

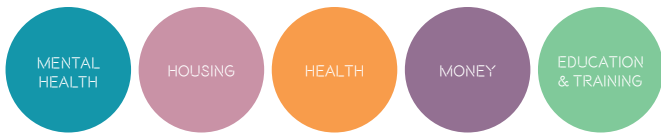


LICENSED
TRADE
CHARITY

Helping pub and bar people

Health, relationships, housing or money problems?

You can talk to us about anything.



Life doesn't always go to plan. So if you work or have worked in a pub, bar or brewery and need support, the Licensed Trade Charity is here to help you get back on your feet again.

We offer a wide range of practical services and can also offer financial assistance* if you're really in need. And remember, all of our support is free and confidential for you and your family.

For more information please call our free 24/7 Helpline on **0808 801 0550** or visit **licensedtradecharity.org.uk**.

The last thing you want to do is bottle things up.

*All cases for financial assistance will be assessed and means tested.

MENTAL HEALTH

Here to listen and help.

We can all have a bad day, but when feeling down or stressed is ongoing we are here to listen and help.

Our free 24/7 Helpline is run by trained counsellors, who are there to listen and help you whatever your situation. We also have useful help sheets on our website to help you face:

- Family problems
- Work-related stress
- Relationship difficulties
- Bereavement
- Loneliness

Call us on **0808 801 0550**

HOUSING

Helping you live securely and comfortably.

There could be times when your living arrangements or living conditions are unsafe and affect your job, or you find yourself without a roof over your head. Our support can provide solutions for a number of housing issues you may experience. Please call our Helpline on **0808 801 0550** for guidance on:

- Finding housing
- Repairs for your home
- Tied accommodation
- Disability aids for your home
- Access to retirement housing
- Flooding

Visit licensedtradecharity.org.uk

HEALTH

Helping you manage your health.

We are there to support you and your family through any changes in health, whether it's cancer or another serious illness, living with a disability, or if you're fighting depression or addiction.

Please visit licensedtradecharity.org.uk for guidance and support, including how to:

- Overcome work-related stress
- Cope with a life-changing illness
- Live with a disability
- Overcome alcohol issues or substance dependency
- Support your child's health

Call us on **0808 801 0550**

MONEY

Helping you manage your finances.

Whether it's about managing a debt or planning for the future, we are here to advise you on your finances. Our advice ranges from making sure you get all the benefits you qualify for, to planning for retirement.

Please call our Helpline on **0808 801 0550** to talk to one of our friendly advisors about:

- Managing debt
- Living on a low income
- Benefits and tax credits
- Dealing with business debts
- Planning for retirement

Visit licensedtradecharity.org.uk

EDUCATION & TRAINING

Helping you reach your full potential.

We can help you and your family gain confidence with education and training opportunities. From your child's schooling to adult education loans, we are here to provide you with the best guidance to maximise your opportunities.

Please visit licensedtradecharity.org.uk for more information on:

- Finding a new job
- Further study
- Retraining grants
- Funding for school uniforms, meals and trips
- Educational Sponsorships at LVS Ascot

Call us on **0808 801 0550**



MENTAL
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Free Helpline 0808 801 0550*

licensedtradecharity.org.uk

 @LTCharity

 Licensed Trade Charity

London Road, Ascot, SL5 8DR

*Calls are free from landlines and most mobiles.



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