

SUPPORTING SERVING SUFFOLK FAMILIES - PAST AND PRESENT

The project supports personnel and their families from any of the UK Armed Forces; Army, Royal Air Force, Royal Navy and Reservists who are caring for a family member or friend and includes:

- Veterans/Ex Serving and their families
- Single unaccompanied personnel based in Suffolk who may be supporting a family member elsewhere in the country.
- Families living in Suffolk, where the serving person are living away from home or on deployment

We can support individuals and the family unit.



www.suffolkfamilycarers.org

WHO DO WE SUPPORT?

The project supports personnel and their families from any of the UK Armed Forces; Army, Royal Air Force, Royal Navy and Reservists who are caring for a family member or friend and includes:

- Veterans/Ex Serving and their families
- Single unaccompanied personnel based in Suffolk who may be supporting a family member elsewhere in the country.
- Couples, both with or without children
- Families living in Suffolk, where the serving person are living away or on deployment
- Sibling Carers
- Young & Young Adult Carers

HOW DO WE DO IT?

The motivated and passionate team behind the project are dedicated in providing tailored support to suit each individual caring role.

Support is confidential and can include:

- Emotional and wellbeing advice
- Advice with practical issues
- Signposting to other agencies
- Access to workshops at Suffolk Family Carers (online and face-to-face)

Both Kate (SSF Project Lead) and Kirstie (SSF Project Assistant) have a personal insight of some of the stresses that come with life in the Armed Forces.

Kate's Father having served in the RAF for 24 years and being based at Wattisham for the latter part of his career. Kirstie also has family links to the Armed Forces.

To date, the project has supported carers looking after loved ones with:

- Alzheimer's and Dementia
- Children with Diabetes
- Young people with Epilepsy
- Children and young people with Special Education Needs and Disabilities (SEND)
- Chronic Fatigue Syndrome (CFS/ME)
- Multiple Sclerosis
- Anxiety/Health Anxiety/Post Natal Depression/Borderline Personality Disorder/Alcohol and Substance Misuse.

If you would like more information or to have a chat about the type of support we can offer then please do get in touch, as we would love to hear from you!