

## ✓ FINANCIAL ASSISTANCE

We can provide assistance with furniture and household essentials, priority bills, funeral expenses, clothing and care equipment.

For those of pensionable age and on a low income, we consider regular financial assistance as a quarterly income supplement.

We can consider a financial top-up to help with home care or care home costs once your council has carried out a care needs assessment.

Our Benefit Advisors can provide advice if you have an issue with the benefits you receive or you're not sure what you're entitled to.



## ✓ FAMILY AND RELATIONSHIPS

We provide access to free relationship and family counselling as well as subsidised mediation sessions for those going through a divorce or separation.

We also run free weekly Telephone Friendship Groups for those wanting to connect with other members of the RAF Family and make new friends.



## ✓ WELLBEING BREAKS

We run daily Lunch Clubs and subsidised short breaks at Princess Marina House and our seaside cottages in Rustington on the south coast, as well as funding towards holidays in other parts of the UK.

If you or a dependant have a severe disability you may be eligible for a holiday through the RAF Disabled Holiday Trust, which provides accessible holidays in the UK and abroad.

Our Group Wellbeing Breaks are available for individuals and couples to meet and socialise with other members of the RAF Family.



## ✓ EMOTIONAL WELLBEING

If you are experiencing difficulties with a range of issues from bereavement and anxiety or depression to loneliness, stress or low self-esteem our Listening and Counselling Service is there to support you.

## ✓ INDEPENDENT LIVING

We can fund mobility aids and equipment to aid independence including wheelchairs, orthopaedic beds and riser recliner chairs subject to an occupational therapy assessment.

We can assist with essential property repairs and adaptations to your home once your council has considered your eligibility for a Disabled Facilities Grant.

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



## ✓ TRANSITION

Moving back into civilian life can be difficult. We're here to support you with unexpected additional costs associated with resettlement, such as additional training or education to boost your skills or help with rent deposits and moving costs.

# GET IN TOUCH

If you, or someone you know could do with our support get in touch.

**FREE CALL**  
**0800 169 2942**

**info@rafbf.org.uk**  
**rafbf.org/help**

Royal Air Force Benevolent Fund  
67 Portland Place, London, W1B 1AR

The RAF Benevolent Fund is a registered charity in England and Wales (1081009) and Scotland (SC038109)

## WHAT WE DO AND HOW WE HELP

Whether you've served in the RAF for a day, a year, a decade or more, we're here for you to help you get through the toughest times, providing practical, financial and emotional support when you need it most.

From the youngest child to the oldest veteran, we are committed to helping every member of the RAF Family, providing a tailor-made, holistic approach to individual circumstances and will consider any request for help.

Our services are available to all members of the RAF Family, however grants and financial assistance are means tested.



## HOW WE HELPED LAURENCE AND CATHRYN

When Sergeant Laurence Carlton's wife Cathryn suffered a life-changing brain haemorrhage we were there to support them.

We stepped in to cover the bills, ensuring the couple didn't lose their home and when Cathryn was ready to leave hospital, we provided an adapted wheelchair, which she could control with her head. We also contributed to the cost of a through-floor lift in their home and an adapted vehicle.

“ In one moment our lives changed forever and without the support of the Fund I just don't know where we'd be.”



## HOW WE HELPED HOWARD

“ The Telephone Friendship Group is wonderful... it opened my horizons. Up until then I was a lonely old soul. This is a way of meeting people socially.”



HOW  
WE  
HELP

