## Celebrating 30 Years

of assisting our members and their families when they need a helping hand.

We are proud to be **celebrating 30 years** of working at the heart of CIOB, assisting our members and their families when they need a **helping hand**. Formerly known as the Benevolent Fund, we've been providing peace of mind for our membership community, offering support on everything from **financial concerns to wellbeing and mental health**. Over the past three decades thousands of CIOB members have turned to us for help on anything from practical advice, information and financial assistance, to circumstances of crisis such as illness, unemployment and financial concerns. **We're here to help members get back on track**.

This brilliant service has teamed up with Anxiety UK to offer direct wellbeing and mental health support globally and help make a real difference to our members. It's as important as any other aspect of our work and **touches** every corner of our membership community.

We believe nobody should have to face life's challenges alone. It's a principle that goes far beyond industry standards and to the **heart** of what it means to **work in our industry**.

Join us in celebrating this huge milestone together by **supporting us if you can**. And if you need our support, **please do reach out to us!** 

## assist.ciob.org

or contact: Emma McKay, CIOB Assist Manager T: +44 (0)1344 630733 E: **assist@ciob.org.uk** 

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## Here's what some of our members have to say...

Assist

"I am immensely grateful, I cannot tell you the difference it will make to us right now. I have been very low and this has lifted me back on my feet, thank you all from the bottom of my heart."

> "I am so glad I asked for the help as it's enabled me to get back on track to a normal life."

"Wow that has really surprised me and I kindly thank you and the CIOB for your support. I'm truly grateful and once I'm back working I will make a donation!"

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