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**Cost-of-living presentation: key resources**

**Financial support for social workers** (Social Workers’ Benevolent Trust, grants, debt advice etc.): <https://www.basw.co.uk/what-we-do/financial-support-social-workers>

**Support from local councils**

<https://www.gov.uk/cost-living-help-local-council>

**BASW England cost-of-living campaign**

Launch statement: <https://www.basw.co.uk/media/news/2022/dec/basw-england-launch-campaign-%E2%80%98better-supported-workforce-more-equal-society%E2%80%99>

Member briefing: <https://www.basw.co.uk/resources/basw-england%E2%80%99s-cost-living-campaign-briefing-members>

**Cost-of-living crisis survey findings**

<https://www.basw.co.uk/media/news/2022/sep/basw-swu-urge-action-new-pm-after-member-survey-shows-true-impact-cost-living>

**BASW’s wellbeing toolkit**

Toolkit introduction, resources, and references: <https://www.basw.co.uk/social-worker-wellbeing-and-working-conditions>

Self-care mental health toolkit presentation: <https://www.basw.co.uk/self-care-mental-health-toolkit-%E2%80%93-wellbeing-work>

**Professional Support Service (BASW members only)**

<https://www.basw.co.uk/professional-support-service>

**Blue Light card**

The card gives many people access to online and high street discounts. This will require you to provide ID in some form if you wish to register.

[www.bluelightcard.co.uk](http://www.bluelightcard.co.uk)

**Social Workers’ Benevolent Trust: Ensuring Social Workers are able to do their job - Feb 2023**

In order to enable social workers to continue doing their vital job they need to:

* Have their voices heard so that they are part of the decision-thinking, not just decision-making. This is because as agents for change, social workers are not passive bystanders. They will ask questions, want to understand how decisions have been reached, which at times can cause resentments, frustration and feeling undervalued.
* Be able to say ‘no’ and ask for help. Knowing your boundaries is important as it helps to create balance in life, avoid overloading, as well as fostering a culture of helping each other within the team.
* Ensure they have ongoing periods of reflection, sharing their experiences in order to understand that they are not alone.
* Be encouraged to research and read, for example through a book club at work, taking it in turns to share thoughts.
* Be able to create self-care methods that build resilience physically, emotionally and professionally. This could be by engaging with people, places and activities that help maintain balance.
* Celebrate successes and achievements as well supporting and validating each other as this helps team morale and creates a supportive team environment.