

Help your teams return safely to work

By Ross Carter, CEO, The Drinks Trust

As pubs across the country prepare for reopening in April and May, thousands of team members are returning to work after anything up to 14 months on furlough. Clearly, there's going to be a period of adjustment for employees and employers, who will need to consider the physical and mental health of their colleagues as they come back to the workplace.

The good news for operators is that there is help and support at hand from The Drinks Trust. The long-established drinks industry charity has launched a number of new services, created by experts, to support people working in the industry who are facing mental health challenges. So, as you talk to your returning team members, let them know that they can turn to The Drinks Trust for help and support: not only does it show them that you care about their mental health, it can also help them to return to the workplace safely and happily.

The new services are the latest in a long line of support from The Drinks Trust. Since its foundation in 1886, it has offered financial, wellbeing and practical support to individuals and their families who are working, or have worked, in the UK drinks industry – which includes people in production to pubs and everything in between.

The start of lockdown in March 2020 saw many colleagues in the industry facing severe financial difficulties. The Drinks Trust has been there to support these individuals and over the last year has helped over 5,000 people in substantial financial hardship, representing a 400% increase on the support delivered during 2019.

The Drinks Trust also offers physical and mental wellness services, and is able to provide bespoke, holistic support to meet the needs of the individual.

Over recent years, The Drinks Trust has joined the social movement aimed at removing the stigma around mental health. Colleagues dealing with mental health difficulties can be supported by calling our confidential mental health helpline, which is free of charge, operated by qualified counsellors 24 hours, seven days a week, at 0800 9154610. The helpline services are also accessible by emailing helpline@drinkstrust.org.uk or by texting "Hi" on Whatsapp to the number 00 353 87 369 0010.

The helpline also offers internal referral to one of 30 possible online Cognitive Behavioural Therapy courses, each with different themes, referred according to assessed needs.

The likely long-term effects of lockdown on the mental health and wellness of the industry's workforce have led the Trust to launch a wide range of wellness services, aimed at meeting the needs of colleagues struggling with challenges at this time. Some of the services available are:

- Talking Therapies with Dr Julian: an online app-based therapy service which puts mental healthcare into the hands of the individual. It offers online video sessions and instant text, on a phone, tablet or computer, wherever and whenever it's needed.
- Mindful Drinking courses: partnering with Club Soda, the Mindful Drinking Movement. The service is designed to help people change their approach to alcohol and avoid developing dependency issues.
- Sleep & Insomnia support: a month-long treatment programme, delivered through app-based technologies and assessment tools, together with a live consultancy from trained sleep and insomnia specialists.

To find out more about The Drinks Trust's services, please visit www.drinkstrust.org.uk, or if you are interested in any of our wellness services, please visit wellness.drinkstrust.org.uk

If you or someone you know is in need, don't hesitate to get in touch with The Drinks Trust.

The Drinks Trust

drinkstrust.org.uk

wellness.drinkstrust.org.uk/

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Ross Carter is CEO of The Drinks Trust, the drinks industry charity which supports individuals facing financial hardship, physical or mental health challenges. It also strives to enable the members of its community to thrive and succeed in their professions. The Drinks Trust is represented on the PubAid steering group, providing advice and support for our aim to celebrate pubs as a force for good.