



Support the Poppy Appeal

This Poppy Appeal, help us to support those in need.

We provide lifelong support to serving and ex-serving personnel and their families. Last year alone, we responded to 128,268 requests for support. That's 351 per day!

Help us to help them. You could be coordinating the Poppy Appeal in your area, organising a collection, taking part, or simply making a donation – there's a way for everyone to help.

To find out more and register your interest as a Poppy Appeal volunteer:

 **Go online**
rbl.org.uk/pavol

 **Phone**
0345 8451945

 **Email**
poppyappealvolunteering@britishlegion.org.uk

Volunteer for the Poppy Appeal

Our volunteers come with different backgrounds – no military connections needed! How can you help?



Scan here for more information

