

## SSAFA - The Armed Forces Charity

SSAFA helps those who currently serve and those who have served in our Armed Forces and their dependant families. They can obtain assistance in the form of grants if needed and signpost people to organisations who help with housing, debt advice, training and mental health problems. Caseworkers visit clients at home by arrangement.

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**Telephone:** 0191 222 0803

**Telephone note:** answerphone messages checked frequently

**Website:** <https://www.ssafa.org.uk/tyne-wear>

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**Email:** [tyneandwear.branch@ssafa.org.uk](mailto:tyneandwear.branch@ssafa.org.uk)

**Website 2:** [www.ssafa.org.uk](http://www.ssafa.org.uk)

**Twitter:** <http://twitter.com/SSAFA>

**Facebook:** <https://www.facebook.com/SSAFATyneWear>

**Cost:** Free

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