

Third Edition 2023

Naval Families
FEDERATION

Families Transition Too!

A Transition Guide – for the families of Royal Navy
and Royal Marines Service Leavers





Families Transition Too!

Have you started thinking about what you need to do to prepare **you and your family** for life after the Armed Forces? **You may hear terms such as** 'transition' and 'resettlement' used in the process of preparing for life 'outside'. There may be limited disruption, especially if you are settled in one area with an established social network or if you are used to a mobile lifestyle this may be just another move! For others, adjusting to civilian family life marking the end of a significant chapter and supporting your partner or spouse to find new employment can be daunting. Forces Children Scotland campaign explores lived experience of children making the transition from military to civilian life, which some may find triggering. Learn more about Tornado of Change here forceschildrenscotland.org.uk/projects/tornado/#Callouts

We have designed this guide specifically for families, it offers a mixture of practical advice as well as links **to many of the relevant organisations and charities that can support you.**

There is a range of information, available online and therefore accessible to both serving personnel and family members, to help with decision making around life as a civilian. The official **Service Leavers Guide** provides information including the discharge process, pay (pension entitlement), leave, housing, help towards the cost of gaining further or higher education qualifications, training and practical skills to prepare for job seeking as well as health and wellbeing advice. **As a family member this guide may prompt conversations and planning around life after the Royal Navy or Royal Marines.**

“ I loved being at sea and had some amazing experiences in the Navy, but after 25 years, my priorities changed and I knew I had outgrown service life. ”

Becoming a Veteran

Having served (even if only for one day!) on leaving the Armed Forces all members are recognised as having served their country and continue to be entitled to a range of practical and financial support organisations and charities as a Veteran – help for family members often continues too.

Top Tip!

You can still enjoy discounted rail tickets for your named companion and up to four children (as long as they travel with you).

Apply for a Veterans Rail card

www.veterans-railcard.co.uk



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Being part of a dual-serving couple could be challenging and more so once we had a family. I loved the Navy but wanted to leave while I still loved it, when the time was right for me for stability for my family. ”



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Having served for 32 years in the RM's, my dental care was expertly taken care of by the MOD. One of the greatest shocks to myself on leaving was firstly, the difficulty on finding an available dentist and secondly (and more painful) was the cost of paying for the treatment. ”



The Naval Families Federation website contains useful information, as well as links to other specialist charities; our aim is to provide as much relevant and current information as possible, in one place, to help with the decisions you will need to make as a family:

- Do you need to plan a house move? If currently occupying Service Family Accommodation (SFA), confirm the date you will need **to vacate the property and arrange move out appointments:**
[**NFF - Accommodation and Housing Advice**](#)
- If you decide to move to a new area, **consider school catchment areas and the dates you need to apply for school or University places.** Remember - it may take more time than usual to engage local authorities and schools when moving a child with Special Educational Needs and Disability (SEND):
[**NFF Education**](#)
- If you are moving area, will you need to register with a different **GP and a dentist?** Do you need mental health support – life as a civilian family can be exciting yet daunting too:
[**NFF Health and Wellbeing**](#)
- If you are part of non-UK family and are looking to settle in the United Kingdom, please ensure you understand the **visa requirements needed to remain in the UK:**
[**NFF Visas and citizenship**](#)
- Understand what the **Armed Forces Covenant** can (and cannot) do for you.
[**www.gov.uk/government/publications/what-the-covenant-means-to-you-leaflets**](http://www.gov.uk/government/publications/what-the-covenant-means-to-you-leaflets)





- Have you considered how you will meet any **unexpected costs** or periods when RN salary stops, and new employment salary starts? How much Resettlement Grant you are paid, depends on length of service; check discovermybenefits.mod.gov.uk

NFF Finance



- Job seeking or setting up your own business? We have included information and guidance for **spouses and partners too**:

NFF Employment



The **Leaving the Service** area of the Naval Families Federation website also provides general information including links to some research to highlight how the transition process, moving from naval to civilian life and becoming a veteran, can be eased... early planning is key!

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Don't underestimate your value, as a service person or spouse/partner. Your experiences and the skills you've learned can be applied to many situations and future employment. ”

Naval Families

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