

**MOD Services**

**Veterans UK**

Provides a range of advice and services including:

- Pensions and compensation claims
- Service records, medals and badges
- Welfare support

The helpline also offers advice on where to get help on benefits, loans and grants, emergency accommodation, finding a job and retraining. 0808 1914 2 18

**The Veterans Welfare Service (VWS)** part of Veterans UK. They provide assistance following a change in situation that may have resulted in a welfare need, such as: Leaving the services, bereavement or changes in disablement, income or housing. Help and guidance can be given through either telephone contact or a dedicated visiting service via a national network of Welfare Managers. SE England – 023 92 702232, Helpline: 0800 169 2277

**Help, Advice and Support**

**Forcesline** – A confidential free phone helpline operated by SSAFA. 0800 731 4880

**Combat Stress and Rethink** – 24 hour helpline for veterans. 0800 138 1619

**Drop-In**

There are a number of monthly drop-ins being developed across the county. See [Armed Forces Network](#) for place and times.

**Caseworker and Face-to-Face Support**

**Royal British Legion** – Pop-In Centre in Brighton also offers direct support and access to Combat Stress representatives. Outreach Support help those with complex needs Queen’s Road, Brighton, 0808 802 8080

**SSAFA** – Local caseworkers provide home calls and face to face support. 0800 169 9060

**Peer Support**

**The Ripple Pond** - Support groups for families of injured service persons, veterans and reservists. [admin@theripplepond.org](mailto:admin@theripplepond.org)

**Support for families**

- [Army Families Federation \(AFF\)](#)
- [Naval Families Federation \(NFF\)](#)
- [Royal Air Force Families Federation](#)
- [AFF - TA and Reserve Force](#)

**Other Charities offering Welfare Support**

- [ABF – The Soldiers Charity](#)
- [Royal Navy and Royal Marines Charity](#)
- [The Royal Air Force Benevolent Fund](#)
- [Royal Air Force Association](#)

**Citizens Advice Bureau**

The CAB can be accessed locally or online via the Advice Guide website.

**Directories of Services**

**Veterans’ Gateway**

Providing a single point of contact for veterans seeking advice and support. 24/7 Tel: 0808 802 1212 Text: 81212 and live chats via their website

**Cobseo**

This is the Confederation of Service Charities, providing 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.

**Armed Forces Charities**

Online resource is a comprehensive searchable database of the Armed Forces Charity sector.

**Royal British Legion Knowledge Base**

Online resource which answers questions regarding support to veterans.

**East Sussex 1 Space**

1Space is a database of support services and organisations across East Sussex.

**Brighton and Hove Community Services**

A charity providing a home for community and voluntary groups in Brighton and Hove and services to the local community.

**West Sussex Wellbeing**

Advice and support on how to make small changes to improve your health and

**Local Library**

The local libraries hold a selection of resources and have access to internet.

**Solicitors/Business support**

**Wrinkly Network**

The Wrinkly Network is a business membership providing a full range of support services for businesses, organisations and community groups. 0330 122 8803

**Forces Law**

Network of civilian lawyers who specialise in advising serving and former members of the armed forces, their families and dependents. Services cover all aspects of civilian law: also provide advice and assistance to those who’ve been arrested, or referred to a court-martial. 0845 601 1260

**Local Authority Support**

**Adult Social Care Services**

Provided by City and County authorities. Services are available to everybody with no special services or support for ex-Armed forces. They will arrange an assessment to ensure you meet the current [eligibility](#) criteria.

East Sussex-[Services-Contact](#) 0345 6080191 West Sussex-[Services-Contact](#) 01243642121 B&H CC-[Services-Contact](#) 01273 295555

**Money Debt and Finance**

**Council Benefit and Welfare Advice Services**

– Drop-in help available to anyone.

**The Royal British Legion** – Have core services dedicated to Benefits and Money Advice as well as War Pensions and Armed Forces Compensation Scheme advice. The Immediate Needs Grant Scheme can help with costs in a crisis e.g.: food and clothing. Grants can be applied for to help with e.g.: funeral costs, house adaptations, white goods, food vouchers or a disability.

**SSAFA** – Provide professional financial advice, can give grants for a range of reasons, accessed through caseworkers.

[sussexec@ssafa.me.uk](mailto:sussexec@ssafa.me.uk), 0800 169 9060

**The Forces Pension Society** - Ensures Armed Forces personnel, their partners and dependants receive the pension to which they are entitled. 0207 820 9988

**Money Force** - Guidance and financial tips designed for Service people and families.

**Military Debt Help (UK)** - Run by ex-military to help the military community deal with debt issues. Tonbridge, Kent. 01732 365380

**Regimental Associations** - Often have funds to help former servicemen in need. The link above will direct you to the Associations.

**Veterans Advisory & Pensions Committees**

Formerly the War Pensions Committee. Advise veterans and their families on government pensions and allowances. Contact local office through 0800 169 2277

**Turn 2 Us – Grants and Funding**

Free online service to help people access welfare benefits, charitable grants and other financial help. Can filter searches by occupation – Armed Forces / Veteran.

**MACSS - Money Advice and Community Support Service**

- Advice and support to people in financial difficulty. 24 Old Steine, Brighton. 01273 664000

**National Energy Action – Forces for Warmth**

National project tackling fuel debt and energy related issues providing free face to face guidance and signposting.