



Or website is:

[www.ssafasupportgroups.org.uk](http://www.ssafasupportgroups.org.uk)

The site has an events and information section and a secure online chat forum to allow families to talk to each other confidentially.

Additional needs and Disability Adviser contact:

T 020 7463 9234

E [info@ssafa.org.uk](mailto:info@ssafa.org.uk)



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](mailto:info@ssafa.org.uk)

[www.ssafasupportgroups.org.uk](http://www.ssafasupportgroups.org.uk)  
[www.ssafa.org.uk](http://www.ssafa.org.uk)

March 11

Registered Charity Nos. 210760, Est. 1885 and SC038056

SSAFA FORCES HELP  
SUPPORT GROUP FOR  
FAMILIES OF INJURED SERVICE  
PERSONNEL  
(FISP)

Has someone in your family been injured on an operation or in Service?

Have they spent time in hospital or a rehabilitation unit?

Sometimes it helps to share your feelings with someone who has experience of a loved one being injured.

The SSAFA Forces Help Support Group for the Families of Injured Service Personnel offers you the opportunity to talk to other people whose relatives have been injured while serving in the Armed Forces.

- We hold regular meetings around the country
- We provide training to families who are offering support to others
- Through mutual support, we hope to resolve some of the difficulties families face after their loved one has been injured
- We acknowledge that everyone copes with injury and trauma in different ways
- We are a dynamic and evolving group and we welcome everyone's ideas and views
- We don't pretend to have all the answers but we offer a warm invitation to anyone who wishes to join us

The group is an opportunity for people who are having similar experiences to get together and support each other through very difficult times. When a loved one has been injured, it can leave relatives feeling very isolated. By bringing people together we aim to ease the burden, allowing them to talk and exchange ideas.

Should the group identify any issues of concern, they will be channelled through SSAFA and raised as appropriate.



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

Set up by relatives of injured Servicemen and women, the group is open to partners, parents, siblings, grandparents and anyone else who is part of the family unit and feels they would benefit.

Anyone who would like further information about the Support Group for the Families of Injured Service Personnel should contact:

Jane Barnes  
T 020 7463 9234  
E [jane.b@ssafa.org.uk](mailto:jane.b@ssafa.org.uk)

The group's website:  
[www.ssafasupportgroups.org.uk](http://www.ssafasupportgroups.org.uk)