

Support for services families

At Purbrook, we understand that serving personnel can give up a lot to be part of the Armed Forces. Below, please find a toolkit of national and local charities and support routes for service families which may be of use.

Who?

The Royal British Legion

The RBL are available to help the Armed Forces community from day one of service and continuing throughout life, long after service is over.

What can they offer?

Information and advice on:

- Physical and mental wellbeing
- Care and independent living
- Financial and employment support
- Local community connections
- Links to specialised services



How?

www.britishlegion.org.uk

Helpline: 0808 802 8080

Online chat: [RBL - Support Login \(britishlegion.org.uk\)](#)

Who?

The SSAFA (Soldiers, Sailors, Airmen and Families Association)



SSAFA provides lifelong support to anyone who is currently serving or has ever served in the Royal Navy, the Royal Marines, the British Army or the Royal Air Force (Regulars and Reserves) and their families. They can give you factual information and 'signpost' ways forward to assist you.

What can they offer?

They provide a range of personalised services, including welfare advice; housing and healthcare; and signposting to organisations that offer more specialised support.

How?

Phone: Forcesline **0800 731 4880**. The line is open from 0900 – 1700 Monday – Friday.

Who?

Naval Children's Charity



What can they offer?

The Naval Children's Charity provides grants and support to children whose parents serve or have served in the Naval Service. Support ranges from grants in their Emergency Essentials Grant Scheme to larger grants for more complex needs around disability and illness.

How?

Phone: (Monday – Friday 0800-1600) **023 9263 9534**

Email: caseworkers@navalchildrenscharity.org.uk

Who?**Aggie Weston's**

Aggie Weston's is a charity which helps serving members of the Royal Navy, Royal Marines, Royal Fleet Auxiliary and their families.

**What can they offer?**

They provide pastoral support around the country and enable families to stay connected through project such as 'Storybook Waves' which enables deploying personnel to maintain the link with their children. Anyone serving away from home can record a bedtime story for their child to listen to.

How?

Address: Castaway House, 311 Twyford Avenue, Portsmouth, Hampshire, PO2 8RN

Telephone: 023 9265 0505

Email: office@aggies.org.uk

Who?**The Army Families Federation**

AFF is the independent voice of Army families and works hard to improve the quality of life for Army families around the world.

What can they offer?

Help and advice with matters involving:

- Housing
- Employment and training
- Foreign and commonwealth enquiries
- Health and additional needs
- Education and childcare
- Family life
- Finances

**How?**

Online: www.aff.org.uk

Phone: 01264 554004

Email: contact@aff.org.uk

Who?**Anchoring Minds – Solent Mind**

Anchoring Minds is an emotional wellbeing service within Solent Mind providing support in the community to Royal Navy and Royal Marine families in Portsmouth, Fareham, Gosport and the Isle of Wight, in partnership with the Royal Navy and Royal Marines Charity and Solent NHS Trust.

**What can they offer?**

Anchoring Minds can offer guidance to ensure that families of serving personnel know how and where to access wellbeing and mental health support when they need it. They can offer a friendly chat with someone who understands what you are going through, provide access to peer support groups for you to join and offer free courses to improve your wellbeing or longer term support.

How?

Email: anchoringminds@solentmind.org.uk