



Would you like to volunteer to help the community here in Brunssum?

It only requires a few hours every few months and full training will be provided. Do get in touch if you would like some more information. The positions we have available are:

Community Volunteer

Treasurer (From Dec 2021)

Publicity

Email me on ruth.shaw@brunssum.ssaafa.org.uk

Maybe you could do with someone to talk to?

Feeling lonely, low or just fed up? We can provide support via Zoom during these trying Covid times...do get in touch on the email above. We are completely confidential and operate outside of the Chain of Command.

Or call **FORCESLINE** on 0800 260 6767 or **LIVE CHAT** also available at <https://www.ssaafa.org.uk/get-help/forcesline>

We are here to support the person behind the uniform and your family.