

Fact Sheet

Armed Forces

Coed Pella,
Conway Road,
Colwyn Bay.
LL29 7AZ
0300 1240050



What help is available if I have served in the armed forces?

Charities & Services



The Royal British Legion provides lifelong support for members of the Royal Navy, British Army and Royal Air Force, Reservists, veterans and their families.

☎ Helpline on 0808 802 8080 from 8am to 8pm, 7 days a week



Offer a free and confidential helpline and email service providing support for serving and ex-service personnel and reserves from the Armed Forces and their families.

☎ Freephone 0800 731 4880

💻 welfare@ssafa.org.uk



Hope Restored

Help for the homeless & needy in our community

Hope Restored, Llandudno Charity open Tuesday & Friday 10am-1Pm. Can offer drinks and food, sleeping bags, tents and clothes.

📍 Gloddaeth United Church Hall, Chapel Street, Llandudno, emergency contact number

☎ 07564991789



THE SOLDIERS'

CHARITY

Give a lifetime of support to soldiers and veterans from the British Army and their immediate families. They make grants to individuals and support a range of charities that sustain the British Army family.

📍 Maindy Barracks, Whitchurch Road, Cardiff, CF14 3 YE

☎ 02920 726132

Health & Wellbeing



Big White Wall

Big White Wall is a digital service supporting people with mental health problems. Members can use images, drawings and words to make bricks that are posted to The Wall. Register at:

💻 <http://www.nhs.uk/Conditions/online-mental-health-services/Pages/big-white-wall.aspx>



Crisis Intervention - The Samaritans is available round the clock, every day of the year, providing a safe place for anyone who is struggling to cope.

☎ 116 123

💻 <http://www.samaritans.org> to find details of the nearest branch or email jo@samaritans.org



Heads together work with veterans and others to help people feel more comfortable with their everyday mental wellbeing and have the practical tools to support their friends and family.

💻 <https://www.headstogether.org.uk>



Care after Combat provide assistance for the well-being of Veterans and their family to support with alcohol and substance misuse and reduce numbers of re-offending veterans in the criminal justice system.

☎ 0300 343 0258



Combat Stress is the UK's leading veterans' mental health charity, treating a range of mental health conditions including PTSD, depression and anxiety.

☎ free 24-hour Helpline 0800 138 1619



Help4Heroes supports those who are wounded and their families to inspire and enable them to achieve their full potential. Available Monday to Friday, between 9am and 5pm.

☎ Welfare Support: 01980 844 280

☎ Hidden Wounds: 0808 2020 144

💻 hidden.wounds@helpforheroes.org.uk



Blesma, The Limbless Veterans, Supports limbless veterans; offering financial and emotional support to them and their families.

📄 Blesma, The Limbless Veterans, 185-187 High Road, Chadwell Heath, Romford, Essex, RM6 6NA

☎ 020 8590 1124

💻 ChadwellHeath@blesma.org Social media: [Twitter](#), [Facebook](#)



Blind Veterans support anyone who has served in the Armed Forces, or who has done National Service, and who is now living with significant sight loss

📄 Blind Veterans UK, Queens Road, Llandudno, Conwy, LL30 1UT

☎ 01492 868700



Delivered by veterans for veterans, Change Step offers peer mentoring and help to access relevant services including support with mental health, substance misuse, criminal justice and housing issues

Monday – Friday from 9.00am – 5.00pm

☎ 0300 777 2259

💻 ask@change-step.co.uk



Each Local Health Board (LHB) has appointed an experienced clinician as a Veteran Therapist (VT) with an interest or experience of military (mental) health problems. The VT will accept referrals from health care staff, GPs, veteran charities and self-referrals from ex-service personnel

☎ 0800 132 737, or Rethink - 0800 138 1619

Housing & Advice Services



Alabare – homes for veterans provide accommodation and support for homeless and vulnerable Armed Forces Veterans across Wales. There are 3 properties in the Conwy areas offering a total of 26 bed spaces.

☎ **07500047801**

💻 **d.oliver@alabare.co.uk**



CAB can advise and support you with; Benefits, Work, Debt and money, Consumer advice, Relationships, Housing, Law and Rights, Discrimination and much more

☎ **0344 477 2020**

💻 www.citizensadvice.org.uk

📍 Eryl Wen, Eryl Place, Llandudno, Conwy LL30 2TX



Help and support for veterans including help with war Pension Scheme, Armed Forces Compensation Scheme, Making claims and completing forms

💻 <https://www.gov.uk/government/organisations/veterans-uk>

☎ **0808 1914 2 18**



Shelter Cymru is Wales' people and homes charity and provides independent specialist advice, advocacy and legal representation for anyone with housing problems.

☎ **01792 469400**

💻 www.sheltercymru.org.uk

📍 Unit 5, Station Bldg., Bodfor St, Rhyl LL18 1AT

For debt advice services phone Shelter Cymru in Wrexham on ☎ **01978 317911**



Forces help to buy your first home

💻 <http://evolutionforcesfamilies.co.uk>



Links suggestions:

http://www.nhas.org.uk/docs/Ex_Service_Personnel_Guide.pdf

http://www.nhas.org.uk/docs/Hlink_Vulnerability_Assessment_Guide.pdf

<http://www.carillionamey.co.uk/contact/service-family-accommodation>

<http://www.alabare.co.uk/campaign/wales-homes-for-veterans>

<http://www.veteranswales.co.uk/resources/useful-links/cymorth-cymru.html>

<https://www.citizensadvice.org.uk/housing/finding-a-place-to-live/housing-options-for-people-leaving-the-armed-forces-veterans-and-their-families/>

<http://www.fcha.org.uk/VeteransPage.html>

<http://www.homesforveterans.co.uk/>

<http://welshveteranspartnership.org/of-interest/alabare-homes-for-veterans-are-proud-to-be-working-with-the-welsh-veterans-partnership/>

<https://www.nwha.org.uk/find-a-home/homelessness-services/>

<http://sheltercymru.org.uk/get-advice/homelessness/>

<https://www.nacro.org.uk/services/wales/conwy-youth-homelessness-prevention/>

<http://www.changestepwales.co.uk/>

<http://www.haighousing.org.uk/>

<http://www.combatstress.org.uk/veterans/24-hour-helpline/>

<http://www.careaftercombat.org/how-we-help/>

<http://www.britishlegion.org.uk/get-support/>

<https://www.ssafa.org.uk/help-you/veterans>

<http://evolutionforcesfamilies.co.uk/forces-help-to-buy/>

<http://www.conwy.gov.uk/section.asp?cat=10757&Language=1>

<https://www.soldierscharity.org/need-our-help/individual-grants>

<https://www.poppyfactory.org>



Dewis Cymru is a place for information about well-being in Wales.

If you would like information that can help you think what matters to you, along with information about local organisations and services that can help, you can visit the Dewis Cymru website at www.dewis.wales

This website will help you access local support services and find information and advice. It is a single, clear and reliable point of access

Mae'r ddogfen hon ar gael yn Gymraeg hefyd.

