

DO YOU CARE FOR SOMEONE?

Are they living in Suffolk or
elsewhere in the UK?

Helping you
live a fuller life



www.suffolkfamilycarers.org

WHO WE CAN SUPPORT

We are able to provide support to current serving personnel, ex-service/veterans and their families of the UK Armed Forces. Our project is currently funded by both The Armed Forces Covenant Fund Trust and The Veterans Foundation. Our funding covers:

- **Single unaccompanied personnel** who may be supporting a family member elsewhere in the country.
- **Unaccompanied personnel** who are based in Suffolk with their family unit living elsewhere.
- Families living in Suffolk, with the serving person living away or on deployment.
- Couples, both with and without children.
- UK Armed Forces Veterans and ex-service whom are caring for a family member
- Family carer(s) who are caring for a UK Armed Forces Veteran/ex-service, including those who did their National Service (1939 – 1963)

WHAT HELP WE CAN OFFER

Our dedicated team can provide tailored support to suit your individual caring roles. We understand no role is the same and we aim to give the most appropriate help, support and advice to both you and your family.

We currently offer emotional and wellbeing support through either face to face appointments or via telephone/video calls, to fit around your needs and responsibilities as a carer. These can be arranged at either your home or at a suitable venue/location of your choice. Workshops, activities and one-to-one 'Walk and Talk' sessions are also available.

We can also provide advice on practical issues, assist in researching relevant information that may help you in your caring role along with signposting and referrals to other agencies if or when required.

CONFIDENTIALITY

We understand the impact a caring role can have on an individual. We operate as a confidential service and will work alongside the Welfare Team to help navigate you in your caring role.

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 [@MilitaryFamiliesSFC](https://www.instagram.com/MilitaryFamiliesSFC)  [@MilitaryFamiliesSFC](https://www.facebook.com/MilitaryFamiliesSFC)

 THE ARMED FORCES
COVENANT FUND TRUST


VETERANS'
FOUNDATION

A Network Partner of
**CARERS
TRUST**
Supporting the Carers of the UK Armed Forces