

# Supporting Ex-Forces men and women with disabilities, ADHD, autism, and brain injuries



Valuing equality, diversity and inclusion  
across Greater Manchester and Cheshire

# LIVE **AT** EASE



**Reaching out to Ex Forces in the community**

**Helping you to improve your independence, wellbeing  
and quality of life, and reduce your isolation**

Disability benefits new claims and appeals



Independent living support, at risk of homelessness, and managing a tenancy



Low mood, anxiety, depression, Pre or Post service trauma



Employability support



Feeling isolated or socially excluded



Accessing leisure or social activities



Disability aids, blue badge, and home adaptations advice

Contact Gav Jones (Veteran Services Manager) on:

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