



Veterans & Families – Listening Project

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www.vflp.org.uk



May 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.

Hey. It's not all doom & gloom..... Read on as we've gotta a newsletter for you!

**SPECIAL
GUEST**



Thomas Moore born 30 April 1920, popularly known as Captain Tom, is a former British Army officer known for his achievements raising money for charity in the run-up to his 100th birthday during the COVID-19 pandemic.

Moore served in India and the Burma campaign during the Second World War, and later became an instructor in armoured warfare. After the war, he worked as managing director of a concrete company and was an avid motorcycle racer.

1939–1945 Star, Burma Star, and War Medal 1939–1945

Born	30 April 1920 (age 100) Keighley, West Riding of Yorkshire, England
Occupation	Army officer Managing director
Known for	2020 fundraising walk UK No. 1 single Second World War veteran
Spouse(s)	Pamela Moore (<i>m.</i> 1968; <i>d.</i> 2006)
Children	2
Awards	Service medals Pride of Britain Yorkshire Regiment Medal

Military career

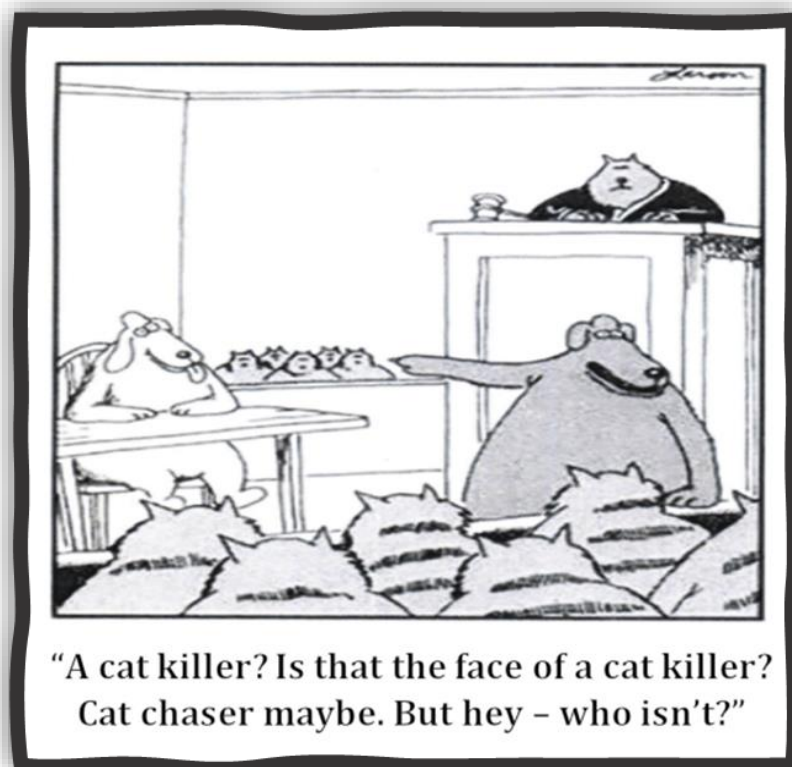
Allegiance	 United Kingdom
Service/branch	 British Army
Years of service	1939–1946
Rank	Captain Honorary Colonel, Army Foundation College (from April 2020)
Unit	Duke of Wellington's Regiment 145th Regiment Royal Armoured Corps 146th Regiment Royal Armoured Corps
Battles/wars	Second World War <ul style="list-style-type: none"> Burma Campaign Battle of Ramree Island
Website	Tom's Walk for the NHS (JustGiving) ^{}

On 6 April 2020, at the age of 99, he began to walk laps of his garden in aid of NHS Charities Together, with the goal of raising £1,000 by his hundredth birthday. In the 24-day course of his fundraising he made many media appearances and became a popular household name in the United Kingdom, generating much interest in his life story, earning a number of accolades and attracting over 1.5 million individual donations. He featured in a cover version of the song "You'll Never Walk Alone", with proceeds going to the same charity. The single topped the UK music charts and made him the oldest person to achieve a UK number one.

On the morning of his hundredth birthday the total raised by his walk passed £30 million, and by the time the campaign closed at the end of that day had increased to over £32.79 million. His birthday was marked in a number of ways, including flypasts by the Royal Air Force and the British Army. He received over 150,000 cards, and was appointed as honorary colonel of the Army Foundation College.

Goes to show that you can join the Army at any age, and still become a Colonel!! Congratulations and well-done Colonel Tom. You would be more than welcome to visit V&F-LP whenever your in the area for a brew...

REF: [https://en.wikipedia.org/wiki/Tom_Moore_\(fundraiser\)](https://en.wikipedia.org/wiki/Tom_Moore_(fundraiser))



*Time
for*



We have recognised the value and importance of being in contact with each other, and just being able to reach-out. V&F-LP's Well-Being group has been extended to weekly sessions, allowing us to stay more connect with each.

Thanks to Ali the Veterans' Well-Being group practitioner, as well as V&F-LP's newly appointed Trustee. That has been created on ZOOM, it is an invaluable resource to have access to.



Veterans' Vibes

V&F-LP have been contacted by several Veterans & Family members, to let us know what they have been doing whilst in lockdown... Here are just a few of their images.



from Trainee – Tightrope walkers

Balloon shapers... What will be in our Inbox for V&F-LP's newsletter next Month, we wonder!!!

Please keep sending us your ideas, while we're in lockdown mode.



*Grab A Snack, & Come on Back
It's....Time for
#07-70PIES*



We would like to take this opportunity to welcome Ali as one of V&F-LP's new Trustees.

Ali currently works as a Senior Teaching Fellow at the University of

Surrey, prior to this she worked as a mental health nurse and integrative psychotherapist both privately and within the NHS.

Ali has published academic papers on mental health and veterans as well as co-authoring a book chapter with Jan Lobban, Senior Art Psychotherapist at Combat Stress, and she is currently working on a PhD study related to veteran mental health'.

Coronavirus (COVID-19): what you need to do

You must stay at home apart from essential travel or you may be fined

All non-essential shops and community spaces are closed

Coronavirus (COVID-19)

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Stay at home to stop coronavirus spreading

Everyone must follow government guidelines to help stop the spread of coronavirus.

This includes people of all ages - even if you do not have any symptoms or other health conditions.

You can only leave your home:

- *to shop for basic essentials - only when you really need to*
- *to do one form of exercise a day - such as a run, walk or cycle, alone or with other people you live with*
- *for any medical need - for example, to visit a pharmacy or deliver essential supplies to a vulnerable person*
- *to travel to and from work - but only where this is absolutely necessary*



COVID-19 UPDATE



Stressed? Anxious?
Worried? Depressed?
Concerned for your mental well-being?

We are still here to help!

We know this is a challenging time for many.
Our therapists are providing telephone CBT.
This will give you tools to manage your
mental well-being at this difficult time.



All for FREE, as we are funded by the NHS.

Contact us today to find out more:

(must be 18+ and registered to a GP in Surrey)



Guildford & Waverley: Call: 01483 570765, Email: guildford@centreforpsychology.co.uk

Surrey Heath: Call: 01276 423020, Email: camberley@centreforpsychology.co.uk

East Surrey: Call: 01737 306020, Email: estsurrey@centreforpsychology.co.uk

Surrey Downs: Call: 01372 610650, Email: surrey@centreforpsychology.co.uk

North West Surrey: Call: 01932 506510, Email: nwsurrey@centreforpsychology.co.uk



However, you decide to celebrate **VE Day on Friday 8th May** let's make it an unforgettable occasion; share your ideas with us on Facebook



What to do if you need medical help for another reason?

If you need medical help not related to coronavirus, do not go to places like a GP surgery, pharmacy or hospital:

For health information and advice, use the NHS website or check your GP surgery website.

For urgent medical help, use the NHS 111 online service. Only call 111 if you're unable to get help online.

For life-threatening emergencies, call 999 for an ambulance.

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](#)



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

Soon

Have FUN, stay SAFE



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