




**caba:** for the everyday  
and the exceptional





As part of the ICAEW community, you have access to all that we offer. But the chances are, you don't know exactly what we do or how we can help.

So, over the last year, we've changed various aspects to grow our relevance so we can support you as best we can.

We're here to help you thrive by equipping you with the practical, emotional or financial tools to manage whatever's in front of you, from everyday situations to exceptional life-changing circumstances.

This booklet explains more.  
You can also visit our new website  
[caba.org.uk](https://caba.org.uk)



## welcome to caba

**There are moments through life when everyone could do with a helping hand.**

Whether it's the everyday or the exceptional, expected or out of the blue, we're there for you.

We want everyone in our community to thrive, but sometimes things get in the way or they're too overwhelming to handle alone. That's where we come in. We champion wellbeing and work with you to provide the right support or advice so you can manage whatever's in front of you, knowing that you're not alone.


Whilst we support the ICAEW community we're independent, so you can talk to us about anything, openly and in complete confidence.





## why caba?

We understand our community and profession well, wherever you work and in whatever capacity, so we are familiar with the pressures and demands you may be experiencing.



We also understand that everyone is different, which is why we listen and get to know you first so together we can work out what will help you the most. Whether you are at the start of your career or beyond it, developing it or changing it; whether you want guidance on what to do next, practical skills for life, or advice on wellbeing; whether you need legal, financial or emotional support, we can help.

And if we don't have the answer, we'll point you in the right direction. Either way, we simply want you to access the best options quickly and easily so you can carry on.

**Everyone is different;  
one person's struggle is  
another person's breeze.**

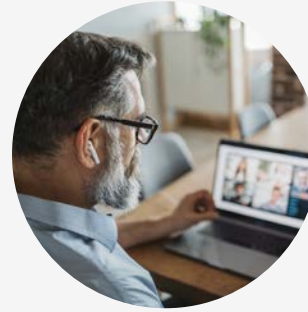
**There's never a one size  
fits all which is why there's  
never one solution.**





## **advice**

Getting you to the information you need quickly



## **training**

Helping you manage parts of your personal and professional life



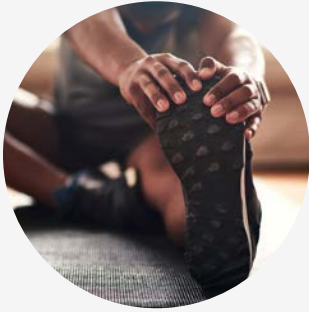
## **support**

In-depth and tailored help based on your situation



## **self help**

Giving you the tools to manage whatever's in front of you



## physical wellbeing

Staying fit to boosting your memory



## money

Benefits guidance to debt advice



## mental health

Coping with stress to managing anxiety



## legal

Rights at work to helping with probate





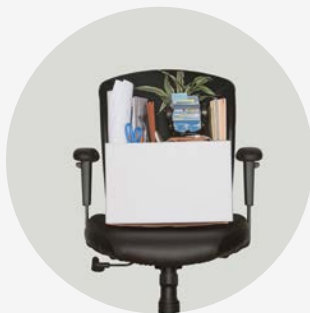
## starting out

Support with exams to help balancing work and life



## for your family

Close family dependants of ACA students, existing or former ICAEW members too



## changing course

Support and advice as you start something new



## for you

ACA students, existing or former ICAEW members



## everyday

Managing those things that get in the way



## exceptional

Support and advice when faced with adversity





We were set up in 1886 by the profession to provide financial support to those who had fallen on hard times. Today, financial assistance is only a part of how we help.

Our vision is that everyone in our community can fully participate in life. Our role is purely to support you on that journey or to catch you if you fall.

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**get in  
touch**

For confidential advice or support, call us, email us or visit our website:

+44 (0) 1788 556 366  
enquiries@caba.org.uk  
caba.org.uk





**[caba.org.uk](http://caba.org.uk)**

