



Visit the Citizens Advice Bureau or give them a ring to talk about financial support on benefits, housing, rent, changes to working situation, carers support and many more. <https://www.citizensadvice.org.uk/>



SFH have set up a Hardship Fund to support staff if you need addition financial support or regularly reply on food banks. Contact Julie Hogg, Chief Nurse on **Julie.hogg1@nhs.net** and will be treated in strictest confidence.