



**Veterans & Families – Listening Project**

**email: [veteransnfamilies@yahoo.com](mailto:veteransnfamilies@yahoo.com)**



**[www.vflp.org.uk](http://www.vflp.org.uk)**



# July Welcome

Hope that you are keeping well. It would be really, lovely to see you all again, soon. We have learnt a great deal over the last few months, weeks & days about ourselves as well as our local communities. Which has been incredibly positive, heart-warming and demonstrates the kindness as well as compassion that there is in the world and on our own doorsteps.

We are now at the beginning of July, and whilst there has been some relaxation of lockdown, the situation for V&F-LP has not fundamentally changed. Until the Government's latest advice changes, and we would be allowed out further than our own little personal bubbles... Some venues are still not ready to open, just yet. So, on that basis then, there will be **NO** V&F-LP community drop-in meeting this month...





We have, therefore, decided to continue providing our Veterans' Well-Being group with Ali via ZOOM. As well as add another new... I know... I know... How do we continually keep the freshness SO crisp? You know that we are not

gonna betray any confidences either! SO, we'll leave it there...

At the moment, the future is still a little unclear there is certainly much more optimism afoot. We will adjust our plans as well as timeline accordingly and you know V&F-LP. We'll keep you informed of any further changes...SO, keep your eye's peeled!!!

But hey. It's not all about social-distancing & round the clock cups-of-tea because we are now adding mini-ZOOM V&F-LP drop-in meetings, where we can catch-up with each other. Our pilot-practices have been really good with those that participated, thank you. As well as connecting with other groups too.



# wild ideas

The mini-ZOOM drop-ins will be held every other week until further notice, on a Tuesday evening 7pm – 8pm. Please email us:

**[veteransnfamilies@yahoo.com](mailto:veteransnfamilies@yahoo.com)**

to get the ZOOM link. We would like to hear of your ideas too regarding guest-speakers, if you know of some-one that would be interested in giving a talk let us know. What time suits you best / subjects such as animals, culture, hobbies would you like to hear about?

At the moment, the future is still a little unclear there is certainly much more optimism afoot. We will adjust our plans as well as timeline accordingly, and you know V&F-LP. We'll keep you informed of any further changes.

So, without any further delay, a ting from THE National Triangle, GOLD Medallist please....T.T.I.N.G!! Read on, as we've gotta a fully loaded newsletter for you!

Starting with our guest speaker on **Tuesday 14<sup>th</sup> July at 7:00 pm....**  
Allan Walker, the Chairman of Church Crookham & Fleet Men's Shed.



Men's shed is about meeting like-minded people, having fun, sharing skills & knowledge as well as gaining a renewed sense of purpose and belonging; what's more having someone to share your worries with. They are about as a by-product of all of that, locally they want to reduce isolation and feelings of loneliness, allowing men to deal with mental health challenges more easily as well as remain independent.

Men's shed is a larger version of the typical man's shed in the garden: a place where you can feel right at home and pursue practical interests. Men's shed offers the facilities to pursue your own projects or if you are feeling community spirited, get involved in one of their many community projects, all in their very own, purpose built shed.

They have some amazing machinery and equipment; their members also share the tools as well as resources that they need to work on in any project. There is no pressure, you can work at your own pace or if you just want some conversation you will be in a safe, friendly, and inclusive environment. For more information please email: [info@ccandfmensshed.org.uk](mailto:info@ccandfmensshed.org.uk) you can also visit their website too: [www.ccandfmensshed.org.uk](http://www.ccandfmensshed.org.uk)





# Hi.

As with every other week since the start of lockdown, I have been proud and humbled by the way Team V&F-LP volunteers have continued to deliver important help through these challenging and uncertain times.

Over the past few months, I've seen and heard so many incredible stories about how you've been working hard to deliver our as well as other support – from kitchens, homes, gardens, deckchairs, parks & sheds. Many of you have changed the way you work – so that we can continue to be there for not only each other but everyone, if need be. Others of you have had to step back, and I know you've still been supporting V&F-LP all the way, and although Surrey Heath Prepared has now drawn-down, our support continues. We've had our home celebrations to mark the 12th Veterans' Day Celebrations (AKA Armed Forces Day) 2020.

This was a time to step back and celebrate the incredible impact that you have on people's lives, and how frankly, we couldn't do what we do without YOU. I have over the past few months constantly been reminded that Team V&F-LP is made up of so many brilliant Veterans & Families and although we've all been separated, we remain a team, that just keeps on giving.

This year everything feels different – and so too did the Veterans' Day Celebration. We usually celebrate – this year I want to take this opportunity to focus on saying a BIG, MA.S.S.I.V.E. Thank you. Thank you for everything you've done to support

V&F-LP, Surrey Heath Prepared as well as others over the past few months, and indeed throughout and over the past years.

Team V&F-LP is a lifeline for some. Whilst many of you will have been used to giving that support in-person - now you're there on the other end of a mobile, on a laptop, at the garden gate or shed-door so that you can be there for them.

Volunteering is, at heart, about helping Veterans & Families of the British Armed Forces, as it is part of what Team V&F-LP do. It's about making a gift of your time.

I wanted to let you all know that this gift, however you have and continue to contribute to V&F-LP, your V&F-LP is deeply appreciated. Thank you.

Sincerely yours

*Deborah Sellstrom*

Founder, Fundraiser & Generic-Coordinator





# Veterans' Vibes



Our inbox has been burstin' at the seams with the many new skills & craft that you have been doing lately. Here are just a few, from painting wall murals (makes a change from magnolia!!) to spoon carving & carving...

Keep 'em coming, so we can share them. Thank you.



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

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

## SURREY HEATH BOROUGH COUNCIL'S **EMERGENCY RESPONSE TO CORONAVIRUS SO FAR...**

### SINCE LOCKDOWN...



Surrey Heath Borough Council

**SUPPORTING OUR COMMUNITY**

[surreyheath.gov.uk/coronavirus](https://surreyheath.gov.uk/coronavirus) • [surreyheath.gov.uk/coronavirusbiz](https://surreyheath.gov.uk/coronavirusbiz) • [surreyheath.gov.uk/cvgrants](https://surreyheath.gov.uk/cvgrants)

Thank you V&F-LP for supporting the local communities, you are the best and there when we needed you.

## Remember:

- \* **No Appointment Needed**
- \* **Informal Meeting**
- \* **T&Cs Available**
- \* **Veterans' & Families Talkin' Point**



It may appear that the world has gone bonkers. Especially when you consider what Google, and what they considered appropriate in socially engineering what we read and the images we seen.

# Google: sorry for removing Churchill from search results

Google has apologised for temporarily removing a photo of Sir Winston Churchill from results when searching for 'British Prime Ministers'.

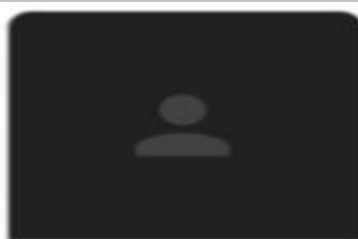
His absence drew attention on Saturday 15<sup>th</sup> June 2020, amid debate about Churchill's statue in Parliament Square. Many people complained on Twitter, accusing Google of deliberately removing the photo in order to avoid offending people who disapprove of Churchill's statue.

But Google claimed the photo has actually been missing since April (NO year specified!!), and it's disappearance had been caused by a failed update. It said that in late April it had been criticised for using a photo of Churchill as a young man, rather than an image of him as Prime Minister during World War 2.

1



Anthony Eden  
1955-1957



Winston Churchill  
1951-1955



Clement Attlee  
1945-1951

2



Anthony Eden  
1955-1957



Winston  
Churchill  
1951-1955



Clement  
Attlee  
1945-1951

This image had been chosen automatically by Google's software. It's human reviewers agreed with the criticism that it was 'not the most representative' photo of Churchill and blocked it so the software could replace it with another.

However, Google said that 'A BUG IN OUR SYSTEM' prevented a new image from being added, leaving just a grey silhouette for six weeks (see image 1). In a series of tweets ([www.snipa.com/35132](https://www.snipa.com/35132) & [www.thesun.co.uk/news/11859219/winston-churchill-disappears-google-search/](https://www.thesun.co.uk/news/11859219/winston-churchill-disappears-google-search/)), Google apologised for 'any concern', and said that Churchill's absence was 'not purposeful'.

By Sunday 16<sup>th</sup> June 2020 it had replaced the silhouette with a photo of Churchill as an older man – see image 2, though only for his second term as Prime Minister (1951 to 1955). His wartime spell at 10 Downing Street isn't mentioned at all.

Make of that, of what you will. But it would appear Google has no moral compass when it comes to manipulating what people Google-search.

## JUST OUTSIDE THE BOX



It's been 2 months, 3 weeks, 5 days, 4 hours and 3 minutes we've been waiting. I think it's safe to cross.

Copyright [www.justoutsidetheboxcartoon.com](http://www.justoutsidetheboxcartoon.com)

### ScamWatch

Readers warn readers



#### TV licence free for six months?

We might be coming out of lockdown, but the coronavirus scams continue. In June, I received an email that said I didn't have to pay the TV licence for six months. This was a 'Covid 19 Personalized Offer', apparently. Strangely though, it also said my payments hadn't been processed, and my licence hadn't been renewed ("Oops! Something went wrong with your payment"). The email ends by threatening to pass on your details to debt collectors, and with a clickable link: 'Update & Initiate a new Payment Now!' To see what the scam looks like, click [www.snipca.com/35087](http://www.snipca.com/35087).

Pat Lafferty



Warn your fellow readers about scams at [letters@computeractive.co.uk](mailto:letters@computeractive.co.uk)

REF: magazine 'Computer active'

issue 583 | 1 -14 July 2020 |

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# Apply for a Veterans badge or a medal

You can get an armed forces veterans badge if you've served in any of the UK armed forces - there's no fee.

## Eligibility

You can apply if you were in the:

- Army
- Royal Navy
- Royal Marines
- Royal Air Force (RAF)
- volunteer or regular reserves

## You **cannot** apply if you:

served in the armed forces of another country served alongside the UK armed forces, for example in the Canadian Navy or Royal Australian Air Force

Visit their website today: [www.gov.uk/apply-medal-or-veterans-badge](http://www.gov.uk/apply-medal-or-veterans-badge)



### Forces Pension Society

has discovered issues by dealing with members and their concerns. Through this, we can make changes which are beneficial to the wider Armed Forces community.

Arguably The Society's single biggest campaigning success was the 2014 'Justice for Widows' campaign. Before the campaign, widows had to give up their pension if they remarried. Effective from April 2015, after our successful campaign, they can keep their pension after remarriage.

Other lower-profile but extremely important successes include:

Withdrawal, recalculating and re-issue of incorrect Annual Allowance tax position letters to members

Discovering pensions paid from 1 April 2016 under the 1975 scheme were too low – around 700 people benefited from pension recalculation and arrears were paid in full

Reinstating the Short-Term Family Pension (stopped in 2015) which had been paid under the 1975 scheme to widows for the first three or six months after their bereavement

REF: [www.forcespensionsociety.org/our-services/campaigning](http://www.forcespensionsociety.org/our-services/campaigning)

# Are You Ready To?



# START THE TOUR

Why not visit Oxford University's Pitt Rivers Museum, it is a "cornucopia of ethnographic treasures from shrines to shrunken heads, packed in according to type" to highlight the parallels and distinctions among cultures from around the world. This virtual tour lets you walk among two floors of old glass cases filled with fascinating objects encompassing the full breadth of human existence.



REF: [www.my.matterport.com/show/?m=ns3yCKpUzSq&help=1](http://www.my.matterport.com/show/?m=ns3yCKpUzSq&help=1)





REF: [www.my.matterport.com/show/?m=TBwJM3jrUFr](http://www.my.matterport.com/show/?m=TBwJM3jrUFr)

The next virtual tour is John Sowden's house on Franklin Avenue in Los Feliz is one of LA's most unusual homes. It's unique Mayan Revival style was designed by Lloyd Wright, son of Frank Lloyd Wright, and built in 1926. The unusual facade resembles the mouth of a shark, leading some to call it the "Jaws House." It also served as the home of Ava Gardner in the 2004 film *The Aviator* about the life of Howard Hughes. Take a tour of the house and see if you can spot the sliding bookcase that concealed a secret room for hiding booze during the Prohibition era.



# Book Chats

We're almost there!!! What to  
read in Lockdown 2020...

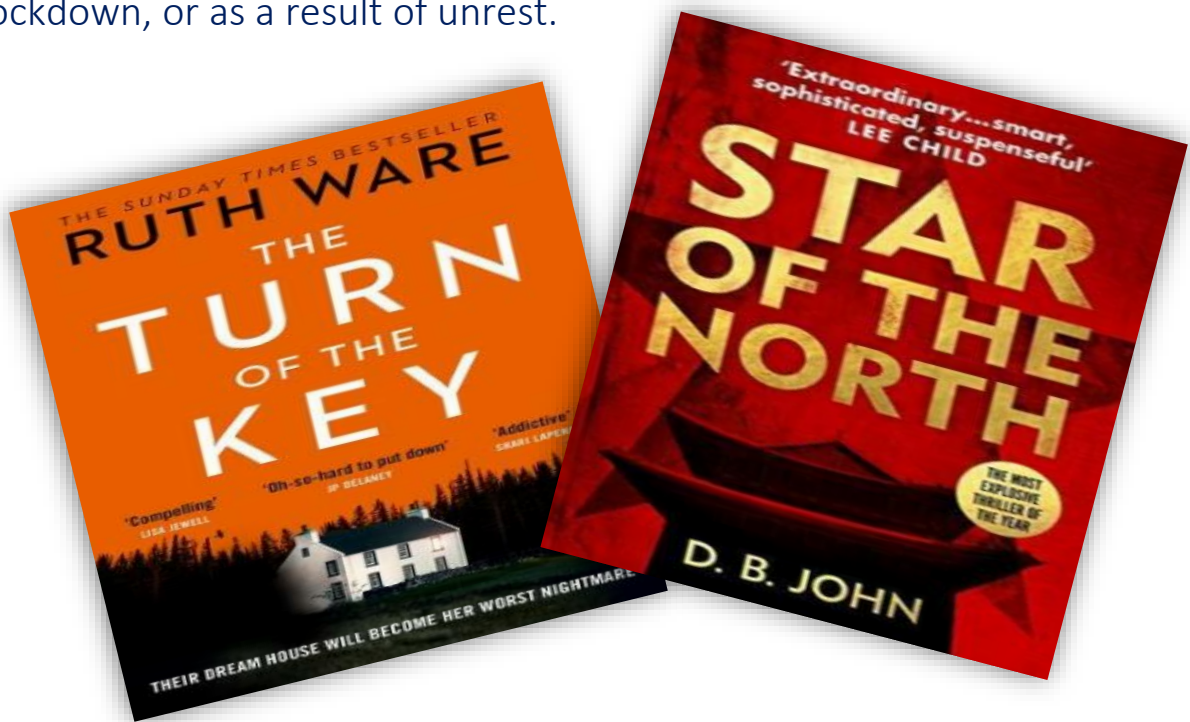
Well folks, this is it... We're in the last 50% of the Year of THE Lockdown Reading Challenge #TLRC2020, and I hope everyone has had a great time so far--whether or not you're on track to meet your goal. If you haven't heard about it, don't worry – you have now!!! #TLRC2020 is a year-long reading challenge, dedicated to reading more books by authors that you've never considered, or even heard of.

It's been extremely fulfilling to see all of your progress in #TLRC2020 so far, no matter how many books by unsuspected authors you've picked-up, put-down. The fact that you're actively trying to read books by other authors—whether you liked reading or not—is so meaningful, and we're all so grateful for your support over the past months.

Keep an eye out for the next ZOOM link-up... But for now, let's talk about July's challenge theme! Each month, the #TLRC2020 team from V&F-LP select two books to feature for the month's theme (which is optional, in case you want a harder challenge!), and this month, the theme was...

# ....Unknow Authors....

We have had feedback on two books this month from team #TLRC2020 (if you want to be on the #TLRC2020 team, drop us your book review) “Unknown Authors,” something that a lot of us have experience—whether it’s temporary, generational or intentional!!! We challenge you to read books by Unknown Authors that explore reading in its many forms—whether it’s just for Lockdown, or as a result of unrest.



So, let’s start with **The Turn of The Key** by Ruth Ware

Pam: I was intrigued by the idea that the main character was in prison, writing to a lawyer to accept her case because she was being accused of MURDER. Murdering a child. She claimed she hadn't.

Arrogant parents or what? OMG. How can you bring children in this world and not care for them at all? I cannot fathom why the parents simply left them with the nanny of five minutes of interviewing her... and went off on countless work trips. It’s a good, surprising book, by an author I’ve never, ever heard of, mainly the ending. Man, I was not expecting that, I simply wasn’t, I was so in that house or should it prison - with them though.

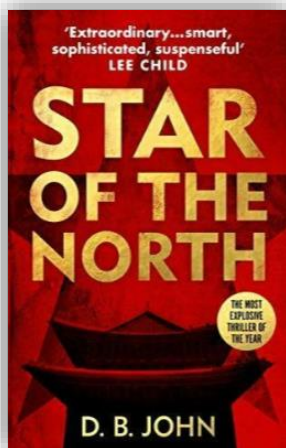
8/10



JFK: Not having read this author before I didn't know what to expect. The story draws you in without giving too much away and leads you along a path that you really want to follow. You do wonder, why would a family want to live in a place like this? But you have to keep turning the pages, just because it gets better. Highly recommended.

7 /10

H: It's a mystery, suspense, and can be downright creepy & really scary at the same time, especially if you are reading it at night. At one point, I closed the book because I didn't want a nightmare... The house sounded fantastic, but after a while – it was sending shivers down my spine. Never heard of Ruth Ware, only now do I feel puzzled about the actual ending. The outcome leaves you hanging. 8/10



## STAR OF THE NORTH by D. B. JOHN

Phil: Where do I even start with this one. Yowza. So stinkin' good. Thanks for the stellar recommendation, I usually read Jeffery Archer!

A thriller set in North & South Korea-talk about original! And timely! It is 1999 when a Korean American teenager is kidnapped from a beach in South Korea and taken to North Korea.

Unknow author, haven't met him – didn't know him but I was literally spellbound by his book. It's steeped in culture, while also being one of most edge-of-your-seat, gripping and original thrillers I've read in a long time.

9/10

H: I enjoyed the way in which Star of the North's narrative switches between these three. John leaves it just long enough between each changeover, that I never felt as if I was losing the thread of anyone's story. This helped me come to know each character, care about them

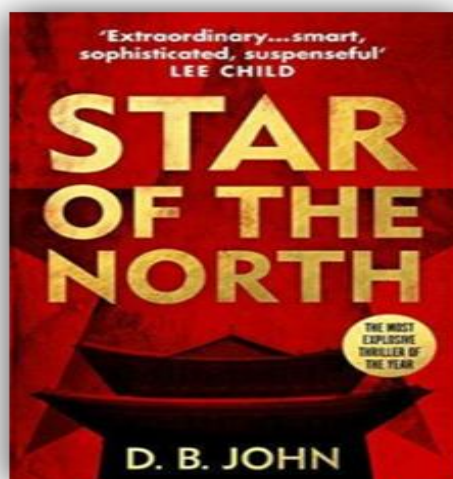
and their fate, to the point where I still wonder how they are and what they're doing today even after having finished the book.

7/10

Kev: Don't like thick books, they're endless and this is a thick book. The North Star I know I would not have looked at this book. Having said that, it was interesting, highlights a brutal Korean regime where everyone is guilty of absolutely anything, where spying & informing on everyone is the norm. From the grimmest realism and welcome bursts of humanism and hope, it was hard to put this book down. Still don't like thick books!

8/10

**What are you hoping to read  
this month?! Are any of these  
on your list?**



By one point, this month's winner is STAR OF THE NORTH by D.B. JOHN.

Well-done and thank you to #TLRC2020 team for your entertaining reviews. Why not share your book reviews with us too?



## 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

Email: [veterans-uk@mod.gov.uk](mailto:veterans-uk@mod.gov.uk)

Freephone (UK only): 0808 1914 2 18

Telephone (overseas): +44 1253 866 043

Normal Service 10.00 am to 3.00 pm Monday to Friday

For more information visit their website:

[www.gov.uk/government/organisations/veterans-uk](http://www.gov.uk/government/organisations/veterans-uk)





**How can you help  
Yourself?**

**Well, you could...**

**Get your NHS prescriptions  
delivered by post, for free**

Last month we highlighted that you could get your medication delivered by using the following services at:

[Echo.co.uk](https://echo.co.uk) or [Pharmacy2U.co.uk](https://pharmacy2u.co.uk) just to let know that the **+well** & **PillTime.co.uk** operate a similar service.



Always read the term & conditions before agreeing & signing-up.





# The Shots in the Community Project

## ‘Veterans Supporting Veterans’

The Shots Foundation is launching a ‘Veterans Supporting Veterans’ project and are looking for Veterans and ex-and retired emergency service workers to participate as volunteers and or beneficiaries of the scheme.

The Shots in the Community Foundation will help with:

- Supporting the needs of Service Families, Homeless Veterans and ex and retired Emergency Service Workers
- Home deliveries of food and essential items
- Social contact through telephone or digital platforms
- Offering assistance, information, and signposting

The veterans that have attended our Vets Hub since its inception in May 2019 will become the ‘Key personnel’ and combine with volunteers who regularly attend the hub meetings. Our gardening veterans who help older people in the community will provide similar



help and support for isolated, homeless, or other non-attending hub veterans.

Meetings will be expanded with significantly subsidised meals alongside planned activities to socially motivate and engage veterans. These will include indoor sports, such as table tennis and table football and outdoor activities, such as walking football and archery. We are actively seeking Blue Light staff to join us at our monthly Hub (first Wednesday of the month at 10.00 am at the Aldershot Town Stadium) and share in the community of the Football Club.

Support agencies will be invited to attend, and information pamphlets delivered to and/or discussions with isolated veterans, ex-and retired Emergency Service Workers and those who have previously been unable to access services due to limited contact and/or restrictions relating to the current pandemic.

I should be extremely grateful if you would share this information with your contacts and anybody that you believe will be interested in helping or benefiting from the scheme.

## Follow us today on:



[www.linkedin.com/in/veterans-families-listening-project-aa9a74b0/](http://www.linkedin.com/in/veterans-families-listening-project-aa9a74b0/)



[www.facebook.com/VeteransnFamiliesListeningProject](https://www.facebook.com/VeteransnFamiliesListeningProject)



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Veterans & Families – Listening Project  
email: [veteransnfamilies@yahoo.com](mailto:veteransnfamilies@yahoo.com)  
[www.vflp.org.uk](http://www.vflp.org.uk)

V&F-LP is an independent member of ASDIC.  
The association of Ex-Service Drop-in Centres,  
Linking Veterans' Drop-ins together across the  
United Kingdom.



# Welcome Buddies

Run by Voluntary South West Surrey, Welcome Buddies is part of the Welcome Project. The Scheme aims to help people with mental ill-health move on with their lives supporting them to join in with main stream activities.

At this time VASWS are identifying those who need additional support, who may be isolated or vulnerable and need some help & guidance.

If you would like to make a referral get in touch with Denise: 01483 504626 or via mobile: 078 25 41 72 04. Alternatively, you can Email: [d.graves@vasws.org.uk](mailto:d.graves@vasws.org.uk)



**Welcome Buddies helps people join in with activities to help them become part of a community**

- There are lots of reasons why people find it difficult to get out, join a local club, take up a new activity or hobby.
- Perhaps you have lost confidence after suffering a trauma. Maybe you have had a period of mental ill-health, or are feeling life difficult to cope with.
- Whatever the reason if you feel that you need some direction in life and want to try something new but need some help to get started. Welcome Buddies is here to help. We will listen to you and help you find things that you would like to do.

If you would like to find out more, call, text or email  
Welcome Buddies co-ordinator  
Denise Graves on 07825 417204 [d.graves@vasws.org.uk](mailto:d.graves@vasws.org.uk)

We focus on what makes you well  
Supporting people to overcome life challenges

**Voluntary Action South West Surrey** **THE WELCOME PROJECT**

Welcome Buddies is run by Voluntary Action South West Surrey and is part of The Welcome Project  
Registered Charity Number: 1116293

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

★ 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