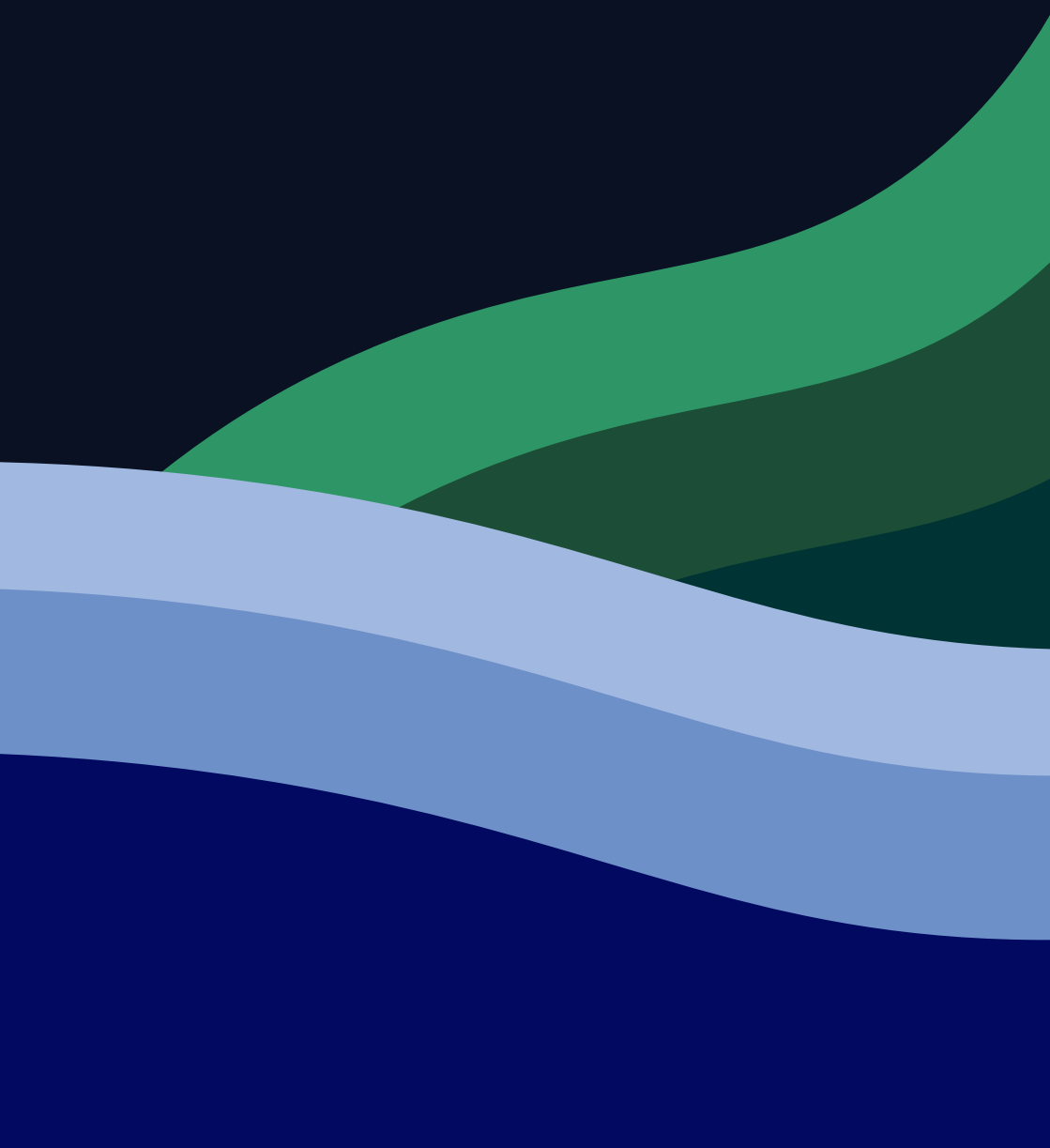


A Pocket Guide to Royal Navy Charities



Contents

Welcome

Royal Navy & Royal Marines Charity (RNRMC)

Greenwich Hospital

Royal Naval Benevolent Trust (RNBT)

The Royal Marines Charity (RMA-TRMC)

Royal Navy Officers' Charity (RNOC)

Naval Children's Charity (NCC)

SAIL – Seafarers Advice and Information Line

The Women's Royal Naval Service Benevolent Trust (WRNS BT)

Sailors Children's Society (SCS)

White Ensign Association

The Royal Naval Association (RNA)

Special Boat Service Association (SBSA)

Aggie Weston's

China Fleet Trust

Association of Royal Navy Officers (ARNO)

Association of Wrens, Women of the Royal Naval Services (AOW)

Royal Naval Sailing Association

Naval and Military Bible Society

Naval Families Federation

Royal British Legion/SSAFA

Urgent Support

Welcome

All the charities listed in this booklet share a common purpose. They exist to provide support to the Royal Navy community (RN, RM & RFA), and to step in when the need arises.

We all know that service in the Royal Navy can bring challenges – both to those who serve and to their families and loved ones. These pressures may extend beyond service into life after the Navy. Sometimes the need is wholly unexpected and short lived; sometimes the support that is required evolves over a longer period. Whatever the circumstances, the charities in the naval sector are there to meet your need and provide the assistance that is necessary.

The number of charities in the sector provide an indication of the wide range of support that is available to help – for serving, for families, and for veterans.

Critically, all the charities work closely together to ensure they meet their common purpose. We encourage all those who may need our support to make contact. We are committed to doing the best we can for all our beneficiaries.



YOUR SECTOR

The Royal Navy is championed and supported by a range of charities, each with their own specific area of support.

The collective aim of these charities is to best support beneficiaries; those serving and former sailors, marines, and members of the Royal Fleet Auxiliary and their families.

These organisations cooperate and collaborate to meet the need but in particular, the work together to gather an evidence base in order to develop services which tackle missed and unmet need.





Royal Navy & Royal Marines Charity (RNRMC) is the principal charity of the Royal Navy.

We are at the heart of supporting our Royal Navy, Royal Marines and Royal Fleet Auxiliary personnel, and their families, past, present and future.

Our vision is a world in which our sailors, marines, and their families are valued and supported for life.

Since 2007 we have funded projects and facilities that boost morale for those who serve today, as well as their families. We do this by making grants directly, or by funding partners to deliver outcomes for us.

We are hugely grateful to the serving members of the Royal Navy who decide to make monthly donations to us directly from their pay, as well as the many other donors who support us.



A snapshot of our future priorities in providing support to RN families

- Provide professional counselling and relationship support to couples and families to deal with the challenges of modern family life and pressures of being part of an RN/ RM family.
- Bespoke support for families from overseas in collaboration with the Naval Families Federation.
- The ever-popular Kings Camps have been enjoyed by Royal Navy and Royal Marines children for many years, thanks to a long-standing RNRMC partnership. The Activity Camps challenge and inspire young people to engage in sports activities, learn together and have fun in groups.
- Continuing, our partnership with Home Start UK and local branches that will allow any RN or RM serving family in need to receive face to face support from local Home-Start branches across the UK; the project includes the development of a new Home-Start in Lomond, Scotland, to support families in the Faslane Area.
- Helping to alleviate loneliness and isolation experienced by families through funding community development support and projects, including ongoing amenities grants used for family support projects as requested by individual units and RNFPS.
- Continuation of our partnership with a variety of holiday providers so that RN and RM families can benefit from a holiday through the RN Reward, Recognition and Respite process.
- Individualised support to RN families in need and funding for resources to help families cope with separation delivered through Naval Children's Charity, Sailors' Children's Society, Aggies, KIDS and Naval Families Federation.
- Expansion of our provision for 121 and Group support for those facing challenges with addiction
- Support from the RNRMC Neurodiversity Navigator to help serving personnel and their families with the challenges they may face.

Greenwich Hospital supports the whole Royal Navy Family - serving and former serving personnel and their families. As the largest funder in the sector (£7m in FY 2024-25), our grants and partnerships in the areas of research, education, welfare and acute need, play a crucial role in supporting the Royal Navy community.

With a Board chaired by 2SL, we understand the challenges of service and are committed to addressing them through our reactive and proactive funding. We seek to ensure that personnel and their families - regardless of rank or circumstance - have the support they need to encourage retention and lead secure, fulfilling lives in and beyond military life.

Most of our funding goes to charities and organisations supporting the Naval community, ships, units and RN organisations including RN Family and People Support. However, direct benefit is also available.

Military efficiency

Education grants to serving RNRMC personnel to attend university courses where ELCAS is insufficient. In conjunction with the Learning & Development Organisation.

Educational grants to ships, shore establishments and units when MOD funding is not available. Examples:

Health promotion initiatives

Bespoke training when in dock

Welfare

Welfare grants to ships, shore establishments, units including Recovery & Resilience Margins (courses for downgraded personnel). Administered through RNRMC mygrant@rnrmc.org.uk

Significant personnel/family support projects where no public funding is available

Wellbeing enhancing infrastructure projects where no public funding is available

Children's Education

Generous means-tested bursaries to children of serving and former serving to attend the Royal Hospital School, Holbrook (Ipswich).

Means-tested bursaries to attend other schools

Means-tested bursaries to attend university/attain T-Quals

Young People's Life Opportunities

Non-means tested opportunities programme in association with the RN Sailing Association and Andrew Simpson Foundation offering free sailing lessons Home - RNSA Youth Crew and swimming lessons Coming Soon - Swim Free (swim-free.org.uk)

More information: www.greenwichhospital.co.uk/what-we-do/grants



The Royal Naval Benevolent Trust (The RNBT) provides financial assistance and support to Royal Navy and Royal Marines personnel and their families in times of need. We are based in Portsmouth but our reach extends globally.

HOW WE HELP

We offer financial grants, regular charitable payments, signposting to other services, advice, and practical help to live a better life. We also support our older veterans at our two care homes in Gillingham, Kent and Southsea, Hampshire.

Our financial support is wide-ranging, and includes assistance for things like rent/mortgage arrears and rent in advance, furniture and furnishings, funeral expenses, mobility aids, fuel and energy bills, and training and employment - leading to over 90% of applicants becoming re-employed.

HOW TO ACCESS HELP



Contact our helpline by emailing help@rnbt.org.uk or by calling **+44(0)2394 216294** during our office hours: Monday to Friday from 0800 to 1600.



Contact your local RNFPS and discuss your situation and, if appropriate, they can raise the necessary paperwork on your behalf requesting financial assistance.



For grants up to £750 you can apply online via the Lightning Reach portal at www.lightningreach.org



Contact a case working organisation such as SSAFA or The Royal British Legion.



Offering lifelong support
to the Royal Marines Family

RMA – The Royal Marines Charity is dedicated to offering support to Royal Marines, veterans, and their families, through every phase of life. Founded on the principles of the Royal Marines values and Commando spirit, the charity brings together the wider Corps Family to support those who serve, those who have served, and the families who stand behind them.

With a focus on providing tailored, practical support, RMA - The Royal Marines Charity is dedicated to helping Royal Marines and their families overcome personal, financial, and mental health challenges by offering essential services, including mental health programs, financial grants, career transition guidance, and support for wounded, injured, and sick service members.

The Royal Marines Association offers support, stability and friendship to the entire Royal Marines Family. Its membership is made up of Royal Marine recruits, serving and veteran Royal Marines as well as their relatives, those who have served alongside the Corps or who share their values and ethos.

Memberships are also available for families, and for those that are supporters of RMA – The Royal Marines Charity.

“Once a Royal Marine, Always a Royal Marine.”

For more information on our services, to seek support or to become a member, please visit: www.rma-trmc.org



Phone -
020 7402 5231

Email -
rnoc@arno.org.uk

The Royal Navy Officers' Charity (RNOOC) assists all those across the Royal Navy Officer family who need financial support, practical advice or signposting. Founded in 1739 the Charity supports a diverse range of beneficiaries and in 2024 awarded grants totalling over £550k including one off payments and long-term assistance. This is a lifeline to our beneficiaries, of all ages and backgrounds, both serving and retired.

The Charity works closely with sister organisation the Association of Royal Navy Officers (ARNO) and all members help support the RNOOC. Additionally, the charity collaborates with other charities to ensure an holistic solution is delivered. The charity receives no external funding or grants but relies on investments, donations and legacies.

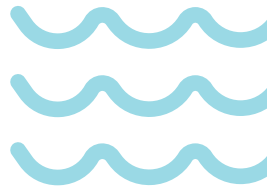
The RNOOC supports serving and former Royal Navy or Royal Marines Officers and their dependants. The Charity is there in challenging times such as illness, the loss of a parent or marriage breakdown, which can have a huge impact. The RNOOC will help with education costs, counselling and other practical support, and offer advice about navigating potential sources of help.

Grants awarded cover healthcare (if treatment is not available on the NHS, unless extreme wait time), school and education fees, assistance with transition and career advancement, white goods replacement, removals and debt repayment. The RNOOC completes means-testing on all applications which calculates disposable income and available savings.

How to Apply

We have a simple process in place to make sure you get the advice and assistance you require quickly and easily.

Call us on **020 7402 5231** or **email rnoc@arno.org.uk** and let us know what the problem is. Simple cases and renewals are dealt with in house, whilst for more complex cases a case worker from RNFPS, SSAFA or the RBL will collect and coordinate the necessary information and complete an application form on your behalf. Whichever organisation is helping with your application they will process the standard form and forward to the RNOOC. The RNOOC is renowned for its non-judgemental decision-making and swift response.



The Naval Children's Charity (NCC) aims to improve the lives of children of Royal Navy personnel through welfare support and opportunities that enhance their mental health and prospects. We support children up to 25 years old with parents or guardians in the Royal Navy, Royal Marines, Reserves, and RFA, serving and veteran, across the UK and globally wherever the families are.

How we help:

Wellbeing and Development

Focus on health, wellbeing, security, education, and life chances for our children and young people.

Casework Support

Experienced caseworkers provide holistic support and process applications for assistance, through challenging times and in times of crisis. Families can come to us for support directly or through other agencies.

Partnerships

Collaborations with organisations such as the National Autistic Society to support families where children have SEND (ANS&L in Scotland), often by providing fast tracked diagnosis and assessment.

Outreach Caseworkers

Engagement with local communities in Scotland and the Southwest as well as team at head office in Portsmouth.

Wellbeing Packs

Resources to support mental health, separation, and deployment issues sent out free to families and professionals.

Life Chances Programme

Enhances educational prospects and personal development through tailored opportunities in outdoor activities, creative arts, and career-oriented activities.

Grants are given to provide:

- Emergency Essentials Grants; Financial aid for crisis needs as well as more complex needs such as therapeutic support and disability aids.
- Educational Support: Grants for further education, emergency childcare, school supplies, and more.
- All needs are considered on an individual basis by the experienced casework team.
- We work with the other charities, particularly TRMC, RNBT and RNOC, to provide collaborative support.



www.navalchildrenscharity.org.uk
caseworkers@navalchildrenscharity.org.uk
 023 9263 9534

Resources available through the website or by contacting
ncc@navalchildrenscharity.org.uk



**Seafarers' Advice
& Information Line**

Phone -
0800 160 1842

Web -
sailine.org.uk

SAIL is a dedicated Citizens Advice service for all seafarers and their families.

SAIL has been funded by Greenwich Hospital to provide free, impartial, independent and confidential advice to all serving personnel, reservists and veterans from the Royal Navy, Royal Marines and Royal Fleet Auxiliary, plus their families since 2016. Our service is available to anyone who has served a day, and we will always be here when you need us.

We are regulated by the Financial Conduct Authority (FCA) to provide debt advice and casework, and can help anyone in debt to identify the options available to them to deal with their issues. We can also help to apply for formal debt solutions if required, including Debt Relief Orders and bankruptcy.

As well as debt, SAIL can advise on welfare benefits, housing, family and relationships, immigration, employment, health and social care and consumer issues. We also work closely with the grant making charities to ensure you get all the help and assistance you are entitled to.

SAIL is a national charity and provides advice via telephone and email across the whole of the United Kingdom. SAIL is part of Greenwich Citizens Advice and holds the Advice Quality Standard.

If you require advice then please contact us via
 0800 160 1842 (Monday to Friday, 10am to 4pm, please leave a message outside of these hours) or submit an enquiry through our website: <https://sailine.org.uk/contact/> and an adviser will be allocated to your case. We also accept referrals from third parties. Please contact us for a copy of our referral forms.



Women's Royal Naval Service Benevolent Trust

The WRNS BT has been providing advice and financial relief to former members of the Women's Royal Naval Service (WRNS) since 1942 and became a subsidiary charity of the Royal Navy and Royal Marines Charity (RNRMC) in July 2023.

The Trust exists to provide advice and financial relief in cases of necessity or distress among its members (both Officers and Ratings) in the UK and overseas, and their dependants and to make grants for the education and training of its members.

A member is automatically anyone who was serving in the WRNS and transferred to the Royal Navy on 1 November 1993, or anyone who has served in the WRNS since 3 September 1939. The Trust aims to give help in the most constructive way possible, whilst dealing with all requests speedily and effectively. Every case is considered on need and taken on its own merit.

If you need to contact the WRNS BT for financial assistance or wish to send a donation, then please use the following contact details:

The WRNS BT Office

C/O The Royal Navy and Royal Marines Charity
Building 37
HMS Excellent
Whale Island
Portsmouth
PO2 8ER

For financial assistance and advice:

Email: grantsadmin@wrnsbt.org.uk; Tel: 023 9387 1522

For general enquiries and donations:

Email: theteam@rnrmc.org.uk; Tel: 023 9387 1520



WELCOME TO THE SAILORS' CHILDREN'S SOCIETY



Sailors' Children's Society

Sailors' Children's Society is a UK charity that supports children of Royal Navy and Royal Marines families who are facing hardship. We offer a variety of services aimed at providing financial assistance, practical support, and emotional care to improve the lives of seafaring families, especially during challenging times. Here's an overview of our primary services:

GRANTS AND FINANCIAL SUPPORT:

The Society provides regular grants to help families cover essential costs such as food, clothing, school supplies, and other day-to-day expenses. We also offer additional financial support for specific needs, like winter heating costs and back-to-school expenses like new school uniforms.

EMOTIONAL AND PRACTICAL SUPPORT:

We have a dedicated team that offers emotional support and practical advice tailored to each family's unique situation. This includes signposting to relevant services, connecting families with local support networks, and providing assistance to single-parent households or families experiencing bereavement or health crises.

RESPIRE BREAKS:

To support family well-being, Sailors' Children's Society offers access to holiday homes across the UK, providing low-cost, family-friendly vacation opportunities for families who may otherwise be unable to afford a break. This initiative aims to offer relief from daily stresses and a chance for family bonding.

PARTNERSHIP WITH LOCAL AGENCIES:

Sailors' Children's Society works with local authorities and other charities to ensure that families receive a holistic range of support services. This collaboration allows us to address a wide spectrum of needs, ensuring children's health, welfare, and safety.

EDUCATIONAL SUPPORT:

Recognising the importance of education, the charity assists with school uniforms, books, and extracurricular activity costs. For older children, we also provide bursaries to help with further education expenses, offering a pathway for educational growth and future opportunities.

Sailors' Children's Society serves as a critical lifeline for seafaring families in need, offering stability, resources, and community support to help children and parents build a more secure and hopeful future.



www.sailorschildren.org.uk



SCAN ME



The WEA team support the whole Naval community with:



Employment Support // Armed Forces Pensions and Compensation // Financial Wellbeing // Access to Professional Services

Free, impartial guidance through one-to-one consultations and unit and divisional financial and pension briefings and webinars.

WEA consultants support over 4000 beneficiaries a year in the following areas:

Employment Services: Our team is ready to support Service Leavers and job seekers in crafting impactful CVs, networking, preparing for job interviews and interview skills preparation.

Pension Expertise: Our regional managers are Armed Forces Pension consultants dedicated to explaining pension entitlements and guiding our beneficiaries through the application process.

Compensation Support: Our Compensation Advocacy and Support Officers assist with claims under the Armed Forces Compensation Scheme and the War Pension Scheme.

Financial Resilience: Our Financial Wellbeing Manager offers budget coaching and debt counselling for those facing cost of living financial challenges.

Professional Services Advice: Access to independent financial advisers, lawyers, insurers and mortgage brokers who are Armed Forces friendly and offer discounts to our beneficiaries.

Contact: office@whiteensign.co.uk or call 07384 575598

“Working together for your future”



ROYAL NAVAL ASSOCIATION



The RNA is a totally inclusive, free to join, rank blind membership organisation primarily for serving and former serving RN personnel and their families.

Through their core values, centred on the Seven Cs of Comradeship: Community, Connection, Commemoration, Care, Compassion, Companionship and Celebration they seek to maintain the Naval ethos and enjoy sharing experiences with like-minded people while supporting each other in times of need.

Established in the aftermath of WW2, the mission of the Association is to foster comradeship to our membership through events, communications and welfare support, thereby enhancing their Naval Family.

Some of the benefits RNA membership:

- Access to 270 branches across the UK and overseas where you will be surrounded by camaraderie and a lifelong Naval family
- Access to welfare advice and signposting
- Exclusive access to our online ‘Fireside Chats’ with prominent serving and veteran spokespeople. Also regular online events designed to foster community and connection.
- Travel, retail and lifestyle brand discounts
- Join the RNA contingent at key RNA and Royal Navy events
- Free or discounted tickets to sports, theatre and music events
- Three minibuses which are free to loan out to members



THE ASSOCIATION



WHO WE ARE

Established in 1998, The Association supports a growing number of Serving Members, Veterans, and their Families. We provide full assistance to a diverse membership from serving members injured on operational duty, to Veterans' health and recovery care. From the youngest child growing up knowing that their father will be away from home, to the widowed and bereaved, who are living with the permanent loss of their loved ones, we stand with them.

HOW WE SERVE

The Association provides vital programs for our Members under 4 Core Pillars of Support - setting the course of care and resilience by delivering cutting edge support through:

- I. Responding to hardship
- II. Valuing and honouring SBS families
- III. Enhancing strength and resilience to be prepared for the future fight
- IV. Honouring the tradition, achievements, and exceptional courage of the Special Boat Service Operators past, present and future



Phone - 079 7764 1876

Web - www.aggies.org.uk

Email - office@aggies.org.uk



Dame Agnes Weston's Royal Charity for the Naval Service supports all personnel serving in the Royal Navy, Royal Marines, Royal Fleet Auxiliary and their families with pastoral and practical support.

Aggie's has Pastoral Workers based in RN establishments and RM units across the UK and has a dedicated Pastoral Worker, based at Whale Island, for those serving in the RFA.

Aggie's pastoral workers are available to listen, chat, offer comfort and support and signpost all serving personnel and their families as they require.

Aggie's Pastoral Workers work in close collaboration with the chaplains and are often located within NCS Havens and coffee bars, which offer a relaxed environment for personnel.

The Community Waves teams in Portsmouth and Plymouth offer families a timetable of events based in and around SFA areas. Events range from fitness and walking groups to sewing, craft and coffee and toddler groups.

The timetable of all events can be found on Aggie's social media.

Aggie's Storybook Waves is a FREE service that enables all personnel serving in the Royal Navy to record a story for their children or relatives to listen to whilst they are separated. Separation can be through deployment, non-operational separation, courses and long shift patterns. After the story is recorded, sound effects are added and then sent to the family with the Aggie's gift pack that includes; a copy of the book read, copy of the NCC's Zoe and the Time Rabbit, Aggie's Mini Medals for each child, book marks and aged appropriate deployment journals.

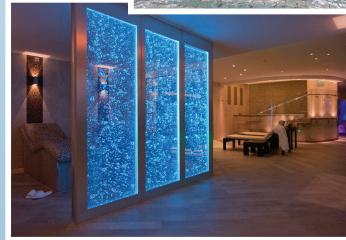


The China Fleet Trust is a military charity which owns the China Fleet Country Club in Saltash, Cornwall.

The Trust's charitable objective is to promote the efficiency and welfare of the Armed Forces by provision of quality leisure and recreational facilities for their beneficiaries. Its beneficiaries are all serving Royal Navy, Royal Marines, Royal Fleet Auxiliary, Maritime Reserves personnel and your immediate family. A second beneficiary cadre exists for all ex / former serving RN, RM, RFA and MR personnel.

The Club originates from the Royal Navy's China Fleet which was stationed in Hong Kong, where the first China Fleet Club opened in 1934. As Hong Kong approached its hand back to China in 1997, the Trustees of the HK Club decided to continue the legacy in the UK by purchasing 180 acres of land in Cornwall to build a UK Club, which was officially opened in 1991 by The King (then Prince of Wales).

Today the Club is a 4-star Country Club which provides amazing discounts for all its beneficiaries to enjoy. Automatic free membership for all serving beneficiaries is accessible via the QR code below.



The Trust works with partner RN charities to provide access to Reward, Recognition and Respite breaks; free acquaints to all phase 1 RN personnel; leadership awards to CTCRM; supports our two affiliated units – HMS TAMAR and 47 Cdo (Raiding Group) RM.

The Trust has 5 serving Trustees amongst their number and a dedicated Beneficiary Committee made up of ranks / rates from many RN / RM / RFA units, air stations, ships, establishments and submarines. This ensures the Trust, and your Club remain current and credible for you and your family to enjoy. The Club had visitation from 43,000 beneficiaries last year.



JOIN FOR FREE



Association of Royal Navy Officers

The Association of Royal Navy Officers (ARNO) is the membership organisation for all serving and retired, regular and reserve, RN, RM, QARNNS and RFA Officers. Formed in 1920, with over 5000 members worldwide and a large percentage still serving, ARNO is focussed primarily on providing a range of financial and other benefits to members through a range of partners. We organise social events as well as providing sponsorship (normally in the form of port) for mess dinners. An inaugural Golf Day at Goodwood in 2024 raised over £3000 for the RNOC our sister organisation. The ARNO yearbook and biannual newsletters are packed with interesting articles as well as useful advertising, promoting a wide range of support to members and their families.

Joining ARNO also offers practical and financial benefits. We offer very competitive RAC breakdown cover, a reciprocal arrangement with the Army and Navy Club (The Rag) enables members to stay at the club for up to 4 nights each year at very discounted rates and an extremely popular discount scheme saves members considerable sums with little effort simply by purchasing discounted gift cards for supermarkets and other retailers. The discount scheme alone saves members much more than the annual subscription. We offer a range of merchandise including: cards, ARNO Gin and Rum, gin pennants, cufflinks and ties.

We also sell pre-loved (but high quality) uniform, including tailcoats, "lightning legs" and swords at a fraction that military tailors charge. Funds generated through membership, sales of kit and merchandise help subsidise events, port sponsorship, publications and general running costs.

ARNO is a separate legal entity to the RNOC but they complement each other in the delivery of their objectives.



Association of WRENS

Phone -
02392 725141

Web -
www.wrens.org.uk



Who is the Association for?

We are the association for all women who are serving or have served in or with the Royal Navy.



What do we do?

We are primarily a social, rather than benevolent, association, enabling our members to maintain a social network with former service colleagues, and providing opportunities to meet and make friends with others from all generations who have the common bond of Naval service.

Our HQ is in HMNB Portsmouth, but we have worldwide membership, with branches and informal groups which meet regularly throughout the UK and beyond. We also have a virtual branch, which meets monthly via Zoom. You do not, however, have to join a branch and benefits are available to all our members.

We maintain links with our members through our website <https://wrens.org.uk>, various social media platforms (including Facebook, twitter, Instagram and linked-in) and our magazine, The Wren, which is published three times each year (free to all members).

What are the benefits?

Full details of member benefits can be found on our website <https://wrens.org.uk>, and include reduced entry fees to museums and special invitation events, plus association dinners and social weekends.

How do I join?

Visit <https://wrens.org.uk> - and apply online.

Alternatively, email office@wrens.org.uk or telephone 02392 725141.

How much does it cost?

Annual membership is currently £13. Five-year membership is £60 or ten-year, £110. Branch fees vary but are typically around £10, and it costs nothing to join an Informal Group.



Royal Naval Sailing Association

Phone -
02392 521100

Web -
www.rnsa.org.uk

Founded in 1935, and a charity since 2020, the RNSA is the Service Sports Association that delivers sailing for the Royal Navy, Royal Marines, Royal Fleet Auxiliary and Maritime Reserves. We operate across the UK and aim to get serving personnel and their families actively engaged in our sport, often alongside our veteran community. Sailing, whether yachting, dinghy sailing or windsurfing, is fun and an ideal vehicle for improving personal skills, fitness, teamwork, wellbeing, maritime awareness and ultimately military efficiency. It also provides a great opportunity to engage as families through our 'Sail Together' programme.

We provide accessible and enjoyable sailing and social programmes with pathways into the world of sailing. We have 5000 members who support us through their subscriptions, expertise and time. Our Sailing Manager, who along with brilliant volunteers and generous support of Naval charities are essential for us to deliver for you. To find out more about going sailing with RNSA visit our website www.rnsa.org.uk or contact Sophie on 02392 521100.

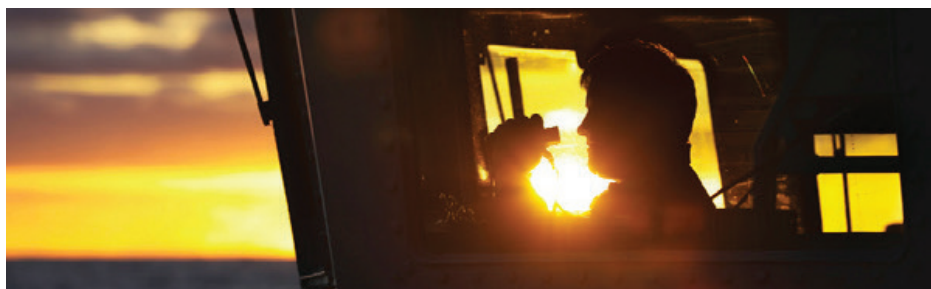


Excitingly from 2024 RNSA has enabled young people from RN/RM/RFA families to join the 'RNSA Youth Crew' and enjoy free RYA Start Sailing Weeks. Consolidation sessions are also available free of charge with the aim of maximising the many benefits and encouraging the participants to go on and enjoy sailing for life. Greenwich Hospital funds the programme as part of its life opportunities grants. Over the next 3 years, we will be delivering this opportunity to 2000 young people. Please see the website www.rnsayouthcrew.org.uk for more details and bookings.

There are also, of course, plenty of exciting benefits for members to enjoy, including discounted sailing products, reciprocal memberships, access to charter yachts and dinghies, ability to wear the Blue Ensign and above all feel part of the Naval family.



Naval & Military Bible Society



Mission: Naval and Military Bible Society: believes in the power of God's Word. We exist to provide support to Service and uniformed personnel, seafarers and associated organisations in the UK and globally through the provision of Bibles and other Christian resources.

His Word, Our Work

We believe that God's word should be freely accessible and freely given. Our literature is provided on request with no charge. Reimbursement is sought through donations, grants and sponsorship to meet production costs and overheads. Bibles and New Testaments are normally available in the New International (NIV), Contemporary English (CEV), and New Revised Standard (NRSV) versions. However, other Bible versions, foreign language translations can be provided both by ourselves and a variety of third-party sources. If what you require is not shown on our website then please contact us and we will endeavour to locate and supply it.

<https://nmbs.org.uk/>

Naval Families
FEDERATION



Championing Royal Navy & Royal Marines Families

The Naval Families Federation exists to give Royal Navy and Royal Marines families a voice and representation to the Ministry of Defence, Ministers, other Government Departments, the Chain of Command, and civilian service providers.

As an independent Charity, we provide support and guidance on matters affecting the daily lives of Naval Service families, acting as an advocate when appropriate to resolve complex issues. As subject matter experts we continue to contribute to academic research and implementation of the Armed Forces Covenant, providing evidence and the Naval families' perspective to shape change and influence policy. We have also developed a wide range of resources, tailored to the needs of services families. Please take a look!

Our vision

Our vision is for all members of the RN and RM families to: Have their views heard by those in position of power; Feel valued; Be treated with fairness and respect; Thrive in their communities of choice.

Get in touch

Building 25, HMS Excellent, Whale Island
Portsmouth, Hampshire PO2 8ER

Phone: 023 9265 4374 | Email: contactus@nff.org.uk
www.nff.org.uk



Registered charity in England & Wales (1177107)



View our FREE resources

Are you deploying soon with a young person at home? Are you planning to leave the Service? We have just the resource for you. To access all of our tailored booklets visit nff.org.uk/documents or simply scan the QR code below.





Founded in 1885, SSAFA is the oldest national Tri-Service charity and helps the armed forces community in a number of ways, though its focus is on providing direct support to individuals in need of physical or emotional care.

SSAFA supports covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service.

SSAFA supports the Armed Forces Community in a number of ways, including:

SSAFA's Mentoring Services: provide hundreds of men and women with advice and support as they move from a career in the Armed Forces to civilian life. SSAFA Mentors give one-to-one, face-to-face support during transition and for up to two years post discharge.

SSAFA's Mentoring service has a long and successful history. To learn more about it, and how it supports service leavers, for more information, please contact the team here: mentoring@ssafa-fhs.org.uk or visit www.ssafa.org.uk

SSAFA Forcesline: a free and confidential telephone helpline and email service that provides emotional support and a listening ear to those in the Armed Forces community who are feeling lonely, isolated or are struggling to cope with everyday life. They can also signpost you to other organisations who may be able to offer more practical assistance. Forcesline | SSAFA

SSAFA Casework: Caseworking services can be accessed via Forcesline - there are 90 or so branches of SSAFA around the UK including in-service committees (behind the wire) which support the Armed Forces communities of all three services.

<https://www.ssafa.org.uk/>



The Royal British Legion supports the Armed Forces community.

It provides lifelong support to serving and ex-serving personnel and their families. (Serving , Veterans and their families are eligible for support after one day of service and continues through life, long after service is over. From providing expert advice and guidance, to recovery and rehabilitation, through to transitioning to civilian life.

RBL can support with:

- | | |
|----------------------------------|---------------------------|
| Care and independent living | Housing advice |
| Physical and mental wellbeing | Inquest advice |
| Financial and employment support | Rights and pension advice |
| Local community connections | |

They can also support if people are overseas www.britishlegion.org.uk

Immediate Support

If you or a member of your family needs immediate assistance, please don't hesitate to contact one of the following support options:

In an emergency:

Call 999 or head directly to your nearest Accident & Emergency Department.

For urgent emotional support:

Contact **Samaritans** anytime at 116 123.

Combat Stress Mental Health Support Line

(Specialist mental health support for veterans and serving personnel) call **0800 138 1619** at any time.

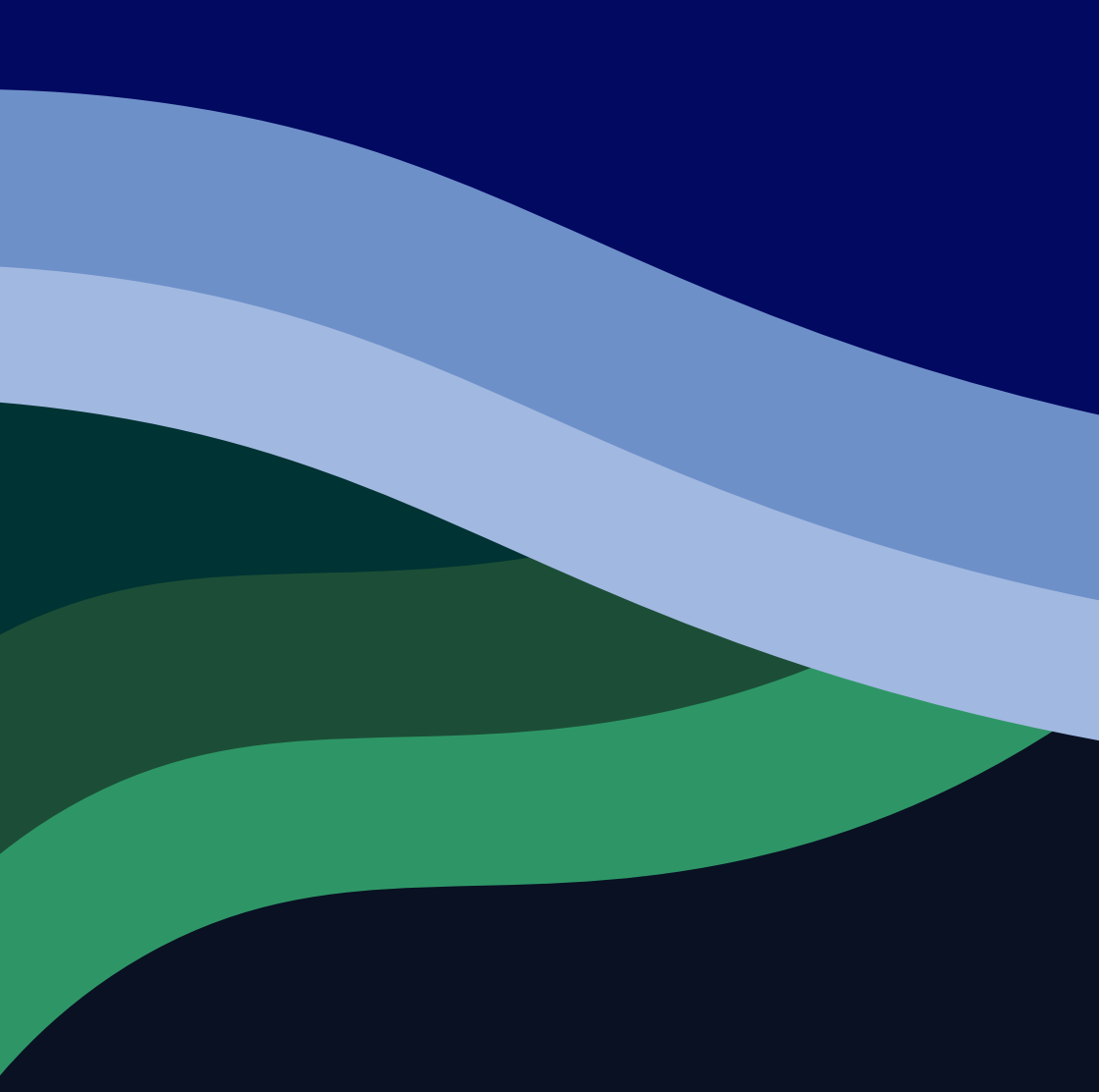
Royal Navy Family and People Support (RN FPS)

Visit their website at royalnavy.mod.uk/community-and-support/advice-and-support
Call **02392 728777** or **0800 145 6088** for advice and assistance.

SSAFA Forcesline:

Offers confidential support for the armed forces community both serving and veterans.
Visit ssafa.org.uk/forcesline
Call **0800 260 6780** (available weekdays, 0900-1700).

Please don't hesitate to reach out if you or someone you know is struggling. Help is always available.



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