



Masonic
Charitable Foundation

Advice and Support

Free and
confidential
advice for
freemasons
and their
families

www.mcf.org.uk



The Advice & Support Team

Our Advice & Support Team (AST) offers a free and confidential service for freemasons and their families.

Anyone with a close connection to a freemason can ask for the AST's help – just contact our enquiries team to ask for a referral.



0800 035 60 90



help@mcf.org.uk

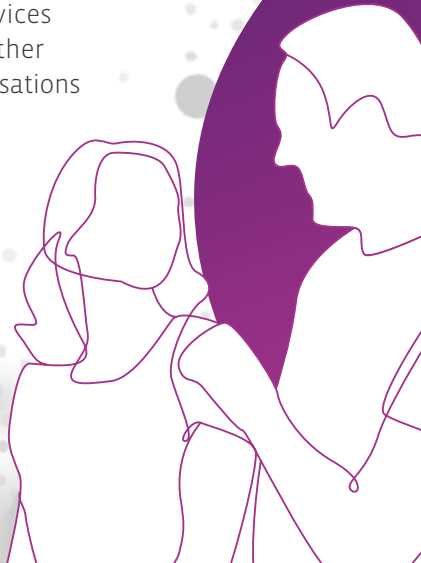


➤ How can the AST help?

The team offers guidance on a wide range of issues and can help you through difficult times by listening, understanding, and discussing potential solutions.

Here are just a few of the ways the AST could help you:

- **Talking** about financial difficulties
- **Assisting** with applications for charitable support
- **Discussing** the best approach to meet your care needs
- **Exploring** how home adaptations and mobility aids can help you maintain independence
- **Supporting** your children with practical advice on education and wellbeing
- **Signposting** you to state and local authority benefits and services available from other charitable organisations



➤ Where is the AST based?

AST Advisors are based regionally throughout England and Wales.



Once you have been referred to the AST, a team member in your area will call to discuss your situation and advise you on any support or services available. The AST can also arrange a visit to your home if you have additional needs.

➤ Counselling

Members of the AST are not trained counsellors, but we do offer a separate counselling service. Those who are eligible for support can speak to a qualified counsellor over the phone or receive face-to-face counselling sessions.



The Masonic Charitable Foundation (MCF) builds better lives by encouraging opportunity, promoting independence and improving wellbeing. We can provide a wide range of help and support for financial, health, family and care-related needs.

Can we help you?

To apply for a grant, seek guidance from our Advice & Support Team, or access the counselling service, contact our enquiries team:



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