

Help your Mates and yourself



I have been volunteering as an Emergency Responder for the British Red Cross (BRC) for the last 3 years. Responding mainly to Fire and Flood call outs helping those in crisis. Now with Coronavirus and defining me as "clinically vulnerable" (>70 Yrs) I am unable to respond to "Face to Face" events / callouts. So, I completed Telephone support line training and joined the "Virtual call centre" with BRC volunteers scattered throughout UK.

So, if you feel the need for help or a mate needs help, if only to talk then ring the help line. Click here to access the web site [Coronavirus support line](#) or ring the free helpline number.

Speak to a friendly volunteer today

If you're at home and finding it hard to access food or medication, or you are feeling lonely or worried, call our coronavirus support line today.



Our friendly volunteers answering calls on the helpline can give you emotional or practical support or direct you to other people or local services. And if you just want to talk, we are here to listen. The line is open 10am - 6pm and free and confidential.



I am in the process of finalizing my training as a caseworker for SSAFA. SSAFA is the oldest military charity and has been in existence for 130 years. It is here to help so if you need support then ring **0800 731 4880** or contact your branch. [SSAFA website](#) also provides a facility for live chat. Please remember SSAFA is not just about the ex-service person it also supports the family and yes those suffering from bereavement.

TURN2US

[Turn2us](#) helps people in financial need gain access to welfare benefits, charitable grants and other financial help - online, by phone and face to face through our partner organisations. It is a superb website and is supported by a helpline 0808 802 2000 (9am -5:30pm Monday to Fridays).

In both my BRC and SSAFA roles the Turn2us website is used. SSAFA caseworkers use it as part of the almonisation process to exhaust government benefits and grants before approaching Military charities.

Turn2us is an excellent self-help tool for when times are tough.

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