

# DO YOU PROVIDE CARE FOR A VETERAN?

Are you a Veteran providing care  
for a family member?

Helping you  
**live** a fuller life



[www.suffolkfamilycarers.org](http://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 and our funding covers:

- **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)
- Single unaccompanied personnel who may be supporting a family member elsewhere in the country.
- Couples, both with and without children.
- 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.

We also work in partnership with other organisations who provide support to ex-service personnel.

## 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 to other agencies if or when required.

**01473 835477**

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 THE ARMED FORCES  
COVENANT FUND TRUST

  
VETERANS'  
FOUNDATION

A Network Partner of  
**CARERS  
TRUST**  
Supporting the Armed Forces Community