



Royal Air Force
Benevolent Fund

HOW

WE

HELP

SUPPORT FOR

VETERANS

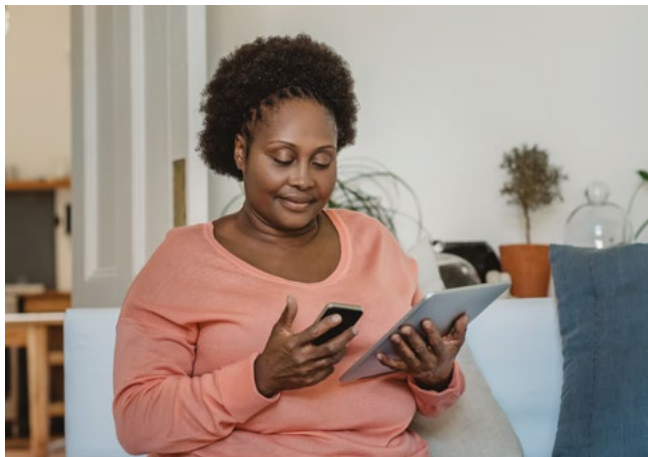


HOW WE HELP

Whether you've served in the RAF for a day or decades, we're here for you. We provide practical, financial and emotional support when you need it most.

We tailor our support depending on individual needs and will consider any request for help. Our services are available to all members of the RAF Family. Grants and financial assistance are means tested so we'll look at your income when considering eligibility.

From the youngest child to the oldest veteran, we're committed to helping every member of the RAF Family through the toughest times.



✓ EMOTIONAL WELLBEING

If you're feeling anxious, depressed, stressed or overwhelmed, it can be helpful to talk to someone. We provide a confidential Listening and Counselling Service for adults and for children and young people aged five and over to support you with whatever you're going through. We also offer bereavement counselling to those who have lost someone close to them.

Find out more: rafbf.org/wellbeing

✓ FRIENDSHIPS AND CONNECTIONS

If you're feeling lonely or isolated, we can help you to connect with other members of the RAF Family. Our free weekly Telephone Friendship Groups are a great way to make new friends.

We also have Community Engagement Workers on hand (across the East, Midlands and South East of England) to help you get involved in new social activities and opportunities. They can introduce you to new activities and assist you in overcoming any transport issues you may have.

Find out more about making friendships and connections: rafbf.org/friendship





✓ FAMILY AND RELATIONSHIPS

We provide free family and relationship counselling, including face-to-face sessions, a telephone or video calling service and a live chat option.

It can be stressful when a relationship breaks down, but you don't have to face it alone. We can assist with the cost of mediation to support you through a separation or divorce.

Find out more about family and relationship support: rafbf.org/relate

✓ INDEPENDENT LIVING

We loan mobility scooters and wheelchairs, subject to an occupational therapy assessment. Orthopaedic beds and riser and recliner chairs can also be funded.

Once your local council has considered your eligibility for a Disabled Facilities Grant, we can assist with the cost of essential adaptations to your home. We may also be able to assist with the cost of essential property repairs.

Our advocates can advise and support you with housing issues, care in your own home or care home top-up fees.

We also offer support for carers including respite breaks and access to the Digital Resource for Carers with tools and advice.

Find out more about independent living support: rafbf.org/independent

✓ FINANCIAL ASSISTANCE

If you're struggling to cover day-to-day living costs, we're here for you. We can provide financial support with household essentials, priority bills, funeral expenses and care costs.

For those of pensionable age and on a low income, we may be able to offer regular financial assistance through a quarterly income supplement.

We may also be able to help with home care or care home costs once your council has carried out a care needs assessment.

Our advisers can provide information on benefits and help you to claim what you're entitled to.

Find out more about financial assistance:

rafbf.org/finances



✓ CARE BREAKS

Getting away from the stresses and strains of daily life can help you to recharge. During those times when you're experiencing difficult challenges, a break may help you to cope and carry on. We offer individuals and couples with care needs the opportunity to apply for a Care Break at a selection of Care Hotels and centres.

Find out more about available breaks:
rafbf.org/carebreaks

HOW WE HELPED LEROY

When Former RAF Sergeant Leroy Francis had a multiple sclerosis relapse, he was reluctant to ask for help. Leroy had severe weakness leaving him unable to climb the stairs.

He slept in his dining room and washed at a downstairs utility room sink.

When Leroy did ask for help, it changed his life. We funded the cost of converting his bathroom into a wet room, and provided a stairlift, recliner armchair, new double bed and support with his care needs.

“ It has made a huge difference to my life. Their support has given me my independence.”



Image supplied by SSAFA



// I'm so overwhelmed I can't thank the Fund enough. It's helped me enormously, especially with the heating bills and things like that. I know I have that little extra for security."

**Former Leading Aircraftswoman
Louisa Hovell**

GET IN TOUCH

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