



CITY HR COMMUNITY CHAT – 17th November

Employees Past and Present - the tools available to HR to help colleagues in difficulty



Dear Member

At our HR Community Chat this week we were fortunate to welcome **Omair Makhdumi** from the Bank Workers Charity, **Victoria Sutton** from The Insurance Charities and **Ayesha Fordham** and **Xenia Koumi** from the City of London Corporation. Their slides are attached.

Omair kicked off the webinar by sharing the wide variety of support and resources provided by the Bank Workers Charity free of charge to both current and former bank employees. They include help with managing mental health, issues around disability and caring, accessing welfare benefits, and addressing financial problems and relationship and bereavement counselling. There is a host of resources on their website at www.bwcharity.org.uk including tools guides, articles. Their Wellbeing Campaign Calendar and Wellbeing Webinars Calendar are also attached.

Victoria went on to give an overview of the support and services available from The Insurance Charities. Their services are available to current and former insurance employees and their families whether one-off or ongoing. In 2019/20 Victoria shared that they have made over 950 awards to those in need including the funding of property adaptations for the disabled as well as wheelchairs, scooters, and trikes. They also fund counselling, rehabilitation and education grants. For more information including dementia support go to www.insurancecharities.org.uk

Ayesha is the Domestic Abuse Lead for the City of London Corporation. She shared some disturbing statistics about the rise that was seen in domestic abuse in the first lockdown and the increase in calls to the various helplines. She gave our members suggestions as to signs of possible abuse to look out for in employees and hints and tips as to how to provide support to colleagues who may be being abused. Attached is a Victim Support Poster and a booklet from the City of London Police giving guidance on supporting employees affected by Domestic Abuse. **Xenia** is a Public Health Specialist and the Business Healthy Lead for the City of London and Hackney Council. She gave us an overview

of what Business Healthy has to offer all city firms free of charge including access to resources, case studies and COVID specific resource. These can be found at www.businesshealthy.org.

Please do contact any of our speakers directly for more information.

If you missed this session and would like to receive the recordings – please email sambailey@cityhr.co.uk and Sam will send these on to you.

Next week is the City HR Annual Conference on Wednesday 25th November so there will be no HR Community Chat on Tuesday. The next one will be on the 1st December when we will be **exploring the link between socio-economic background, job performance and career progression in Financial Services.** **If you have not already signed up for our weekly webinars, or the City HR Conference and drinks party on 25th November,** please email sambailey@cityhr.co.uk

Best regards and stay well.
Andrea and the Team

Andrea Eccles
Chief Executive
City HR Association