I've never been one to ask for help, even when things are really tough. But I knew we couldn't keep on providing all of Tristan's care needs on our own.”

How Foothold has supported Tristan

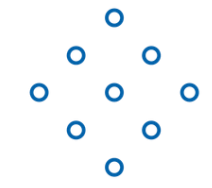
“Foothold has supported us with a monthly grant, so we can continue giving Tristan the care he needs. This regular payment to Tristan makes the world of difference to not only his life, but to mine as well. Foothold have been a godsend to us and helped give Tristan a bit of freedom back in his life.”

“It feels like we are actually living, not just surviving.”

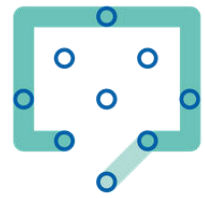


Help engineers in need

Our work is powered by engineers like you.
Here are some ways you can support our work,
so we can support those who need it most.

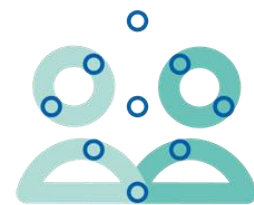


Foothold
Supporting engineers



Spread the word

Tell your colleagues and networks about the support that Foothold can offer.



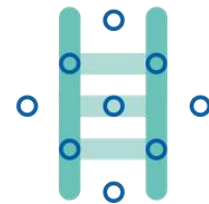
Volunteer

We have a range of ways you can get involved, such as presenting videos.



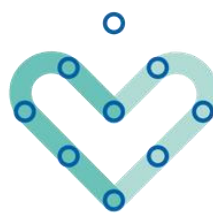
Donate

Whether a regular or one-off donation, whatever you can give will make a difference.



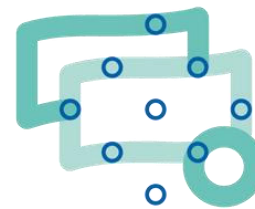
Fundraising challenges

We'll support you in an event of your choice. If running is your thing, we have places in many sell-out races!



Leave a gift in your Will

Support engineers for decades to come. You can write your Will for free with our trusted partners.



'make a smile' lottery

An exciting way to help us raise vital funds. Only costs £1 per play. (18+, GambleAware)

Keep in touch



contact.us@myfoothold.org



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Hello Foothold



@YourFoothold



@hellofoothold

Support Foothold

myfoothold.org/get-involved

Thank you for helping us
make sure no engineer has to
face life's challenges alone.

