



Veterans & Families – Listening Project
email: veteransnfamilies@yahoo.com



www.vflp.uk



Tuesday 11th February 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

BROADHURST

Your local mental health charity



This month at 10:30 am we give a warm welcome to the Project Manager Broadhurst. The Community Access Project is an independent mental health support project funded by Broadhurst. The project can help you if:

- you do not receive any support from any other agencies.
- you live in Aldershot, Farnborough or Fleet and are aged between 18-65
- you are experiencing any mental distress, (depression, anxiety, stress, loneliness & schizophrenia

The project provides solution-focused support to individuals who are struggling to get the most out of life and supporting clients to get their emotional needs met.

If you would like to find out more about the Community Access please contact: the Project Manager – 07894 606244 or email: broadhurstcap@hotmail.co.uk you can also visit their website too: www.broadhurstltd.co.uk/projects/



Hello All!

Spring is springing and it's time to think about getting out and about in the sunshine and enjoying those longer days. Did you know we are gaining around five minutes a week daylight time at the moment? Amazing!

So let's take some time this month to think together what we can do with those extra minutes of daytime to be looking after ourselves!

Looking forward to seeing you all – please do come along if you haven't been before – we would love to see you!

Ali

Veterans' Vibes



We'd like to wish John all the best for the future, in ear-by-gum Land. With his whippets & his flat cap collection.

You will be greatly missed, for all the right reasons. We can finally change our Yorkshire tea bags now, to reet proper Lidl tea...

Good luck lad.

Trips, slips, sneezes & wheezes...



We'd like to wish a speedy recovery to several Veterans & Families that are currently feeling under the weather, as well as Phil & Jeff V&F-LP's Trustees.



Thank you to Camberley Care for your speediness and support, in assisting one of our Veterans & families when they so urgently needed it. Thank you to Voluntary Support North Surrey for pointing us in the right direction. As well as Surrey Heath Locality Team for Social Care - Communities and prevention for your assistance too.



Especially, when V&F-LP turned to a support network renown for helping serving personnel, **veterans & families.**

What we experienced first-hand was extremely disappointing, by their lack of compassion as well as inaction. Adding unnecessary stress to an already distressing situation.

IT'S TIME FOR.... **HOT TOPICS.**

So, grab a snack & come-on **BACK**

GOVERNMENT FULFILS PROMISE TO VETERANS WITH NEW RAILCARD



Military veterans to get cut-price train travel to help boost job prospects and bring them closer to family and friends.

- new railcard, available from Armistice Day this year, will help boost veterans' job prospects and strengthen family bonds through cheaper travel
- over 830,000 eligible for a third off their fares, saving veterans and their families hundreds of pounds a year
- discount forms part of government's new veterans strategy to support former servicemen and women

REF: www.gov.uk/government/news/government-fulfils-promise-to-veterans-with-new-railcard?fbclid=IwAR09OaJCoZrFw_1hj7wmkmrbhyPjMvjYtgbF5HDCfFptjcqBba2PqZA6xcA

The Aldershot Militaria Society



Monthly Meetings | Regular talks
Show and tell | Discount military book stall
Annual Quiz | New Members most welcome
Only £15 annual subs

7.00pm Last Thursday of each month
NEW MEMBERS WELCOME
for more information ian_chatfield@hotmail.com

New venue
The Aldershot
Military Museum
Queens Avenue
GU11 2LG

QUITE HANDY - REALLY!!!

Might NOT be available in time for the following event. But could come in quite handy for some Veterans that are being persecuted, prosecuted...Or even on the run!!!

Just sayin'...

Seen on Twitter
January 2020
@VeteranBritish

VETERANS SUPPORT RALLY AT THE CITY HALL
@ 12:00 ON SATURDAY 8TH FEBRUARY 2020



**PERSECUTED VETERANS OF
OPERATION BANNER
NEED YOUR SUPPORT**

**COME AND HEAR THE TRUTH,
COME AND MAKE YOUR FEELINGS KNOWN.
MILITARY VETERANS
ARE ENCOURAGED TO WEAR
REGIMENTAL HEADADDRESS AND MEDALS.
ALL ARE ENCOURAGED TO
BRING FLAGS OF SUPPORT**

WE NEED YOU  **PLEASE BE THERE**

Picket & Protest Opportunities Jan 2020 Onwards

CORONERS INQUEST, MILITARY VETERANS, OP BANNER 1968-2007, PROTEST,
VETERAN SUPPORT ORGANISATIONS

For more information regarding the above, visit their website:

www.britishveteran.org/2020/01/11/january-2020/



MESSAGE IN A BOTTLE



Let the emergency services know your medical history.

/messageinabottle

#messageinabottle

The Lions, Message In a Bottle scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location – the fridge.

The bottle is kept in the fridge, where the emergency services will be able to find it in the event of being called to your home. We will know you have a bottle by the two labels displayed on the inside of the front door or on the main entrance to your home and the other is for the door of your fridge.

This scheme is free to the user. Whilst it is focused on the more vulnerable people in our community, anyone can fall downstairs, so this scheme can benefit anyone, including you.

As a minimum it will save the Emergency Services valuable time identifying you and your emergency contacts. By telling whether you have special medication or allergies or not, it is a potential lifesaver and provides peace of mind to users and their friends and families.

Bottles are free of charge and can usually be found in your local Chemist or Doctors Surgeries.

REF: www.scas.nhs.uk/news/campaigns/message-in-a-bottle/



Car Park Work

We apologise in advance for any disruption caused to your group for work taking place in St. Mary's Church & Centre Car Park.

Three different activities are taking place next month!!!

On the week beginning 10th February urgent work on our drains will commence and will take between 3 to 5 continuous days to complete. This necessary work will help stop blockages in the toilets, and also prevent puddling in the Car Park area adjacent to the perimeter wall parallel to the road. During this time **different areas of their Car Park will be closed.**

Work on the gas supply is currently taking place as part of the Park Road larger project, and has entailed sealing off one the entrances to their Car Park. This should be completed by the end of this week

St. Mary's Church & Centre apologise for any inconvenience this will cause. These are essential works and they have little control over the date and times that this work can be carried out.

Alternative Car Parking space may be found at:

- The Health Centre Car Park, 150 yards away at the corner of Park Road and Frimley Road
- In Watchetts Recreation Ground
- In Bristow Road Estate
- At Darwin Court Car park behind the shops on the Frimley Road

Wherever you decide to park, please park responsibly.



Just a Reminder from



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

KINGSCLEAR

CINEMA

Wednesday 15th January (And Then Every Wednesday) 10:30am - 12:30pm

**Free Weekly
Cinema Club**


If you or anyone that you know may enjoy this weekly experience, then please come along and join our cinema club. We would be delighted to welcome you!


Enjoy Our State Of The Art Cinema
New Film Every Week
Come & Make New Friends
Enjoy Our Bistro After The Film - Free Tea & Cake


Please contact
Mark Laundy
0808 223 5516

Kingsclear
Park Road
Camberley
Surrey GU15 2LN

www.caringhomes.org





CARING HOMES 

HOME FROM HOSPITAL: NORTH EAST HAMPSHIRE



MAKING CONNECTIONS FOR HEALTH AND WELLBEING



Making Connections Home from Hospital Service for North East Hampshire residents

The Making Connections Home from Hospital service, provided by Hart Voluntary Action on behalf of the North East Hampshire & Farnham Clinical Commissioning Group*, provides individual support to adult clients on discharge from hospital for up to 6 weeks.

A Home from Hospital Co-ordinator will contact you to arrange a time to meet with you, ideally before you leave hospital, or within 24 hours of being discharged. The Home from Hospital Co-ordinator will discuss and agree with you the aspects of support you need to help you settle back at home after your hospital stay. The Home from Hospital service will then support you for a period of up to 6 weeks. **This service is free of charge.**

The Home from Hospital service can provide the following types of support before and after clients leave hospital:

- Visits whilst you are still in hospital to agree your support needs on discharge.
- Visits at home to make sure you have the appropriate support in place to keep you living independently at home, and follow-up contacts by telephone.
- Ensuring you have sufficient food in the house and making drinks and light snacks.
- Arranging transport to hospital and other medical appointments.
- Contacts with friends and family.
- Accessing information/support related to benefits and finance.
- Ensuring you feel safe at home and assisting with accessing services such as telecare.
- Help with finding other organisations, which can assist you with practical needs to maintain your independence at home.
- Connection to local activities run in the community, and transport solutions if needed.
- Onward referral to our Making Connections service if you would like more support to access an activity in the community.

Please note that the Home from Hospital Service **cannot** provide any type of personal care, but can help you identify other services providing home help and personal care on a short-term or ongoing basis.

For further information about Making Connections Home from Hospital contact us on:

T: 01252 815652 W: NEHFCCG.HomefromHospital@nhs.net

(Note—for adults registered with GP practices in Aldershot, Farnborough, Fleet and Yateley only) - please call us for details of other local Home from Hospital Services).



... And we're back-up & running...

SHOWTIME
INTRODUCING
OUR
NEW WEBSITE
www.vflp.org.uk



It's great and exciting news that our website is back-up and running again – YAY. Thank you Voluntary Support North Surrey they are very versatile in what services they can provide to charities, community groups and individuals – plus much, much more!!! Why not pop-in and find out what they could do for you?



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

Medical Moves

A new service for those in
North East Hampshire &
Farnham

**HOSPITAL
DISCHARGE:
LET US HELP
YOU ON THE
PATHWAY TO
CARE
AT HOME**

Medical Moves is a new service from Woking Community Furniture Project, and is now available to residents in the North East Hampshire and Farnham following a discharge from hospital.. They move items of furniture around your home—maybe to accommodate a hospital bed downstairs, move a sofa to another room or to move furniture to accommodate disability aids. They can also dispose of items of furniture that are no longer needed by you and pass them to those in need.

Just call them on: **01483 346933** or
E: keith@wokingcfp.org.uk



**NO
APPOINTMENT
NECESSARY**

Team V&F-LP are looking forward to seeing you

Tuesday 11th February 2020

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)
does not endorse any products or service(s) advertised.

