



Veterans & Families – Listening Project

email: veteransnfamilies@yahoo.com

www.vflp.org.uk



June 2020 Welcome

Hope that you are keeping well. It would be really, lovely to see you again, but due to the Government's advice it would only be six of you... Churches are still not ready to open. So on that basis then, there will be **NO** V&F-LP community drop-in meetings until further notice.

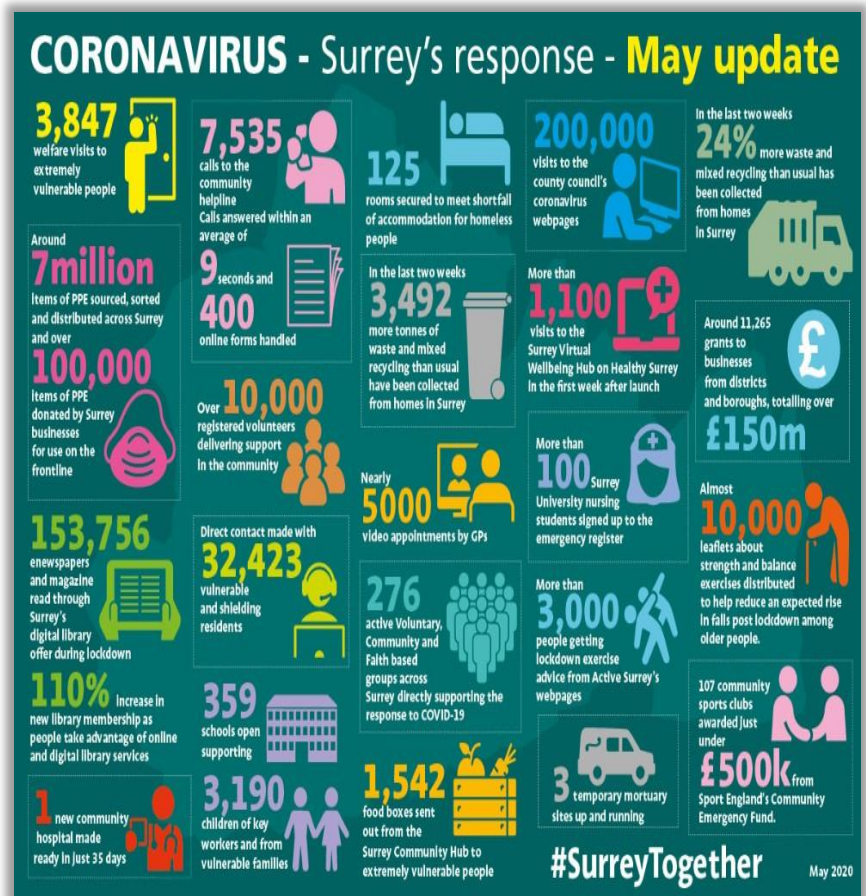
Hey. It's not all about social-distancing & round the clock cups-of-tea... Read on, as we've gotta an amazin' newsletter for you!

So, without anymore further ado, drum roll please.... I would like to take this opportunity and introduce this month's V.I.P. Special guests.





During Covid-19 Lockdown the call was made to Veterans & Families – Listening Project to support Surrey Heath Prepared (S.H.P.), that was purposely developed to assist & support the vulnerable & shielded during the crisis. V&F-LP have not only supported our Armed Forces Veterans, Families-others too, that needed support as well as reassurance.



By working with local authorities, charities & community support groups in the wider communities to combat the short-term (and potentially long-term) problems during the lockdown such as having limited access to essential items.



Our communities have been the source of resilience as well as support during these trying and unusual times. Luckily, due to modern-day technology, communication and interaction has been easily facilitated online. Such as V&F-LP's weekly, Veterans & Families Well-Being group via ZOOM with Ali that has been a much welcomed respite for some of us. If you are one of our regular veterans and would be interested in joining the Well-Being group please email us.



The scale of coronavirus is unprecedented, but people have been doing an outstanding job of stepping-up locally and as well as across the globe to support each other. Communities networked before the pandemic, are already proving more resilient throughout it now, even though many of us are in isolation. The internet is an extremely powerful tool that both communities and individuals have been using to great effect. Which has assisted V&F-LP reach out further, as we continued to share news and information through our monthly newsletter, and on our social media platforms too as well as stepping in to support our communities too.

Thank you to everyone for donating your time, skills, experience, making Friends & social calls, developing & delivering food parcels and medication. Your support has been and continues to be absolutely, amazing, and hugely appreciated; words alone cannot express our gratitude to you all.





V&F-LP's V.I.P. Special guests are Veterans & Families of V&F-LP from a blend of Regiments / Corps – Kings Regt, The Royal Pioneer Corps, RLC, RAMC, RTR, APTC, RACHD, 1st Bn The Devon & Dorset Regt, REME, The Royal Gurkha Regiment, 11 Hussars, Metropolitan Police Force & Irish Guards. That have been and continue to support S. H. P. in a variety of ways throughout the current ongoing situation. Thank you for all your unconditional support everybody.

What has been hugely impressive is the way that all of you have contributed (in your own way) to the huge challenge and continue to

help & support, effectively to meet the growing needs of our local communities. Every one of you should be immensely proud of how you have contributed to the huge changes that we have managed to keep working so well.



Thank you to Ali because she has been holding regular, weekly Veterans & Families Well-Being group sessions via ZOOM; during the current Covid-19 crisis. That has been of huge benefit to us, and a really good way to stay connected with each other.



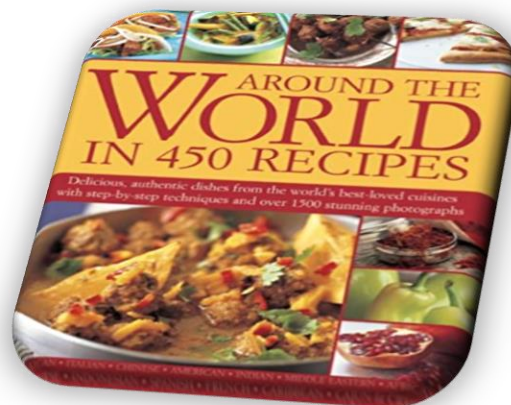
Veterans' Vibes

Are you ready to discover what new skills have been acquired this month...? Okey-donkey... Let's go.



Firstly, we have tree shaping AKA topiary– yes, it's real. We have some real creativity going on!!!

Whether it ffa pob ar dost (it's Welsh for...) beans on toast international style, some of you have found the kitchen interesting enough to start cooking once more.



Keep emailing us your new pastimes, and we'll share 'em for you.

**IT'S TIME FOR....
HOT TOPICS.**
So, grab a snack & come-on BACK

Have you ever considered a virtual tour?



Discover a whole new world. What a really good idea, you can take your time bimmerling along, stop-start, right in the middle, even grab a tea or coffee on your way round. NO need for sunscreen unless you

are sat in the sun, otherwise remember to "Slip, Slap, Slop". How good is that – and, A.N.D. It's complimentary, that's even better.

Without anymore further ado, why not try a visit to The National Gallery. Sainsbury Wing VR tour. Immerse yourself in the National Gallery's world-class collection of Early Renaissance paintings.

They've teamed up with Oculus using Matterport's 3D camera technology the new to create a virtual reality experience of the

Sainsbury Wing. The immersive experience invites you to step into our collection of Early Renaissance paintings from 1200 to 1500.

Enjoy over 270 paintings in virtual reality with a VR headset, or browse a 360 tour on your desktop or mobile:

www.nationalgallery.org.uk/visiting/virtual-tours/sainsbury-wing-vr-tour



You can also explore the webcam Warrior down at the historical naval dock yards. Discover Portsmouth from up above

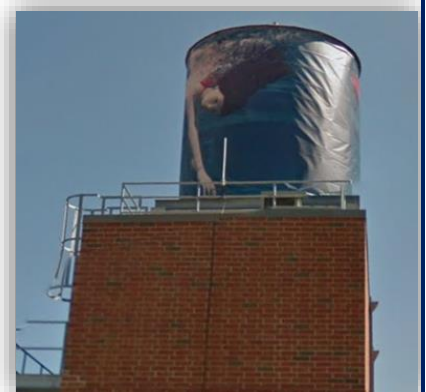
From the mizzen mast of HMS Warrior comes a brand new high definition webcam that streams stunning views of Portsmouth Harbour and Gosport. After a short hiatus, the Warrior webcam makes a welcome return as you spy Royal Navy ships across the Camber and inside Portsmouth Naval Base.

The Warrior camera pans between 7am and 5pm daily in all weathers taking in the surrounding area in high fidelity.

REF: www.historicdockyard.co.uk/warrior-webcam

THE WATER TANK PROJECT A VIRTUAL WALKING TOUR

REF: <https://streetart.withgoogle.com/en/online-exhibitions>





Take an interactive tour of Stonehenge and learn more about the latest research on one of the world's most famous prehistoric monuments.

REF: www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/

The following article is for the cowboys out there..... This is not (that we're aware of a virtual tour), but you may feel like donning your chaps, stetson or your ten-gallon hat, grabbing a pen & pad and putting a few words together...

NATIONAL COWBOY POETRY GATHERING

REF: www.nationalcowboypoetrygathering.org/national-cowboy-poetry-gathering-sponsors

A cowboy's job has always been low paying, dangerous, lonely, dusty and gory. One would think this wouldn't be much to sing about yet sing the cowboy does.

Should you be interested in "Why does the Cowboy Sings" the following link just may be for you...



**NO matter
which capbadge,
Corps or Regiment that you served**



Veterans & Families – Listening Project

are there for you



Mind Matters: Help with Anxiety and Low Mood

The NHS provides talking therapy in Surrey through Mind Matters.

They provide talking therapies to adults (18+) registered with a GP in Surrey who are experiencing common mental health problems such as stress, anxiety or depression.

Find out more by giving them a call on 0300 330 545 or visit their website:
www.mindmattersnhs.co.uk/

Government Help for Extremely
Vulnerable

[https://www.gov.uk/coronavirus-
extremely-vulnerable](https://www.gov.uk/coronavirus-extremely-vulnerable)

For extremely vulnerable people



DID YOU KNOW?

Some of you are aware that during the covid-19 crisis, V&F-LP have been supporting Surrey Heath Prepared (S.H.P.) in numerous ways. One of the many things highlighted, was getting your medication on prescription.

For some, their prescription forms were waiting for collection at their doctor's surgery, whilst others were being issued their prescription forms from the doctor to take to the chemist / pharmacy. During covid-19 this may have involved one of the many marvellous S.H.P. Volunteer to collect the actual prescription form from the caller, then take it to the chemist / pharmacy. The S.H.P. Volunteer would return to collect the prescription from the chemist / pharmacist and deliver it to the caller.

Now, I'm gonna stress that who knows what'll be around the corner (NO. It's not a GO-Compare ad!!!), will the present situation and circumstances happen again; don't know 'coz I'm not Mystic Deb!!!

How can we help others
to help ourselves?
Well, we could...

- Ask the doctor to send / email your prescription straight to the chemist / pharmacy
- You could also (you might need some assistance here or NOT!!!)
 - Register with the following FREE prescription delivery Service



ECHO
by **LloydsPharmacy**

Pharmacy2U

www.echo.co.uk/how-echo-works

www.pharmacy2u.co.uk/static/prescriptions/faq4.aspx

- With your **FIRST** prescription please allow 7-10 days, it can take longer for the GP to approve your first online request. This is with both the above services



SURREY HEATH AGE CONCERN

Registered Charity Number 1175933

20 Salisbury Grove, Mytchett, Surrey GU16 6BP

Telephone: 01252 266841

Email: office@sh-ac.org.uk

VOLUNTEERS NEEDED!!!!

There are many older people living near us who are lonely and isolated with little or no family contact that would really appreciate a visit to have a chat and talk through things with a friend. This friendship can make a really big difference in both the lives of the older person and their volunteer.

The aim of our service is to help older people who may be feeling lonely and isolated by providing the stability of a loyal friend who will regularly visit them at home, providing mutual friendship and companionship.

Our visitors are carefully matched to an older person living nearby so that both parties can gain mutual enjoyment from their friendship.

So if you feel you could help an older person by visiting them at a time to suit you (evenings and weekends are OK too) please give us a call on 01252 266841/ 07902 772585 or email office@sh-ac.org.uk for further details.

'Helping to put a rainbow in older people's lives'

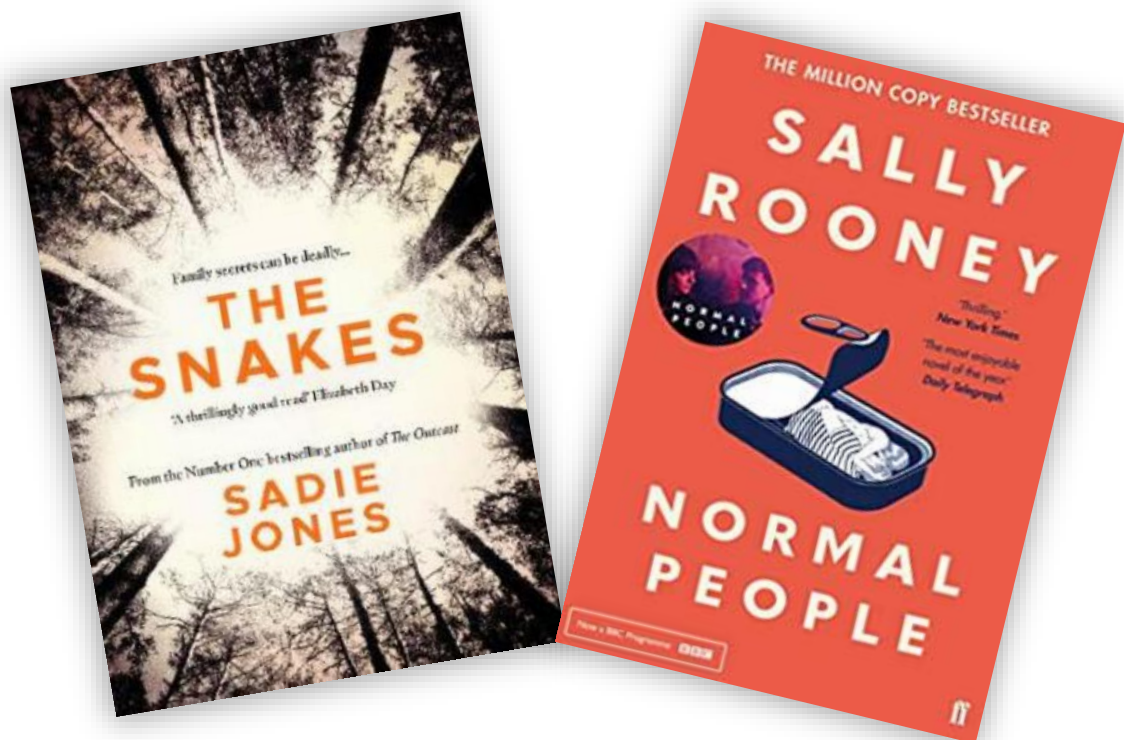


**& now for something
to while away your
day...**

Book Chats

Hi all. SooOOoo I noticed about a week ago, that I almost forgot to do a post for June's newsletter for some of the books that we've read!!!! (Surprise, right. Me too!!!) During the quarantine period it has been a little non-stop for V&F-LP's volunteers. However, we've had some AMAZING, good reads.

Here are just two of the books that we've been reading, and would like to share reviews*...



Snakes by Sadies Jones

Jane: Poor little rich girl Bea, always trying to make her life as hard as possible for herself. That begins to grate on you as the story goes on. You also get the feeling that when Dan her other-half, truly finds out how wealthy his poor little rich wife is. His attitude changes somewhat, and easily adapts to it. It is a devastating story of Bea's family, and the affect that sexual abuse has. 6/10

D: Whilst I was getting really fed-up with Bea, and the way she had a moral compass and ethical principles, I understood why Bea was the way she was. To be sole witness, and not be able to talk about it because of who your family is, seems like a lonely place to be. Alex her brother was lost in his own world of thought. I'm not gonna give away the ending, with devastating, unexpected twists right-up until the last sentence it didn't end like I thought it was going too... 5-6 / 10

Normal People by Sally Rooney

Kev: Youngsters today. Nothing really changes does it? From secondary school into adult life, to be perfectly honest I couldn't care less about either one of the two main characters, I didn't care about anyone else in the book because, man, I don't even think the author cared either. This whole thing just felt lifeless and depressing enough for me. 0/10

Pam: I'm depressed enough as it is. Seriously, the whole back and forth you go - of I love you... let's have sex... I love you... Do whatever you want, we're different... I can't tell anyone about you... I love you.. I'm seeing someone else, but I'm in love with you... I'm so sad, life is hard, it's tough being 20...I love you... Basically the book. I didn't get it. I didn't connect with it at all. What I'd recommend is steering clear of this one, life is too short, move on to something else quickly. As my old librarian used to say... Skip this, you'll find something more interesting in the reference section under Z!!! A BIG - Nil pwa from me

D: You sometimes think, how do books like this win awards because they're different and think out the box... Normal People might have many admirers, sadly I'm not one of 'em. That's a few days I'll not get back. Even though sex was mentioned on most of the pages, I felt it only skimmed what the issue with Marianne's family really was? Connell always had a hang-up regarding his background and where he was from. It comes across as youngster's (I'm beginning to sound like me mam here...) today want to appear uber cool, but they really do come across as needy and having no self-respect for themselves by sleeping with everyone they pass, Then becoming demoralised because they cannot understand if they are in a committed relationship or not. If your confused, me too... Save your money. 0 / 10 and that's being over generous.

Looks like this month's book is Snakes by Sadie Jones by a mile!!!

*If you have a book review that you'd like to share, email it to me and remember to include the book title & author. Keep your review to around 10 lines, that way we can include more.



COVID-19 UPDATE



uncertainty
Stressed?
isolation
Stay home
Worried?
uncertainty
Anxious?
isolation
Depressed?
Social distancing
Concerned for you 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: eastsurrey@centreforpsychology.co.uk

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

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

Team V&F-LP are looking forward to
seeing you
Soon
Have FUN, stay SAFE

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