FIRST DEFENCE FINANCE
Serving our military family

www.firstdefencefinance.co.uk

Support with Gambling

When Gambling starts to negatively affect your life, remember that you have options.

ARMED FORCES COVENANT
EMPLOYER RECOGNITION SCHEME
SILVER AWARD
Proudly supporting those who serve.

Platinum Trusted Service Award
2026 feefo

When gambling starts to affect your life, there's help at every step.

We've broken down support into stages so you can find what works for you right now.

1. Control Your Spending with GambleAware

If you want to keep gambling but need tools to stay in control, BeGambleAware offers practical advice and resources.

www.begambleaware.org **Download their app: GambleAware Support Tool**

2. Take a Break with GAMSTOP

Use GAMSTOP to block access to UK gambling sites and apps, to give yourself the space to reset. You decide how long you're excluded for.

www.gamstop.co.uk

3. Stop Feeling Stressed with GamCare

GamCare has a free, confidential helpline open 24/7 where trained advisers can listen and support you.

www.gamcare.org.uk

Struggling with Debt?

You don't have to face it alone. StepChange gives free, confidential help to manage and repay your debts.

Visit **www.stepchange.org** or call **0800 138 1111**

StepChange Debt Charity

Additional Support

Mental Health

mind

www.mind.org.uk
030 123 3393

SAMARITANS

www.samaritans.org
116 123

Money & Debt

citizens advice

www.citizensadvice.org.uk
0800 144 8848

MoneyHelper

www.moneyhelper.org.uk
0800 138 7777

Family Support

GamFam

gamfam.org.uk

GambleAware

www.gambleaware.org/advice/for-family-and-friends/

Dealing with Financial Stress?

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The MOD partners with credit unions to bring you money tools that help you save, borrow, and gear up your finances for life.



Set Up Savings

A portion of your MOD salary can be automatically saved before it hits your bank, so you grow savings without noticing.



Borrow with Affordable Loans

Take advantage of exclusive affordable loan options for the MOD starting at just 7.9%* APR



Could You Be Entitled To Benefits?

Use the free benefits calculator on our website to find out if you can boost your income.



Save for Your Child's Future

You can automatically put money aside for your children when you save from MOD salary into a junior savings account.



Access 800+ Online & In-Store Discounts

Cut everyday costs with exclusive discounts at major brands like Tesco, Sainsbury's, Currys, Odeon, IKEA, and more.



Invest The Safe Way

Grow your savings by opening a Cash ISA with steady, high returns calculated daily - no gambling on stocks and shares!

Join our military credit union today.

Sign up easily on our website **www.firstdefencefinance.co.uk**

ARMED FORCES NETWORK
ARMED FORCES COVENANT
FSCS PROTECTED
Platinum Trusted Service Award 2025 feefo

Rates may change, and we recommend checking our website for the latest information. Credit is subject to status. Terms and conditions apply. Representative rate: 1349% APR. First Defence Finance is a trading name of Plane Saver Credit Union. Plane Saver Credit Union is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Firm Ref: 213609. All deposits are protected under the Financial Services Compensation Scheme up to £120,000. Information correct as of September 2026.

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