



Supporting our colleagues Factsheet

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Tips to support your finances, health & wellbeing

We are all facing unprecedented, unsettling, and turbulent times as a result of the coronavirus outbreak. To support you through this disruption to your usual working life and daily routine, here are some tips on what you can do to support yourself and each other at this time, including staying productive, focused and engaged while in the comfort of your own home.



Speak to your mortgage lender or landlord. They may be able to support you with a mortgage or rental holiday



Call your bank. They may be able to help you with your credit card payments, your overdraft or give you access to your savings



Contact your energy suppliers and other service providers. Energy suppliers may be able to offer help to those who are struggling and other providers may offer a pause on subscriptions or refund on events or travel that will no longer go ahead



Get in touch with friends and family. Stay connected via social media, email, FaceTime or phone - it may change your normal routine but it's important to feel close to them when feeling worried or anxious



Stay safe. There are scam emails circulating. Never click a link or give details to anyone unless you are 100% sure of the sender



Stay connected to work. It will be helpful to keep up to date with what is going on at Greencore. We may also be in touch via text, phone or letter with important updates



Stay social. Maintain the connections you've got at work. Chatting socially online or over the phone will strengthen relationships and help support you during this time



Contact GroceryAid. GroceryAid have self-help guides available through their website at www.groceryaid.org.uk or you can call them confidentially on their freephone number: 08088 021 122



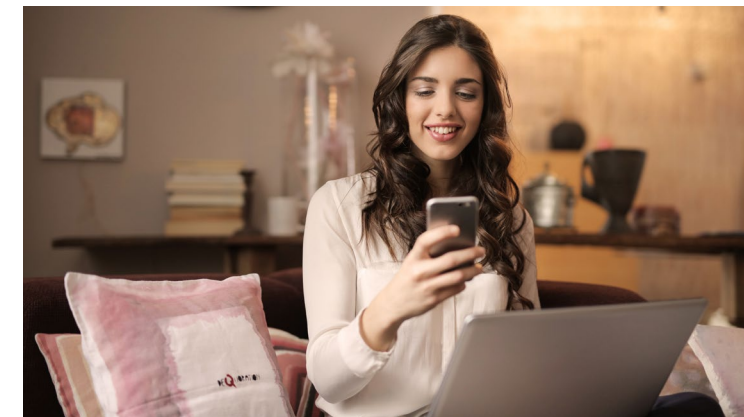
Limit news content. If you find that the news is causing you stress, try to limit the amount of coverage that you are reading or listening to. It's best that you don't avoid news completely and that you keep informed of the developments but try to limit this to once a day



Look after yourself. Create a new routine through exercise, mindfulness, and hobbies to keep busy and active. Eating well and keeping hydrated is important for physical and mental health, and good for keeping on top of low mood



Help the vulnerable. Why not help the elderly or sick with their shopping or weekly errands or give them a call to see how they are? Ensure you keep to a safe social distance at all times



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group

