

Improving supporting 'Health' in the Locality

Kersia Designated Charity – Farshare

Kersia has partnered with a local charity 'Fareshare' which provide food to those in our community who have the most need. They also ensure that underprivileged school children and least get one good balance meal by delivering to local schools and community centres.

FareShare is the UK's national network of charitable food redistributors, made up of 18 independent organisations. Together, they take good quality surplus food from right across the food industry and get it to nearly 8,500 frontline charities and community groups.

The food that Fareshare redistribute is nutritious and good to eat. It reaches charities across the UK, including school breakfast clubs, older people's lunch clubs, homeless shelters, and community cafes. Every week they provide enough food to create almost a million meals for vulnerable people.

FareShare Greater Manchester was established in October 2008, with the mission of addressing food poverty and reducing food waste in and around Greater Manchester. The operation is run by EMERGE 3Rs (<https://www.emerge3rs.co.uk/>).

Fareshare currently redistribute food to more than 280 charitable organisations and community groups, including community centres, homeless shelters and children's breakfast/ after school clubs. Through this work, Fareshare play a pivotal role in providing essential meals, food parcels and snacks to over 30,000 individuals. The groups that Fareshare work with support individuals to address the root causes of poverty by providing additional services such as addiction support, childcare, housing and debt advice, and referral services.

Fareshare operation is volunteer-driven, and they currently have 128 volunteers on site helping us to pick and pack orders and deliver surplus food across Greater Manchester and East Cheshire. Fareshare volunteers come from all walks of life, and Fareshare provide them with training opportunities and employment support.

To find out more about the work that FareShare Greater Manchester do, please contact info@faresharegm.org.uk or give us a call on 0161 223 8200

For volunteering enquiries, please contact voladmin@emergemanchester.co.uk

For information on becoming a food or funding partner, please contact ruth@emergemanchester.co.uk

Employee Assistance Helpline

Kersia have an Employee Assistance Helpline for all of our employees & family members. Employees utilise this for a variety of reasons including support for bereavement, financial advice & mental wellbeing etc. It is also able to be utilised by our employees' family members.

Kersia Employee Help line is supplied by MetLife's Group Life Employee Assistance Programme (EAP) In today's busy world, finding the right kind of wellbeing support and services that we need can be time consuming, not to mention expensive. MetLife's Group Life EAP support centre can help you feel in control, whether it's affecting you directly or a loved one in your household, who are also able to access the service for free.

Financial Wellbeing

When your finances feel out of control it can be overwhelming and stressful. Legal advisers can provide information on a range of financial issues, including:

- Debt
- Credit card consolidation
- Pensions
- Living on reduced income
- Managing your money
- Retirement

Mental Wellbeing

Kersia's staff can speak to a qualified counsellor to help with issues such as:

- Depression
- Child support
- Bereavement
- Anxiety and panic attacks
- Stress
- Relationships

Physical Wellbeing

As well as keeping fit and healthy, Kersia's staff can speak with Nursing and Midwifery Council registered nurses. They can help with:

- Aches and pains
- Heart health
- Giving up smoking
- Exercise and eating well
- Travel advice
- Terminal illness

Bereavement & terminal illness support help via MetLife

Kersia has selected MetLife to provide Bereavement & terminal illness support services. Thus, supporting our staff and their families in dealing with a bereavement and/or terminal illness through emotional and difficult times. Kersia & MetLife are here to support our employees and their families.

MetLife also have a complimentary Bereavement and Probate support helpline, staffed by qualified counsellors, to provide emotional and practical support to Kersia's Staff and immediate family when they need it the most.

Kersia Health Care Cash Plan – to ease the financial Burden re Health Services

Kersia also offer a Health care cash plan to most employees which is also utilised by our staff's children (in fact up to the age of 24). This is for example opticians and dentists.

Mental Wellbeing & Mental Health First Aiders

Kersia have also invested and appointed Mental Health First Aiders on all of our sites, who often assist with problems that staff are experiencing, often with their families.

Kersia also monitors our employees' working time and anyone who is consistently doing over and above their contractual hours we advise the manager to ensure that it does not continue.

Neil Shaw (External)

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