

# Hi, we're Perennial

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The charity everyone in horticulture can turn to



Helping people  
in horticulture  
**Perennial**

# We're here for you

If you work with plants, trees, flowers or grass then we're your charity.

We're here to help with everyday challenges we know people face when it comes to their money, health, family and career, as well as providing support for life-changing events such as homelessness, redundancy, long-term ill health or bereavement.

We want people in horticulture to live well today and plan for a better future. So, if you're working or retired, you can turn to us through our digital services, Helpline or dedicated teams should you need a helping hand.

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## Ways we help

### DIGITAL [perennial.org.uk](https://perennial.org.uk)

Lots of useful resources, access to online tools, expert advice and information to help with your money, health, career and everyday life, all at your fingertips, any time you need.



### HELPLINE 0800 093 8543\*

Our friendly Helpline Team provides an immediate advice and information service which you can contact by phone or online form. They can also signpost you to specialist and targeted services who can offer longer term solutions.



### DEDICATED TEAMS

Experienced teams who can provide more tailored support to suit your needs, as well as access to specialist services, whether that be for the short term or with a longer goal in mind.



# Get in touch

 To find out more about Perennial, all our free services and how we can help, simply head to **[perennial.org.uk](https://perennial.org.uk)**

You can call the Helpline on **0800 093 8543\***

Or use our online form at **[perennial.org.uk/contact-form](https://perennial.org.uk/contact-form)**

**And remember, please spread the word that we are here to help.**

\* Open Monday, Tuesday, Thursday and Friday 9am–4.30pm and Wednesday 10am–4.30pm. Excludes bank holidays.

**“** Thank you so much for your help and support today. I really appreciate it and it helped a lot to be able to open up about all the issues I am currently struggling with. **”**



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# How we help

We provide free advice, information and support services, helping you make positive choices and informed decisions so you can work towards restoring your financial, emotional and physical wellbeing.

## MONEY MANAGEMENT TOOL

Offering practical help for budgeting, spending and saving plus a financial health check, all at your fingertips, 24/7.

## HEALTH & WELLBEING APP

Packed full of valuable advice & support on general health, fitness and nutrition and much more.

## INTERACTIVE CAREER HUB

Help move your career forward with confidence including CV builder, 360 interview review and job search.

## DIGITAL RESOURCE FOR CARERS

Providing practical and emotional support for all those with caring responsibilities.

## APP FOR MANAGING YOUR GRIEF

Designed to take you on a step-by-step journey gently through your grief.

## MONEY AND DEBT ADVICE

Our free advice service can help you manage your budget and any debts to gain the support you need.\*

## LEGAL HELPLINE

Independent, expert advice from Irwin Mitchell, 24 hours a day 7 days a week.

## CAREER COACHING

Tailored advice and guidance with a professional, qualified career coach.

## PHYSIOTHERAPY SERVICE

A referral service for back, muscle and joint pain to help keep you moving.

## RELATIONSHIP ADVICE

Advisory session with an expert for every type of relationship.



Take control of your physical & mental health



Ways to help you make your money work harder



Tools to help you achieve your career goals



Resources to support you during life's challenges

Arborists | Florists | Foresters | Gardeners | Garden Centre Employees | Garden Designers | Greenkeepers | Grounds Staff | Growers | Landscapers | Nursery Staff | Tree Surgeons | Viticulturists

\* Some debts like credit cards, loans and car finance are known as consumer credit. Our advice on consumer credit and mortgage debt is authorised and regulated by the Financial Conduct Authority under FRN: 694883 ([fca.org.uk](https://fca.org.uk)).



## Get involved

Everyone can help build better futures for all those in our horticultural community by fundraising, joining as a corporate partner or sharing experiences as part of our online panel. Head to our website to find out more.

## Stay social



Charity no: 1155156.  
Registered in Scotland,  
Charity no: SC040180.



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