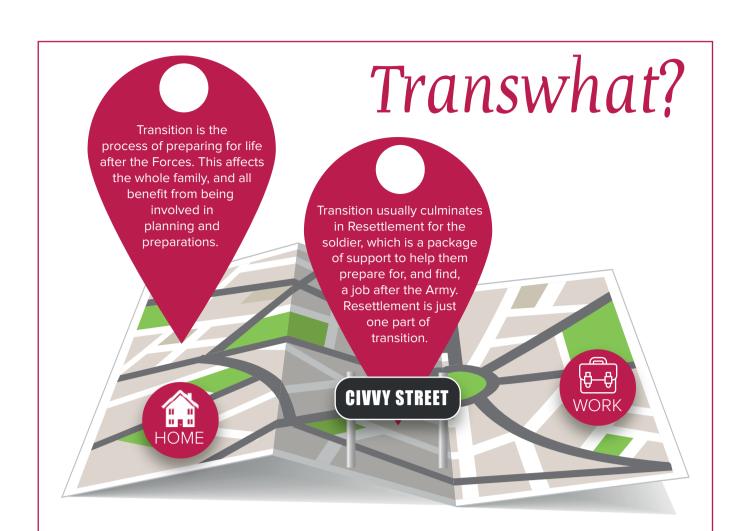


Lifting the lid on **TRANSITION** - being better prepared

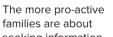
AFF recently published research that looked into the challenges families face when their soldier leaves the Army. The findings provide useful information and guidance for families to help them be better prepared, regardless of how soon their soldier is leaving the Army.





Our research gave us a clear insight into transition and how families can have a positive experience of it.





seeking information and support about re-joining civvy street, and the earlier they start planning, the more successful their move is likely to be.



Transition is about more

than a Service leaver's employment (which is often what people focus on when thinking about leaving the Forces); it includes: housing, wellbeing, employment, health, education & children, finances and lots more!



More support must be available for those

families leaving military life, not just the soldier. Where this support is already available, it needs to be better marketed to families.



The impact that leaving

the Forces can have on the wellbeing of the soldier and their family shouldn't be understated.

* Full list of recommendations available on pages 34-38 of the 'Lifting the Lid on Transition' report, available on the AFF website *

Tackling your transition today "Get to grips with the reality of life outside Someday your soldier will leave the Forces.

never too early to start planning for life back on civvy street, even if you don't yet know when your soldier might leave.

That is the only certainty of Service life! It is

the Army so that nothing is a shock."









Top transition tips



Familiarise yourself with your soldier's pension entitlement.



Give yourself plenty of time to save the money you need for life after the Forces. Why not make use of Service-specific financial services while your soldier is still in, such as MoneyForce or the BenefitsApp?



before they leave. Our research by providing some routine income during

Find out more

Visit AFF's transition page under 'Family life'

at aff.org.uk for lots of useful information.

aff.org.uk









