



If you would like to know more about the Royal British Legion and the work we do:

Go online: rbl.org.uk
Phone: 0808 802 8080
Email: info@britishlegion.org.uk

You can also get involved at:

-  OfficialPoppyLegion
-  @royalbritishlegion
-  @PoppyLegion
-  [royalbritishlegion](https://www.youtube.com/royalbritishlegion)



Registered charity number: 219279



How we help

Services and support from the
Royal British Legion





The Royal British Legion has been supporting serving and ex-serving personnel of the Royal Navy, Royal Marines, British Army, Royal Air Force, Reservists and their families since 1921.

And we're not going anywhere.



We're at the heart of a national network that supports our Armed Forces community through thick and thin. Our support starts after one day of service and continues throughout life, long after service is over.

Our support

We provide lifelong support to our serving and ex-serving personnel and their families.

We support them with:

- Physical and mental wellbeing
- Financial and employment support
- Care and independent living
- Local community connections
- Expert guidance

Physical and mental wellbeing

We're experts in getting you back on your feet through a range of rehabilitation programmes across various sports and arts related activities. We're also here to provide personalised support to veterans and their families in crisis.

Financial and employment support

We know that adjusting to civilian life after a career in the Services can be hard, but we're here to support. We can help you get into work by offering grants towards training and by connecting you with other agencies who can help find suitable job opportunities.

If you're having money issues, we're here to help. Whether you are struggling with debt or emergency situations, need support setting up your new home or accessing benefits, our team have got you covered.



If you have been injured or suffer from illness as a result of Service, we can help with appeals to both the War Pensions & Armed Forces Compensation scheme.

Care and independent living

Our specialist residential care homes provide both long and short term care to members of the Armed Forces community, helping you maintain your independence and live with like minded individuals. Additionally our team of Admiral Nurses offers practical, clinical and emotional support to families and carers of people with dementia.

We also know how important your home is and we're here to keep you living independently for as long as possible. That's why we offer support to veterans with mobility aids, 24 hour care phones, and make sure there is always someone to talk to.

Local community connections

Through our network of members we offer home and hospital visits for members of the Armed Forces community experiencing social isolation, as well as bereavement support and telephone buddies.

We also offer support to the children of Service families to help them through moving home and changing schools due to family postings, and the absence of parents on deployment.

Expert guidance

Through face to face and telephone support our advisors can offer expert guidance on a range of issues. If there is ever a reason we can't help, our vast network means we will know someone who can. We know that the needs of the Armed Forces community are complex, so our partner charities and organisations can help offer advice and support on everything from PTSD to housing.

To find out more,
visit [rbl.org.uk](https://www.rbl.org.uk)
or call **0808 802 8080**

