

Support available to you



We're with our fire family for life as your constant health and wellbeing partner. Here are just some of the ways we can support you, all thanks to donations from people like you...

Covid Recovery Programme

Our Covid Recovery Programme is designed to help those living with ongoing and long-term Covid-19 symptoms, 12 weeks or more after an initial infection. Available at all three of our centres as well as digitally, the programme includes a range of educational and activity-based sessions.

Find out more: www.firefighterscharity.org.uk/covid-support



Digital counselling and Hope Programme

Our psychological therapists provide short-term 1:1 counselling support via telephone and video to help with a wide range of issues, including stress, anxiety, depression and stabilisation of trauma symptoms.

Find out more at www.firefighterscharity.org.uk/how-we-can-help/mental-health



We also offer regular Hope Programmes, which are six-week online self-management courses run in partnership with *Hope for the Community*, covering topics like managing stress and improving sleep.

Find out more at www.firefighterscharity.org.uk/hope



Living Well Groups and Befriending

Our volunteer-led Living Well Groups offer our retired community the opportunity to meet with like-minded others, either virtually or face-to-face, to socialise and share common interests.

Find your nearest group at www.firefighterscharity.org.uk/lwg



We also offer a telephone befriending service which provides social support and connection for our retired beneficiaries through a regular telephone call from a friendly volunteer.

Find out more at www.firefighterscharity.org.uk/befriender



Residential Reset Programme

Our residential Reset Programme is designed to improve your overall health, wellbeing and resilience. The programme, which is group-based, is ideally suited to those starting to struggle with their mental health and those living with a long-term physical health condition which is impacting on their wellbeing.

Find out more at www.firefighterscharity.org.uk/reset



Welfare and financial support

From helping during times of financial hardship, to support with aids and adaptations to help you to live independently in your own home, our Welfare Services team is here to support you during difficult times.

Find out more at www.firefighterscharity.org.uk/social-wellbeing



My Fire Fighters Charity and our Wellbeing Hub

We have a huge library of health and wellbeing resources available on our website and through our app, My Fire Fighters Charity. The app also has a fantastic library of interactive health and wellbeing courses, resources and tools in a dedicated Wellbeing Hub.

Register now at www.firefighterscharity.org.uk/myfirefighterscharity. You can access the Wellbeing Hub by clicking on the Courses tab.



Wellness Coaching

We offer a range of health and wellness workshops which are delivered directly to you through your Fire and Rescue Service, either virtually or face-to-face at the workplace. Our team of Wellness and Behaviour Coaches work directly with your wellbeing team to understand your needs so we can develop a programme of support for you and your colleagues.

Find out more: www.firefighterscharity.org.uk/wellness-coaching



Digital physiotherapy

Our physiotherapists and exercise therapists provide 1:1 digital support for individuals who may need support following an injury or illness, via our video consultation platform.

Find out more at www.firefighterscharity.org.uk/digital-physio



Residential rehabilitation and nursing support

Our residential physical rehabilitation programmes are designed to meet the needs of those with a range of injuries or illnesses, both short and long-term, with support from our team of physiotherapists, exercise therapists and psychological therapists.

We also have a team of registered nurses who can provide 24-hour support at Jubilee House for those who may have a long-term or degenerative condition, or who may have suffered a traumatic injury or stroke. Carers can also attend.

Find out more at www.firefighterscharity.org.uk/physical-health



Family support

We offer a number of support pathways for the whole family, including our Child and Family Weeks at Harcombe House, support for 16-17 year olds and a specialist children's book for fire families, *The Wolf Was Not Sleeping*.

Find out more at www.firefighterscharity.org.uk/family-hub



Outpatients service

For those who live close to Marine Court and Harcombe House, we offer a physiotherapy and exercise therapy outpatient service. This is aimed at those who may need support following injury or illness and usually runs across four sessions.

Find out more: www.firefighterscharity.org.uk/outpatients



Rest and recharge

We offer residential stays at all three of our centres for individuals, families, and couples who need time away to rest and recharge following a difficult or challenging time. There is no structured programme but there is access to the gym and pool at set times, and our recreational facilities.

Find out more at www.firefighterscharity.org.uk/rest

