

## **Furlough support pack for PDSA employees**

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We've pulled together this brief pack which will hopefully provide you with lots of useful tips and information if you've been placed on furlough.

Don't forget to regularly visit our website at [www.pdsa.org.uk/su](http://www.pdsa.org.uk/su) where we'll regularly post updated information which may be useful to you.

## **Our Employee Assistance Programme (EAP)**

You've always got somewhere to turn when you need reliable information or support, and someone to talk to.

**Be Supported** is our Employee Assistance Programme that's available to all PDSA employees (and immediate family) and offers a completely free, confidential and impartial service.

You can access **Be Supported** by telephone (0800 072 7072) or [online](#) (username: pdsa - password: supported) as often as you need to, 24 hours a day, 7 days a week.

### **Work in veterinary?**

As well as our own EAP, you can also access [VetLife](#) - which is a free, confidential and impartial charity which provides advice on a range of issues including mental health, financial wellbeing and other resources. Take a look at their latest [top tips to support mental wellbeing](#) during the COVID-19 crisis.

## **Financial Support**

Here are some links which you might find useful if your household income has been affected by being on furlough.

**Gov.uk:** <https://www.gov.uk/find-coronavirus-support> - this site offers a comprehensive list of support in your local area if you're struggling because of the crisis.

**Money Advice Service:** <https://www.moneyadviceservice.org.uk/en>

**Step Change Debt Advice Charity:** <https://www.stepchange.org/>

**Citizens Advice:** <https://www.citizensadvice.org.uk/>

## **Fetch**

Fetch is home to a whole host of useful information which can help support your physical, mental and financial wellbeing.

### **Financial wellbeing**

We know that when it comes to saving, every little helps – and we've already helped colleagues save nearly £18,000 on their shopping thanks to Fetch.

So if you're looking at your finances right now, it's worth thinking about whether you can save money on switching your utilities or whether you can get a better deal on your phone contracts or home broadband. And even doing your essential shopping - you could save some money by [accessing the deals in Fetch](#). With deals at major supermarkets including Sainsbury's, Waitrose, ASDA, Tesco, Iceland and M&S – it could help you make savings each week.

You can also access information about financial wellbeing such as advice on budget planning and other tips on how to save money.

### **Mental wellbeing**

As well accessing our EAP, you can also gain access to a whole range of free videos and articles on how to look after your own [mental wellbeing](#). They include videos on how to sleep better, mindfulness and relaxation exercises.

### **Physical wellbeing**

[Physical activity](#) can have a positive impact on your mental wellbeing too. There are lots of videos talking you through various exercises and ideas for keeping physically active. There are also hundreds of healthy recipes you can access for free.

### **Workplace - keep in touch and connected.**

It's important to keep socially connected with your friends and family. There are lots of ways to do that [online](#).

You can also keep in touch with your colleagues across PDSA by using [Workplace](#).

### **Learning Zone (Litmos)**

Although you can't undertake any work while on furlough, if you'd like to develop your skills to keep you occupied, our [Learning Zone](#) might have what you're looking for. It now includes webinars, information sheets, podcasts and videos to help support your wellbeing too.

*\*\*There are other third party sites which may offer useful advice including <https://www.moneysavingexpert.com> – however, we are not responsible for the accuracy or content of third party sites\*\*.*