



The Soldiers, Sailors, Airmen and
Families Association – Forces Help

For more information about SSAFA Forces
Help and how we can help you and your
family, please contact us:

19 Queen Elizabeth Street,
London SE1 2LP

T 020 7403 8783
F 020 7403 8815
E info@ssafa.org.uk

www.ssafasupportgroups.org.uk
www.ssafa.org.uk

March 11

Registered Charity Nos. 210760, Est. 1885 and SC038056

SSAFA FORCES HELP
SUPPORT GROUP FOR
BEREAVED FAMILIES
(BFSG)

The sudden death of a family member changes everything.

We all cope with loss in our own way but sometimes it helps to share your feelings with someone who has been through a similar experience.

The SSAFA Forces Help Support Group for Bereaved Families offers you the opportunity to meet and talk to others who have lost a loved one who was serving in the Armed Forces.

The tri-service group meets regularly, offering mutual support and allowing families to share experiences, information and advice.



It does not matter how many years have passed; we recognise that the need to talk and share remains.

We don't pretend to have all the answers but we offer a warm invitation to anyone who wishes to join us.

Set up by a group of bereaved relatives, it is open to parents, partners, siblings, grandparents, fiancées, girlfriends and anyone else who is part of the family unit and feels they would benefit.

- We hold regular national meetings at weekends for bereaved families
- We provide training to families who are offering support to others
- We have regional representatives
- Through mutual support, we hope to resolve some of the difficulties families face after the death of a loved one
- We are a dynamic and evolving group and we welcome everyone's ideas and views

For further information please contact:

Jane Barnes

T 020 7463 9234

E jane.b@ssafa.org.uk

The Bereaved Families Support Group (BFSG) also provides information and a secure chat forum at:

www.ssafasupportgroups.org.uk