



## Struggling with financial pressures

*"I really loved being a lecturer but on top of working full-time, I was caring for*

*my son who has special needs. I was absolutely exhausted and just couldn't carry on working. Without my lecturer's income, we really struggled financially. So when my son grew too big for his wheelchair I had no idea how we'd afford a new one.*

*I love my son very much, so it was awful seeing his feet dragging on the floor. But what could I do? The NHS contributed a little, but I was still left with a bill of nearly £3,000.*

*I'm so grateful to CUSN for coming to our rescue and providing us with this money. It's such a weight off my mind – and my son has the wheelchair he desperately needed."*

36-year-old lecturer

### Need support?

If you're working in post-school education and going through tough times, please get in touch to see how CUSN can help you.

[www.cusn.info](http://www.cusn.info)  
or call the Support Line on 08000 32 99 52.

Registered Charity Number 1116382

# Look familiar?



Just £2 a month could help you and your colleagues cope with the pressures you face

### Instruction to your Bank or Building Society to pay by Direct Debit

Please fill in this form and send it to: **College & University Support Network, Freepost RRB-T-HHYJ-ERBL, Crawley, West Sussex RH10 9PY.**



Name and address of your Bank or Building Society

To The Manager of: \_\_\_\_\_

Branch Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Name(s) of account holders

Bank or Building Society Account No.

Branch Sort Code

Originator's Identification Number

Reference - for office use only

### Instruction to your Bank or Building Society

Please pay the College and University Support Network from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with the College and University Support Network and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s): \_\_\_\_\_

Date: \_\_\_\_\_

Banks and Building Societies may not accept Direct Debit instructions for some types of account.

Don't forget to fill in both sides of this form

**Keeping in touch** We would like to keep you informed about our work. If, however, you would prefer NOT to hear from us, please tick this box  Please note that we do not hold your details at present and will do so only if you return this form.



college & university support network

# Working in the education sector is tough

Is the sight of colleagues buckling under the pressure of work all too familiar? As you know, working in post-school education is a firm basis for a rewarding career, but it also has its challenges.

Workload worries and long hours make for tough working conditions. And trying to cope on a far from generous salary can also bring its difficulties. You may well offer colleagues a sympathetic ear, but it's hard going, and you've probably got your own concerns.

Now you can give them valuable support through a charity called College and University Support Network (CUSN). It was set up by the Teacher Support Network in partnership with the University and College Union in recognition of the need for a charity providing practical and emotional support to all those working in adult, further and higher education.

CUSN gives educational staff the practical support and advice they need to cope with problems at work and at home. So whether your peers have career concerns, or stress is affecting their home life, CUSN is here.

Our support isn't limited to working educational staff – we'll also help those who've retired. To do all this vital work, we need your support.

*To protect identities people shown in photographs are representative of teachers we help.*



## Just £2 a month can provide vital funds to help us ease the pressures

As a charity, CUSN relies on ongoing donations to provide much-needed counselling, coaching and financial support. From lab staff to lecturers, working and retired, your donations can help them through difficult times in their lives.

- Advice on finances and benefits to those who are struggling to make ends meet.
- Counselling sessions to help a colleague overcome stress or depression.
- Small grants to working or retired professionals who are facing hardship.



**“After the promotion, the stress just got on top of me.”**

*“I couldn't believe it when I was promoted – I hadn't asked*

*for it and I didn't want the extra responsibilities. Within 3 months the pressure and long hours really got to me. I wasn't sleeping properly and felt really anxious. Going back to my old post wasn't an option, so I was left unable to cope with*

*my workload, stressed and tired.*

*Thank goodness for CUSN's counsellor. She helped me explore my concerns over my work-life balance, and gave me the confidence to speak to my manager about my workload. I still find my role challenging, but I feel much more capable and confident.”*

44-year-old researcher



college & university support network

Registered Charity Number 1116382

Just £2 a month can provide vital funds to help ease the pressures

Please detach

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_ Postcode \_\_\_\_\_  
 Tel No \_\_\_\_\_ Email \_\_\_\_\_

**I wish to support the College and University Support Network with a monthly gift of:**

£2  £5  or my chosen monthly amount of £

**Or I prefer to give the amount of**

£  quarterly  or annually  (please tick)

Please debit my account on 22nd day of month, starting in

(month)   /     (please allow 21 days for processing).

Your account will be debited on the date specified or within a few days of it.

Please complete Direct Debit form on reverse

*giftaid it*

By signing the declaration below, the taxman will add 25% to your donation at no extra cost to you. Thank you.

I am a UK tax payer and I want College and University Support Network to claim back the tax on all donations I have made since 6th April 2000, and all future donations until I notify you otherwise. I understand that I must have paid an amount of income tax or capital gains tax at least equal to the tax you reclaim on my donations.

Signature \_\_\_\_\_

Date \_\_\_\_\_