

Promoting choice and supporting Ex-Forces men & women to improve independence, wellbeing, quality of life, and reduce isolation



LIVE AT EASE



Reaching out to Ex Armed Forces in the community

Are you struggling with...

Disability benefits claims or appeals



Low mood, anxiety, depression, bereavement, pre-service or post service trauma



Homelessness or at risk of homelessness



Employability Support



Feeling isolated or socially excluded



Accessing leisure and/or social activities



Any other health and wellbeing struggles

We can help.

**Come have a chat, no appointment needed
Ask at the reception desk**

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