

2026

MAY NEWSLETTER



A Fond Farewell and Happy Retirement to David

The GCU Board gathered recently to say a fond farewell to one of our valued trustees, David, as he heads into retirement!

To mark the occasion, they presented him with a beautiful 'Daphne' plant which he's planted in his "new" garden.

Happy retirement, David!

Pictured are (Left to right): Marion, David, Rod, Richard, Sara, Paula, Brian.



How Money Stress Knocks Down Your Mental Health

It's Mental Health Awareness Month, and we're shining a light on one of the most common and challenging sources of stress: money.

Money worries and mental health are a two-way street. Being broke or in debt causes constant stress and sadness. At the same time, feeling down or anxious makes it hard to focus on tasks like paying bills or saving. This creates a cycle where each problem makes the other worse.

Recognising this intricate relationship is the first step. Addressing it requires empathy, education, and accessibility.

- If debt is the primary source of your anxiety, the debt charity StepChange offers a fantastic Six Step Debt Stress Guide. They can help you identify the signs of financial stress and provide practical, step-by-step advice. [Anxiety, Depression, Mental Health & Debt | StepChange](#)
- The mental health charity Mind offers a free, downloadable Money Toolkit. [Money and Mental Health | Mind](#)
- If your mental health is suffering, please seek medical advice. Your financial stress is a genuine health concern that deserves proper support. Contact your local GP or check the NHS website for mental health services.
- If you're interested in strategies for saving money or need ways to improve your financial stability, our team is happy to help you explore your options.

Don't let the fear of money silence you. Reach out for support, it's a sign of strength, not weakness.

Helpful Links for Support

StepChange - [Debt and Mental Health Support](#)
NHS Every Mind Matters - [Money Worries and Wellbeing](#)
Stop Loan Sharks Wales - [Safe Lending and Illegal Debt Support](#)
Money Works Wales - [Financial Wellness and Savings](#)



GCU - Pontypool Opening Hours for Member Services over the phone and in person

Mondays

Wednesdays

Fridays

🕒 10am-12pm & 1-3pm

6 Tips To Improve Your Overall Mental Health

With Mental Health Awareness Week beginning May 11th, it's the perfect time to pause and prioritise your emotional well-being. To help you navigate the week and beyond, here are six practical tips to foster a healthier, more balanced mind.

- Stay physically active
- Surround yourself with positive people
- Take time to unwind and relax
- Talk to people you trust
- Get quality sleep
- Eat healthy, nutritious food

SWAP THE COMMUTE FOR A COASTLINE

APPLY TODAY

Loans & Saving

Sometimes, a long weekend is the best medicine.

Whether it's a city break, camping, or a trip to the beach.

Apply today and start packing your bags.

Gateway Credit Union

www.gatewaycu.co.uk

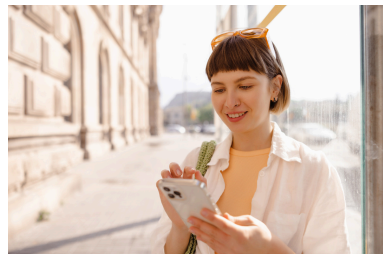
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Struggling with bills or debt? You don't have to go it alone.

Get FREE, confidential, and expert financial advice today from services like MoneyHelper and GOV.WALES. Take the first step to take back control of your finances.



MoneyHelper



About Gateway Credit Union

At **GCU**, we are committed to supporting our local communities in **Torfaen** and **Monmouthshire** in building financial resilience through secure savings and affordable loans. By starting your savings journey with us, you can secure a stable financial future for yourself and loved ones. Our savings options are designed for people of all ages.

YOUR GATEWAY TO BETTER FINANCIAL RESILIENCE

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