



Veterans & Families – Listening Project

email: veteransfamilies@yahoo.com

www.vflp.uk



Tuesday 14th January 2020

V&F-LP supports our Armed Forces Veterans by putting Veterans & Families first, wherever they maybe.

Open 10:00am – 1:00pm
every 2nd Tuesday of the month

We hope that you all had an enjoyable Christmas, and we wish you all a happy New Year.

Aces High Hobbies Ltd

Let's kickstart our New Year off, with a big pot of glue & some sticky tape, to our first guest speaker of 2020... At 10:30 am we give a warm welcome to Andy Baker of Aces High Hobbies.

Aces High Hobbies came about in 2017 whilst Andy was going through his own mental health journey. An incident at work triggered a series of events that was eventually diagnosed as PTSD. After deciding that he needed help, Andy underwent long periods of treatment. With the

aim of coming to terms with events, that had, up until that incident, not caused him any major issues.



Without knowing anything about the benefits that crafts-based hobbies have, for those living with mental illness. Andy bought on a whim an Airfix Spitfire kit, very similar to one which he'd had as a child in the 80s. He literally threw the kit together in the space of an afternoon, with no knowledge or interest in the finer details.

However, the peace of mind that the small project gave him, for that short period of time, was brilliant. Andy bought another, found that same piece of mind, and decided that he wanted to try and help others; going through similar experiences. So, Aces High Hobbies was born.

Aces High Hobbies aim is to source safe spaces for veterans, serving personnel, members of the emergency services & their immediate families, to join in artisan-based hobbies, gaining peace of mind for a couple of hours a week. They currently run sessions every first, second & third Thursday of the month at Aldershot Military Museum, this is with the support of Models for Heroes.

To find out more about them, feel free to follow Aces High Hobbies Ltd & The Hobby Coffee Shop on Facebook, Instagram and Twitter. If you are interested in attending a session, please drop Andy an email: aceshigh2017@gmail.com





Veterans' Well-Being Group

11:15 am



NEW YEAR resolutions

Welcome back one and all, to the Veterans & Families Wellbeing Group as we roar into the 2020's!

This month we will be pondering on New Year's Resolutions - have you made any, did you keep last years or do you just avoid it all? How can we look after ourselves as we head into a whole new decade?

I'm really looking forward to seeing you all for a fresh new start!

Everyone is very, very welcome- come along and give us a try!

Wishing you a very happy New Year.

Ali

IT'S TIME FOR... HOT TOPICS.

So, grab a snack & come on BACK

Just a quick word from NGVFA

Oasis Times (National Gulf Veterans and Families Association - NGVFA Newsletter No. 72) provides advice about claiming benefits. They cannot reiterate this strong enough. It is very important that you make sure, for the DWP benefits, that **you are seeing your GP's** and that **things are being recorded on your medical notes. A previous acceptance of PIP or ESA does not give automatic entitlement to a renewal of your benefit.** NGVFA have seen a lot of people miss out on their benefits. Visit their website for more information: www.ngvfa.org.uk

Have you heard about Law for Forces?



the general public on various matters of law. In particular Bristol University has a Veterans' Clinic



226981-en.html The Queen University of London is another of the many universities providing this service: www.lac.qmul.ac.uk/advice/law_for_forces It just may be worth checking out your local Universities to see if they also offer this service.

You may not be aware of **Free** Legal Advice Units at some Universities. The Legal Departments at Universities often offer a free advice unit to



offering free legal advice (visit their website: www.bristol.ac.uk/law/law-clinic) to serving/veterans and their families; as well as Aberystwyth University, checkout their website too: www.aber.ac.uk/en/news/archive/2019/11/title-



GP health records for un-registered or deceased individuals.

This section is taken from the NHS England website and if you fall into the un-registered, and need a copy of your health records this is how you go about getting them. This is particularly important if you are claiming benefits and need some medical evidence. Link to website:

www.pcse.england.nhs.uk/organisations/public/

NHS England is the data controller of GP health records where an individual is not currently registered with a GP or is deceased. To request access to your own health records or those of a deceased person, the most efficient way to submit the request is to complete the application form which can be downloaded here: www.pcse.england.nhs.uk/organisations/public/

This will ensure all the relevant details are captured and will avoid confusion or misunderstanding. The application form contains information regarding your rights and how your application will be dealt with. Please take the time to read it carefully.

To receive a copy of a medical record, appropriate identification documents must be provided. If you are making the application as an individual's legal representative (e.g. a solicitor), you need to receive written authorisation from the applicant for you to act on their behalf and receive their medical record.

Please send your completed application form and copies of relevant identification documentation via email to pcse.accessrequests@nhs.net.

If you are unable to submit your request via email please forward your completed application to the following postal address:

FAO Access Team Primary Care Support England 3 Caxton Road Fulwood
Preston PR2 9ZZ

If you have any queries please email: pcse.accessrequests@nhs.net

or call: 0333 014 2884



There is no definitive list that they go by, but most people will more than likely recognise a hidden disability, something that is not immediately apparent such as someone who has visual disabilities, but does not wear glasses or use a stick. Or as in a lot of veterans' cases mental health conditions that cause you severe problems when outdoors.

This scheme has been running since May 2016, when it first launched at Gatwick airport. It **does not** give you any entitlement to things, but it does highlight to staff that someone wearing this lanyard may need a bit more time with things or might need assistance. It has rolled out to supermarkets as well as other places. Have a read on their website:
www.hiddendisabilitiesstore.com/index.php



Planning a holiday!

Special Assistance and disability
Facilities at UK Airport

www.ego.net/specialassistance.htm

Many UK Airports have various facilities
for people with any kind of disability

including hidden ones, if you are travelling and need extra help. Visit their website and check-out what facilities are offered at your local airport.

The Rights of Passengers with a Disability or People of Reduced Mobility (PRM's)

Any airline passenger who requires extra assistance due to a disability, illness or reduced mobility is entitled to it by European law. This includes those that need extra help due to mobility issues, age, illness, sensory disabilities, learning or psychiatric disabilities. In addition those who require extra help due to a temporary injury or illness, for example a broken bone, are also entitled to it.



Do you buy some of your own medications? This might seem like a strange question but a lot of people buy their own paracetamol or other pain killers and sometimes other medications that they do not either get on prescription or it is cheaper to put in your shopping basket. Keep the receipts, and if possible get them on a separate receipt.

The reason National Gulf Veterans & Families Association (NGVFA) say this, is to keep them, is that the NGVFA have attended tribunals in the past where veterans are taking over-the-counter meds to help with their conditions ,but this is obviously not recorded on your GP records, so it looks like they are not taking anything to help them with their pain & discomfort. It might also be a good idea if you are taking over-the-counter meds to let your GP know so that at least they can record this on your GP records. It all helps, and is important information.

REF: Oasis Times by the National Gulf Veterans and Families Association- NGVFA Newsletter No. 72

| JANUARY | FEBRUARY | MARCH | APRIL | MAY | JUNE |
|--|------------------|------------------|------------------|------------------|-----------------|
| EVERY 2 ND TUESDAY OF THE MONTH | | | | | |
| 14 TH | 11 TH | 10 TH | 14 TH | 12 TH | 9 TH |
| ST. MARY'S CHURCH & CENTRE, PARK ROAD, CAMBERLEY, SURREY; GU15 2SR 10:00 AM - 1:00 PM | | | | | |

F.Y.I.

Please note that Veterans & Families – Listening Project has changed their email to: veteransnfamilies@yahoo.com

Even though our old email is monitored, please can you change our details on your system; we'd love to stay in-touch with you.



Armed Forces Consultation

Action for Carers is running consultations for armed forces carers, this includes serving members regular and reservists, veterans and their families. We would like to know what your views are about caring and if we are meeting the carers needs. If you are interested in attending please register by calling 0303 040 1234 and dial 1.

| Serial | Date | Time | Town | Location |
|--------|-----------|----------|-------------|--|
| | a | b | c | d |
| 1. | 15-Jan-20 | 1300 hrs | Runnymede | Hythe Centre, Thrope Road, Runnymede, TW13 3HD |
| 2. | 17-Jan-20 | 1300 hrs | Esher | TBC Ask on registration |
| 3. | 22-Jan-20 | 1300 hrs | Leatherhead | Leatherhead Theatre, Church Street, KT22 8DN |
| 4. | 24-Jan-20 | 1300hrs | Epsom | Epsom Scout Group, The Forge, Church Road, KT17 4AB |
| 5. | 29-Jan-20 | 1300 hrs | Reigate | St Mary's Church, Chart Lane, Reigate, RH2 7RN |
| 6. | 31-Jan-20 | 1300 hrs | Caterham | Soper Hall, Hareston Village Road, Caterham, CR3 6HY |
| 7. | 05-Feb-20 | 1300 hrs | Staines | Staines Community Hall, Thames Street, TW18 1EA |

Reminder...

Did you remember to carefully pack away your Christmas jumper, ready for this year? Only eleven months & so many days left to go now!!!

YOUR FEEDBACK REQUIRED

The following Tweet was posted on Twitter - December 2019

Conflicting views on the Veterans Tils Service from various sources / those in the NHS and those making money from it. The individuals who contact us - the majority feel let down but some are positive about the service - let's us know your experiences to better understand the perceived failures or the benchmark of good service delivery.

Email: Contact@dpas.org.uk with your feedback


Veterans' Mental Health
Transition, Intervention
and Liaison Service

Thank you

With the hustle & bustle of the festive season now behind us. V&F-LP wish to take this moment to say thank you, SO very much to The Camberley Rotary Club for all your support this year with our food parcel campaign. Please accept our gratitude for your generous donations.

Rotary  Club of
Camberley





The Indo-Tibetan border police make attractive candidates for Indian arranged marriages but they live in brutal conditions
NARINDER NANU/AFP/GETTY IMAGES

Lonely mountain guards on Indo-Tibetan border warm to dating site

Wanted: a bride for a young, well-educated man of the mountains. She must like howling winds and not be too put off by the occasional avalanche.

The Indo-Tibetan border police, whose members keep watch on India's long, mountainous border with China, has set up a portal to help its lonely bachelors find a suitable match.

"We found our men becoming unhappy at reaching their early thirties and not being married or able to start a family," Vivek Kumar Pandey, the force's public relations officer, said. "Their need for love and emotional support was being denied."

Members of the force are highly skilled mountaineers and skiers. Their rugged looks and reputation for daredevilry, along with a stable career, make them attractive candidates for a traditional Indian.

The mountain warfare-trained force, primarily tasked to guard the Line of Actual Control (LAC) with China, has about 25,000 unmarried men and 1,000 women in its various ranks at present, officials told PTI.

A number of these personnel are posted and deployed in remote border locations and far flung areas and it becomes an "uphill task" for them and their families to find a suitable match, a senior ITBP official said.

No malpractice

The portal ensures safe match finding as only authentic information from a person's service records is uploaded by the IT team, thereby removing the malpractice of furnishing false data about an eligible candidate, the official said.

A link for the unique portal has been launched on December 9 on the official website of the force. "There have been 150 registrations on the portal till now. We sincerely hope that more interested eligible personnel will register and find the new online service useful.

"The portal can be used by unmarried, widowed and separated personnel," ITBP spokesperson Vivek Kumar Pandey told the news agency. Vital service details of a personnel like rank, date of joining the force, hometown location, current posting and photograph will be visible on the site.

The eligible candidate cannot add or delete any data except that they will have the choice to allow or disallow display of personal mobile number and email, they said.

Once a person expresses interest in contacting the other, he or she will get an email and SMS ping, the official added. As per data, a senior Home Ministry official said there are about 2.5 lakh bachelors in all the CAPFs that have a combined strength of about 10 lakh personnel.

The Central Armed Police Forces (CAPF) under the Union home ministry comprises forces like CRPF, BSF, CISF, SSB and ITBP apart from the NSG and the NDRF.

Mr Pandey said that the response since the launch of the portal had been very encouraging. The only flaw is the huge mismatch between the number of men and women. He plans to cast the net wider by putting his men in touch with the unmarried daughters of retired armed service personnel.

REF: www.thetimes.co.uk/article/lonely-mountain-guards-on-indo-tibetan-border-warm-to-dating-site-bw37jvbqv# by Amrit Dhillon, Delhi. January 4th 2020.

www.thehindu.com/news/national/indo-tibetan-border-police-launches-matrimonial-portal-for-unmarried-widowed-troops/article30311815.ece

www.itbpolice.nic.in/index.html

Thousands of pensioners face losing £3,500 a year

A little-known cut to the state pension could cost thousands of people more than £3,500 a year. The people affected are those who receive what is known as an adult dependency increase to their state pension because they have a partner under the state pension age who is financially dependent on them.

The payments have been gradually phased out over the past decade and will end completely in April.

Steve Webb, a former pensions minister who is now a policy director at Royal London, as insurer, says that 11,000 people will lose up to £70 a week after the change. "It will come as a nasty shock to thousands. Losing more than £3,500 a year will make a material difference to standards of living." The payments were abolished for new claims from 2010 onwards, but those already getting the top-up were allowed to continue receiving it as long as they were eligible. About £33 million will be paid out by the Department for Work and Pensions (DWP) this financial year.

A DWP spokesman says "The ending of ADIs was part of a package of reforms in 2010, which meant that overall more women received the full basic state pension and more generous national insurance credits for carers were introduced. After April 6 ADI recipients may be eligible for a means-tested benefit such as universal credit or pension credit. Those already in receipt of a means-tested benefit should see no change to their income."

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Mark Atherton

By Mark Atherton

Money | THE TIMES NEWSPAPER 4th January 2020

REF: www.thetimes.co.uk/edition/money/thousands-of-pensioners-face-losing-3-500-a-year-as-adult-dependency-increase-ends-hvncpzmp#

Christmas 2019 Quiz answers

Well-done if you got them all right, without google!!!



Malta

1. il-Milied it-tajjeb



Estonia

2. Rôômsaid Jôule



Romania

3. Crciun Fericit



Costa Rica

4. Feliz Navidad



Congo

5. Mbotama Malamu



Czechia

6. Veselé Vánoce



Japan

7. Merii Kurisumasu



Honduras

8. Feliz Navidad



Iceland

9. Gleðileg jól



Estonia

10. Rôômsaid Jôule



Hawaii

11. Mele Kalikimaka



Samoa

12. Manuia le Kirisimasi



Israel

13. Mo'adim Lesimkha



Kiribati

14. Merry Christmas



Somalia

15. Hambalyo kirismas



Azerbaijan

16. Milad bayraminiz mubarek



Georgia

17. Shobas gilotsavt



Wales

18. Nadolig Llawen



Uganda

19. Webale Krismasi



Malawi

20. Moni Wa Chikondwewero Cha X'mas



Marshall Islands

21. Monono ilo raaneoan Nejin





**NO APPOINTMENT
NECESSARY**

We look forward to seeing you Tuesday 14th January 2020 from
10:00 am onwards (we close at 1pm)
St Mary's Church & Centre, Park Road,
Camberley, Surrey; GU15 2SR.



All information correct at the time of going to press & PDF
Veterans & Families-Listening Project (V&F-LP)
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