



## HOW WE SPEND THE MONEY YOU RAISE

### FINANCIAL ASSISTANCE

**Providing grants to top up income or cover unforeseen expenses**

**HOW WE ACHIEVE THIS**

- One-off grants to cover unforeseen costs
- Regular grants to assist with day-to-day living costs for pensioners who are experiencing financial distress
- Benefits and advice service
- Support for funeral expenses
- Social inclusion grants

### WELLBEING BREAKS

**Providing respite and holiday breaks**

**HOW WE ACHIEVE THIS**

- Subsidised respite and care
- Subsidised welfare breaks
- Funded breaks at Royal Air Forces Association Wings Hotels
- Respite at Home service (West Sussex only)
- Daily Lunch Club at Princess Marina House

### FAMILY & RELATIONSHIPS

**Easing the strain on family and social life**

**HOW WE ACHIEVE THIS**

- Relationship support
- Injury and death in service support
- Building Stronger Families online course for serving couples
- Airplay and Ben Clubs
- Emergency grants to servicemen and women
- Citizens advice service

### INDEPENDENT LIVING

**Enabling independence and dignity in retirement**

**HOW WE ACHIEVE THIS**

- Mobility equipment
- Domiciliary care fees
- Housing adaptations
- Care costs
- Affordable housing

### EMOTIONAL WELLBEING

**Overcoming mental health difficulties**

**HOW WE ACHIEVE THIS**

- Listening and Counselling services in partnership with Anxiety UK
- Bereavement support
- Mindfulness mobile app Headspace
- Telephone Friendship Groups
- RAF station Families' Days

### TRANSITION

**Helping the move into civilian life and employment**

**HOW WE ACHIEVE THIS**

- Training grants
- Transition grants
- Welfare breaks
- Housing provision and adaptations
- Education awards

