

SSAFA, the Armed Forces charity, has been providing lifelong support to our Forces and their families since 1885. Last year our teams of volunteers and employees helped more than 82,000 people in need, from Second World War veterans to those who have served in more recent conflicts, and their families.

SSAFA understands that behind every uniform is a person. And we are here for that person - any time they need us, in any way they need us, for as long as they need us.

NEED TO TALK?

SSAFA's Forcesline is a free and confidential helpline providing advice and information for serving personnel, reserves, veterans and their families, and is completely independent of the chain of command.

- Call **0800 731 4880** Lines open 09.00 to 17.30 weekdays
- Visit ssafa.org.uk/forcesline

To make a donation and help us provide lifelong support to our Armed Forces and their families:

- Call **020 7403 8783**
- Visit ssafa.org.uk/give



ssafa | the
Armed Forces
charity



SSAFA Queen Elizabeth House, 4 St Dunstan's Hill, London EC3R 8AD | Phone: 020 7403 8783
Web: ssafa.org.uk | Twitter: @SSAFA | Facebook: SSAFA | Instagram: [ssafa_armedforcescharity](https://www.instagram.com/ssafa_armedforcescharity)
Registered as a charity in England and Wales Number 210760 in Scotland Number SCO38056
and in Republic of Ireland Number 20006082. Established 1885. S437.0719



**SSAFA IN
SCOTLAND**



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ssafa.org.uk/scotland

WE ARE THE ARMED FORCES CHARITY

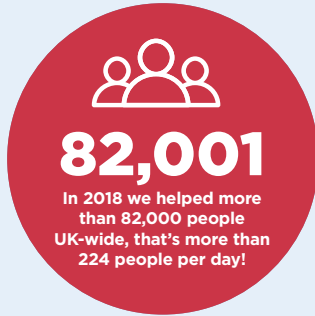
We provide lifelong support for those who are currently serving, or have served as a regular or reserve, in the Royal Navy, the Royal Marines, the British Army or the Royal Air Force - and their families. We provide personalised face-to-face support, providing the right help at the right time.

SUPPORTING THE PERSON BEHIND THE UNIFORM

The needs of our beneficiaries are constantly changing. So we change with them and continue to provide support that maintains their dignity and independence. We will carry on adapting our services to make sure the people we support get the help that they need - now and in the future.

WE'RE MAKING A DIFFERENCE

Every year more than 82,000 men and women from our Forces family, including service personnel, veterans and their families, turn to SSAFA for help. That's 225 people every day!



SSAFA SCOTLAND IN NUMBERS

