

**SSAFA, the Armed Forces charity, provides lifelong support to our Armed Forces, veterans and their families. We began our work in 1885, and in 2017 our staff and teams of volunteers helped more than 73,000 people - from Second World War veterans to those involved in more recent conflicts, and their families.**

#### **NEED TO TALK?**

Call Forcesline - our free, confidential helpline for the Armed Forces community.

■ Freephone **0800 731 4880**

Lines open 9.00 to 17.30 weekdays

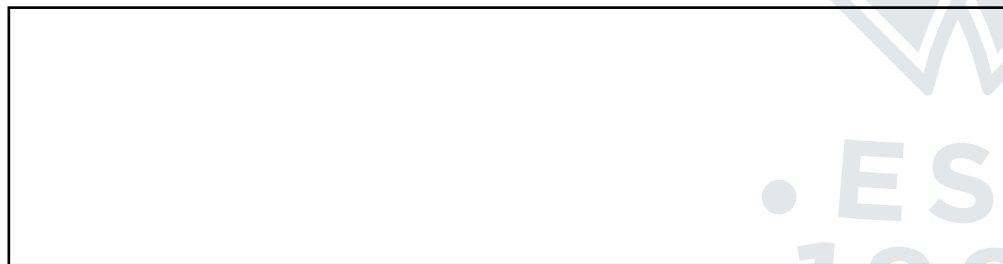
■ Go to **ssafa.org.uk/forcesline**

#### **CAN YOU HELP?**

By volunteering or helping us raise money, you can support SSAFA's vital work.

■ Sign up to volunteer at **ssafa.org.uk/volunteer**

■ Take on a fundraising challenge at **ssafa.org.uk/fundraise**



**ssafa** | the  
Armed Forces  
charity



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Registered as a charity in England and Wales Number 210760 in Scotland Number SCO38056  
and in Republic of Ireland Number 20006082. Established 1885. S353.0818

# SSAFA IN SCOTLAND

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charity

**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 73,000 men and women from our Forces family, including service personnel, veterans and their families, turn to SSAFA for help.

**That's 200 people every day!**

**INFORMATION ON HOW WE CAN HELP, VISIT:**

[ssafa.org.uk/help-you](http://ssafa.org.uk/help-you)



# SUPPORTING VETERANS AND THEIR FAMILIES ACROSS SCOTLAND

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SCOTTISH BRANCHES

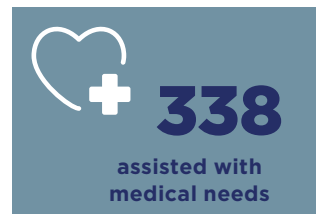
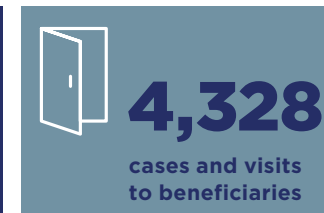
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SERVICE COMMITTEES



“When I was unable to work it was SSAFA who were there for me. I can’t thank them enough.”

- WALTER



\*Based on 2017 figures