



Veterans & Families – Listening Project

email: veteransnfamilies@yahoo.com

www.vflp.org.uk



April 2020

Welcome

Hope that you are keeping well. At the moment, and due to the Government's advice, there will be no V&F-LP community drop-in meetings until further notice.

It's not all doom & gloom... There is a useful, rolling list of information regarding COVID-19 currently doing the rounds, please contact us veteransnfamilies@yahoo.com if you would like to have a copy.

Before we begin with this month's guest speaker spot, if you would like to be a V&F-LP's guest speaker. Please feel free to contact us. Now make yourself comfortable...



We are proud to announce this month's guest speakers will be Roobard & Custard. Yep. Ta. Da. The funny cartoon duo created by Grange Calveley and arrived on our TV screens back in 1974...



Roobarb is a green dog with a shaggy tail, two hairs each on the side of his head and a wild animation. He's fond of bones,

adventure, inventing and also seems to eat various things like coal, paper, books, chairs, shoes, holes in carpets, trees. Roobarb is usually very good hearted and seems friendly to everyone he meets. He loves performing shows and is often helpful. But is usually involved in some kind of misadventure which he approaches with unbounded enthusiasm. Custard is cynical and sets out to sabotage Roobarb's fun. Which one comes out on top varies from episode to episode. Other characters in the series are the birds, who watch the antics of the other two from the safety of a nearby tree, often making snide remarks, and siding with whoever is winning. There is also a rather timid, pink mouse.



His rival is Custard, his neighbour and sometimes best-friend. Roobarb lives in a small cosy house, sleeps in a basket and seems to get on well

with his rent-free life. He's not always very bright and always curious. Although anthropomorphic (having human characteristics), Roobarb does usually run and walk on all fours, barks like a dog and even has his own dog bowl for water. Roobarb is always deep in thoughts, usually for long hours until a plan has been thought. Roobarb thinks he's brave and handsome.



Custard's the pink cat and Roobarb's friendly rival who is cynical and usually likes to sabotage Roobarb's fun and plays pranks on him, and often looks for the biggest laugh of the day. Although malicious, Custard has been known to care about Roobarb and has even helped him out a few times. Like when he dressed up as Santa Claus for Roobarb's Christmas party to help save the day in case anything went wrong. On another occasion he helped Roobarb spook a group of tramps that slept at Roobarb's house.

Custard lives behind a large white wooden fence where he also takes his naps on top of it. Being a cat, Custard has a fondness for fishing, always trying to find his way to catch the fish, most of the time failing, he also envies Roobarb in competitions.

The series was a success, greatly loved by children and adults alike, and winning numerous awards. The series was also known for its eccentric use of quirky word play and sight gags. The series was voiced by actor Richard Briers and the theme tune was written by Johnny Hawksworth for de Wolfe Music.

For more information visit: www.roobarbandcustard.tv





The good news is V&F-LP's Veterans' Well-Being group will still continue, and for the time being be online. It will be held on the 2nd Tuesday of each month at 11:15 am.

Before V&F-LP's Well-Being group begin, you need to download the app ZOOM:
www.zoom.us/download

Then we'll send you an invite to join the Well-Being group.

You would be more than welcome to attend; all we need from you is your email address. This is so you will receive an online invitation.

Let's make this a time to be together...

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

So, grab a snack & come-on BACK

A message from Nick
Read, Group Chief
Executive Officer – Post
Office



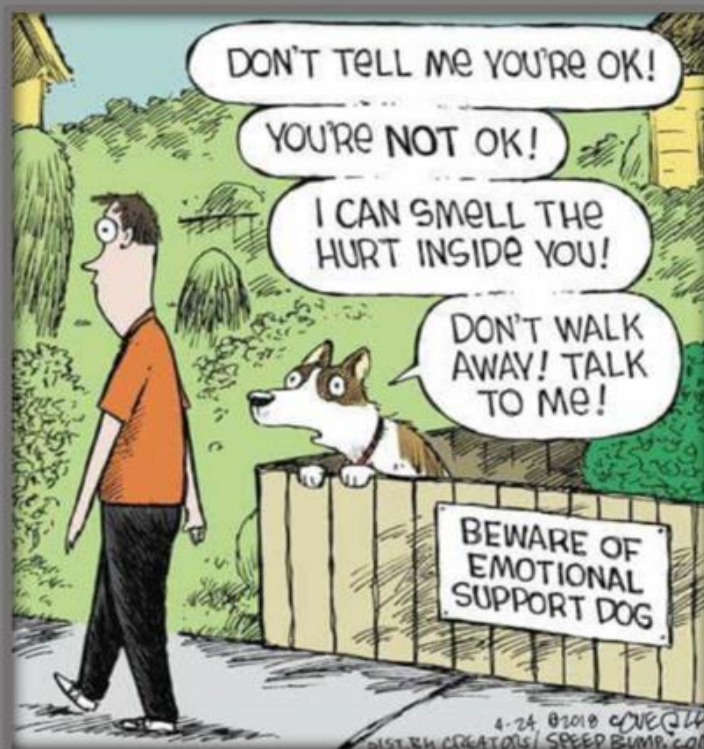
We know how important Post Office branches are to our customers. And we, alongside our postmasters and branch colleagues are doing all that we can to keep our branches open, so that we can continue to provide our products and services to you and your communities.

At the moment, the majority of our branches are open as usual and our supply chain is running as normal. Our priority is to keep our customers, postmasters and colleagues safe and healthy. We have advised everyone working in our branches to practice good hand hygiene and we ask that our customers do the same, as well as maintaining a sensible distance between other customers and our colleagues.

We will keep you updated as the situation evolves. But please rest assured that we are doing everything we can to support our customers, communities, postmasters and colleagues through this challenging time.

REF:

https://www.postoffice.co.uk/coronavirus?campaignid=eml~gs~ypsr2003e2~adobe_campaign~eng~sr~nil~corona~body_fin_doutmore&nameId=%40CbnUoUhmFuss92B0%2FbPKUg%3D%3D&cid=DM225859&bid=465014468



MEN'S GROUP

The Lightwater Men's Group hold regular monthly meetings on the **last Thursday of every month at 8pm**. The group is open to all men, of all ages. Meetings take place at CIU Club, 74 Guildford Road, Lightwater GU18 5SD.

For more information please contact Atif Khalil by email on lightwaterlog@yahoo.com



Free lunchtime concerts Guildford

PATS Studio 1, PATS Building, University of Surrey, Stag Hill, Guildford GU2 7XH

Join the University of Surrey's Department of Music & Media for a mix of live classical and pop music.

Admission free. For more info please visit surrey.ac.uk/arts.

Action for Carers Newsletter Spring 2020

What's the difference between social distancing & self-isolation?



With all the talk about social distancing and self-isolation, it's important to know the difference between the two.

Social distancing is for people who have NO signs of coronavirus.

You go into self-isolation when you or a member of your household have signs of coronavirus.

Social distancing is about ways to avoid catching and spreading coronavirus. It's advised for everyone and strongly advised for people over 70 or people with a long-term condition and other conditions detailed in the link below.

You can go outside for a walk to the park or use your garden. Also, if you need to you can go out for essential supplies. Kept your distance from others, (3 steps or 2 metres) and observe good hygiene.

Self-isolation, also called staying at home, applies to people who have symptoms of coronavirus and people who live with them. Stay at home and do not go out. Where possible limit your distance from others in your home and sleep alone. Do not have visitors and ask people to leave deliveries for you outside.

Click on the links below for more information:

[*Find out more about social distancing](#)

[*Find out more about Self-isolation](#)



virtual walk & talk

Self-isolation and social distancing doesn't have to mean inactivity and loneliness!



Join us by video, phone or text every day at 2.30pm to walk and talk!

Surrey Coalition of Disabled People
Astolat, Coniers Way, Burpham, Guildford, Surrey, GU4 7HL
www.surreycoalition.org.uk

Look out for each other.



HELLO! If you are self-isolating or isolated, we can help.

High Cross is coordinating support to those self isolating and the isolated. If you need support in any way, please ring 01276 66798.

If you wish to volunteer go to www.surreyheath-prepared.uk

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items will be left on your doorstep.

For the Surrey Heath Borough

A graphic of a spiral-bound notebook with a white page and a blue border. The spiral binding is at the top, and the page is slightly curved as if it's part of a stack.

Hello everybody.

With the uncertainty surrounding the outbreak of the coronavirus virus, we want to reassure all our readers across the globe that all our Trustees & Volunteers are working to bring you a trusted source of unbiased information. Throughout these challenging times, knowledge must and will remain open for all.

We find ourselves in remarkable circumstances this year. The COVID-19 virus makes clear our human interconnectedness and the responsibilities we have to one another. We have no model for this current challenge, but we do know that our best response relies on the sort of considerations - empathy, cooperation, and community building that sit at the heart of our lives.

We want to acknowledge the invaluable work of all the contributors to the V&F-LP monthly newsletter(s). Thank you for keeping a close watch and keeping misinformation at bay. We are proving that, even in a time of social distancing, we can still celebrate our human bonding time by coming together to share facts as well as information.

V&F-LP will keep working around the clock to bring you reliable and neutral information. Now, as ever, our priority is to remain worthy of your trust.

Take good care,
From all at V&F-LP

CSSEF CRISIS CORONAVIRUS APPEAL

Self Isolation Relief For
Deaf / Hard Of Hearing

Surrey Heath Prepared

A community action conduit in response to Coronavirus

What help do you need?

- ☐ Picking up shopping
- ☐ Posting mail
- ☐ A friendly phone call
- ☐ Urgent supplies
- ☐ Prescription pick up or deliver
- ☐ Anything else?



A team of volunteers who are Deaf-friendly are available to support you in the ways that you need.

Text or call Karen Jackson 07935056499
for help across Surrey Heath Wards



www.surreyheath-prepared.uk

COVID-19 Urgent
Relief Response

www.cssef.org.uk

Chloe's and Sophie's Special Ears Fund
Registered Charity no. 1151263



FOR IMMEDIATE RELEASE

**OP RE:ACT: TEAM RUBICON UK MOBILISES VETERANS IN RESPONSE TO COVID-19
EMERGENCY**

CHILMARK (31 March 2020) – Team Rubicon UK, an international disaster response charity based in Chilmark, Wiltshire, is mobilising the UK's veterans to give their help to the most in need during the COVID-19 pandemic.

Using its expertise in disaster response and incident management, Team Rubicon UK has launched Op RE:ACT, establishing a bespoke National Voluntary Coordination Cell to capture the interest of veteran volunteers. Calling on veterans' resilience, experience in challenging and stressful environments and dedication to service, these will form a regional voluntary response effort to go where the need is greatest.

As part of the operation, Team Rubicon UK has sent its trained volunteers to collaborate with the UK's voluntary sector, local authorities and the British Army, to identify what aid and support is needed for the most vulnerable across the country.

"The UK is facing its biggest ever peace-time challenge and the situation is deteriorating," said Richard Sharp, CEO Team Rubicon UK and a former Royal Marine Commando.

"Unless we act fast, more lives will be lost. It's clear that the country's ex-military can make a significant contribution – our veterans have served their country before and they're ready to serve again. We're reacting to a situation we've never faced before but a career in the Armed Forces prepares you to deal with uncertainty."

Team Rubicon UK expects Op RE:ACT to last for several weeks and has created a dedicated page on their website for volunteers to register their interest.

About Team Rubicon UK

Team Rubicon UK is a charity providing international disaster relief and humanitarian aid. Predominantly made up of ex-service personnel, they repurpose their unique skills, experience and dedication and redeploy them to serve those most in need.

To register your interest to volunteer for Op RE:ACT please visit [COVID-19 – How To Help](#) . If you would like to help support the work of veterans and Team Rubicon UK, please visit our [donate](#) page.

For further press enquiries, please contact alex.whitty@teamrubiconuk.org

info@teamrubiconuk.org

www.teamrubiconuk.org



@teamrubiconuk



/TeamRubiconUK

Team Rubicon UK

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Free National Trust Passes for Carers

We're delighted to be working in a new partnership with the **National Trust**—and a very **exciting project**. The Trust is 125 years old this year and is celebrating on the theme of 'well being' and the knowledge that time out in beautiful places and spaces does us the world of good.

With that in mind, they want to help disadvantaged groups access their properties, and have offered us a sizeable amount of free annual passes to attend any of these five Surrey National Trust properties:

- Polesden Lacey
- Leith Hill Place
- River Way Navigations (Dapdune)
- Hatchlands Park
- Clandon Park

The passes are for the carer only — hopefully allowing people a



little time to themselves, caring responsibilities allowing.

Please register your interest with us now—call **0303 040 1234 x815**. Numbers are limited.



Homemade Face Masks!

This amazing idea came from our Lead Cllr Caroline Reeves! Why not make some for your family or donate to volunteers, shop assistants and delivery drivers?

What you'll need:

- X2 20cm X 20cm squares of fabric - you could use an old cotton shirt, curtain lining, cotton dress etc (use a patterned fabric on the outside to make it more fun!)
 - X4 ties - 35cm long, 3cm wide
 - Needle and thread
1. Fold over the tie fabric to tuck in the raw edges and sew along the length (zig zag stitch can be easier for this)
 2. Fold over and sew along one side of each square.
 3. Place the two pieces right sides together with the sewn edges together.
 4. Sew down the other three sides. Turn mask right side out. Sew on to each corner the four ties.
 5. Make a pleat in the middle in the middle going across the mask with the opening at the top and sew down each side to keep it in place.



Coronavirus and Claiming Benefits

Has your income been affected by the coronavirus?

For information on the Coronavirus and claiming benefits you can visit

www.understandinguniversalcredit.gov.uk/coronavirus

Warmth Matters - Service Update



COVID-19 gives us a serious challenge in terms of the way we work and how we can be most helpful to our customers.

So from April, we'll be providing an email and telephone service to continue to give information and guidance to our customers.

Some of the things that we can help with include:

- Information on what to do if you are worried about your energy supply, especially if you are on a pre-pay meter.
- Energy efficiency advice to help you keep your bills down
- Switching energy supplier during the disruption caused by COVID-19.
- Warm Home Discount and Priority Service Register information
- Support with understanding your gas and electricity bills and letters
- Information on energy and water schemes and trusts
- Fuel debt signposting

For more information:

Email: davidcarter@surreyca.org.uk

Telephone: 07521 503 696

(on Mondays, Thursdays and Fridays)

or visit: www.warmthmatters.org.uk

Have you registered for the Priority Service Register?

We all rely on electricity day to day for various things and for some, a power cut can be particularly distressing and difficult, especially in these uncertain times.

That's why it's important to register for this free service if you can.

You may want to register if you:

- Are deaf or hard of hearing
- Have a disability
- Live with children under 5 years old
- Are blind or partially sighted
- Have a chronic illness
- Use medical equipment/aids reliant on electricity
- Are over 60

How to register

Southern Scottish Electricity Networks (SSEN)

Call 0800 294 3259

or visit www.ssen.co.uk/PriorityServices

UK Power Networks

Call 0800 029 4285

or visit www.tiny.cc/priorityservice

If you ask them, they will register you with your energy supplier as well

Government agrees measures with energy industry to support vulnerable people through COVID-19

These new measures include ensuring prepayment and pay-as-you go customers remain supplied with energy through these challenging times and support all customers in financial distress.

This could include:

- Nominating a third party for credit top ups
- Having a discretionary fund added to your credit
- Being sent a pre-loaded top up card so that your supply is not interrupted.

More broadly, any energy customer in financial distress will also be supported by their supplier, which could include:

- Debt repayments and bill payments being reassessed
- Reduced or paused where necessary
- Disconnection of credit meters may also be completely suspended.



If you are worried about your energy supply during these challenging times please contact your energy supplier



STAY
HOME, STAY
Safe

Safe



Veterans & Families – Listening Project

Email: veteransnfamilies@yahoo.com



www.vflp.org.uk



**We
are
here for
You**



What Veterans UK does

We provide free support for veterans and their families, including a helpline, Veterans Welfare Service and injury/bereavement compensation scheme payments.

Veterans UK is part of the [Ministry of Defence](#).

[Read more about what we do](#)



Help and support when a veteran or service person dies

The death of a family member is a difficult time. We

provide a number of free services to families when a veteran or service person dies.

REF: <https://www.gov.uk/government/collections/help-and-support-when-a-veteran-or-service-person-dies>

Coronavirus - Changes To Veterans UK Services

3 April 2020 — News story

Coronavirus: changes to Veterans UK Services

Due to COVID-19 precautions, all Veterans UK services are operating via remote working and this has meant we have had to change several of our services.

Help for those in need and volunteering

What to do if you need practical help with things like shopping and prescriptions, and how to volunteer.

Coronavirus - do you need help?



If you are frail or vulnerable and have no-one to turn to, **call the Coronavirus Hampshire helpline on 0333 370 4000**



Call on your **family, friends, neighbours or those you trust**



Contact your **local charity** if you're in touch with one

RUSHMOOR
BOROUGH COUNCIL



Hampshire
County Council

Visit our [help for those in need and volunteering](#) page for more information.

You Can Follow Veterans & Families-Listening Project (V&F-LP) on:



www.linkedin.com/in/veterans-families-listening-project-aa9a74b0/



www.facebook.com/VeteransnFamiliesListeningProject



@VnF_LP

Take care

From the team V&F-LP

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