


# VETERAN SUPPORT BOOKLET

# Veterans Healthcare on Discharge from the Military

A veteran is someone who has served in the armed forces for at least one day. There are around 2.6 million veterans in the UK.
It is highly important for continuing healthcare that you register with an NHS GP and remember to tell them you've served.

When you leave the forces, you should be given the option of receiving your medical records for you to pass on to the GP Practice. Alternatively, you will be asked to complete the Military Medical Record Request Form (see below link), which should be handed in when you register with a practice for them to request your records from the military.

https://www.bostonpcn.co.uk/application/files/9817/1379/5493/Ministry-of-Defence-Request-for-Records.pdf

Requests for military medical records can take up to 6 months to receive your notes so its advised that you get copies of your records before you leave so these can be merged these with your NHS records.

When servicemen and women leave the armed forces, their healthcare is the responsibility of the NHS. You shouldn't be disadvantaged from accessing appropriate health services, so it is important that you notify your current GP that you are moving, particularly if you are on a waiting list of medical treatment, so that this information can be transferred across.

All veterans are entitled to priority access to NHS care (including hospital, primary or community care) for conditions associated to their time within the armed forces (service-related). However this is always subject to clinical need and does not entitle you to jump the queue ahead of someone with a higher clinical need.

If you are already registered with a GP Practice ensure that they know you are a veteran so they can code your record. They will then ensure appropriate referrals are noted with your status as a military veteran, so that you may receive priority access, should this be appropriate.

# Support for Veterans

**There are more than 1818 organisations available to support veterans or veteran accredited**. This booklet is guide to the main organisations that are available to support those Serving and Ex-servicemen and Women of the UK Armed Forces.
Thank you for your Service

## Aggies

Pastoral support to serving personnel and their families centred on Chaplaincy based ‘Havens’ situated on bases and Families Centres in SFA areas around the UK.

Aggie’s Pastoral Workers are based in and around various Royal Navy, Royal Marines and Royal Fleet Auxiliary establishments across the UK and generally work in close collaboration with the Naval Chaplaincy Service.

Their primary role is to provide ‘pastoral support’ – by which means that they are there to listen to you when you need to talk, to encourage, comfort and support.




**What is it?**

Aggie’s Storybook Waves enables personnel serving in the Royal Navy, Royal Marines and Royal Fleet Auxiliary to record a bedtime story for their children to listen to whilst they are separated.

The Royal Navy, Royal Marines and the Royal Fleet Auxiliary deploy more frequently than personnel in the other services. Leaving loved ones behind when serving overseas or on board a ship, is a feature of life in the most 'separated service.' These separations can be especially difficult for children. Storybook Waves exists to help maintain the link between parent and child, no matter how far apart they may be.

**Phone Number: 07977 641876**
**Email:office@aggies.org.uk**
**Website: https://www.aggies.org.uk/**

## Army Central Fund

The Army Central Fund is the British Army's dedicated grant-making charity. We provide funding for projects and activities that enhance the well-being of serving soldiers and their families.

**Email: grants@armycentralfund.org.uk**
**Website: https://www.armycentralfund.org.uk/**

## Army Benevolent Fund

The Army Benevolent Fund is the Army's national charity, dedicated to supporting soldiers, past and present, and their families for life.

**Tel: 0207 901 8900**
**Website: https://www.armybenevolentfund.org/**

## Army Widows Association

The Army Widows' Association was formed by widows in 2004. We are a volunteer run Organisation and Charity. Our aim is to offer comfort, support and friendship to the widows and widowers of service men and women. We aim to offer help on your terms when you need it.

**Website: https://www.armywidows.org.uk/contact-us/**

## AJEX The Jewish Military Association

With over 120,000 Jews having served in the British Armed Forces during the World Wars, AJEX JMA is here to ensure that their immense contribution is never forgotten.

Our aims are simple, to continue remembrance of the Jewish contribution to the military, to combat antisemitism through education and to provide welfare for Jewish veterans and their families.

**Website: https://www.ajex.org.uk/about-us**

## Army Families Federation (AFF)

The Army Families Federation (AFF) is a strong independent voice for Service personnel and their families.

We work to improve the quality of life for the Army family, wherever you are in the world. AFF is independent of the Army and offers confidential advice. We will deal with your enquiry without revealing your identity.

**Telephone: 01264 554004**

**Website: https://aff.org.uk/**

## Armed Forces Christian Union (AFCU)

The Armed Forces' Christian Union (AFCU) is an interdenominational, tri-service fellowship of Christians who wish to grow in their faith and share it with those with whom they serve. It seeks to encourage and build up Christians in the Armed Forces in their faith and to support evangelism and does this by producing literature, providing prayer support for serving members, organising activities and teaching holidays and weekends, and by personal visits.

**Website: https://afcu.org.uk/**

## Armed Forces Education Trust

Supporting Service Children in Education

The Armed Forces Education Trust is a charity working for children and young adults whose education has been compromised or put at risk as a result of parents' past or current service in our Armed Forces.

**Website: https://armedforceseducation.org/contact-us/**

## Association of Service Drop-In Centres (ACSIC)

The Association of Service Drop-In Centres (ASDIC) represents and links veterans' drop-ins across the country. Sometimes called hubs or centres, drop-ins offer a variety of welfare and mental health support, together with comradeship and a sense of well-being, to the ex-military community and their families, and ASDIC helps them to enhance the service they can provide and make them more accessible.

**Website: https://www.asdic.org.uk/**

## Blesma

Blesma is a national charity that helps serving and ex-service men and women who have experienced loss of limb, use of limbs, sight, speech or hearing, either during or after service. They provide practical, emotional and financial support to injured veterans and their families and widows as they rebuild their lives.

**Website: https://www.blesma.org/**

**Tel: 0208 590 1124**

## Care after Combat

At Care after Combat, we are dedicated to providing unwavering support to former British Armed Forces personnel in the justice system and their families.

**Tel: 0300 343 0255**

**Website: https://careaftercombat.org/**

## Care for Veterans

Care for Veterans (formerly The Queen Alexandra Hospital Home) was established in 1919 to care for those soldiers returning from World War I with life-changing disabilities.

We adopt a multi-disciplinary approach towards the care and rehabilitation of our residents, which includes physiotherapy, occupational therapy, speech and language therapy, and neuropsychology, as well as social and recreational activities and a chaplaincy service.

**Tel: 01903 213458**

**Website: https://www.careforveterans.org.uk/**

## Cobseo, Confederation of Services Charities

Cobseo, as the Confederation of Service Charities, provides a single point of contact for interaction with government, including local government and the devolved administrations; with the royal household; with the private sector; and, of course, with other members of the armed forces community.

**Website: https://www.cobseo.org.uk/**

## Defence Medical Rehabilitation Centre Benevolent Fund (DMRC)

Welcome to the home of the Defence Medical Rehabilitation Centre Benevolent Fund. We are a volunteer-run charity that provides funding to support holistic, occupational and social integration opportunities for serving military patients at DMRC Stanford Hall, that are not provided by public funding.
**Website: https://dmrcbenfund.org.uk/**

## Fighting with Pride

We are here to support LGBT+ Veterans, serving personnel and their families, particularly those who were affected by the 'gay ban', ultimately lifted on 12th January 2000.
We are working with Veteran supporting organisations to build capacity for LGBT+ Veteran support, to recognise their service and help resolve the challenges they face in their lives beyond military service.
**Website: https://www.fightingwithpride.org.uk/**

## Defence Medical Welfare Service (DMWS)

Defence Medical Welfare Service (DMWS) is an independent charity providing medical welfare to those who have, and continue to, serve on the frontline.

Our services are proven to help people, have better experiences of healthcare and recover from illness quicker, feel less stressed and anxious, access financial support to reduce the stress of money, feel less lonely and more connected to their communities, enjoy positive relationships with families and friends, find and stay in safe housing, overcome alcohol and drug misuse, access treatment for mental health illnesses such as PTSD, stop thoughts of taking their own life.
**Website: https://dmws.org.uk/**

## Forces Children's Trust

Forces Children's Trust
To help a child is an honour
Celebrating our 20th year helping Military Families

As a charity we are devoted to working together to assist any dependent children who are in need, whose father or mother has died or has sustained life-changing injuries whilst serving as a member of the Armed Forces and such other occupations as determined from time to time by the Trustees.

**Website: https://forceschildrenstrust.org.uk/**

## Forces in the Community

FORCES in the community

Forces in the Community is a charitable organisation dedicated to helping the ex-military community. With our volunteers, staff, and partners' dedication, we strive to improve the lives of everyone who needs help within our community.

Contact us to see how we can bring about positive change together.

**Website: https://www.forces.org.uk/**

## Haig Housing Trust

HAIG HOUSING HOMES FOR THE VETERAN COMMUNITY

Haig Housing Trust is a housing provider for ex-service personnel in the UK. The charity owns over 1,500 properties in 50 locations across the UK. The trust assists eligible veterans in housing need, whether they are transitioning into civilian life or simply in need of a helping hand. Properties are available to qualifying beneficiaries at an affordable, charitable rent

**Website: https://www.haighousing.org.uk/**

## Hosanna House and Children's Pilgrimage Trust (HCPT)

Life-Changing Pilgrimage Holidays hcpt

The Hosanna House and Children's Pilgrimage Trust provides respite breaks for veterans of the UK armed forces with disabilities or special needs, along with their dependants.

**Website: https://www.hcpt.org.uk/**
**Tel: 01788 564646**

## Headley Court Veteran's Orthopaedic Centre

VETERANS ORTHOPAEDIC SERVICE

Headley Court is a pioneering healthcare facility, the first dedicated orthopaedic centre for armed forces veterans in the UK, at Shropshire's specialist orthopaedic hospital
**Website: https://www.rjah.nhs.uk/veterans**

## HM Armed Forces Veteran Card

An HM Armed Forces Veteran Card is a way to prove that you served in the UK armed forces. The card can make it quicker and easier to apply for support as a veteran.
It's free to apply.
**Website: https://www.gov.uk/veteran-card**

## International Bomber Command Centre

INTERNATIONAL BOMBER COMMAND CENTRE

An HM Armed Forces Veteran Card is a way to prove that you served in the UK armed forces. The card can make it quicker and easier to apply for support as a veteran.
It's free to apply.
**Website: https://www.internationalbcc.co.uk/**

## Launchpad

Launchpad
Supporting our veterans

Launchpad provides accommodation and support to help veterans make a successful transition from military to civilian life. In some cases, they need time to stabilise their lives before tackling training and job hunting but Launchpad offers the veterans that opportunity.

For some, Launchpad may be a brief stepping-stone, giving them time to adjust quickly, for example those who have just left the armed forces but have left resettlement plans late, or are briefly in transit from one job to another or one location to another. There are currently three locations available.
**Website: https://veteranslaunchpad.org.uk/**

## Veterans Railcard

The Veterans Railcard enables a third (1/3) off standard and first class anytime, off-peak and advance fares across England, Wales and Scotland.
**Website:**
**https://www.veterans-railcard.co.uk/**

## Little Troopers

Little Troopers is a registered charity supporting all military children who have parents serving in our British armed forces, regular or reserve.
As a charity, Little Troopers ensures our British armed forces children and their families have access to child-focused support, providing fundamental resources and initiatives.
**Website: https://www.littletroopers.net/**

## Merchant Navy Association (MNA)

The MNA is manned by volunteers who have served on all types of vessels, holding every position available. We are very broad in our outlook.
Our network of branches are the beating heart of the MNA and through them we provide support to our members.

**Website: https://www.mna.org.uk/index.php/en/**

## Military Wives Choirs Foundation

Choirs are tri-service and not just open to wives of serving personnel – anyone with a military connection can join, empowering women from across the military community. We bring women in the military community closer together through singing. Our members help one another through the bad times, celebrate the good times and all of us sing our way through it together.

We welcome women, from serving personnel's partners, to veterans' wives, from those who work in their local military community, to those who serve in the military. Wherever we are in the world, the choirs give each of us a chance to make a difference where we live.

Visit the website to find your nearest local choir:
**Website:https://www.militarywiveschoirs.org/**

## Mind

Even though 1 in 4 people have mental health problems, most of us don't get the help we need. Mind is a charity that aims to create a mentally healthy society. Through information, services and campaigns, they help tackle stigma, barriers and isolation so that everyone can access mental health support when they need it.
With over 100 local branches across England and Wales, they offer specialised support and care based on the needs of their communities.
**Website: https://www.mind.org.uk/**
**Tel: 0300 102 1234**

## Naval Children's Charity

The Naval Children's Charity supports the wellbeing and development of children and young people from Royal Navy families. This includes serving, reserve and veteran personnel from the Royal Navy, Royal Marines and Royal Fleet Auxiliary.
**Website: https://www.navalchildrenscharity.org.uk/**

## National Memorial Arboretum

We are a UK registered charity and 150-acre visitor site on the edge of the National Forest in Staffordshire. Part of the Royal British Legion, but a separate legal body, we exist to ensure that, the unique contribution of those who have served and sacrificed is never forgotten, the baton of Remembrance is passed on through the generations, there is a year-round space to celebrate lives lived and commemorate lives lost.
**Website: https://www.thenma.org.uk/**

## Naval Families Federations (NFF)

The Naval Families Federation exists to give all currently serving Royal Navy and Royal Marines personnel and their families the opportunity to have their views heard by those in positions of power. We work to remove disadvantage that may result from Service life.
**Website: https://nff.org.uk/contact/**

## PTSD Resolution

PTSD Resolution is a UK-based charity that provides mental health treatment for armed forces' veterans, reservists and their families. Their services are free of charge for beneficiaries, the charity operates through a nationwide network of 200 qualified therapists, offering confidential and local treatment without the need for GP referral.

**Website: https://ptsdresolution.org/**

## RAF Benevolent Fund

The RAF Benevolent Fund is an independent charity supporting the RAF Family since 1919. It provides a wide range of support to those who have served or are serving in the RAF, as well as to their dependent family members (widows/widowers, spouses, partners, and dependent children).

**Website: https://www.rafbf.org/**

## RAF Central Fund

Sitting within the heart of the Royal Air Force, the RAF Central Fund, originally founded by serving RAF personnel are dedicated to providing support to enhance the sense of well-being, morale and community cohesion for those serving in the RAF today and into the future.

**Website: https://www.rafcf.org.uk/**

## RAF Families Federation

We provide reliable information on the topics that matter most to you, support you through to the resolution of problems resulting from Service and make long-term positive changes happen for the Armed Forces Community. Our website offers reliable and up-to-date information on the matters that impact Service life. We offer guidance, support and advocacy. We are free to use, informed, independent, well connected and understanding.

**Website: https://www.raf-ff.org.uk/**

## RAF Widows Association

The RAF Widows' Association (RAFWA) is a national charity for those people whose spouse or partner served in the RAF; or those who themselves serve or served and whose spouse or partner died whilst they were serving.
**Website: https://www.rafbf.org/raf-widows/contact-us**

## Royal Air Force Music Charitable Trust

The charity organises concerts by the bands of the Royal Air Force, raising welfare funds to support the wider Armed Forces community through donations to other Service charities and associated organisations.
**Website:https://www.rafmct.org.uk/**

## Royal Air Forces Association

Our dedicated welfare team is here to help you. Whether you require help finding financial support, need someone to talk to, or something else entirely, we can help you find a solution. When money gets tight, we know it can be overwhelming. Whether you suffer a sudden illness, require assistance with priority bills or you're struggling to make ends meet. We carefully and sensitively deliver support to the RAF community to suit the needs of everyone we help. We work in partnership with other organisations to make sure we can provide the correct support. We'll be there with you every step of the way, to explain anything that might feel difficult or overwhelming, and simply to lend support as and when you need it. Our criteria mean we will support those who are currently serving or have served in the RAF, their spouse/partner and dependants.
**Website: https://rafa.org.uk/**

## Royal Naval Association

The Royal Naval Association as the principal naval association recognised by the Admiralty Board,, the aim was to attract all existing naval associations to join it so that there would be a single association maintaining and representing the high standard and reputation of the Royal Navy. It was also designed to provide comradeship and assistance in need for all naval people throughout the United Kingdom and indeed in any place in the world where people who had served in the Royal Navy came together.

**Website: https://www.royal-naval-association.co.uk/**

## Veteran Services

Defence Transition Services (DTS) can provide information and support for service leavers and their families who are most likely to face challenges as they leave the armed forces and adjust to civilian life.

**Website: https://www.gov.uk/guidance/getting-additional-support-when-leaving-the-armed-forces**

## Royal Navy Officers Charity (RNOC)

The RNOC exists to 'provide relief to persons in need (whether or not members of the society) being officers and former officers of the Royal Navy, the Royal Marines and Queen Alexandra's Royal Naval Nursing Service and officers and former officers on the Reserve Lists, together with their spouses, widows, widowers, families and dependants.' Every year, we provide one-off grants and long-term financial support. We treat every case that comes in on its merits, then provide funding to meet the person's specific needs and situation. This flexible, individual approach really does transform lives.

**Website:https://www.arno.org.uk/rnoc/**

## Royal Naval and Royal Marines Charity

As the National Charity of the Royal Navy, beneficiaries lie at the heart of the Royal Navy and Royal Marines Charity's purpose, it is our duty to remain focused on their needs. Since 2007, the charity has funded projects and facilities that boost morale for those who serve today. It also distributes millions of pounds annually to military charities which care for the children, families and veterans of the Royal Navy and Royal Marines. Through grants, the charity is able to support serving personnel, veterans and their families.

**Website: https://www.rnrmc.org.uk/**

## The Royal Marines Charity

RMA – The Royal Marines Charity is here to support the entire Royal Marines Family – serving, retired and their dependants. No matter what stage of your career or life, you can always turn to us for help.

**Website: https://rma-trmc.org/**

## Royal Naval and Royal Marines Widows Association (RNRM)




The aims of the association are to offer support and friendship to the bereaved whose spouse/recognised partner was serving in the Royal Navy or Royal Marines at the time of their death. To help the bereaved and their children to address issues with Royal Navy and Royal Marine organisations. To work with the Royal Navy and Royal Marines and Ministry of Defence to improve their approach to the bereaved widows/widowers/recognised partners. To ensure representation in relevant forums such as the Defence Bereaved Families Working Party meetings.

**Website: https://rnrmwidows.org/**

## The Royal Naval Benevolent Trust (RNBT)

THE ROYAL NAVAL BENEVOLENT TRUST
SERVE A DAY, SUPPORTED FOR LIFE

RNBT is a Royal Navy & Royal Marine charity that gives help, in cases of need, to serving and former Royal Naval ratings and Royal Marines other ranks; they are known as Primary Beneficiaries. We also help their partners, children and some others connected with them.
**Website: https://www.rnbt.org.uk/**

## Veterans Support Service

Veterans Support Service
"Because we care"

Veterans Support Service is a non-clinical organisation. VSS work on a 1-1 basis with veterans who, for whatever reason, find themselves struggling with their mental health. We work with the individual to improve their situation by giving direct support from someone who has already had similar struggles and overcome them.
**Website: https://www.vsscic.org.uk/**

## The Warrior Programme

thewarriorprogramme

The Warrior Programme is a personal motivation and training programme that aims to help serving personnel, veterans and their families manage their emotions and build mental strength and resilience.

The Warrior Programme helps armed forces personnel, veterans and their families to build mental strength, resilience, focus and motivation and manage their emotions. It is a 12-month programme, with fortnightly pre-course nurture workshops, followed by a 3-day residential or 5 half-day online programmes. After the course, beneficiaries receive a one-to-one call each month, access to all online material, post-course monthly workshops, quarterly online refresher days. The course totals around 100 hours of contact time with dedicated coaches over 12 months.
**Website: https://www.warriorprogramme.org.uk/**

## Scotty's Little Soldiers

Scotty's Little Soldiers is a charity that provides support and guidance to hundreds of bereaved military children and young people throughout their childhood.

When a young person joins Scotty's, they become a member and are supported until their 25th birthday. Whether it be one-to-one bereavement support, a respite break with the family, an opportunity to meet others in a similar situation or access to extracurricular activities, Scotty's is dedicated to ensuring its members do not feel alone.
**Website:https://www.scottyslittlesoldiers.co.uk/**

## The Armed Forces Covenant Fund

The Armed Forces Covenant Fund Trust (the Trust) awards grants that support the Armed Forces community.
**Website: https://covenantfund.org.uk/**

## Shelter

Support and advice for homeless veterans and where to get help with finding accommodation. In addition to general services available to people who are homeless, some services provide housing advice and support specifically to veterans and service leavers who are at risk of homelessness. Most services also offer support to the families of veterans, including widows, widowers and separated partners.
**Tel: 0808 800 4444**
**Website:**
**https://england.shelter.org.uk/professional_resources/legal/housing_options/housing_options_for_veterans**

## The Association of Wrens

The Association welcomes all serving and former women of the Royal Naval Services, which includes WRNS, RN, QARNNS, RN/WRNR, RFA and RM.
**Website: https://wrens.org.uk/**

## Supporting Wounded Veterans

Supporting Wounded Veterans provide six comprehensive pathways including sporting events, mentoring, pain management and employment to enable former UK servicemen and women, physically or mentally wounded, to move forward from rehabilitation to employment. We work with veterans who have been medically discharged or struggling with transition into meaningful civilian life. We also have a pioneer fund that raises money for medical research, particularly into post-traumatic stress disorder.

**Website:**
**https://www.supportingwoundedveterans.com/**

## The Poppy Factory

The Poppy Factory supports Armed Forces veterans with health conditions on their journey into employment. We offer a personalised service, working at the veterans' pace to help them identify barriers, set achievable goals, and provide guidance on job opportunities, CVs, applications, interview preparation, and access to training and qualifications. Our service also includes up to 12 months of in-work support to help the veteran sustain their employment.

**Website: https://www.poppyfactory.org/**

## The REME Charity

We are here to support the REME Family – all members past and present, regular, reserve or retired and their families. If you have worn our cap-badge for even only one day, you and your family are part of it, always.

**Website: https://remeconnect.org/charity/**

## The Ripple Pond

The Ripple Pond exists to ensure that everyone caring for a loved one who has a service attributable physical or psychological injury in the British Armed Forces Community is genuinely seen, heard, and supported.

We know supporting a loved one can be difficult at times and we know trying to navigate treatment pathways, addiction support and just normal life can be full on, even more so when you add in the complexities of a military injury.

**Website :https://www.theripplepond.org/**

## Women's Royal Army Corps Association (WRACA)

The Women's Royal Army Corps Association is a free membership organisation that can support female veterans of the British Army by providing advice, support and benevolence funding.

**Website: https://wraca.org.uk/**

## Veterans Welfare Service

The Veterans Welfare Service provides one-to-one support to veterans, their families and dependants through a network of welfare managers across the UK and Republic of Ireland. They work with the Royal Navy, the British Army, the Royal Air Force, local authorities, voluntary organisations, service charities and the Veterans Advisory and Pensions Committees to promote independence and maintain dignity.

**Website: https://www.gov.uk/government/groups/veterans-welfare-service**

## Veterans with Dogs

Veterans With Dogs is a charity dedicated to enhancing the lives of veterans of the UK armed forces who are struggling with mental health conditions through the provision of highly trained assistance dogs. Applicants must provide evidence of their veteran status and mental health diagnosis as part of their assessment process.

**Website: https://veteranswithdogs.org.uk/**

## TOGETHERALL

A safe anonymous 24/7 online community where you can talk to people, who feel like you; whilst guided by trained professionals.

**Website: https://togetherall.com/en-gb/mental-health-support-for-all-uk-armed-forces-veterans/**

## Combat Stress

Combat Stress Is the UK's leading mental health charity for veterans offering free treatment and support to ex-servicemen and women of the UK Armed Forces.

**Call us on 0800 138 1619**
**Text us on 07537 404 719 or**
**email helpline@combatstress.org.uk.**
**https://combatstress.org.uk/**

## Veterans UK

Veterans needing urgent help in a crisis can contact the Veterans UK helpline

**Freephone (UK only): 0808 1914 218**
**Normal Service 8.00 am to 5.00 pm Monday to Friday**
**Bereavement line:** 0800 169 3458

When the helpline is closed, callers will be given the option to be routed to Combat Stress or The Samaritans 24hr helpline.

## Help for Heroes - Hidden Wounds

The Help for Heroes Hidden Wounds service can support you if you are Ex-Service Personnel, or a family member, who is living with anxiety, depression, anger or wishing to change your drinking habits.

We know many Veterans struggling with their mental health have never accessed support before. If you are the loved one of a Veteran who hasn't reached out, particularly if you are worried about the impact of your Veteran's mental health on your own wellbeing, we're here to offer free and confidential advice.

**Ask for Help - Tel: 0300 303 9888**
**Mon - Friday 9am - 5pm**
**https://www.helpforheroes.org.uk/application/**
**https://www.helpforheroes.org.uk/**

## SAAFA

SSAFA provides lifelong support for veterans and their families. Our trained volunteers can provide practical, emotional and financial support if and when you need it:

**https://www.ssafa.org.uk/**
**Tel: 0800 260 6780**
**Mon - Thurs 9am - 5pm**
**Friday 9am - 4pm**

## Armed Forces Breakfast Club

The Armed Forces Breakfast club is a vital community where veterans come together to share stories, find support and enjoy a hearty breakfast.

**Find your local Club:** https://afvbc.com/armed-forces-veterans-breakfast-clubs-directory
**Website:** https://afvbc.com/

## ROYAL BRITISH LEGION

Lifelong Support for serving and ex-serving personnel and their families, including **The Veterans Medical Fund** for support with hearing loss and Physical Injuries.

**Tel: 0808 802 8080**
**8am - 8pm - 7 days per week**
**Website:** https://www.britishlegion.org.uk/

## ROYAL AIR FORCE BENEVOLENT FUND

For more than 100 years, the RAF Benevolent Fund has been supporting members of our RAF Family through thick and thin providing practical, emotional, and financial support whenever they need us.

**For Help and Support:**
Please contact us via email at welfarenavigators@rafbf.org.uk, via our online form or by calling our helpline on 0300 102 1919 between 9:30am-4:30pm Monday-Thursday and 9:30am-4pm on Friday

## BLIND VETERANS UK

Rebuilding lives after sight loss

Blind Veterans UK can help you to live a fulfilling, independent life after sight loss. We believe that no one should battle blindness alone.

We offer a bespoke service to every one of our beneficiaries, providing rehabilitation, training, practical advice and emotional support for life.

Whether you need help with day-to-day living, getting out and about or staying in touch with loved ones, our expert staff are here to help you adjust to life with a vision impairment and relearn vital life skills.

**Apply Online:**
**https://www.blindveterans.org.uk/help-info/apply-for-support/apply-for-support-application-form/**
**Tel: 0800 389 7979**

## OP COURAGE

Op COURAGE is an NHS mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.

**How Op COURAGE can help:**
Op COURAGE can help you and your family with a range of support and treatment, including:

- helping you transition from military to civilian life by providing mental health care with Defence Medical Services (DMS)
- helping you recognise and treat early signs of mental health problems, as well as more advanced mental health conditions and psychological trauma
- providing support and treatment for substance misuse and addictions
- helping you to access other NHS mental health services if you need them, such as finding an NHS talking therapies service and eating disorder services
- liaising with charities and local organisations to support your wider health and wellbeing needs, such as help with housing, relationships, finances and employment
- supporting armed forces families affected by mental health problems, including helping them to access local services

YouTube: NHS video on what Op COURAGE is and how it can help: https://www.youtube.com/watch?v=q8G5InGfABs

**Contacting Op COURAGE**
You can contact the service in many ways, including:

- directly getting in touch yourself, or through a family member or friend
- asking a GP or other healthcare representative to refer you
- asking a charity to refer you

**Tel:** 0300 034 9991 or email mevs.mhm@nhs.net
**Website:** Op COURAGE The East of England

## OP NOVA

Op NOVA, delivered by the Forces Employment Charity and commissioned by NHS England, provides support for veterans who are in contact with the justice system, enabling them to access the services they need.

Any justice sector or statutory organisation personnel can make a referral, and veterans can also self-refer.

**Referral Form:**
https://www.forcesemployment.org.uk/programmes/op-nova/referral-form/

**Freephone 0800 917 7299**
**Website:**
https://www.forcesemployment.org.uk/programmes/op-nova/
**or by email at opnova@forcesemployment.org.uk**

## FORCES EMPLOYMENT CHARITY

Op ASCEND an Office for Veterans' Affairs programme run by the Forces Employment Charity, provides clear, accessible career pathways for veterans, ensuring they are empowered to succeed from the moment they join the Armed Forces, throughout their service, and beyond.

**Tel: 0121 262 3058**
**Website: https://www.forcesemployment.org.uk/**

## THE VETERANS CHARITY

Despite being a small charity, The Veterans Charity operate nationally throughout the UK. They are able to assist with essentials such as food shopping (including pet and baby products where required), utilities support, clothing and footwear, household items and single appliances, smartphones/tablets and calling credit/data.
**Link:** https://www.veteranscharity.org.uk/sprtreq

The Veterans Physical Health and Wellbeing Service is an NHS service that supports individuals who have served in, or are leaving, the UK Armed Forces and have continuing, physical health injuries and related medical problems attributed to their time in the Armed Forces. It is hosted here at Imperial College Healthcare NHS Trust.

Working together with military and civilian medical professionals, along with Armed Forces charities, our teams understand military life and the longer-term care and support that may be required for veterans, Service leavers, reservists, families and carers.

## How can OpRESTORE help?

If you have a physical health injury and related medical problems attributable to your time in Service, Op RESTORE can help by:

ensuring you can access the right care and support

making sure you are treated by people who understand the military and specialise in the type of physical injury a and related medical problems you may have

putting together a care plan with you shaped around your specific physical care needs

working with Op COURAGE should you need support for your mental health and wellbeing

supporting you and your family access additional help where needed from Armed Forces charities whom we work in partnership with.

## How can I get help through Op Restore?

**You can book an appointment to speak with your GP and ask them to complete the OP Restore referral form** - we will then create a plan for you using the clinical information from your medical records.

## How long will it take?

Once we have your referral and the Service-related clinical information from your GP, our multi disciplinary team, made up of doctors, nurses and therapists, will review it. This process normally takes about eight weeks, during which time we will develop a plan for your care.

## OP FORTITUDE

Op FORTITUDE is a referral system that has been created to help ex-service personnel find housing support. It is funded by The Armed Forces Covenant Fund and is facilitated by the social housing provider Riverside Group.

Op FORTITUDE helps connect people in the Armed Forces Community who are experiencing homelessness to a network of support. The network includes:

- housing providers
- charities, and
- local authorities.

The services that Op FORTITUDE connect people with will help individuals address their risk of homelessness by either helping them stay in their current accommodation or find new housing options.
Additionally, Op FORTITUDE will signpost to complimenting services, including:

- specialist medical care,
- connections with local communities, and
- employment services.

These connections will help individuals with other aspects of their lives that might be impacting their ability to get or keep their housing options.

### Apply for support

Even though the process is called "referral", veterans themselves can make their own referral for Op FORTITUDE support by completing the online form or by calling the freephone number below.

**By phone: 0800 9520774**
**By online referral form:**
https://opfortitude.my.site.com/webforms/s/referralform

## THE ROYAL ENGINEERS ASSOCIATION

ROYAL ENGINEERS ASSOCIATION

THE SAPPER CHARITY

The Royal Engineers Association (REA) is the Regimental Association of the Royal Engineers.

Our role is to provide support to those who have given so much and are in need whilst maintaining and promoting awareness of Corps traditions.

**Website: https://www.reahq.org.uk/**

## SAPPER SUPPORT

SAPPER SUPPORT

Sapper Support is the only 24/7 PTSD helpline staffed by veterans and 999 personnel. We give emotional and physical support to sufferers of PTSD and other associated mental health issues.

**Helpline Number: 0800 040 7873**
**Website: https://sappersupport.com/**

## HOUNDS FOR HEROES




Our application process is open to all HM Armed Forces and Emergency Services personnel, both serving or previously served, who have become physically disabled through illness or injury either service or non-service attributable.
A Hounds for Heroes assistance dog can help you overcome some of the physical challenges caused by your disability or illness. Our life enhancing dogs can assist you in those everyday tasks that you currently struggle with, providing a loyal comrade and just maybe the beginning of a new life.

**Website:**
**https://www.houndsforheroes.com/supporting-you**

## CITIZENS ADVICE

There are many different kinds of financial help available for people in the armed forces, veterans and their families.
You can use this information to find out what financial help might be available to you, depending on your situation. You can also use this information to find details of organisations that might be able to help you further.

**Website:**
https://www.citizensadvice.org.uk/benefits/armed-forces-and-veterans/benefits-and-concessions-for-the-armed-forces-veterans-and-their-families/

## SEAFARERS ADVICE & INFORMATION LINE

If you've ever served in any branch of the Royal Navy or Royal Marines, then we can help you. We can also advise you if you've been in the Royal Navy or Royal Marines Reserves.
The most common areas of advice for serving personnel are –

- Money worries
- The practicalities of relationship breakdown
- Immigration advice

For veterans, we often help with –

- Benefits
- Charity grants
- Pensions

If you're the partner, widow or widower of a someone who's served in the RN, then SAIL can help you too.

**Tel: 0800 160 1842 (10am - 4pm Monday - Friday)**
**Website: https://sailine.org.uk/**

## MILITARY V CANCER

Military vs Cancer focus is on alleviating the effects of cancer for Military personnel past and present, as well as their immediate families. We provide:

- Additional family / nursing care funding.
- Travel costs for treatment, including hotel stays for family members.
- Home adaptations.
- Respite breaks.
- Memory making trips.
- Special experiences, especially for those with a terminal diagnosis.
- Peer group / community support for serving forces members and their families.

**Website: https://www.militaryvscancer.com/**

## VETERANS PAIN MANAGEMENT PROGRAMME

We help veterans enjoy a greater quality of life by teaching them how to manage pain. The Veterans' Pain Management Programme (PMP) is an innovative PMP which we offer exclusively for Veterans' of the Armed Forces.

**Website: https://www.kingedwardvii.co.uk/the-charity/veterans-pain-management-programme**

## SAPPER SUPPORT

Sapper Support is here to help people today, before they get to the point where they break.

Sapper Support is the only 24/7 PTSD helpline staffed by veterans and 999 personnel. We give emotional and physical support to sufferers of PTSD and other associated mental health issues.

**Website: https://sappersupport.com/**
**Tel:0800 040 7873**

## WALKING WITH THE WOUNDED

Supporting veterans with mental health problems and emotional wellbeing through the Head Start Programme.

**Operated as a Call-Back System by completing the Request Form:**
https://walkingwiththewounded.org.uk/ask-for-help/
**Monday - Friday 9am - 5pm**
**Website: https://walkingwiththewounded.org.uk/**

## SAMARITANS VETERAN APP

Samaritans Veterans is a free desktop app that can provide you with emotional support after your career in the Armed Forces

**Register and Sign in**: https://www.samaritans.org/how-we-can-help/military/samaritans-veterans-app/

## NEED URGENT HELP?

To speak a professional for urgent health and care advice:

- Call NHS 111 (24 hours)
- Call 999 if your life is in danger
- Go to A&E in an emergency

Remember to tell whoever you speak to, that you or the person you are calling about, has served in the UK armed forces so they can give you the right information.

