

Covid-19 and your employees

A webinar for personal and financial wellbeing



It has never been harder to safeguard employee wellbeing.

First Actuarial, a leading provider of financial wellbeing services in the workplace, is here to help. We are offering a Covid-19 wellbeing webinar recording, available to all UK employers and their staff, **free of charge**.

To help your employees manage their personal finances and mental health, it offers top tips for managing money and points to personal wellbeing guidance from leading mental health organisations.

Our webinar will help you support your staff during this unsettling period.



Updating the household budget



Staying at home means savings in areas such as travel, but what are the additional costs of the pandemic? Help your employees with household budgeting – and make sure they don't miss out on benefits, allowances and refunds – with our up-to-date tips.



Managing pensions and savings



Many people are worried about their future security and struggle to make financial decisions in such volatile market conditions. We offer clear information on savings, investments and pensions, including a personal finance action plan, from our experts.



Coping with financial difficulty



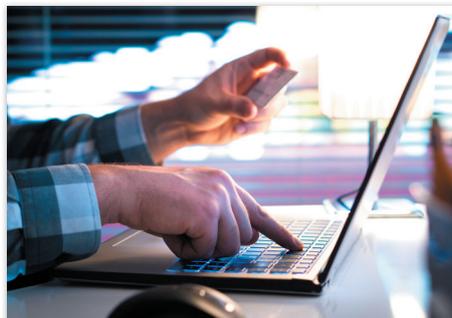
Financial problems are doubly stressful in uncertain times, and services such as Citizens Advice may be harder to access. We offer step-by-step information, guidance and options for employees who are struggling to make ends meet.



Managing physical and mental health



It can be hard to manage feelings of loneliness, anxiety and sadness without social contact. Even your strongest employees may be affected. We offer tips for managing physical health, a practical guide to home working, and pointers to sources on mental wellbeing.



Avoiding money scams



Scammers thrive on uncertainty, so make sure your employees don't fall prey to crimes that can rob them of their hard-earned savings. We highlight the tell-tale signs of financial scams to help your employees spot these criminals before it's too late.



Get in touch if you like what you see

We are making our Covid-19 wellbeing webinar freely available to all UK employers. It is around 35 minutes long.

[Click here to register for the webinar and access the recording](#)

If you think it might help your staff, you can generate an email to your staff in only a few clicks. The email will introduce the webinar and invite them to watch it.

We can also create a bespoke presentation tailored to your organisation's benefits, and allowing time for questions and webchat. Our specialists can build in specific information in areas such as your company pension schemes and even employee share schemes.

Why First Actuarial?

First Actuarial is a leading provider of financial wellbeing services to UK employers. Our business also includes actuarial and consultancy services to UK pension schemes.

As actuaries, we understand money and how to crunch numbers. And as consultants, we're great communicators. This blend of skills makes us ideally placed to help you foster financial and personal wellbeing in these challenging times.

Employers value our independent perspective and objective guidance. We do not sell financial products or services. We put the interests of employers and staff at the centre of everything we do.

Contact us to find out more about our financial wellbeing services



Catherine Lockyer

0161 348 7443

07429 170 945

catherine.lockyer@firstactuarial.co.uk



Zoë Sadler

01256 297 755

zoe.sadler@firstactuarial.co.uk



firstactuarial.co.uk



@firstactuarial



First Actuarial



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