

# Health and Wellbeing for the Armed Forces Community

Some individuals may not require any 'official healthcare support' and may just need companionship or want to get involved with a likewise community, this is particularly common when transitioning to 'Civilian life'. Additionally, some individuals may require help with their finances, housing or general 'life' support and advice. There are a range of local Charities and Community Interest Companies (CIC's) that offer numerous activities and support networks:

## Armed Forces Charities

### Aggies

Aggie Weston's is a Charity to help serving members of the Royal Navy, Royal Marines, Royal Fleet Auxiliary and their families. They provide pastoral support around the country and enable families to stay connected through projects.

**Email:** [office@aggies.org.uk](mailto:office@aggies.org.uk)

**Phone:** 023 9265 0505

**Website:** <https://www.aggies.org.uk/how-we-help>

### The Army Benevolent Fund (ABF) The soldiers' Charity

ABF The Soldiers' Charity is the Army's national charity, here for soldiers, former soldiers, and their families for life. They provide help with housing, education, and training for employment for soldiers and veterans of all ages. We are there for older veterans and their widows or widowers when they find themselves lonely or isolated.

**Website:** [www.soldierscharity.org](http://www.soldierscharity.org)

### Armed Forces Community Support Hub (Warrington).

Charity that offers social events to Ex-Military and Blue Light service personnel. The charity is a Breakfast Club and helps people in need with socialising and companionship. They act as a 'sign-posting' therefore, assigns people to the relevant charities/mental health support groups.

**Phone:** 01925 638515

**Website:** [www.afcsh.org](http://www.afcsh.org)

### Blesma

Blesma, the Limbless Veterans, is an Armed Forces charity dedicated to assisting serving and ex-Service men and women who have suffered life-changing limb loss or the use of a limb, an eye or sight. We support these men and women in their communities throughout the UK.

**Email:** [info@blesma.org](mailto:info@blesma.org)

**Phone:** 020 8590 1124

**Website:** [www.blesma.org](http://www.blesma.org)

### Broughton House

A Charity initially set-up for residing Veterans that has now grown to additionally provide support for Veterans and their families by providing therapy, counselling and welfare support such as, housing and benefits.

**Phone:** 0161 464 9521 (Hub)

**Email:** [hub.support@broughtonhouse.com](mailto:hub.support@broughtonhouse.com)

**Phone:** 0161 740 2737 (Residential home)

**Website:** [www.broughtonhouse.com](http://www.broughtonhouse.com)

### Combat Stress

A Charity that provides a range of community, outpatient, and residential mental health services to veterans with complex mental health services. They provide services in-person, and via phone and online.

**Phone:** 0800 138 1619. **Serving personnel and their families can call 0800 323 4444.**

**Text:** 07537 173 683

**Email:** [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)

**Website:** [www.combatstress.org.uk](http://www.combatstress.org.uk)

## Fighting with Pride

A Charity that supports the health and wellbeing of LGBT+Veterans, service personnel and their families – in particular those most impacted by the ban on LGBT+ personnel serving in the Armed Forces prior to January 2000.

**Phone: 0800 138 1619. Serving personnel and their families can call 0800 323 4444.**

**Text: 07537 173 683**

**Email: [info@fightingwithpride.org.uk](mailto:info@fightingwithpride.org.uk)**

**Website: [www.fightingwithpride.org.uk](http://www.fightingwithpride.org.uk)**

## Help for Heroes

The Charity helps them, and those still serving, to recover and get on with their lives by providing physical, psychological, financial and welfare support for as long as they need it. It also supports their families because they too can be affected by their loved one's wounds.

**Website: [www.helpforheroes.org.uk](http://www.helpforheroes.org.uk)**

## Little Troopers

A Charity providing fundamental resources available to help ease and aid any separation period for Military Children.

**Website:**

**<https://www.littletroopers.net/about-us/>**

## Naval Children's Charity

A Charity providing help and support for Royal Navy and Royal Marines children up to and including the age of 25.

**Website:**

**<https://www.navalchildrenscharity.org.uk/>**

## Naval Families Federation

A Charity providing help and support for Royal Navy and Royal Marines families.

**Website: <https://nff.org.uk/>**

## PTSD Resolution

A Charity providing counselling for former Armed Forces personnel.

**Website: [www.ptsdresolution.org](http://www.ptsdresolution.org)**

## Reading Force

Reading Force is a Charity passionate about using books to bring Force's children and families closer together. They're shared reading initiative encourages families to read, talk, and scrapbook about a book, improving communication and enriching relationships with books and each other – one page at a time.

**Email: [info@readingforce.org.uk](mailto:info@readingforce.org.uk)**

**Phone: 07566 200 299**

**Website: [www.readingforce.org.uk](http://www.readingforce.org.uk)**

## The Royal Air Force Benevolent Fund

Provide lifelong support to serving and ex-serving RAF personnel and their families. They'll consider any request for assistance, however big or small, providing a tailor-made approach to each individual situation. From mobility aids and confidential counselling to financial grants, they offer a range of support tailored to the individual's needs.

**Phone: 0300 102 1919**

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

## The Royal British Legion

The Royal British Legion's support starts after one day of service and continues through life, long after service is over. From providing expert advice and guidance, to recovery and rehabilitation, through to transitioning to civilian life – they can be by their side every step of the way. And it's not just members of the Armed Forces but their families too. If there is ever a reason they can't help, their vast network will mean that we know someone who can.

**Phone: 0808 802 8080**

**Website: [www.britishlegion.org.uk](http://www.britishlegion.org.uk)**

## The Royal Naval Benevolent Fund

Provide help, in cases of need to Serving and former Royal Naval ratings and Royal Marines other ranks which includes reservists, including their families.

**Phone: 02392 690112**

**Website: <https://www.rnbt.org.uk/>**

## Scotty's Little Soldiers

Aims to provide relief from the effects of bereavement to young people who have experienced the death of a parent who served with the Armed Forces of the Crown. They believe children and young people from 0-25 years should have access to the very best health and well-being support. Outstanding development opportunities. The chance to smile again.

**Email:** [hello@scottyslittlesoldiers.co.uk](mailto:hello@scottyslittlesoldiers.co.uk)

**Phone:** [080 0092 8571](tel:08000928571)

**Website:** [www.scottyslittlesoldiers.co.uk](http://www.scottyslittlesoldiers.co.uk)

## SSAFA the Armed Forces Charity

SSAFA works to ensure that the needs of the Armed Forces, veterans and their families are met in an appropriate and timely way. SSAFA can help provide practical, financial, and emotional support for service personnel, veterans, and their families. They exist to relieve need, suffering and distress amongst the Armed Forces, veterans, and their families in order to support their independence and dignity.

**Phone:** [0800 260 6767](tel:08002606767)

**Website:** [www.ssafa.org.uk](http://www.ssafa.org.uk)

## SSAFA the Armed Forces Charity Greater Manchester Office

SSAFA works to ensure that the needs of the Armed Forces, veterans and their families are met in an appropriate and timely way. SSAFA can help provide practical, financial, and emotional support for service personnel, veterans, and their families. They exist to relieve need, suffering and distress amongst the Armed Forces, veterans, and their families in order to support their independence and dignity.

**Phone:** [0300 365 1885](tel:03003651885)

**Website:** <https://www.ssafa.org.uk/greater-manchester>

## Tom Harrison House

Tom Harrison House provides a specialist addiction recovery programme for UK Armed Forces veterans and emergency services personnel. Their bespoke 12-week residential programme is designed specifically for those who have served and who may struggle to engage with mainstream, civilian rehabilitation services.

**Phone:** [0151 909 8481](tel:01519098481)

**Email:** [info@tomharrisonhouse.org.uk](mailto:info@tomharrisonhouse.org.uk)

**Website:** [www.tomharrisonhouse.org.uk](http://www.tomharrisonhouse.org.uk)

## Walking with the Wounded (Manchester)

Walking with the Wounded is a charity for ex-military personnel in the UK, that supports a pathway for disadvantaged veterans to re-integrate back into society and sustain their independence. At the heart of this journey is employment but they also provide onsite counselling.

**Website:**

[www.walkingwiththewounded.org.uk](http://www.walkingwiththewounded.org.uk)

## Mental Health Helplines and Services Continued

### Additional Armed Forces Support

#### Always a Rifleman Association

The Always a Rifleman Programme (AARP) delivers support in the first few hours of an emerging crisis and paves the way to wellness. They provide face-to-face coaching, mentoring and mental health support, for veterans and their dependants of The Rifles or antecedent regiments.

**Website:**

<https://theriflesnetwork.co.uk/page/aarp>

#### Challenge the Wild, Positive Adventure CIC

Challenge the Wild specialises in providing adventurous challenges, stunning hikes, and outdoor event management, to charities, companies, the public sector and private groups. The team has provided forward thinking organisations with the opportunity to put on an event which is unique, raises profile, is great for health and wellbeing, builds exceptional teams and stands out.

**Website:** [www.challengethewild.com](http://www.challengethewild.com)

#### Spearhead Foundation

Spearhead Foundation provides support to Veterans and Blue light services. The CIC allows personnel to access Mental Health Services such as onsite resilient workshops, and welfare support such as, employment workshops, housing, and benefits. They hold a weekly free burger night, coffee mornings, gaming sessions alongside events such as car/bike meets and outdoor walking.

**Email:** [info@rfngroup.co.uk](mailto:info@rfngroup.co.uk)

**Website:** [www.thespearheadfoundation.com](http://www.thespearheadfoundation.com)

#### Veterans Tribe

The Veterans' Tribe offers creative events and activities to aid positive mental health and wellbeing.

**Facebook:** [Veterans Tribe](#)

**Email:** [events@veteranstribe.co.uk](mailto:events@veteranstribe.co.uk)

**Website:** [www.veteranstribe.co.uk](http://www.veteranstribe.co.uk)