



Veterans & Families – Listening Project

email: veteransnfamilies@yahoo.com

www.vflp.org.uk



Welcome to our October newsletter



We give a warm welcome this month, to our guest speaker:

Jason Massey at our ZOOM drop-in on

Tuesday 13th October at 7:00pm

the CEO of Detecting For Veterans CIC.

The group was formed as a Facebook group in 2017 as he noticed a lot of veterans on metal Detecting groups. So Jason

thought a great idea of getting them altogether in one group to show finds as well as have some Forces banter.



Jason then thought how he could run metal Detecting digs once a month, to raise funds for two charities The Veterans charity & Talking2minds. Lots of veterans use Metal Detecting for therapy to cope with Post Traumatic Stress Disorder (PTSD) as well as other issues from serving in the UK Armed Forces.

Detecting For Veterans have raised over £12,000 for the two charities so far. This year 2020 I decided to make the group a CIC organisation, as they were getting notice by charities and his group was growing with to-date 5000 members.



Jason is getting more veterans involved in metal Detecting, and hopefully to buy equipment for them to keep if they are interested in taking it up as a hobby.

Plenty of good seats available email us:

veteransnfamilies@yahoo.com

for your invitation link.

Email:
veteransnfamilies@yahoo.com
for an invitation today



Veterans
Well-Being
group

ON
ZOOM!!!

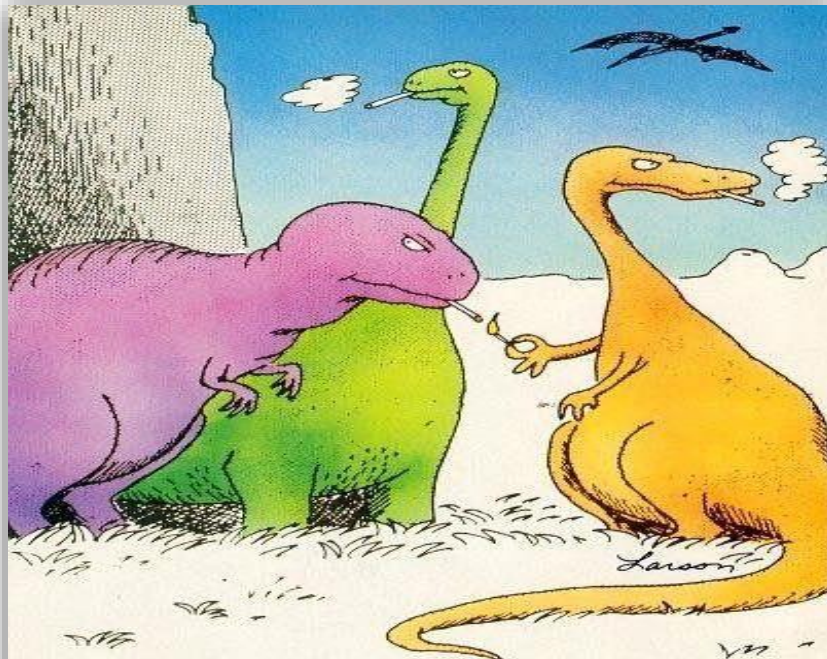
..That's
great
news...



With Ali

Tuesday 13th October

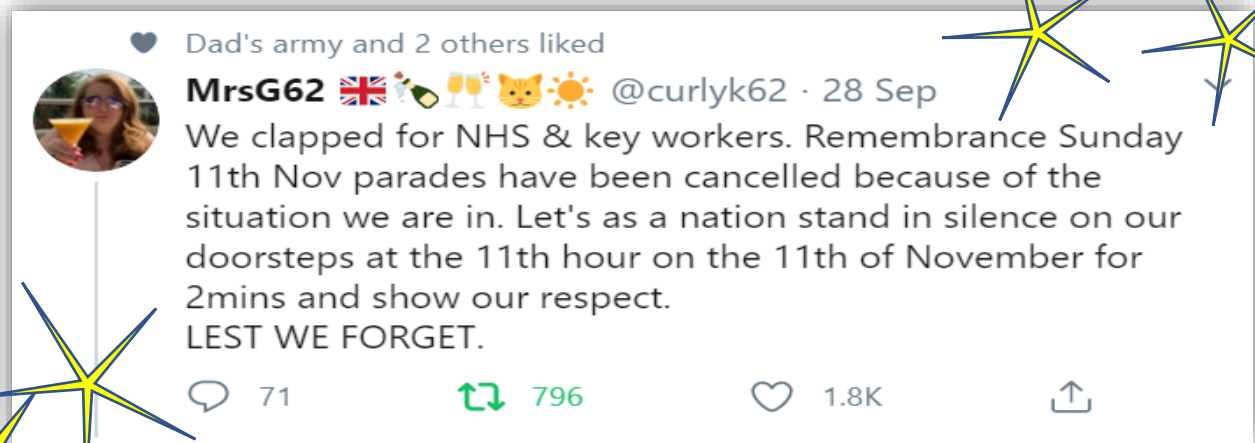
Starting: 11:30 – 1:00 pm



The real reason dinosaurs became extinct.

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

Remembering Remembrance Sunday 2020



What a good idea – something so simple that anyone can participate in.
Feel free to pass this on.

REF: Twitter 28.09.20



VOLUNTEERS WANTED!

ARE YOU A VETERAN OR DO YOU HAVE EXPERIENCE WORKING WITH THE ARMED FORCES? DO YOU HAVE A FEW HOURS TO SPARE EACH WEEK? ARE YOU A GOOD LISTENER? IF SO, WOULD YOU LIKE TO HELP VETERANS BY VOLUNTEERING ON OUR 24-HOUR CRISIS LINE WHICH IS LAUNCHING SOON?

**EMAIL [KATE@PTSDPROJECT.ORG](mailto:kate@ptsdproject.org)
FOR MORE INFORMATION**

They are still looking for more #volunteers so if you are interested, please E-mail: kate@ptsdproject.org

For more information regarding PTSD Project visit their website today: www.ptsdproject.org

Posted: 27th September 2020 on Twitter

Download the NHS COVID-19 app today

The free NHS COVID-19 app is a vital part of the NHS Test and Trace service in England, and the NHS Wales Test, Trace, Protect service.



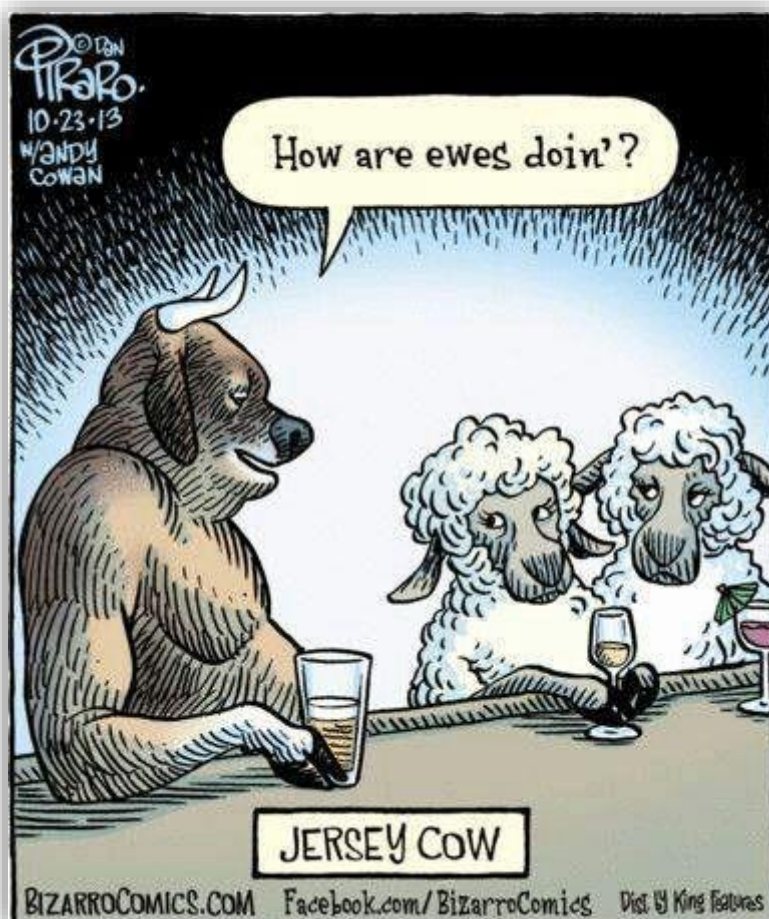
This is a public health message from NHS Test and Trace

As part of the government's coordinated response to Coronavirus, NHS Test and Trace has developed the new NHS COVID-19 app.

It is now available for download to all residents of England and Wales.

The NHS strongly recommend that everyone over the age of 16 downloads and uses it.

Download the 'NHS COVID-19' app from the App Store or Google Play.
There is more information at www.covid19.nhs.uk



Veterans in MoD military homes to be evicted

By Kamal Sultan

VETERANS are among hundreds of families eviction after the Ministry of Defence ordered them to move out of former military houses.

Private firm Annington Homes owns the freehold for the affected 350 properties across 14 former barracks in England and Wales. It leases them to the MoD at a 58 per cent discount.

Residents received an eviction notice on September 9th which said their lease would be terminated by the end of March 2021. The move has been taken to reduce the size of the MoD's married estate.

Keith Lawrence, 51, served as an Army corporal for 24 years before he moved into rented, military property in Lyneham, Wiltshire, with his wife Kathy three years ago.

The couple who have lived on the same street as six other Veterans, were one of more than 59 households in the area told to move out. Mr Lawrence, who suffers from PTSD and

Daily Mail, Tuesday, September 29, 2020

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The couple, who live on the same street as six other veterans, were one of more than 59 households in the area told to move out. Mr Lawrence, who suffers from PTSD and depression, said: 'I spent 24 years of my life in the Army and I feel the MoD don't care.'

Annington Homes' boss, James Hopkins, suggested the MoD return some of its 10,000 empty properties instead.

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REF: Daily Mail Newspaper | Dated – Tuesday 29th September 2020



What a shocking way to treat Veterans & Families of our Armed Forces, makes you wonder just what the Minister for Defence People and Veterans in the Ministry of Defence and Minister for Veterans' Affairs in the Cabinet Office Johnny Mercer is doing? We'd like to know that he can at least assist the Veterans & Families concerned in this important issue...



Aldershot Military Museum Veteran's Hub

Vehicle Maintenance Crew

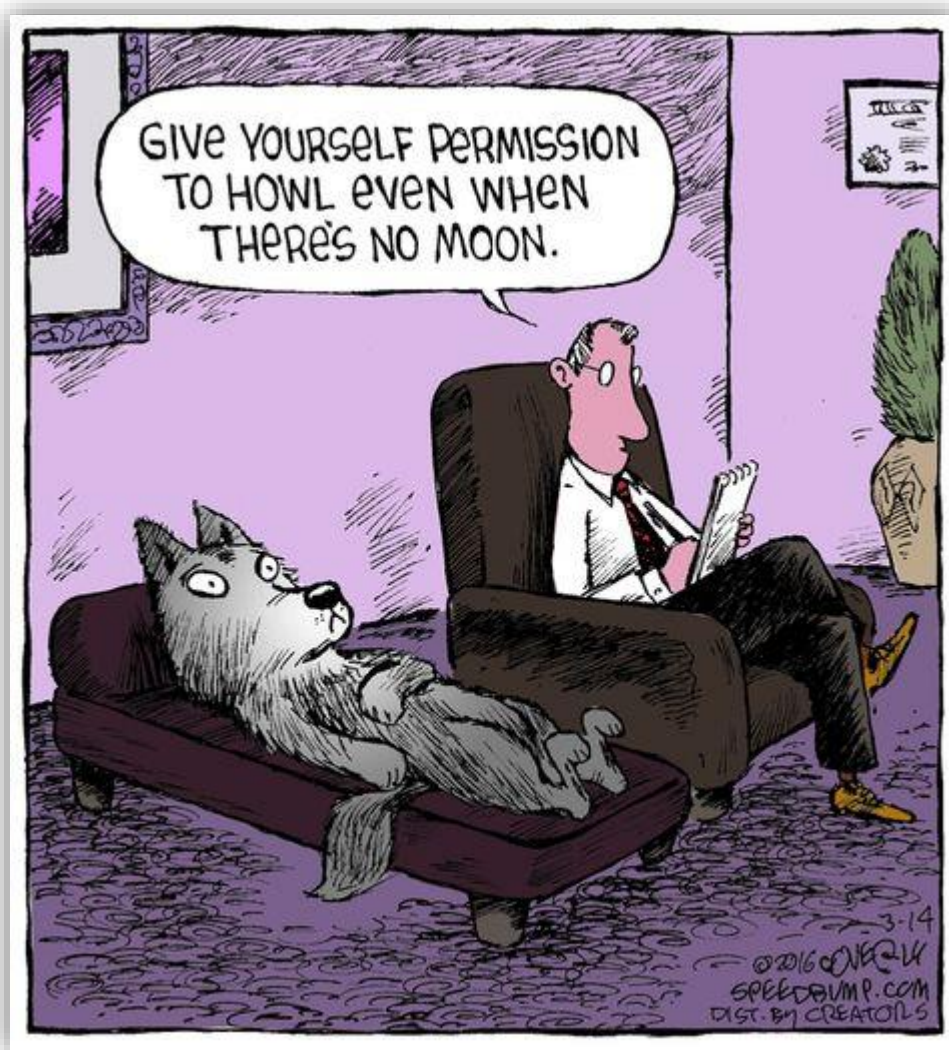
Veteran's Hub at Aldershot Military Museum. They are looking for ex-servicemen to assist them in the care and maintenance of the site's military vehicle and artillery collection.

Anyone that is interested can register via this form:
www.marketing326.typeform.com/to/X48cf5sl

Or by contacting Emma Sutcliffe, Community Manager, Aldershot Military Museum, Hampshire Cultural Trust directly:

T: 01252 314 598

www.hampshireculture.org.uk



Research needs you! Physically injured veterans, how do you feel about your body after injury?



You are invited
by researchers at the University of the West of England

to complete a confidential survey about your injuries that have caused scars and/or limb loss

- are you a UK military veteran?
- injured during deployments or deployment training since 1969?

★ Win up to £100 in Amazon vouchers ★

To take part: go.uwe.ac.uk/unitsveteran
For more information or a paper version
Tel: 0790 224 6225 or
Email: unitsstudy@uwe.ac.uk

   @unitsstudy

UNITs Study is a research project funded by the University of the West of England (UWE) Bristol.

Researchers at the Centre for Appearance Research, University of the West of England, are carrying out research to understand how ex-service personnel with scars and/or limb loss from a deployment or deployment training injury feel about their bodies since their physical injury. Some people may feel great about their bodies or might not think of their appearance as important. Whereas others might not feel so good about their body and the

way they look.

Regardless of how you feel, the researchers would like to hear about your experiences in a confidential questionnaire. Sharing your experiences could help design support for future injured personnel.

[www.uwe.ac.uk/qualtrics.com/jfe/form/SV_3gdb9xlwEGSmH7n?utm_source=Veterans+and+Families+Research+Hub&utm_campaign=793ab0b937-](http://www.uwe.ac.uk/qualtrics.com/jfe/form/SV_3gdb9xlwEGSmH7n?utm_source=Veterans+and+Families+Research+Hub&utm_campaign=793ab0b937-September+2020+Bulletin&utm_medium=email&utm_term=0_21687cb2cb-793ab0b937-411359421)

[September+2020+Bulletin&utm_medium=email&utm_term=0_21687cb2cb-793ab0b937-411359421](http://www.uwe.ac.uk/qualtrics.com/jfe/form/SV_3gdb9xlwEGSmH7n?utm_source=Veterans+and+Families+Research+Hub&utm_campaign=793ab0b937-September+2020+Bulletin&utm_medium=email&utm_term=0_21687cb2cb-793ab0b937-411359421)



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](#)

How do I find out more about BT Basic?



BT Basic is a low-cost telephone service.

Get a BT Basic application form by calling BT on **0800 800 864 (8am to 6pm Mondays to Fridays)**. You must be the named BT account holder to apply. BT will talk to you about the calls you make so that you can be sure BT Basic is the best package for you.

You will need to fill in a simple one page application form and return it to BT within 14 days of receiving it.

You will also need to give BT some personal information:

*date of birth

*National Insurance number

*confirm the benefit you are receiving

remember to sign & date your application before returning it in the pre-paid envelope.

BT need these details so they can check your records with the Department for Work and Pensions and find out whether you qualify for BT Basic.

What happens next? How long will I have to wait to find out if I can get BT Basic?

Don't worry about contacting BT, they will tell you as soon as possible whether your application is successful. When BT have all your information, they'll check your personal details against benefits information held by the DWP and they'll write to you after they've processed your application. If you have not filled in your form correctly, this might take up to thirty days. If BT need any more information, they will contact you. If you do not qualify for BT Basic, they will write to you to let you know and tell you about other ways you can save money on your BT bill.

For more information go to bt.com/pricing

Who can get BT Basic?

You must be getting one of the following means-tested benefits:

- *Income Support
- *Income-based Jobseeker's Allowance
- *Pensions Credit (Guaranteed Credit)
- *Employment and Support Allowance (Income related)
- *Universal Credit (and are on zero earnings)



For more information go to www.bt.com/basic

Library Direct

Home Service

If no one is available to borrow books on your behalf our Library Direct Home Service can help. We provide friendly volunteers checked by the Disclosure and Barring Service (DBS) to deliver books to those that are unable to get into a library themselves.



We can arrange for books and audio material to be brought to you on a regular basis by a volunteer. Our volunteers will select books and audio books based on your recommendations, favourite authors and reading preferences.

We have a good selection of books in large print as well as standard print. We stock a large range of talking CDs which can be played on a standard CD player.

If you are interested in registering for this free service please fill in the Library Direct **Home Service registration form**. Alternatively, you can contact **library information service** who will be able to register you over the phone.





JOURNEY *into* IMAGINEERING

A virtual tour

We haven't mentioned virtual tours for a while, as we have been on quite a few and depending on what your interests are; they're a loads to pick from. So this month we thought....

We know that could be dangerous!!! How about....

Virtual Tour – Interrailing Around Europe

Enjoy a whistle-stop tour of Europe and take in the sights, scenes, and sounds of European life with free FutureLearn courses on European history, culture, language and more.



Let's
START THE TOUR



It's time to get yourself back on track

You'll hear it coming before you see it....

The whooshing sound of metal on the rail-tracks rattles through you as the first carriage glides on into your view. So grab your backpack, and not thinking back, have you packed your flask and sandwiches...

Step aboard the history & Heritage train to Holland, Norway or wherever it is you fancy, for a moment the superb, your distracted by sing-songy lilt of the Norwegian voices around you, from the fact that you actually have no idea what anyone is saying!!!

Whether you want to know more about - **Working Lives on Britain's Railways: Railway History & Heritage**, you could also learn to speak, write and understand basic Dutch. Have you ever considered discovering how Norwegian Stave Churches have been restored and preserved? Well now the opportunity has arrived....

Stave Churches are an important part of Norway's heritage.

So take your virtual tour to an ancient city - European railway adventure to Roma, home to 280 fountains & 900 churches... Why

not click on today & find our more information:
www.futurelearn.com/courses/collections/interrailing?utm_campaign=fl_bau&utm_medium=email&utm_source=marketing&utm_term=200825_GNL__UK&utm_content=banner

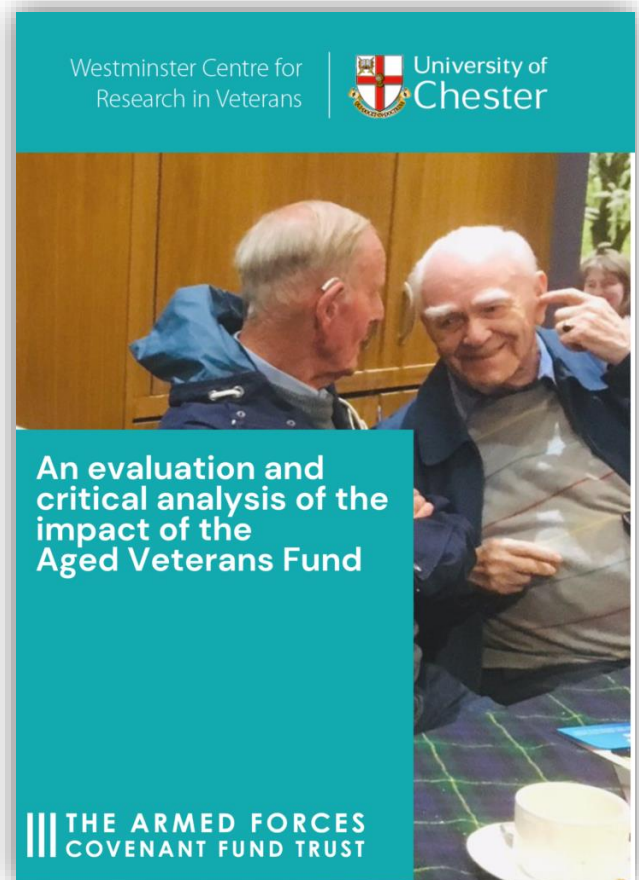


Aged Veterans' Fund report shows boost to the wellbeing of older veterans

Data from the Aged Veterans' Fund (AVF) shows that projects have been reaching veterans between the ages of 75-80 and that there have been improvements to their health and wellbeing. There is some evidence to suggest that some of the work undertaken by projects may be particularly effective in the health outcomes they were able to achieve.

Exploring impact

The Armed Forces Covenant Fund Trust worked with the University of Chester's Westminster Centre for Research in Veterans to explore the impact of these grants and has published an evaluative report based on data from individual



project evaluations. The report contains five key recommendations to improve future wellbeing for older veterans.

Veteran support

The AVF awarded £30 million over a five-year period, funding 19 significant grants to portfolios of projects which supported the non-core health, wellbeing and social care needs for older veterans (those born before the 1 of January 1950).



Veterans supported included surviving World War 2 veterans, those who undertook National Service and other voluntary enlisted veterans who needed some focused support in relation to their health and social care needs.

The portfolios took two broad approaches to delivering their work. These were a person-centred care approach, that takes into consideration the complex needs of the

individual, or alternatively, a skill-exchange model consisting of peers passing on their skills to beneficiaries.

The results showed evidence that portfolios of projects delivered with AVF were successful and were positively perceived by beneficiaries, staff and volunteers. The report includes findings that resilience was boosted in the older veterans support by reducing their social

isolation and improving their health and wellbeing. Some of the AVF portfolios were able to influence current health-care practice, such as re-admission and discharge rates, via effective signposting and cross-referrals.

Published: 1st October 2020

Click on the links below for more information

[READ THE AVF EVALUATIVE REPORT](#)

[FIND OUT MORE ABOUT THE AGED VETERANS' FUND](#)





The recent VJ Day 75 commemorations were the inspiration for an idea to create a very special tribute to those who served in the Far East in WW2. This was the war that didn't end on VE Day - the war that saw thousands facing a very different enemy in the jungles of Burma and elsewhere across South East Asia, and thousands more subjected to brutality and starvation in Japanese PoW camps.

Many never made it home, and the majority of those who did were left mentally and physically scarred by the experience. They deserve our thanks and our respect – and they deserve this very special tribute, which we would like to complete in readiness for Remembrance Day 2020. But we need some help please to make it happen!

Our aim is to collect a thousand photos of those who were involved in the war in the Far East – one thousand photos to symbolise the many thousands overall who sacrificed so much in the service of their country. We are asking those who have a relative who served in the Far East in WW2 to please allow us to include a photo of them in our 'Gallery of Heroes'. So far we have collected just over 500 photos of these brave men (and a few women too!).

Please help us to achieve our target of 1000 photos by November by making more people aware of this idea so that more relatives of those involved in the war in the Far East are able to participate in this tribute by submitting their photos. We only need one photo of each person, preferably on their own, (preferably in uniform though this isn't essential), together with a few brief details of their service, if known.

Photos can be submitted either by emailing us at
galleryofheroes@outlook.com

or by joining our **FaceBook** group **VJ Day Gallery of Heroes**

REF: <https://www.facebook.com/groups/431059337801613/>



Improving health and wellbeing support for armed forces families in England

Have your say

All comments and feedback must be received by 30 November 2020



It's an important chance for you to have your say, and to share your thoughts and experiences.

NHS England want Armed Forces families to be able to access local NHS services easily in all parts of #England. They also want to ensure that families can get the right care and support from #clinicians and people who understand their #health and #wellbeing needs.

#ArmedForcesCommunity #Veterans #ArmedForces #Military

REF:

<https://www.facebook.com/OperationReOrg/photos/a.123373365873626/207789930765302/>



Improving Health and Wellbeing for Armed Forces Families in England

Overview

The NHS in England provides healthcare services for families of serving personnel (Regular and Reserve) who have registered with an NHS GP practice and the families of Veterans.

Whilst most Armed Forces Families enjoy healthy lives, the unique circumstances of military life can cause pressure for some and affect an individual's health and wellbeing. This is in addition to moving home every few years, which can make accessing the NHS difficult.

These factors can affect the lives of Armed Forces Families, creating a difficult situation for them. We want to help change this, so Armed Forces Families are able to access local NHS services easily in all parts of England. We also want to ensure that they can get care and support from clinicians and people who understand their health and wellbeing needs.

This questionnaire is an opportunity for people and organisations to share their views on how we can do this.

Improving Health and Wellbeing for Armed Forces Families in England

Why we are engaging

We want you to share your thoughts, experiences and ideas by filling in this questionnaire, which covers NHS services in England only.

Anyone can share their views however, we are particularly keen to hear from Armed Forces Families (Regular, Reserve and Veteran Families), people who are serving in or who have served in the British armed forces and organisations working with or supporting the armed forces community. Responses will be treated in confidence and help us to improve the care and support we offer to Armed Forces Families in England.

Contact: Andrea Collins **TEL: 0203 688 1653**

Specialised Commissioning

nelcsu.armedforcesfamilies@nhs.net

[Online Survey](#) >

Closes 30 Nov 2020

Opened 30 Sep 2020

Veterans Railcard Coming Soon

Register your interest

National Rail are still finalising the details of the new Veterans Railcard so simply register your interest and we will keep you updated with news on the launch.



REF: www.veterans-railcard.co.uk



Help for hidden disabilities

Customers with 'hidden' conditions such as autism, diabetes, hearing loss or multiple sclerosis often need a little extra help in-store



The sunflower lanyard is now available in all stores to customers who may have a hidden disability. By wearing one, our colleagues will know that you may appreciate a bit of help.

How to get a sunflower lanyard

Simply pick one up in a participating store. Just ask at the customer service desk in larger stores, or at the checkout in smaller ones. The lanyards are **FREE** and you don't need to provide proof of a disability.

What to expect when you're in a store

If you're wearing the lanyard, our colleagues should recognise it and understand that you have a hidden disability and that you may need a little extra help or time. However, they will not know what your particular disability is, or what challenges and issues you may face. If you have specific requirements, please ask one of our colleagues for help.

REF: www.tesco.com/help/invisibledisability



Farnham & District Metal Detecting Club

We would like to say a huge **BIG** thank you to the Farnham & District Metal Detecting Club for their £87.00 donation to us as a thank you to V&F-LP for all our help & support.

Thank you very much for your generous donation.

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