

Qualities and skills of a SSAFA volunteer. Does this sound like you?

Empathetic

- You connect with other people and always try to understand how they may be feeling.

Open Minded

- You have the ability to consider other perspectives and can reconsider your own.

Supportive

- You give help and encouragement to others.

Accepting

- You won't discriminate against anyone for any reason, regardless of race, sexuality, gender, disability or political views.

Respectful

- You show consideration and regard for others and their beliefs and values.

Honest

- You are able to be and act truthfully at all times.

To Volunteer with us just access the link to our website or scan the code

<https://www.ssafa.org.uk/volunteer>



Thank you taking the time to read our information



Would you like a rewarding volunteer role.



Why get involved?

There are many reasons to volunteer and spend your time helping others.

Everyone will have their own reasons to get involved. For some it will be about giving back to their community, others might want to share or develop their skills, and some people may wish to connect and meet new people.

Volunteering can give you a renewed sense of purpose, new friendships and a new outlook on life. Studies have even shown that volunteers are generally happier and healthier than their non-volunteering peers.

Can you be:-

Inspirational

- Be part of making a real difference to people's lives

Sociable

- Meet new friends and contacts

Flexible

- Find a volunteer role that fits around your routine

Traditional

- Be part of one of the oldest military charities and learn new skills

No matter what your motivation or background everyone has something to offer SSAFA.

Who we help.

Our support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They are all entitled to lifelong support from SSAFA, no matter how long they have served.

How we help

SSAFA helps the armed forces community in a number of ways, though our focus is on providing direct support to individuals in need of physical or emotional care.

Addiction, relationship breakdown, debt, homelessness, post-traumatic stress, depression and disability are all issues that can affect our members of our Armed Forces community. Many of these problems only become apparent when an individual has to leave their life in the Forces and join 'Civvy Street'. SSAFA is committed to helping our brave men and women overcome these problems and rebuild their lives.

Your skills

Our volunteers can gain and develop so many new skills with SSAFA; teamwork, communication, problem solving, project planning, task management, digital skills, and organization to name a few. Volunteering is also great for developing your CV with transferable skills, training, and personal development.

Who can Volunteer? Everybody!

Your questions answered.

I have not served with the military, will that matter?

There may be an expectation that you must have served or be related to someone who has but this is not the case and many volunteers have no military connection.

I have been a beneficiary of SSAFA?

We have current volunteers who have also received our services. Please feel free to contact us to discuss further if you wish.

I am a returning volunteer.

We are happy to welcome you back. We accept returning volunteers based on when you left, the role you undertook and how long it has been since you undertook your training.

I claim benefits while I volunteer with SSAFA? This should not restrict your volunteering with us but let your benefits adviser know you're volunteering.

I have a criminal record, can I volunteer?

We welcome all volunteers. It will depend on the role you are undertaking and your circumstances, but it is not a barrier to joining our team. Please feel free to contact us to discuss further

I am under 18, what can I do?

Although some of our roles do have an age restriction, we still welcome younger volunteers and family groups. If no role suits you, then you can still support SSAFA in other ways.