



The Soldiers, Sailors, Airmen and  
Families Association – Forces Help

The national charity supporting those who serve in our  
Armed Forces, those who used to serve and the families  
of both.

Argyll & Bute The Argyll & Bute Branch of SSAFA  
Forces Help have representatives in Bute, Cowal,  
Islay & Jura, Kintyre, Lorn (Oban area), Mid Argyll  
(Lochgilphead area) and Mull.

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All communications will be treated in confidence and  
directed towards a SSAFA worker in the area  
concerned.

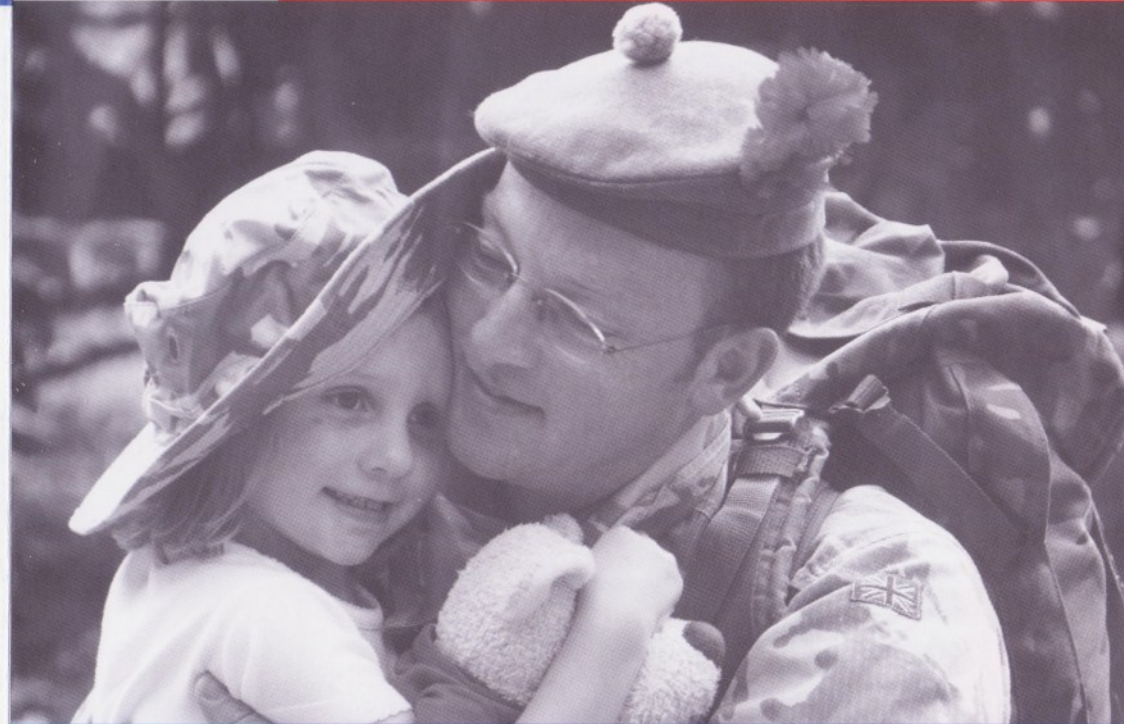
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Who we are  
and what we do



We are the Argyll & Bute Branch of The Soldiers, Sailors, Airmen and Families Association (SSAFA) Forces Help. The Association is the national charity helping and supporting those who serve in our Armed Forces, those who used to serve and the families of both.

We have specially trained volunteers who provide help in all manner of situations. Anyone who approaches us is treated with sensitivity, respect and absolute confidentiality.

### Where we are

The Branch covers Argyll, Bute, Cowal, Islay, Jura, Kintyre, Lorn and Mull. Our contact details are on the reverse of this leaflet.



### Who we help

One day's paid service in any of our Armed Forces is all that is needed for you and your dependants to be eligible for assistance from SSAFA Forces Help. This includes anyone who did National Service as well as members and former members of the Reserve Forces (who are eligible under slightly different rules). Close relatives, widows, widowers and divorced partners of the person who served are often also eligible.



### What we do

We take action, on request, whenever there is hardship, loneliness or need. The help we give varies enormously; from financial assistance – such as paying a heating bill for a widow or assistance with the costs of household effects – to help for children with additional needs, to emotional support for the lonely, ill or bereaved. In all cases, the criterion for our assistance is need and our support and advice are completely confidential.

### Do you need help?

If you think that you could be eligible for our help please get in touch by telephone or e-mail, or if you know of someone else who may need our assistance, please contact us or tell them about us.

### How you can help us

If you would like to join us as a volunteer – doing casework, administration, publicity or fund-raising – please get in touch.

Full training is provided and all expenses are refunded. We look forward to meeting you.

