

NUJ extra



Here for **YOU**



Who we are

NUJ Extra is the union's welfare charity. We provide support, confidential advice and financial assistance to members and their families in times of need.

An illness, accident or other problem may leave you needing help. While we cannot boost the income of those who cannot make a living from journalism, we support NUJ members struggling financially due to circumstances outside their control.





Who we help

We help current and former NUJ members, together with their dependants, widows and orphans.

To be eligible for support, you should be or have been a full member of the union who ordinarily makes or before retirement made a living from journalism, and during your period of membership paid at least one year of full subs.



How we help

We offer financial help following sickness, accident and other unforeseen circumstances.

Support can come in various forms, including regular payments for those with ongoing financial requirements, and one-off grants to cover specific needs. Individual and family circumstances are key, and charity trustees make awards based on detailed consideration of your particular situation.





“At the start of the pandemic, I was given a week’s notice on a 20 week project, and didn’t have any money. Financially and emotionally, NUJ Extra was a huge help. Money was in my bank account almost at once, and there was the security of knowing that there could be more support over the coming months. I will be always indebted to them.”

Deidre Donnelly, TV and Radio Journalist



“I fell between the cracks during the pandemic. I was left without income and have a small daughter. The difference it meant for me was that we could worry slightly less. You don’t know when you are going to be out on a limb, and NUJ Extra was a lifeline for us.”

Victoria Mizzi, Broadcast Journalist



“I suffered an enormous coronary and I had multiple organ failure. It was a grim time, but NUJ Extra was there when everything else seemed bleak. I cannot overstate how important NUJ Extra was to me. It made me feel like I belonged.”

Eugene Costello, Freelance Feature Writer



“I was blown away by the generosity that NUJ Extra showed me. As a result of my former husband’s issues, I was left homeless and without most normal household items. With NUJ Extra’s help I was able to rebuild my life, look after my children and get on with my career.”

Ushma Mistry, Reporter and Presenter



To find out how we can help you visit:
www.nuj.org.uk/nujextra

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Headland House, 72 Acton Street, London. WC1X 9NB

Email: extra@nuj.org.uk

Tel: 020 7843 3738