

# Help with food

**Research shows that more and more people are using food banks but at the same time, many people are keen to ensure that food does not go to waste.**

The larger supermarkets, food chains and catering organisations are also becoming more involved in initiatives to distribute food to those in need, rather than it going

to waste. Here are some popular websites and apps that you can access.

## **OLIO**

OLIO is an organisation that connects neighbours with each other and with local businesses in your area so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from your baker, or the groceries in your fridge when you go away. OLIO may also be used for non-food household items, too.

You can join OLIO at [olioex.com](http://olioex.com) or download the app onto your Apple or Android smartphone or tablet.

## **Too Good to Go**

Too Good to Go allows you to obtain unsold food from businesses and save it from the waste bin. They work with many supermarkets and restaurants, pubs and takeaways. It works by searching for food

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near you and then you can go and buy it at a greatly reduced price.

You can find out more by going to [toogoodtogo.co.uk](http://toogoodtogo.co.uk).

They also run competitions and have a host of recipes and tips for saving on food waste. There is also an app which you can add to your Apple or Android smartphone or tablet.

## **Shopping discounts**

Use your PeoplePerks account to generate savings at a number of supermarkets by topping up your card or purchasing vouchers to use in store. Log in at [peopleperks.co.uk](http://peopleperks.co.uk).

There are also deals to be had at [moneysavingexpert.com/deals/](http://moneysavingexpert.com/deals/)

## **Need more help?**

Our **Employee Assistance Helpline** can provide you and your family with counselling and advice covering a variety



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of personal, family or workplace issues. All calls are free and confidential. Call 24 hours a day on **0800 328 1437**; visit [employeeassistance.org.uk](https://employeeassistance.org.uk) (the access code is SREAP); or find out more by logging into PeoplePerks.

We're also partnered with the Retail Trust to provide specialist emotional and physical support for retail colleagues. You can access this through your PeoplePerks account; via the trust's free and confidential 24-hour helpline on **0808 801 0808**; or by email at [helpline@retailtrust.org.uk](mailto:helpline@retailtrust.org.uk). Our package for retail staff includes a host of wellbeing features, which are available at [myrtwellbeing.org.uk](https://myrtwellbeing.org.uk).

Our PeoplePerks site is full of education, support, tools and activities to help your wellbeing. It includes a specific area on wellbeing, including financial wellbeing. Log in at [peopleperks.co.uk](https://peopleperks.co.uk). If you don't have a username or have forgotten your details, email the People Administration team at [peopleadmin@sueryder.org](mailto:peopleadmin@sueryder.org) or call **01491 640905** for support.

The **Wellbeing Resource Page** on **RyderNet** has huge amounts of support and information, including more printable wellbeing guidance sheets like this. There are also signposts to external resources and support from other organisations. If you want to learn more about wellbeing and mental health issues, the **Learning and Organisational Development team** offers a variety of training and development options including e-learning packages, qualifications and training for line managers. Email the team at [learningteam@sueryder.org](mailto:learningteam@sueryder.org).

We also have around **70 Mental Health First Aiders** across Sue Ryder. To find their details, please visit the **Wellbeing Resource Page** on **RyderNet**.

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