



## Welcome to our May Newsletter!

This communication is your go-to source for updates and insights on our latest initiatives. We'll also be sharing some interesting content related to our efforts, so you can stay informed and engaged with our work.



### **The Importance of Social Support in Mental Health: How Temporary Use Aid is Making a Difference**

*A think piece by [Shaylesh Patel](#), Director of ASTOP Limited*

Mental health is a pressing concern that has gained increased attention in recent years due to its impact on individuals across different age groups, classes, and genders. Mental health issues can stem from various factors such as stress, trauma, genetics, and environmental factors.

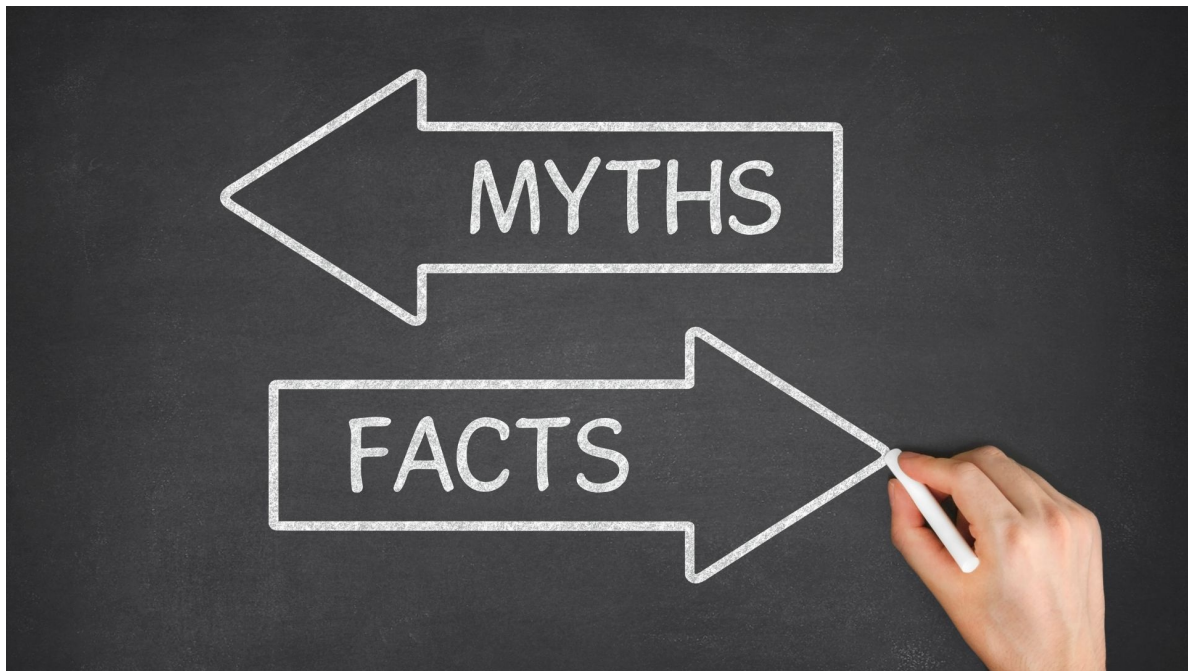
The COVID-19 pandemic has had a significant impact on people's mental health. The pandemic has caused widespread fear, uncertainty, and stress, which has contributed to an increase in mental health issues.

Several factors associated with the pandemic have led to a decline in mental health, including social isolation, financial insecurity, job loss, disrupted routines, and uncertainty about the future.

Here's how Temporary Use Aid works to support those struggling with their mental health and make a difference in local communities here in the UK.

[Read the rest on our website](#)

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## The Realities of Charity Work: Debunking Myths and Stereotypes

Charity work is an essential aspect of society that provides much-needed aid to those in need. However, it is often plagued by myths and stereotypes that can obscure the real work of charities, discourage support, and harm their reputation. These misconceptions range from the effectiveness of charitable giving to the motivations of those who work in the non-profit sector.

In this post, we will explore some of the most common myths and stereotypes surrounding charity work and provide a more accurate picture of the realities of this critical sector.

[Check out the blog](#)



### Another First for ASTOP - Partnering with Fleet Street Quarter BID

COVID-19 commenced chaos for the traditional commuter heartbeat areas of the City of London and the rest of Zone 1. Since then the seismic changes from new construction projects and the advent of mass #workingfromhome has meant that areas like Fleet Street are a changing landscape.

As ASTOP takes their fourth temporary retail space in Fleet Street (the ex-Vodafone and ex-Vision Express have already been transformed to new tenants), they had the following to say:

“We are excited to be working closely with the Fleet Street Quarter BID. Not all BIDs (Business

Improvement Districts) are the same and recently we have come across some good ones in Winchester, Putney, Kings Lynn and Fleet Street.”

ASTOP is open to working with landlords, agents, BIDs across the UK, so please contact them if their work inspires you to ask what they can do for your local communities.

This latest space in Fleet Street marks the third in this BID where ASTOP have successfully partnered with Temporary Use Aid. We encourage charities with the need for temporary public facing presence in Fleet Street to get in contact with us at [contact@tuaid.org](mailto:contact@tuaid.org)

[Contact ASTOP](#)



## A Temporary Use Aid Trustee has been Nominated for an Award

We are excited to announce that one of our trustees, Natasha Veerasawmy, has been shortlisted for a diversity Award. As a charity, we are incredibly proud to have such a dedicated and inspiring member on our team.

With the voting closing in just a couple of days, there's not much time left. As a community, let's rally behind Natasha and show our support by casting our votes before May 12.

Get your vote in for Natasha Veerasawmy now and let's help her achieve the recognition she deserves.

[Vote Now!](#)

### Find out more about our Rainbow Rising Initiative

Rainbow Rising are experts in high street regeneration – bringing together the needs of local businesses, local government and local communities.

Rainbow Rising reduces landlords' costs



and gives charitable organisations access to amazing temporary rent-free space with which to inspire our world.

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[Visit our website](#)



## The Temporary Use Aid



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