



# Welfare at Work Week

**28 September – 2 October 2026**

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## **Financial assistance**

Members experiencing financial difficulties can reach out to There for You, to access support, including one-off grants.



**We know how quickly financial circumstances can change, for all sorts of unexpected reasons. There for You is proud to support thousands of members and their families every year.**

Last year, 2931 members received financial assistance, resulting in over £800,000 being awarded in financial support. This reflects the impact that both the increase in energy and housing costs has had, on top of inflation. Once again, our programme of grants became a critical means of support for many of our most vulnerable members.

Whatever the issue, we are a safety net for UNISON members. Whether its struggling to put food on the table, paying for everyday essentials, providing support while benefit applications are processed, urgent home repairs or helping pay for the funeral of a loved one.

## **Wellbeing Grants**

We may be able to help with the cost of a day out, short break, or other activities for members experiencing health issues. Week-long breaks may be considered in exceptional circumstances.

**Find out more and apply here:**  
[\*\*unsn.uk/breaks\*\*](https://unsn.uk/breaks)

## **Eligibility**

To be eligible to apply for financial assistance, you must have been a member of UNISON for at least four weeks and up to date with your subscriptions. There needs to have been an unforeseen change of circumstance causing financial difficulties that occurred after you joined.

**Find out more and download an application form below:**  
[\*\*unsn.uk/grants\*\*](https://unsn.uk/grants)

## **Seasonal Food Fund**

The new Seasonal Food Fund will open at 12 noon on 30 September 2026 and close at 12 noon 1 October. If you're a UNISON member on a low income, you can apply for a £30 voucher per qualifying person in your household towards the cost of food. We want to make this fund go as far as possible and help as many members as we can. Please only apply if you are in financial difficulty.

**Find out how to apply and check eligibility here:** [\*\*unsn.uk/food-fund\*\*](https://unsn.uk/food-fund)

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