

Readiness Program

The Airman & Family Readiness Center provides support for active duty members and their families in all phases of deployment, from pre-deployment to homecoming and reunion. Many services, classes and resources are available:

- Pre-deployment briefings are offered weekly and provide information on a host of resources, benefits and entitlements available to deployed members and families. Helping agencies and leadership offer information in a supportive environment.
- The Key Spouse Program provides consistent communication and support between unit leadership and the family members of the unit.
- Car Care Because We Care provides an oil change voucher worth up to \$70 to spouses of deployed members. Give Parents a Break provides 5 hours per month of childcare for children of deployed members.
- Hearts Apart Dinners provide social networking and resources for spouses and families of deployed members. The dinners are hosted by the A&FRC and selected units.
- Reintegration resources are always available through the A&FRC programs. Twice weekly, Reintegration Briefings bring in helping agencies, Mental Health, and Wing leadership for hands on return and reunion support for families.

Relocation Assistance Program

Whether you are new to the United Kingdom or planning for your next assignment, the A&FRC has resources for you. The A&FRC helps active duty members and family members adjust to life here on RAF Mildenhall, and prepare for relocation to a new base when the time comes for a Permanent Change of Station (PCS). The Relocation Assistance Program allows individuals to:

- Get up-to-date information about your new base & community before you move. The automated relocation database, Military Installations/Plan My Move, is available to assist at militaryinstallations.dod.mil.
- Learn how to prepare for your move by attending *EZ PCS*, a 2.5 hour workshop, that brings agencies to one location. Get all of your questions answered from A&FRC, Pass & Registration, Finance, Housing, Transportation Management Office, TriCare, and much, much more.
- Learn about UK laws and costs associated with living in the UK. We have local culture skill-building tours of the local area and workshops on British customs and traveling.

Family Services

The **Loan Locker program** provides household items to service members and families in the process of PCSing. Items are available for check out typically for 30 days by completing a loan agreement and providing a copy of orders. GPS units and cell phones are also available for those house-hunting.

Coupons are available for pick-up at the A&FRC. Many generous supporters state-side mail them so that service members and their families can utilize them while stationed overseas. Manufacturer coupons are valid six months past expiration while overseas!

Personal & Work Life

The Personal & Work Life (P&WL) Program provides education and consultation to enhance social competence for individuals, couples, and families, and to build resilience skills that assist with our mobile military lifestyles. Services focus on the development and improvement of interpersonal competencies and social relationship skills. Our P&WL services compliment those offered by other helping agencies and are available for individual or group settings. The following programs are available:

TKI Conflict Mode this class guides you and your team in understanding how different conflict management styles affect interpersonal and group dynamics, thus empowering your team to choose the best approach for any situation.

5 Love Languages of Appreciation in the Workplace Learn how to show appreciation in the work place.

5 Love Languages for Families and Children Learn what your child's love language is while reading *A Perfect Pet* for Peyton

5 Love Languages Military Edition Find you and your spouse's language of love.

Couplehood to Parenthood take an honest look at the changes a couple faces upon welcoming a new member if the spouse is deployed.

4 Lenses Family Trivial Learn the personality colors for all the family members and how to effectively communicate as a family.

4 Lenses is one of the easiest and most effective methods of identifying personality and temperament preferences and can help improve relationships and team-building in the workplace.

Heart Link Spouse Orientation is a great way for spouses who are new to the Air Force to learn the ins & outs of being an Air Force spouse. Spouses learn about military traditions, customs, courtesies, and more. It is a great way to meet other spouses.

"How to Avoid Marrying a Jerk/Jerkette" helps singles to pace their relationship (or future relationship!) in five crucial areas so they can follow their hearts without losing their minds.

Bundles for Babies, sponsored by the Air Force Aid Society (AFAS), is a class that covers the financial aspects of bringing up a child. Other helping agencies are on-hand to provide information. Expecting parents receive an AAFES gift card from AFAS worth \$50 upon completion of the class.

The Seven Principles of Making Marriage Work is a workshop to learn the teachings of Dr. John Gottman, the country's foremost relationship expert. Attend for a free dinner and book.

Voting Services

RAF Mildenhall has an **Instillation Voting Assistance Office** located within the A&FRC. Under the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) you are able to vote outside of the united states. The A&FRC provides information on how to obtain your ballot, how to register to vote in your state, how to vote with an absentee ballot and when all elections are for your area. We also have established Voting Assistance Officers within the units who call RAF Mildenhall home or temporary home.



RAF Mildenhall

Airman & Family Readiness
Center

Building 460



Phone: 01638 543406

DSN: 238-3406

Hours: Mon, Tue, Thu, Fri: 0800-1700

Wed: 1000-1700

**2nd Thursday of every month closed
0800-1200**

Information and Referral

The Air Force realizes there is a direct relationship between a member's ability to successfully accomplish the mission, and the quality of life which they and their family experience. Because of this relationship, many programs and policies are available to build stronger communities that promote self-sufficiency and enhance mission readiness, retention, and adaptation to the Air Force way of life.

The Airman & Family Readiness Center's (A&FRC) core function is linking individuals and families with the right resources to meet their specific needs. For example:

- Community Readiness Consultants and Specialists are available for individual appointments to assess the needs of the customer and match them to the right resources.
- The Discovery Resource Center at the A&FRC offers:
 - CAC enabled computers
 - Printing capabilities
 - Wireless internet
 - Fax Machine
 - Snap Scanners
 - Library to check books out from for employment resources and much more.

Transition Assistance

Members separating /retiring from military service are required to attend the Transition Assistance Program (TAP), including:

- a Pre-Separation Briefing
- a five-day Transition Goals, Plans, Success (GPS) Workshop taught in partnership with the Department of Labor and the VA
- a Capstone appointment, which is an individual evaluation of a member's career readiness standards

Pre-Separation, the Transition GPS Workshop, and the Capstone are MANDATORY. Pre-Separation Counseling must be completed before attending the Transition GPS Workshop. Ideally, the Capstone appointment will be completed no later than 90 days before a member's Date of Separation/Retirement.

Within a year of separation or two years of retirement from the military it is mandatory to attend the Pre-Separation Briefing and the five-day Transition GPS Workshop to discuss your entitlements, benefits, and career choices. Participating in any step of the Transition process will not affect your options to extend your military service.

Volunteer Program

The Airman and Family Readiness Center coordinates requests for volunteers with agencies needing assistance and advertises volunteer opportunities. Both active-duty members and dependents are invited to visit the A&FRC to learn about available volunteer opportunities. In addition to the altruistic benefits of volunteering, volunteers can also:

- get free on-the-job training & build/maintain skills
- make new friends
- stay involved in the community
- support quality of life initiatives

Casualty

The casualty office provides education and counseling regarding Survivor Benefits prior to separating from the military. The program also assists in times of injuries and deaths, downrange and at home. Education is provided regarding SGLI and vRED completion as well.

Virtual Record of Emergency Data (vRED)

vRED is a vital part of your military personnel file, providing the SOLE source of contact information for your primary next-of-kin, secondary next-of-kin, and other persons to notify in case of an injury, emergency, or death. The vRED also serves as the official document required by law for designating beneficiaries for Death Gratuity, Unpaid Pay and Allowances, and the Person Authorized to Direct Disposition (PADD).

If you have any questions, please contact the Casualty Assistance Office at the A&FRC by calling 01638 543406.

Air Force Aid Society

The Air Force Aid Society (AFAS) is the official charity of the United States Air Force. Since 1942, the AFAS has provided worldwide emergency financial assistance. The following are examples of some of the financial needs that could qualify for assistance:

- basic living expenses (rent, food or utilities)
- travel to an immediate family member's funeral/illness
- car repair for an essential vehicle
- other areas on a case-by-case basis

[Apply for AFAS assistance at www.afas.org/emergency-assistance](http://www.afas.org/emergency-assistance)

In addition, the Air Force Aid Society also offers educational assistance and community programs.

- Heart Link workshop
- Give Parents A Break
- Hap Arnold Scholarships
- PCS Childcare
- Bundles for Babies
- Car Care Because We Care

For more information on AFAS programs, contact the A&FRC or visit www.afas.org

Personal Financial Readiness

Meeting financial obligations and goals is a common objective of every family. The Personal Financial Readiness Program offers information, education, and personal financial counseling. Information and resources are available to assist with personal financial management. A&FRC staff are available for one-on-one appointments and also offer workshops to assist with:

- Personal Financial Status Analysis
- Budgeting & Credit Management
- Debt Education and Reduction
- Identity Theft Education and Consumer Protection
- Financial Planning for Deployment or Remote Tours
- The Basics of Investing/Thrift Savings Plan
- Saving and Planning for Retirement

A&FRC also provides mandatory financial briefings for First-Term Airmen and First Duty Station Officers.

A&FRC has Certified Personal Financial Counselors on staff. Staff is also trained and certified as Identity Theft Specialists and Credit Report Reviewers.

Exceptional Family Member Program - Family Support

The Air Force recognizes the unique needs of military family members with special needs through the Exceptional Family Member Program (EFMP). The Airman & Family Readiness Center has a designated EFMP-Family Support Specialist on staff to assist you and your family with linking to on/off base resources, accessing EFMP sponsored activities, navigating the system, accessing information, and ultimately getting your family's unique needs met. The staff is also available for one-on-one consultation as requested or needed.

Career Focus

Many spouses are surprised to find out they can work in England. Airman and Family Readiness Center staff can help Air Force family members with employment issues both on- and off-base. Through the Employment Assistance Program, the Air Force spouse can learn the skills and techniques required for a successful job search. The services provided include:

- Individual assistance with resumes and CVs
- A Facebook page with listed job openings, [facebook.com/RAFMEyesOnJobs](https://www.facebook.com/RAFMEyesOnJobs)

Staff assist customers to identify their skills and interests. The Discovery Resource Center contains up-to-date computer equipment to assist with job search, resume writing, and filling out federal forms and applications.