



SSAFA FORCES HELP, The Soldiers, Sailors, Airmen and Families Association, is the national charity helping and supporting those who serve in our Armed Forces, those who used to serve and the families of both.

One day's service in any of our Armed Forces and Reserves is all that is needed to qualify for our assistance.

To find out how we can help you or someone you know:

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Maindy Barracks
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ONE DAY'S SERVICE, A LIFETIME OF SUPPORT