

Need someone to talk to; don't know where to go or what to do – contact our emergency number **07436 102594**.

FirstLight Trust delivers services all over the UK.  
Our current 'doors on the street' are:

63 Newborough Scarborough YO11 1ET	47-48 Queen Street Scarborough YO11 1HQ	13 West Terrace Redcar Cleveland TS10 1DS
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FirstLight will have premises in Gosport,  
Hampshire by mid 2016.

**0845 519 9401**

**[enquiries@firstlighttrust.co.uk](mailto:enquiries@firstlighttrust.co.uk)**

[www.FirstLightTrust.co.uk](http://www.FirstLightTrust.co.uk)  
[facebook.com/FirstLightTrust](https://facebook.com/FirstLightTrust)  
[twitter.com/FirstLightTrust](https://twitter.com/FirstLightTrust)

**JustTextGiving™**  
by  **vodafone**

Text LIGH20 to 70070  
with amounts of £1, £5 or £10

Registered Charity No. 1149496.  
Registered in England and Wales No. 8226711.  
Registered address: Stone King LLP, Wellington House,  
East Road, Cambridge, CB1 1BH.

Image ©Howard Nichol

**WE HELP VETERANS  
GET BACK  
ON THEIR FEET**



**FIRSTLIGHT TRUST**

  
SUPPORTING VETERANS LOCALLY

## Who are we?

Too many Veterans fall through the 'net' and end up isolated, homeless or in trouble with the police. FirstLight Trust was set up to answer this need on the street and extend a practical, helping hand to Veterans.

**'It is easy to get help, not so easy to get the right help. Part of FirstLight is about helping others to help themselves, and others, team work and openness is what FirstLight is about. A real charity with people in mind, not profit'.**

Kevin

The military has a unique culture, very different to that of the civilian. It is a way of life involving different values, priorities and beliefs. Those leaving the Forces and Emergency Services can find it hard to adjust and finding housing, work, sorting benefits, paying bills can be confusing and intimidating. Adjusting to family life and relationships after prolonged absence can be traumatic and difficult and can compound problems leading to a loss of purpose and identity.

As Veterans, we've been there. We know what it's like and can assist you back on the road to a better life.

## What do we do?

Many of us are Veterans so we know what it's like. Come in for a brew and a chat and let's see how we can help.

### We offer assistance with:

- Housing
- Benefits
- Support with making appointments
- Accessing GPs and getting the right medical treatment
- Rehabilitation and support for drug and alcohol problems
- Sorting out debt problems
- Ensuring you have the right pensions and allowances
- Volunteering work
- Writing CVs and getting back to work

We work with all the services and charities available to the Armed Forces, Reservists and Emergency Services to access their assistance for you: Citizens Advice Bureau, local housing associations, The Royal British Legion, SSAFA, probation, the police, H4H, Age UK to name a few.

That is why we can assist you in so many ways; and we do.

## Contact Us

If you know, or are someone who is leaving any of the Armed Services or Emergency Services and want someone to talk to, or don't know where to go or what to do contact us.



It does not matter how long ago you left – we are here to help. Contact us on **07436 102594**.