



A range of help and support for past members of the armed forces over 65



Ex-Forces Support North Yorkshire is rolling out a range of services aimed at raising awareness of the issues faced by older and ex-members of the armed forces and enabling them to lead fuller lives.

You are eligible for our support if you used to serve in any branch of the armed forces – for whatever amount of time – or if you completed National Service. You can also access our support if you were employed in the Merchant Navy to support the military at any time. You must be 65 years old or older.

If you are not sure whether you are eligible for our support, feel free to give us a call and chat to our friendly team.

Telephone: 01904 704 177

Open: Monday to Friday, 9am – 5pm



Supporting You

We offer a wide range of advice, guidance and hands-on support to ex-forces within our region:

- **Healthy lifestyle advice and resources**
- **Support to keep warm, safe, and maintain independence**
- **Opportunities to take part in new activities or revisit old hobbies and interests**
- **Befriending and home visits**
- **Financial support and grants**
- **Help and advice for carers and families**
- **Specialist advice and advocacy**
- **Ex-Gurkha outreach and community work**
- **Trips, events, and days out**
- **Volunteering**

If the support you need, or would like to give, is not covered here then please still get in touch and we will do our best to find a solution.

Overall we are seeking to ensure that our older veterans receive the care, value and recognition they deserve in later life.

Please do get in touch to talk through your needs.



About us

We are a partnership of 14 organisations working to improve the lives of older veterans by contributing to the support and recognition they deserve.

Support is on hand across North Yorkshire and York, working closely with existing military charities, to maximise the opportunities and connections available for our service users.

Funded by the **Aged Veterans Fund** by the Chancellor using LIBOR funds, our new service is available from June 2017 for all ex-military personnel over the age of 65, including those who underwent National Service or supported the armed forces in a role within the Merchant Navy.

Through **Ex-Forces Support North Yorkshire** you are able to access a range of practical, financial, and customised support enabling you to lead a fuller life in the way you would like.

Ex-Forces Support North Yorkshire is led by Community First Yorkshire, registered charity no. 515538, and based in York.



Getting in touch

We are usually contacted by individuals who are interested in our support, but we are pleased to also take referrals from families, friends, carers and frontline staff.

We are passionate about helping our former service personnel over 65 to identify and achieve their goals. This could be anything from getting out and about more, knowing what support they are entitled to or being able to volunteer their skills to help others.

Contact us today to find out more:

Telephone: 01904 704 177

Email: exforces@communityfirstyorkshire.org.uk

