



COMMUNITY SUPPORT

SSAFA – Soldiers, Sailors and Air Force Families Association

The Armed Forces Charity.

Between others, they offer emotional support to older veterans and help to cope with bereavement

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

Phone: Contact Forcesline on 0800 260 6780 - it's free & confidential.

They are open 09:00 - 17:00, Monday to Friday.

Children of Jannah

Aimed at supporting bereaved parents, they hold at their core the Muslim belief that all children who die enter Heaven. You can book a free and confidential support call, engage with other bereaved parents in supportive groups and download resources and publications.

Website: www.childrenofiannah.com

Contact them by completing a form on their website.

Jewish Bereavement Counselling Service (JBCS)

There are times when it may be useful to talk in confidence to a counsellor who has training in the issues of grief and loss. We understand the specific issues raised by bereavement within a Jewish context.

Website: <https://jbcs.org.uk>

Email: enquiries@jbcs.org.uk

Phone: 020 8951 3881



FINANCIAL SUPPORT

Navigate

They give people the knowledge, skills and confidence to manage their money. They offer **free** workshops and courses **for anyone living in Devon or Somerset**, both face-to-face and online to help navigate the cost of living.

Website: <https://www.navigatecharity.org.uk>

Email: enquiries@navigatecharity.org.uk

Phone: 01823 299050

Citizens Advice (Torridge, North, Mid & West Devon)

They have a dedicated money advice team who can advise you of your rights and responsibilities, look at debt solutions and help with money management and financial capability all for free.

your local free advice and information service! We are here to help you to understand your rights and responsibilities, help you find a way forward

Website: <https://citizensadvicetnmwd.org.uk>

Free Advice Line: 08082 787 999

MacMillan Financial Advisor

You may be able to claim benefits to help you in your situation.

Website: <https://macmillan.org.uk/cancer-information-and-support>

Email: via the form on their website

Phone: 0808 808 00 00 for information about cancer, emotional support or financial guidance

Turn2Us

Turn2us is a national charity that provides practical information and support to people facing income shocks and financial insecurity.

Go to the website to search for a local advice centre and check which means-tested benefits you may be entitled to.

They can't provide personalised 1-1 support but their Get support information pages and tools can help you access the advice you need.

Website: <https://www.turn2us.org.uk>