



# SSAFA SHORT BREAKS 2022



SSAFA, the Armed Forces charity is running three family breaks this year. These are free, residential adventure breaks for Forces families to attend with children who have an additional need and/or disability, aged between 5 to 18 years. Siblings are also welcomed.

**6 to 9 May 2022: The Calvert Trust, Lake District**

**15 to 19 August 2022: The Calvert Trust, Lake District**

**24 to 28 October 2022: The Calvert Trust, Exmoor**

Places are offered on a first-come-first-served basis once we have received your application form. If you are successful in your application, depending on your location you will be allocated the short break nearest to you regionally.

## For more information

Visit [ssafa.org.uk/shortbreaks](https://ssafa.org.uk/shortbreaks)

To apply for a break, please email [lucy.white@ssafa.org.uk](mailto:lucy.white@ssafa.org.uk) to request an application form.

**Deadline for applications is Friday 11 March 2022**

## Eligibility

- All children within the family must be between 5 - 18 years of age
- Children are dependents of persons currently serving or a reservist
- One child attending must have an additional need and/or disability
- At least one parent must attend the break with their child or children