



**Royal Air Force
Benevolent Fund**

**SUPPORTING SERVING AND
FORMER MEMBERS OF THE
RAF AND THEIR FAMILIES**



A GUIDE TO OUR SERVICES

HERE TO SUPPORT THE RAF FAMILY

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INTRODUCTION

We know that life can throw up unexpected challenges. We're here for everyone in the RAF Family, whenever they need us.

Whether you're a member of the RAF Family, or you're a caseworker supporting someone in need, this guide will help you to find the right assistance. It contains information about our five key areas of support and how to apply. We can help you with:

- 1. Emotional Wellbeing**
- 2. Friendships and Connections**
- 3. Family and Relationships**
- 4. Independent Living**
- 5. Financial Assistance**

The Fund's support continues to evolve and change, and this guide is correct as of June 2021. Please check our website at rafbf.org/help for the latest information. If you have any questions about the guide or about how we can help, please call us on **0300 102 1919**.

ABOUT US

The RAF Benevolent Fund supports current and former members of the RAF and their families, through practical, emotional and financial help.

HOW WE HELP

From relationship counselling to financial grants, we provide a range of services for the RAF Family.

Most of our services can be used by both serving and former personnel and their partners and children. This includes one-off grants to help with unexpected expenses like a broken boiler or home adaptations, respite care and bereavement support.

Some services can only be accessed by current personnel and their families. These include our subsidised breaks and online mindfulness programme. For former personnel and their partners, our Telephone Friendship Groups provide a safe space to chat to others in the comfort of their own home.

Each case for financial assistance is considered individually and depends on a person's financial circumstances. We carry out a full, comprehensive assessment, considering someone's needs and whether there are other ways we can support them.



OUR VISION

No member of the RAF Family will ever face adversity alone.

OUR PURPOSE

To understand and support each and every member of the RAF Family, whenever they need us.

OUR VALUES



Beneficiary Focused – We place the people we support at the heart of all we do and act in their best interests, understanding their needs and using our expertise to provide appropriate solutions.



Compassionate – We show empathy, giving a helping hand to those in need and distress.



Inclusive – Promoting fairness, diversity and respect for others, we are non-judgemental and non-discriminatory. We make ourselves accessible to all those who need our help.



Responsive – Forward leaning and innovative, we remain relevant by anticipating changes in the wider environment which affect those who need our help.



Trustworthy – We have integrity and are honest. We strive to do the right thing, and challenge decisions and actions which are not consistent with our values, while remaining accountable for our actions.



WHO WE HELP

1. All serving members of the Royal Air Force and members of the Royal Air Force Reserves.
2. All former members of the RAF who completed one day's attested service (including Royal Auxiliary Air Force and Reserve personnel).
3. The immediate family members of those who serve (spouse, civil partner, widow/widower and children):
 - Children are eligible up to the age of 18 or to the end of secondary education if later. Children who, because of illness or disability, remain

or become dependent on their parents after the age of 18 retain eligibility until they regain their independence. For the purposes of this guide, a child can be either the child of the person who has served, or any child they have legal responsibility for.

- Divorced spouses or civil partners are only eligible if their committed partnership was during the partner's RAF Service. Eligibility ceases on remarriage/partnership.
- Separated spouses or partners whose committed relationship was not during their partner's RAF Service

will be eligible for assistance for six years after the separation. All applications are considered on a case-by-case basis.

- Partners may be treated as a spouse or widow where there is satisfactory evidence of a committed relationship. For example, duration of relationship, children, joint ownership of property, or joint financial arrangements.
- Live-in carers (relatives or friends), who have demonstrated a longstanding commitment to the needs of the beneficiary, are eligible for assistance for up to six months after caring arrangements have ceased. To receive support for caring for someone in the RAF Family, the person needs to be providing the same amount of care that is required to apply for Carer's Allowance. This will be used as evidence they are providing care. We can provide one-off support while they make the transition from being a full-time carer to another role.

4. For RAF Air Cadets, including members of the Combined Cadet Force, applications are considered on a case-by-case basis for emotional wellbeing, counselling and bereavement support. Financial support is also given if a member is killed, on or off duty. This also extends to staff cadets and uniformed volunteers.
5. All serving and former members of University Air Squadrons.
6. Former members of the Royal Observer Corps and Air Transport Auxiliary and their partners and dependant children.
7. Certain foreign nationals or former members of the Commonwealth and Dominion Air Forces who served in the Second World War. This includes their partners and dependant children.



KEY AREA ONE: EMOTIONAL WELLBEING

We run several services in partnership with specialist organisations to support mental wellbeing.

LISTENING AND COUNSELLING SERVICE

This confidential service supports people dealing with a range of issues, including

bereavement, anxiety, depression, low self-esteem, stress and loneliness. Any member of the RAF Family can refer themselves by calling **0300 222 5703** or emailing **support@rafbf.org.uk**. Our telephone line is open 9.30am to 4.30pm on Monday to Thursday and 9.30am to 4pm on Friday.

COUNSELLING FOR CHILDREN AND YOUNG PEOPLE

Children and young people aged between five and 18 can access counselling through our specialist counselling service. Our trained counsellors can help young people to manage issues such as anxiety, depression, relationship problems and family breakdown. To use the service, contact **support@rafbf.org.uk** or **0300 222 5703**.

ONLINE MINDFULNESS

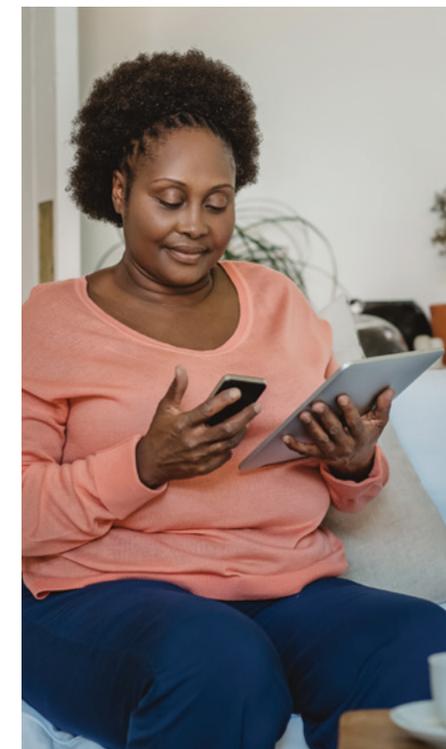
We run a mindfulness programme to support people's mental wellbeing. Mindfulness trains your brain to pay more attention to the present moment and helps you cope better with life's stresses.

We offer free membership to Headspace for serving RAF personnel, including Reservists, their partners, and members of the RAF Family who are using the Listening and Counselling Service. They can access guided mindfulness exercises either on an app or online.

To request a Headspace membership, please complete the online request form at **rafbf.org/headspace**.

SERVING BREAKS

Serving personnel can apply for subsidised holiday breaks in popular locations across the UK. To find out more about available breaks visit **rafbf.org/breaks**.





KEY AREA TWO: FRIENDSHIPS AND CONNECTIONS

We run several services in partnership with specialist organisations to help people meet others in similar circumstances. These services aren't means-tested and anyone can refer themselves.

TELEPHONE FRIENDSHIP GROUPS

Our Telephone Friendship Groups support RAF veterans and their partners or

widows(ers) to meet new people. The groups aim to reduce isolation and loneliness. Comprising up to six people, the groups speak on the telephone once a week at a prearranged time. The calls are run by trained volunteers who are on hand to make sure they run smoothly. Those interested in joining a group, should contact **0300 222 5703** or email **support@rafbf.org.uk**.

COMMUNITY ENGAGEMENT WORKERS

We have Community Engagement Workers in Lincolnshire, Cambridgeshire, Norfolk, Suffolk, Hampshire and West Sussex to help members of the RAF Family who are socially isolated. The scheme supports people to join in social activities in their local community. For example, a Community Engagement Worker can attend an activity

with them or help them with transport costs. To find out more, call **0300 222 5703** or email **CEW@rafbf.org.uk**.

SOCIAL INCLUSION GRANT

We can provide a grant of up to £500 a year for people to take up new hobbies, do vocational courses or join the University of the Third Age. The aim is to reduce social isolation and loneliness.





KEY AREA THREE: FAMILY AND RELATIONSHIPS

RELATIONSHIP SUPPORT

We can fund relationship counselling sessions for individuals, couples or families. These are available to all members of the RAF Family. You can refer yourself confidentially through the Relate helpline on **01302 347 476** or by emailing **contracts@relate.org.uk**. We also provide subsidised mediation sessions

for those going through a divorce or separation.

The free online Building Stronger Families course gives couples the skills and knowledge they need to deal with common relationship issues. This is for serving personnel and their partners. The course can be accessed anonymously, either as a couple or separately. It aims to

provide support before serious problems begin. The course considers the unique issues that serving families are faced with. Visit **rafbf.relate.org.uk** to use the course.

FAMILY COUNSELLING

RAF families can access specialist family counselling. Our trained counsellors support families, siblings and parent-child relationships with challenges and difficulties they may be facing. To use the service contact **contract@relate.org.uk** or **01302 347 476**.

AIRPLAY AND BEN CLUBS

For children living on RAF stations, life can be challenging – from coping with an absent parent to changing schools and making new friends. We provide young people in the RAF Family with a fun and stimulating environment where they can enhance their social skills and develop their own creative ideas.

Airplay offers activities for youngsters aged eight to 18, and Ben Clubs provide supervised play for children

aged five to seven. These are run by trained Youth Workers. Our digital platform, Airplay Connect, allows them to access activities wherever they live. Families should speak to their Station Youth Worker for more information, or if they aren't based on a station, they should visit **rafbf.org/airplay**.

For RAF parents looking for affordable childcare, we contribute towards nursery costs. To find out more visit **rafbf.org/youth**.

THRIVE WORKSHOPS

Dealing with deployments, moving around and planning for an uncertain future can be tough for partners managing their lives around the RAF. We provide Thrive workshops for partners of serving personnel to empower them to make changes in their lives

Led by qualified coaches, our workshops equip you with the tools you need to work out what may be holding you back. More information is available: **rafbf.org/thrive**.



KEY AREA FOUR: INDEPENDENT LIVING

ADAPTATIONS AND AIDS FOR THE HOME

We know how important it is to stay independent. Home adaptations and mobility aids can improve someone's quality of life and help them to continue living safely in their own home.

Local authorities have a statutory responsibility to help you or someone you know with a disability to live independently at home. They may be able to give you a Disabled Facilities Grant if they live in England or Wales, or a Home Improvement Grant if they're in Scotland. We can assist with adaptations

where statutory support is not available, or if there is a long delay in getting help from the council.

This includes installing wheelchair ramps and stair lifts, widening door frames and improving ground floor facilities. These adaptations must be recommended by an occupational therapist who has assessed a person's situation. If a visit has not already taken place, we'll arrange this.

NHS Trusts also have a duty to provide essential equipment to meet people's care needs. If mobility aids aren't available elsewhere, we may be able to help. From adjustable beds to bath lifts, we can provide a range of equipment. We can also supply basic telecare alarms.

CARE COSTS

If someone needs care at home, their local authority should carry out an assessment of their needs to decide whether they can help with the cost. If you have assets of more than £23,250, you will have to pay for the cost of your care. In cases where the local authority

is already helping with the cost of care, we may be able to offer additional assistance if there is a shortfall. We'll require a copy of a person's Care Plan. If necessary, we'll follow up with an occupational therapist assessment.

We can also provide a Social Inclusion Grant which can fund a place at a day centre if it will benefit someone. If a carer needs some respite, we may be able to cover the cost of temporary live-in carers.

CARE BREAKS

We organise low-cost wellbeing breaks for those experiencing pressures or challenges and who could benefit from a break away. This might be for someone who has recently lost a loved one or just needs a break away.

We offer individuals and couples with care needs the chance to apply for a subsidised Care Break at one of our preferred Care Hotels. These provide a full range of holiday activities alongside a package of personal and nursing care. Visit rafbf.org/carebreaks.

SUPPORT FOR CARERS

A package of support is available to members of the RAF Family caring for a loved one (or to those providing care to someone who is in the RAF Family). This package includes:

- A digital toolkit with advice and helpful tips. The Digital Resource for Carers has been developed in partnership with Carers UK and can be accessed through rafbf.org/carers.
- Telephone Friendship Groups to chat to people in similar circumstances and get support from others in the RAF Family, including groups specifically for those with caring responsibilities (see page 10).
- Relationship support through our partner Relate (see page 12).
- Access to a Listening and Counselling Service (see page 8).
- Subsidised respite breaks at one of our preferred Care Hotels (see page 15).
- Benefits advice (see page 22).

- Advocacy (see page 18).
- Access to our full range of financial assistance (eligibility criteria apply, see pages 21 to 29).

If you, or someone you know, is caring for someone in the RAF Family for 35 hours or more a week, you can access financial support. We can also provide grants for subscriptions to telecare services, essential aids for the home, or to assist with regular home help.

RAF DISABLED HOLIDAY TRUST

The RAF Disabled Holiday Trust provides accessible holidays for disabled serving and former members of the RAF and their partners and children. Holidays are available both in the UK and abroad and are listed on our website. The holidays are currently free and offered every three years or so to each member, but travel costs and subsistence will need to be covered. Applications can be made online or by downloading an application form from rafbf.org/dht.



MOBILITY EQUIPMENT

If a member of the RAF Family, their partner or child have a disability and are finding it difficult to get out and about, we can help. Our mobility scheme loans mobility scooters and electric and manual wheelchairs to those who need them.

It's important to find out what statutory help is available first. For example, people

who receive certain benefits may be able to get an electric powered vehicle (EPV) through the Motability Scheme. Benefits include the higher rate of Disability Living Allowance (Mobility), the enhanced rate of the mobility component of Personal Independence Payment, the War Pensioners' Mobility Supplement or the Armed Forces Independence Payment.

If a person requires an electric wheelchair, they may be able to get help through the NHS Wheelchair Service. They should explore these options first.

If we're able to help, an occupational therapist assessment will be arranged. They will advise on the most suitable equipment. Once the occupational therapist has provided a report, and if we're able to loan a scooter or wheelchair, our preferred supplier will provide this. We'll also cover the cost of the insurance and servicing for the EPV and organise road tax registration if required.

ADVOCACY

We can provide information on services provided by the NHS and local authorities and advocate on someone's behalf if they're struggling to access these. Our advocates can also provide support on a range of care services, including domiciliary care and care home top-up fees.

Our advocacy team can also support people with:

- Accessing housing from their local authority
- Re-possession of housing and intentional homelessness (if a person loses their home because of something that they deliberately do or don't do)
- Problems with landlords and disrepair
- Obtaining support for children with special educational needs
- Home care entitlement
- Getting a care assessment
- Continuing Health Care funding
- Care home top-up fees
- Other care related issues
- Disabled Facility Grants.

To speak to an advocate email advice@rafbf.org.uk, call **0800 169 2942** or complete an online enquiry form at rafbf.org/advice.

HELP WITH HOUSING

We may be able to support you or someone you know with their housing needs in the following ways.



Rent and deposits

If someone is on a low income and at risk of homelessness, we may be able to help them with a rent deposit and their first month's rent. The person must be able to afford their rent long term. Their entitlement to Local Housing Allowance will be considered. Our advocacy service may also be able to challenge the termination of an existing tenancy or a decision by the local authority to make someone homeless.

Removal costs

We may be able to cover the costs of moving to a new home.

Furniture, appliances and fittings

We can help with replacing or buying essential furniture, electrical appliances or carpets. If you're looking to carry out necessary redecoration, we may be able to support you with this.

Essential property repairs

If someone can't afford to carry out essential repairs to their property, we can give them a grant to help them do this. This includes repairing a roof that leaks or a broken boiler. We may also be able to give them a low-interest loan for major work, which will be secured on the property.

Long-term care

Those needing long-term residential care will have their care needs assessed by their local authority. The council will also carry out a means-tested financial assessment to decide whether the person should pay part of or all the care fees, and how much the local authority will contribute towards the fees.

Help with housing after a bereavement or medical discharge

Losing a loved one is devastating. We can support people with their housing needs during this difficult time. If their partner dies while serving in

the RAF leaving them to look after children, or is discharged because of a severe disability and is unlikely to work again, they may need support. There are two ways we can help:

1. If the person can raise a cash deposit of 51% of the price of a property, we can lend the remainder. This is done through securing a low-interest mortgage against the property. When the house is sold, the mortgage must be paid off first. The person will receive the remaining amount once all other secured borrowings have been paid.
2. We can purchase a property through our Housing Trust to meet their needs. The property will be purchased, adapted and rented out at an affordable rate. If an individual with a serious disability is discharged from the RAF, we can arrange for an occupational therapist to confirm that a property is suitable.



KEY AREA FIVE: FINANCIAL ASSISTANCE

We provide a range of financial grants for those on low incomes. To apply for a grant, you must have less than £12,000 in savings and investments.

DAY-TO-DAY LIVING COSTS

Unexpected life events such as losing a job or becoming ill can affect someone's income and increase their expenses. We can help in the following ways.

Unexpected and unaffordable one-off costs

This could be replacing essential electrical appliances, such as fridges or washing machines, or helping with the cost of repairing or replacing furniture. We can provide short-term help where there is no other support available, including contributing towards the costs associated with illness or bereavement.

Regular Financial Assistance

This is for those on a low income and who are pensionable age, approaching pensionable age, or have been diagnosed with a severe long-term health problem and will not be able to work again.

The amount will depend on the person's financial circumstances. New applications will be capped at a maximum of £30 a week. You must reapply for financial support each year.

Garden Maintenance Allowance

A grant of up to £10 a week (£520 each year) can be given to people with a disability or infirmity or to carers to pay for the cost of maintaining a garden. This will be paid annually to employ a gardener throughout the year.

Domestic Assistance Allowance

If you or someone you know has a disability, we can provide a grant of up to £20

a week (£1,040 a year) to pay for housework or minor DIY tasks. This money can also be awarded to carers to pay for this work. We hope this will enable people to stay in their home longer and remain independent.

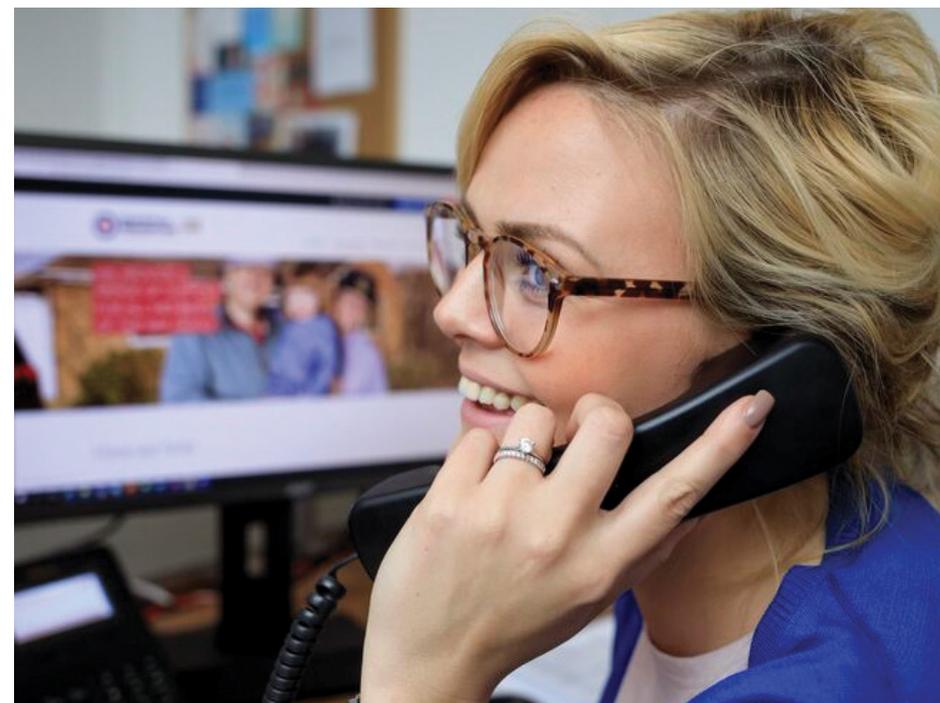
The allowance will be paid annually to employ a cleaner or someone to carry out maintenance work throughout the year.

Priority bills and debts

In some cases, we can support people with priority bills or debts and the costs of filing for bankruptcy or a debt relief order. An independent specialist debt adviser must confirm in writing that this is a suitable course of action.

Temporary Financial Assistance

If someone loses their job, it can be a difficult and stressful time. We may be able to help them from falling into financial difficulties. It's important the person claims all statutory support.



BENEFITS ADVICE

The welfare benefits system can be difficult to navigate. We can advise on benefits and help someone to get what they're entitled to. For those who would like to check their benefits entitlement, they should use our benefits calculator at rafbf.org/benefitscalculator or talk to our advisers by emailing advice@rafbf.org.uk or calling **0800 169 2942**.

Staff can also assist with disability benefit appeals and provide representation.

We can also advise people on ways to reduce their outgoings or make more of their income. Our useful booklet Income Maximisation is available to download for free at rafbf.org/advice.

SEPARATING COUPLES

When a couple separates and one member is serving in the RAF, we may be able to support them with essential costs. This includes paying a rent deposit for one of the couple to move out of service accommodation or covering the costs of essential goods and furniture.

Separating couples can also access subsidised mediation sessions to support them through the process and help settle any disputes. They should call the Relate helpline on **01302 347 476** or contact contract@relate.org.uk or their local Relate office.

HELP WITH FUNERAL COSTS

Dealing with a bereavement can be overwhelming and stressful. The cost of a funeral can be very high, and it's often the last thing you want to think about during a traumatic time.

We may be able to help with funeral expenses. This is dependent on the eligibility

of the person who has died. Applicants may be family members or close friends. If a member of the RAF Family is responsible for arranging the funeral of a close relative who wasn't eligible for assistance, we may still be able to help.

The applicant should apply to the Department for Work and Pensions to see if they're eligible for statutory support. They must supply supporting documents confirming the costs involved.

If a statutory funeral payment can't be made or doesn't cover the full cost, we may only be able to cover the costs of a basic funeral. Where there is no next of kin, the local authority has a legal obligation to arrange a simple cremation or burial. We won't be able to assist the local authority with these costs.

We don't normally pay for headstones. But if a family loses a child, we may be able to contribute to the cost of a simple headstone or memorial.



INJURY AND DEATH IN SERVICE

We can support anyone who is faced with a death or a disabling injury while serving in the RAF. It doesn't have to happen while on duty. Here are the main ways we can help.

Immediate Needs Grants

We can provide financial support, up to a maximum of £5,000, to a serving member of the RAF and their family if they're killed or injured on or in preparation for operational deployment. This scheme

also covers cases of serious illness. Applications should be submitted by the RAF station or the RAF Personal Recovery Unit.

The RAF Dependants Fund

Serving RAF personnel, including those in the Reserves, can nominate family members to receive an immediate payment of up to £17,500 should they die in service. This payment is tax free and paid whether they died on or off duty. RAF personnel should complete RAF Form 7230 which is available through the Human Resources staff at their unit.

Guidance on the scheme can be found in AP7005 Leaflet 208 or AP3392 Vol 7 Part 2 Chapter 51.

The Dependants Income Trust (Dincome)

This is designed for subscribers to the RAF Dependants Fund, who are serving on full-time permanent contracts, to make much greater provision for their partners and children in the event of death. Dincome is an extremely popular, unique, and inexpensive assurance scheme designed for the Royal Air Force. The benefits provide an additional tax-free capital sum followed by a monthly tax-free income. Guidance on the scheme can be found in AP7005 Leaflet 209.

HELP WITH EDUCATION COSTS

If a serving member of the RAF dies or has a severe disability which prevents them from working, we may be able to support their children to go to university or a vocational college. A £3,000 scholarship will be paid every year for up to four years of undergraduate

study to cover living costs. It isn't means-tested and students can apply directly.

GRANTS FOR ORGANISATIONS AND RAF STATIONS

We offer financial support to RAF stations, charities and other organisations for projects and activities that make a difference to the lives of the RAF Family.

EXTERNAL GRANTS

We support other charities and organisations with the cost of running welfare activities that cater for former RAF members and their families. The amount granted will be dependent and proportionate to the number of people benefiting from the service.

For information about our current funding streams and to download an application form please visit our website at rafbf.org/externalgrants. You can send completed forms and enquiries to externalgrants@rafbf.org.uk.



STATION GRANTS

Our station grants support RAF stations with the cost of running welfare facilities and activities that benefit serving personnel and their families in or around stations. Grants can be used for building refurbishments or smaller projects such as buying a cinema club projector. To find out more and how to apply, visit rafbf.org/stationgrants.

ACTIVITIES ON RAF STATIONS

Every year we fund social activities for children and young people on RAF stations. We also run programmes that develop parenting skills through our Ben Play and Parenting Grants. RAF stations are encouraged to apply for grants.

APPLICATION FOR FINANCIAL ASSISTANCE

RAF veterans and their dependants

RAF veterans and their partners and children can access financial assistance by contacting us either in writing, by telephone, online or by email.

Those based in the UK can apply online for one-off assistance if they don't need more than £750.

The application form can be accessed at rafbf.org/financeform. If the veteran or family member can't apply online, a trained caseworker from SSAFA or RAFA will visit them in person. The caseworker will confirm eligibility, establish the reason for applying and submit the application to the Fund on their behalf.

We will always keep data strictly confidential and in accordance with data protection laws. The Fund and the caseworker have a clear duty to maintain that confidence. They shouldn't discuss any aspect of the case with anyone other than those who are necessary to consult to

proceed with the application. The beneficiary will be asked to sign the form, giving explicit consent for other agencies to be approached.

Our Welfare team will assess each application, making sure it meets our eligibility criteria, demonstrates a financial need and the request lies within the scope of our policy. We'll also check the person has claimed statutory support, including arranging a benefits check where appropriate.



Serving personnel and their dependants

Serving RAF personnel can talk to their station's administrative staff to make an application for financial assistance.

Applications for over £750 should be made using our Application for Financial Assistance for Serving Personnel form. This would normally be accompanied by a SSAFA caseworker's report.

If the application is for £750 or less, this can be made through our Minor Financial Assistance Scheme. Grants are normally authorised by the station's Chief Clerk and paid through the Commanding Officers Fund or Community Bank. Once a Minor Financial Assistance Request form is completed at rafbf.org/financeform we'll reimburse this cost.

Alternatively, serving RAF personnel based in the UK who need one-off immediate assistance of £750 or less can apply directly using our online application form at rafbf.org/financeform. If someone needs long-term financial support, applicants will be signposted to their unit welfare staff.



For those who are wounded, injured or sick, applications for Immediate Needs Grants or Transition Grants should be made using the Application for an RAF Benevolent Fund Operational Immediate Needs Grant or Transition Grant form.

Enquiries about non-financial assistance do not require a formal application. These should be emailed to advice@rafbf.org.uk. Alternatively, you can call **0300 102 1919** or complete an online enquiry form at rafbf.org/advice.

SUPPORT WE CAN'T PROVIDE

We will consider any request for help and will always be flexible where we can. But there are areas which fall outside of our policy.

Reimbursement

We can't reimburse funds already spent unless it's an emergency and the person has no other option than to borrow money or use a credit card. For example, paying for essential boiler repairs.

Loans and credit card debts

We can't help with debts such as credit cards and unsecured loans. Instead, we advise people to seek professional and independent debt advice from Citizens Advice or Step Change. If it's an exceptional circumstance, for example if credit was used to fund essential items or service, we may be able to help. In these cases, we'd require a report from a professional money adviser that outlines the problem, looks at options and recommendations, and confirms that no other solutions are available.

Financial advice

We don't employ qualified financial advisers and can't offer advice on financial matters. Members of the RAF Family are advised to find an independent financial adviser through the Money Advice Service. Visit moneyadviceservice.org.uk.

Legal costs

We can't provide help with legal costs. But we offer free legal advice over the telephone through our partnership with Law Express. Members of the RAF Family should email legal.advice@rafbf.org.uk or call **0300 222 5703** on Monday to Thursday, 9.30am to 4.30pm, and Friday 9.30am to 4pm.

Private medical costs

We don't assist with private medical costs if treatment is available under the NHS. But we may consider helping when NHS funding is not available and there are exceptional circumstances. Applicants can be considered for treatment which is recommended by the National Institute for Health and Care Excellence (NICE).

HOW WE HELPED REG

Reg Lawrence, 87, served in the RAF from 1951 to 1954. He is now a proud member of one of our Telephone Friendship Groups. At the same time each week, he joins in a call with up to six other members of the RAF Family, all from the comfort of his own home. These calls are facilitated by a trained volunteer.

Reg says: "I am alone now, no family, no children, and I just needed someone to talk to. I get a great deal of satisfaction from the calls and look forward to the conversation."

We have also supported Reg by providing him with mobility aids, such as a scooter and a recliner riser chair. These help him to be more comfortable and independent in his day-to-day life.



“ I look forward to my weekly calls and I wouldn't miss them for the world.”

Reg Lawrence

GET IN TOUCH

Please contact us today if you know someone who is in need of support or to request help for yourself.

0300 102 1919

info@rafbf.org.uk

rafbf.org/help

Royal Air Force Benevolent Fund
67 Portland Place
London
W1B 1AR



@rafbf