

**We're here for the chefs, waiters, housekeepers and managers.**

**We're here for the concierges, receptionists and kitchen porters. And we're here for every sommelier, bartender, catering assistant and cook throughout the UK.**

Whether you work in a hotel, restaurant, pub, bar or café, a school, hospital or event venue, we're here to give you the help, advice and support you need whenever times get tough.

Serious illness, mental health issues, financial difficulties, family problems, or addiction: whatever challenges you might face, Hospitality Action is always here to get you back on your feet and enjoying the job again. And when it's no longer possible to work, we help people prepare for the next phase of their lives.

Whatever you do in hospitality, we've got you.

### How we help

**Our range of support services helps hospitality people get back on their feet again after a setback. Each year we assist thousands of people through challenging times.**

### Grants

We provide grants to help people make ends meet. Support ranges from everyday essentials such as heating costs, furniture, white goods and school uniform to supporting those who are living with an illness or disability, at risk of homelessness or fleeing domestic violence. Our financial support helps beneficiaries through the toughest of times.

### Counselling support

Our specialist support services help hospitality people tackle complex issues like addiction, financial difficulties, relationship breakdown, bereavement or mental health problems.

### Employee care

Our bespoke Employee Assistance Programme is a 24/7 subscription care package that provides peace of mind to employers and a range of specialist, independent and confidential support services to employees.

### Training

From on-site trauma support to mental health first aid, and from dependency awareness to financial wellbeing, we help people and businesses stay happy, healthy and productive.

### Golden Friends

For industry retirees, our Golden Friends scheme keeps loneliness and isolation at bay by providing a befriending service, regular newsletter, cards on special occasions and access to our wider support services.

### Family Days Out

Our Family Days Out scheme gives families needing "us" time a trip to a cinema or leisure attraction and some spending money for travel, food and drinks. For families that can't make it out due to ill-health we offer special Family Days In.

### How you can help

**There are so many ways to support our work and so many reasons to do so. However you decide to help, we'll be behind you every step of the way.**

### Fundraising

Supporting us can be as simple as taking on a running or cycling challenge, or as complex as organising your own fundraising event.

### Corporate support

Whether you nominate us as your charity of the year, run a staff fundraiser, add Invisible Chips to your menu or adopt our Employee Assistance Programme, supporting Hospitality Action is a great way to engage your teams and customers and demonstrate your commitment to the wellbeing of the industry.

### Events

Attending, sponsoring or providing prizes for one of our fundraising events is a great way to contribute. In return, we help our partners' profiles by showcasing their support for those who may need our help.

### Volunteering

Our army of volunteers, phone friends and ambassadors helps spread and promote our work nationwide. Why not join them?

**Whatever you do in hospitality, isn't it good to know that someone's got your back if life ever takes a wrong turn?**

**Hospitality Action. We've got you.**

To find out more call  
**0203 004 5500**  
or visit our website  
**hospitalityaction.org.uk**

Registered Charity No. 1101083





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