

RELATIONSHIP SUPPORT FOR SERVING AND FORMER RAF



The RAF Benevolent Fund recognises that Service life can add to the pressures at both home and work. That's why we're working with Relate to provide a little extra support to help **current and former serving** RAF families through difficult times.

- Up to six free counselling sessions with a Relate counsellor for serving and former serving RAF personnel and their families
- A free online Building Stronger Families course for currently serving personnel and their families
- Subsidised mediation sessions for those going through separation or divorce

Funded by



**Royal Air Force
Benevolent Fund**

relate
the relationship people

ONLINE RELATIONSHIP SUPPORT FOR SERVING FAMILIES

Our free online Building Stronger Families course gives you the skills and knowledge to deal with common relationship issues.

This easily accessible course is designed to provide support before serious problems begin. You can choose to only do the topics which apply to your situation and you can do this in the privacy of your own home.

Topics covered include communication, resolving conflict and family life.

Supported by the Armed Forces Covenant (Libor) Fund

RELATIONSHIP COUNSELLING

The RAF Benevolent Fund will pay for up to six counselling sessions with Relate for both former serving and currently serving Regulars/Reservists and/or their partners experiencing relationship problems.

You can use the service if you are married, living together, in a same-sex relationship, separated, divorced, single or widowed.

Everything you say to a Relate consultant or counsellor will remain completely confidential. You will be asked for details of your or your partner's Service, but this is simply to confirm eligibility. No one in the RAF will be told that you have accessed these services unless there are safeguarding issues which may need acting upon.

MEDIATION


It can be stressful when a relationship breaks down but the RAF Benevolent Fund can help both former serving and currently serving Regulars/Reservists and/or their partners if mediation is needed to resolve any issues.

We can assist towards the cost of mediation services with an approved provider, including paying the full cost of an initial session and subsidising the cost for a standard package of further sessions.

ACCESSING THESE SERVICES

To do the Building Stronger Families course visit <http://rafbf.relate.org.uk>

Face-to-face, telephone and webcam counselling and mediation are available, giving you the chance to connect with Relate in the way which suits you best, even if you are deployed overseas.

 Call our fast-track number, **0845 077 5556**, to speak in total confidence to a trained Relate consultant who will talk you through the options available to you or put you in touch with an approved mediation provider near you.

 Email contracts@relate.org.uk

 To access Live Chat or to find out more go to www.relate.org.uk/raf



The RAF Benevolent Fund is the RAF's leading welfare charity, supporting RAF personnel past and present and their families in need.