



Appeal of laughter

Retired NUJ member John Fell has found his smile after months of illness with the help of National Union of Journalist members through NUJ Extra.

NUJ Extra, the union's charity, aims to help members who, because of sickness, accident or other unforeseen circumstances, need short-term financial assistance.

NUJ Extra provides similar help to former members of the NUJ, provided that when they resigned from the union they did not owe the NUJ money.

Extra also tops up the incomes of dependants of deceased members determining a suitable income and if pensions and benefits do not reach that amount, paying the difference. The figures are revised each year.

For members and former members facing hardship, the charity concentrates on settling the debts that could lead to court cases or homelessness, so will pay rent and mortgages sooner than store card bills, for example.

It is policy, when helping with bills or payments for rent, to pay the grant direct to the supplier or landlord. Money is rarely sent to individuals.

The charity is happy to consider requests for help in purchasing medical equipment such as wheelchairs or to pay for minor home adaptations. NUJ Extra works closely with other charities and often shares the costs of larger items or major home improvements.

NUJ Extra will assist members with utility bills or similar, but it cannot use charitable funds to pay off credit card or other large debts and advises credit counselling that may suggest setting up an Individual Voluntary Arrangement (IVA) or even declaring bankruptcy.

Charitable funds should not be used to replace state benefits, so applicants must claim all state benefits to which they are entitled.

The charity does not pay legal bills or bills for private medicine or private education.



Dear NUJ Extra,
Helen and I wanted to thank you and the Trustees for organising and funding our lovely holiday in Scarborough. Everything worked out perfectly. Our hotel had a lift to bring the mobility scooter up from the street level into the hotel and there was a cliff lift outside the hotel that took us to the seas front. Both taxis arrived promptly and the drivers were very pleasant. We had a room with a sea view where everything was clean and comfortable; also, the food was delicious.
But this holiday has meant far more to us than that. It's a bit difficult to put it into words, but I think the best way to describe it is this: following a year of ill-health and ten months of John being confined to four walls for most of the time resulted in John getting very down and depressed. I would like you to know just how much this holiday has changed him. He not only smiles now but breaks into laughter from time to time. It's a lovely thing to see. Scarborough means a lot to John. He was evacuated there as a child during WW2, and later we took the children there for family holidays, so I think these happy memories coming back also helped to give him a lift.
He particularly enjoyed the tram ride, the harbour and the beautiful hidden gem we found called Peasholme Park which was done in an oriental style and was so beautiful and restful. We've never been there before so we enjoyed finding something new as well as all the memories.
I do wish you could see how he has become his old self again. We cannot thank you enough for all your generosity and hard work. Please do get in touch with us if there is anything else you would like to hear about.
Sincerely, John and Helen Fell



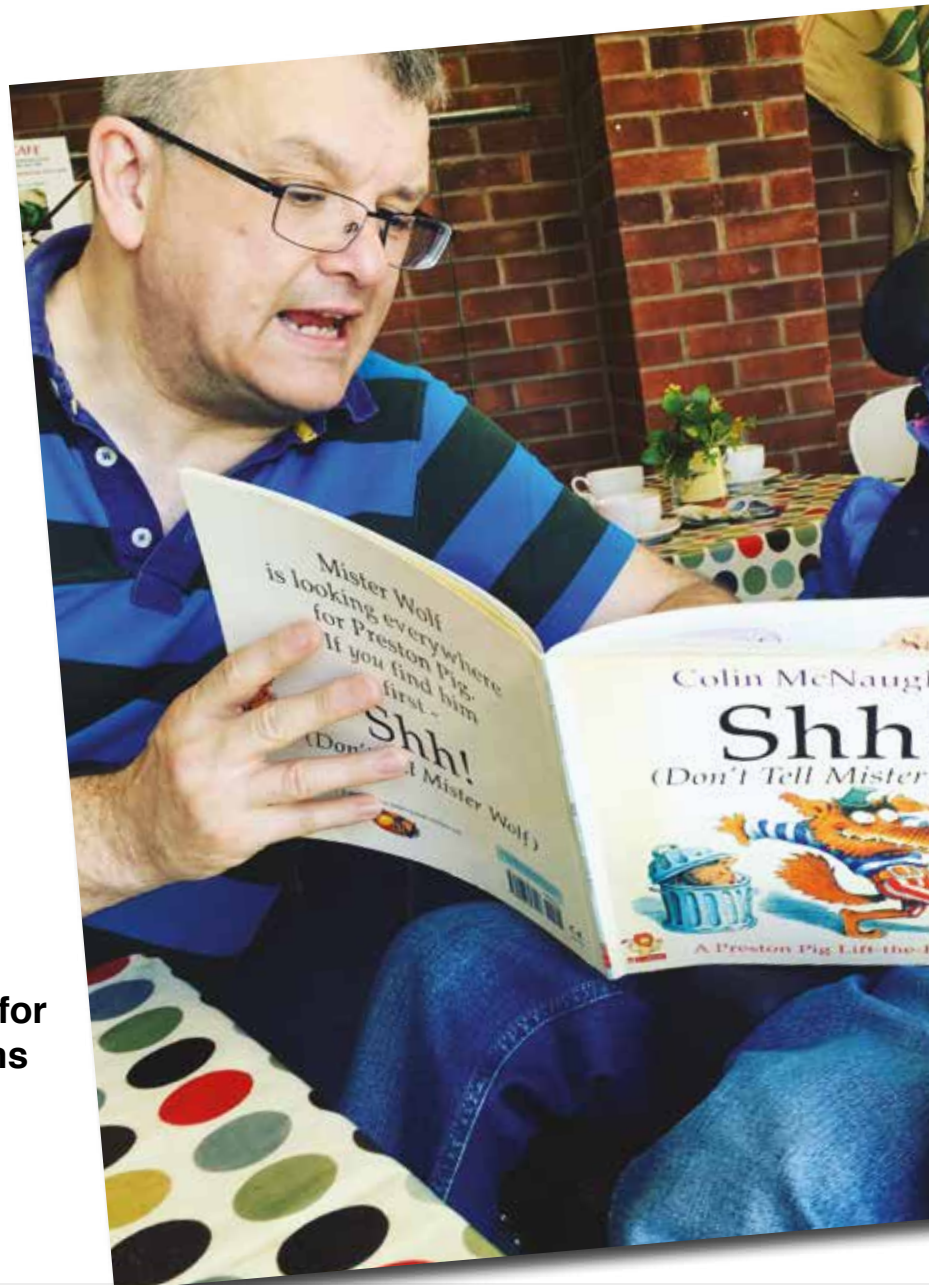
John finds his smile on holiday

Retired Journalist John Fell, back enjoying life on a holiday in Scarborough after months of ill health that left him depressed and unable to enjoy life. NUJ Extra was able to arrange for John, complete with his prized mobility scooter, and his wife Helen to get the help they needed to take the week-long break that gave them the chance to relive old times and gather new memories.

Give to NUJ Extra
Anyone can donate money to the charity. Members should log in to the website (www.nuj.org.uk/work/NUJ-Extra) before making a donation to avoid filling in forms

Rhia's Extra help

The NUJ's registered charity, NUJ Extra, is a lifeline for members of the union who are struggling. The fund not only helps the elderly and their dependents with care needs but also assists families with ill children, and works with other charities to support larger bids for funding. The generous donations of members are making a real difference to the lives of their colleagues who need a little bit of Extra help.



I've never been so proud of my union

‘There are lots of reasons to be proud, writes Nick Flaherty, but the most personal came after the birth of my youngest daughter, Rhia. She was born with a number of challenges. Her diagnosis took two years, and she has a very rare mitochondrial disease. There are only six others in the UK with the condition, with about 50 around the world. The average lifetime of the children is two years.

Being freelance allowed me to spend the time in the hospital and at home with her, but at a cost. Brain surgery, clinic

meetings, genetic testing, investigating new therapies, this all takes time. That's without the fights, the very hard fights, to get support for her.

That's where NUJ Extra was so very welcome. We didn't have to prove we were in desperate need or fill in 60-page forms to demonstrate that we were 'deserving', and that was such a relief. Helping to fund a specialist hydrotherapy bath brought significant relief to our non-verbal, non-mobile, deaf-blind child.

Some regular financial support, although small, took the edge off the money worries



Nick and daughter Rhia

1907

NUJ forms and three years later sets up its charity

1910

NUJ sets aside £50 a year to fund the charity to help members' dependants in distress

1920

Widows and Orphans fund set up to keep money separate from union accounts

1982

Widows and Orphans fund becomes the Provident Fund

1992

Members in Need Fund set up to help members

2005

NUJ charities merge to form NUJ Extra

Extra history

The National Union of Journalists was founded in 1907. Three years later, in 1910, the union established its first charity. The conference motion called for the union to create a new fund "by voluntary contributions from members, by grants from management fund balance of branches and collections at union gatherings". It was to be used for the relief of the widows, orphans and other dependants of members left in distressed circumstances.

That year, the union was authorised to fund the charity by as much as £50 a year from interest on the union's investments and a maximum of £50 from the union's central funds. The first grants were made in 1911 and amounted to £10. In the early years it was only a nominal fund, returning any balance to the general fund at the end of each year. To separate the money completely, in 1920 it became the Widows and Orphans Fund. The fund remained part of the NUJ accounts until 1970 when it was established as a separate charity becoming the Provident Fund in 1982.

When the trustees began to help members in need, rather than dependants of deceased members, the Charity Commission did not approve. That led the trustees to establish the Members in Need Fund in 1992, with a supportive donation from the NUJ and from many of its branches. The first payment to a beneficiary was made in 1995.

Within a decade, the Charity Commission had changed its mind and the two charities merged with Charity Commission approval in December 2005 becoming NUJ extra. In December 2005, the combined funds were worth more than £2 million thanks to donations from the union, its branches and individual members and grants for that year totalled more than £84,000. Now the NUJ gives three percent of members' subscriptions to NUJ Extra and the George Viner Fund as agreed by the union's delegate meeting.

Stolen career gets new start

Criminal activity nearly put an end to freelance Emma Wood's career but disaster was averted when NUJ Extra stepped in to help, allowing her to get back on her feet. Emma takes up the story:

I was burgled in June. My laptop and passport were taken, the police said it was a professional job. Having lived at the same address since 1982 in relative calm the experience of coming home to find the front door smashed was a shock.

I was able to provide the police with the serial number of my computer and a stop was put on the passport but 7 years of writing and images are gone and I lost the contact details of countless people. Having worked 'freelance' since 1984 I landed up on pension credit so my strategy of becoming published appeared to be smashed along with the front door. I could not afford a new computer.

However over the years I have always attended my branch meetings so when I found myself in need it was logical to apply to NUJ Extra for help. My application was handled with sensitivity and kindness. One of the Trade Union Movement's original functions is still operating efficiently - material help when hardship hits. The help I received from NUJ Extra has contributed enormously to my recovery from the experience. I now have a new laptop and the solace of solidarity has healed the distress.

Emma's new computer



from not working as much, allowing me to spend more time with Rhia and my family. The support of NUJ Extra also opened up the Journalist Charity, with support for the bathroom adaptation and later on, in the shortfall for a specialist wheelchair adapted vehicle that can take her, her equipment and the rest of her family out and about.

Eight years on, she is thriving. She is a bossy, smiley, happy girl who excels at school, and we are looking at the next stages that we never thought possible.

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Charity lift for Margarett

NUJ Extra often works with other charities to provide the help members need. When John Ward's wife Margarett needed a third hip operation, John had to become her carer.

Working with the Carers Association, he contacted the Armed Forces charity, the SSAFA. A few days later Bob Scollick, an ex marine, came to assess Margarett to see how they could help, and suggested she would benefit from having a stairlift provided.

While John was getting the three quotes needed, the RAF Benevolent Fund took over the case. Their occupational therapist Claire Benton came to confirm Margarett's need for a stair lift and also suggested an electronic high rise chair would help support her posture aiding her to stand up.

All of this takes money, and NUJ Extra worked with the RAFBV and the Journalist's Charity to fund the chair and stairlift.

The charities also paid for the



replacement of a gas convection heater at the foot of the stairs in the hall and the installation and repositioning of an electric power point for the stairlift.

Just before Christmas the stairlift was delivered and installed within 45 minutes. Margarett was given some "driving lessons" and she was away, up and down the stairs when needed. This relieved the pain in her hip and reduced the torture of going up one stair at a time.

"I felt the benefit of the stairlift right away," said Margarett. "At the end of the day the pain in my hip was relieved as I went up and down the stairs.

The new chair offers me good support and helps me stand up more easily.

"Before this we had no idea that this sort of help was available," said John. "I am very grateful to SSAFA, RAFBF, the NUJ for working together to make my life easier, thank you so much," said Margarett.

Red Jock is back on the road

An NUJ life member is "whizzing" round Aberdeenshire with a grin on his face "as wide as the Clyde"! He's 70-year-old Ian Cameron, who has been given a shining new mobility scooter which was joint funded by the NUJ Extra and The Journalist Charity.

Ian was the victim of a hit-and-run incident by a teenager a stolen motor bike and suffered a life threatening brain injury... a Chronic Subdural Haematoma (brain haemorrhage).

Ian said: "My recovery has been a slow journey. My walking on a stick was getting worse and it was suggested I ask the Union for help. I'm no longer shuffling like an old man. I didn't expect anything so wonderful. For the first time in my life I'm lost for words. I'm so grateful."

Ian's union career had some "different" highlights. He worked for the Daily Record and the Scottish half of the Mirror and was a member of the Mirror Group National Negotiating Committee. Company chairman Sir Hugh Cudlippe nicknamed him "Red Jock" – it was a tag that stuck, much to Ian's delight.

"Robert Maxwell fired me twice," he said. "I refused to carry his briefcase and supervised a page-one story on a helicopter crashing in the North Sea. He seemed to think his visiting Aberdeen University was more important."

Ian likes to name his transport: "as bureau chief of the Aberdeen base I called my company car Ethel (don't ask). I have called this beautiful beastie Leyla after the lady with a smile in her voice from NUJ Extra, who made this possible."

Ian is a former Scotland Journalist of the Year & Reporter of the Year.



Donate to NUJ Extra Anyone can donate to the charity. Members should log in to the website (www.nuj.org.uk/work/NUJ-Extra) to avoid filling in forms

How we help

We begin as soon as we receive your completed application form (see www.nuj.org.uk/work/NUJ-extra). First, we contact the nearest NUJ branch. If there is a local branch welfare officer, they will get in touch to offer assistance and they will tell us about your circumstances. The chair of NUJ Extra may be able to make a decision quickly about how best to help. In addition to grants or paying bills, NUJ Extra may offer debt counselling or other services. We provide temporary help to most applicants, but we may offer long-term help to some dependants, making regular payments to top up their income. The chair's decisions must later be endorsed by the trustees.

Who we help

NUJ Extra helps current members facing short-term difficulties only. This includes current full members of the National Union of Journalists (NUJ), former full members of the NUJ who resigned from the union when they retired or left journalism, for example and dependants of deceased NUJ members, such as widows, widowers and orphans. There are some restrictions, as we may only help full members of the NUJ, so we cannot assist you if you are a temporary, student or asylum seeker member. Full NUJ members must have paid at least one year's contributions to the NUJ and for past members, we must have proof, via the NUJ's records or documentary evidence that the person was a member of the NUJ who had paid their contributions regularly.