



Veterans & Families – Listening Project

email: veteransnfamilies@yahoo.com

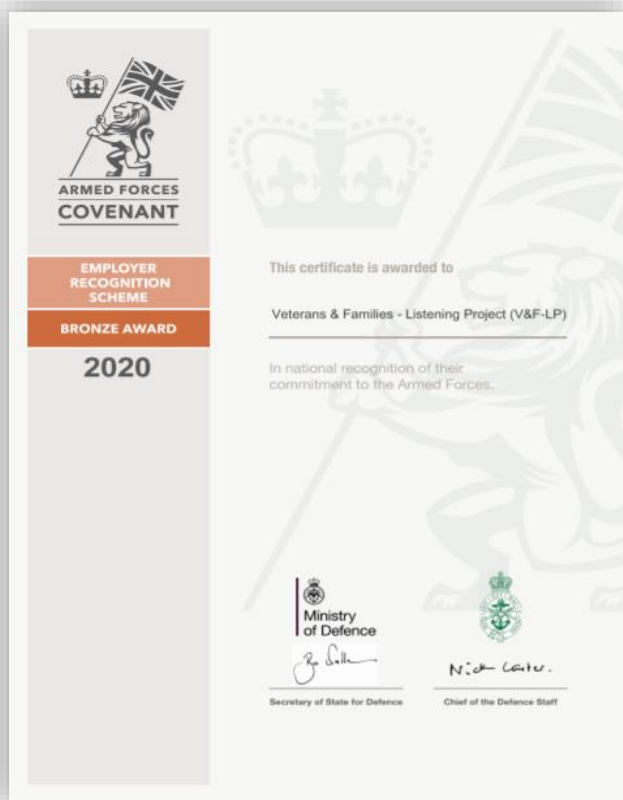
www.vflp.org.uk



It's November Newsletter time...

WOW, have we a jammed packed November newsletter for you... Firstly, thank you for the many congratulation messages that we've received regarding our Bronze award from the Armed Forces Covenant.

V&F-LP have been busy doing the rounds, seeing how you are doing, and what you have been up to. It's been really good for us to, to see you and catch-up.



On Tuesday 10th November at 7:00pm via our ZOOM drop-in, we give a warm welcome to David Corthorn the Lead Coordinator at The Warrior Programme.

thewarriorprogramme

The Warrior Programme (TWP) is a non-clinical intervention aimed at building mental strength. It teaches techniques that allow participants to better cope with negative emotions (anger, guilt, sadness, fear, hurt) and anxiety. It helps boost self-esteem and self-confidence, which in turn increases resilience, motivation, and allows individuals to consistently achieve their goals.

In what might be termed 'more normal times', TWP begins with a 3-day residential foundation course. Since the impact of COVID19, online support has been developed and potential Warriors are invited to make use of pre-course online support materials, including pre-recorded and live workshops; they are then invited to attend a six-day online course. Post-course support is provided for a minimum of 12 months for both styles of course. The outcomes of residential and online courses have been assessed and found to be no different for individuals from all cohorts.

Every course, residential or online, is evaluated using recognised measures, and qualitative feedback undertaken by independent assessors and academics.

The Warrior Programme is available to members of the UK Armed Forces community, past and present, as well as adult family members (18+) who have been affected by their service.

Individuals and/or referral partners are welcome to get in touch with me directly.

Email: david.corthorn@warriorprogramme.org.uk

Mobile: 07522 699008

Website: www.warriorprogramme.org.uk

Email:

veteransnfamilies@yahoo.com

**and join us at the drop-in to
find out more....**



V & F-LP

GROUP

Wellbeing

REVITALISING VETERANS & FAMILIES



Thursday 12th November
11:00 am-12.30 pm

We're back
So
grab
a snack
It's time for...

Hot Topics



Remembrance Sunday 2020

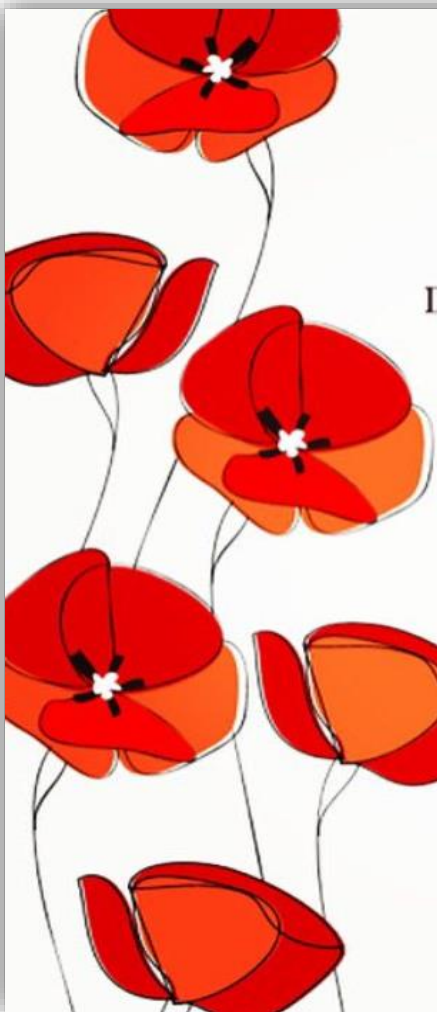
Even though it is extremely sad that the decision to cancel this year's Remembrance Sunday parade at the London Cenotaph as well as local Churches and memorials is understandable due to Covid-19 crisis.

There have been other suggestions such as – like 'Poppies to Paddington' (spotted on Twitter - @Bristol_SGlos) some of the SSAFA branches/ divisions are sending a wreath via their local train station to be laid at the Cenotaph in London.

You might be arranging to stand on your doorstep on the 11th November at 11 o'clock to mark the two minutes silence. However, you decide to pay your respects stay safe.

**Would you support
a doorstep two-minute
silence at 11am
on remembrance
Sunday?**



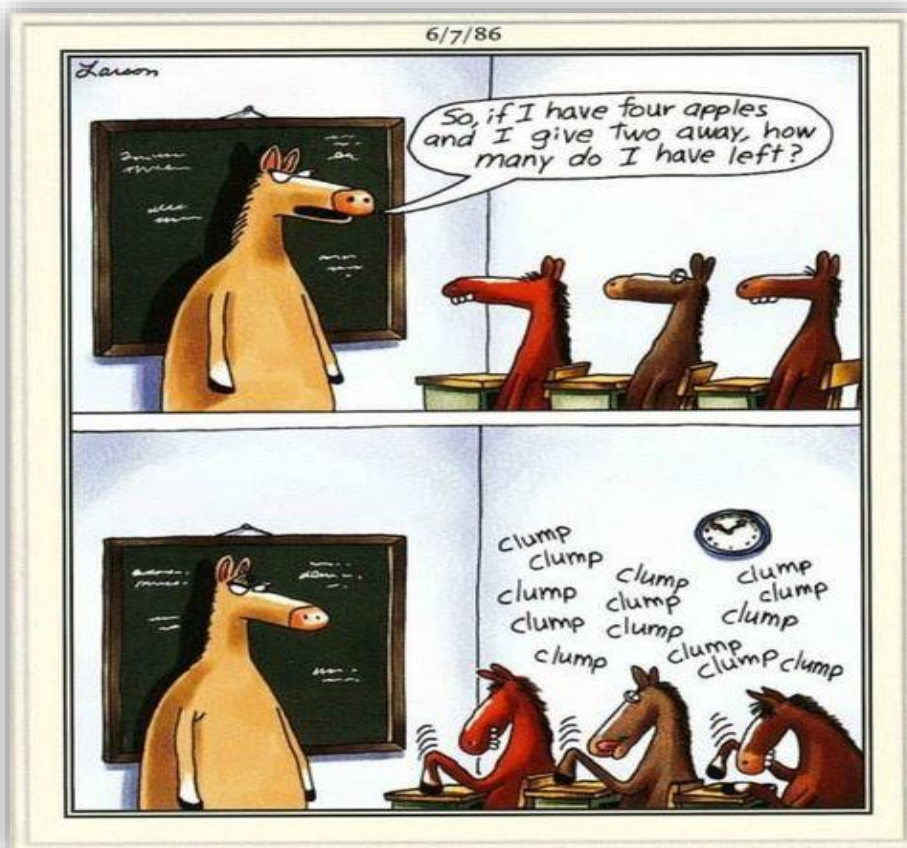


Are you a good listener?

If you answered 'yes' to these questions, why not find out more about volunteering for the Veterans in Crisis Line?

For more information, please email:
kate@ptsdproject.org

The above was spotted on Twitter: [@ukPTSD](#) The PTSD Project UK





THE

Social stereotypes

The poppy seller. By Victoria Mather.
Drawing by Sue Macartney-Snape

Harold has the patch outside Tesco Extra in Kingsbourne. Mrs Wetherspoon was fearful of a rough element (and thus opted for a genteel stint at the Organic Food Market) but Harold said if anyone questioned what our brave boys were doing in Afghanistan he could tell them a thing or two about Johnny Taliban. Harold wasn't in 2 Para for nothing. He was one of the volunteers in the Independent Para Squad that joined 22 SAS in Malaya in 1954 to fight the Commie menace. No one asked him about Post Traumatic Stress after he'd stuck 18 inches of bayonet through the enemy and seen his best mate dying with his guts spilling out in the dust.

So no lardy thug on benefits is going to diss the British Legion to Harold. They helped his dad, also in the Paras, when he got tinnitus after taking out the monster guns behind Sword and Juno beaches. The Normandy Landings wouldn't have been possible otherwise. Gulf War-related illness, pensions – the Legion's on your side, unlike the bloody Government. Mind you, this is the environs of Sainsbury Plain, and many of the young mums with screaming Tyrone in

tow are NCOs' wives, alone and heading for special offers while their men are in Basra or Helmand. They say, 'Come on, Tyrone, put 50p in the box now.'

Harold shows Tyrone his medals. 'That one's for Singapore, sonny. Jungle warfare in 1964. We wapped 50 of them and only lost two men.' The farmers' wives, nipping in for Finish Powerballs, say, 'Hello, Harold – damn, my poppy's on the other jacket, let's have another,' and produce a pound.

On a sunny Saturday, with prawns BOGOF, he'll do more than £300 standing ramrod-straight in the cold wind. Lt Col H Jones surely wasn't bothered by the wind when he died for his VC leading 2 Para in the Falklands. 'Thank you, sir,' says Harold, as a gent in red corduroys stuffs in a fiver. On Remembrance Sunday there'll be fewer veterans at the parade in Kingsbourne church where Harold bears the British Legion flag. The old boys are dying off, but Harold will remember them.

'And my dad was in the Paras too, he helped take out four monster guns before the Normandy Landings. I hope you're proud of your dad too, eh?'

Are you a military veteran with experience of using art therapy and the arts to help with your Post Traumatic Stress Disorder?

If so, I would love to talk to you!

I am looking for Veterans to take part in a research project as part of a PhD in Psychology that I am undertaking at Canterbury Christ Church University.

I am trying to understand the experience of Veterans who have used Art Therapy in managing their Post Traumatic Stress or PTSD. I am keen to find out if Art Therapy can be helpful and how veterans feel about using art therapy in this way.

Your involvement would mean you taking part in an interview with myself for approximately one hour at a time and place that is convenient for you. The study has been granted ethical approval by the Salomons Institute for Applied Psychology Ethics Committee at Canterbury Christ Church University.

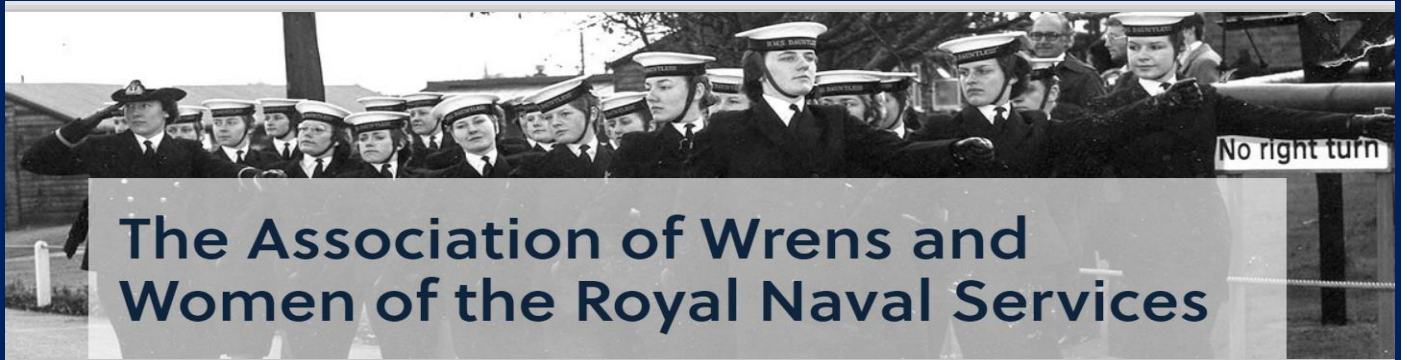
If you are interested, please do get in touch and I can give you more information about myself and the study.

Ali Smith

alison.smith@surrey.ac.uk



**Women's Royal Naval Service
Benevolent Trust**



The Association of Wrens and Women of the Royal Naval Services

The Association of Wrens and Women of the Royal Naval Services welcome all who have served in the WRNS, WRNR, QARNNS and all former and serving RN and RNR female ratings and officers. The Association was established in 1920 by WWI veterans who wished to keep the spirit of the service alive, and that is still their aim. You can follow them on FaceBook page too: www.facebook.com/AssociationofWrens



This is their Centenary year, and unfortunately they have had to postpone many exciting events that had been planned to take place, at a wide variety of locations. However they are confident that they are only postponed, not cancelled. As the 2020 Centenary Chairman, Carol Gibbon says, "plans to mark our 100 year milestone will not have been made in vain!"

Website: www.wrnsbt.org.uk

Trusts Offered Extra Funding for learning disability nurse apprentices

By Gemma Mitchell 25th August 2020

An extra cash bonus will be offered to employers in England for every learning disability nurse apprentice they take on, as part of efforts to bolster the fragile workforce, it has been revealed.

Earlier this year the government pledged £172m to increase the number of degree nurse apprentices being trained to 2,000 annually over the next four years.

As part of the new package, employers will receive £8,300 per placement per year to help cover the costs associated with taking on a nurse apprentice including for “backfill” staff cover.

It has been confirmed by Health Education England that NHS trusts will be able to claim an additional £3,900, on top of the £8,300, for each learning disability nurse apprentice included in their intake for the next year.

The significant decline in learning disability nurses in recent years has been widely recognised as an issue of major concern, with various pledges made for action to address the problem.



REF: www.nursingtimes.net/news/education/trusts-offered-extra-funding-for-learning-disability-nurse-apprentices-25-08-2020/

On further information on how to become a learning disability nurse please visit:

nurses.co.uk

www.nurses.co.uk/careers-hub/how-to-become-a-learning-disability-nurse/



People discharged from hospital to get free home care and care home support from £588m funding package

The government is to spend £588 million on helping people who require domiciliary care or care home support after being discharged from hospital.

The funding is part of a three-billion pound package provided to protect and prepare health and social care in the event of a second peak of COVID-19, during the coming winter months, and follows a £1.3bn funding made available via the NHS to support the discharge process in March.

From 1 September, the NHS will make a comprehensive care and health assessment for any ongoing care needs, including determining funding eligibility. This will provide up to six weeks of funded care following discharge from hospital.

The government also said NHS Continuing Healthcare (NHS CHC) assessments will restart from September, ensuring those with complex health needs can continue to access the care they need for free.

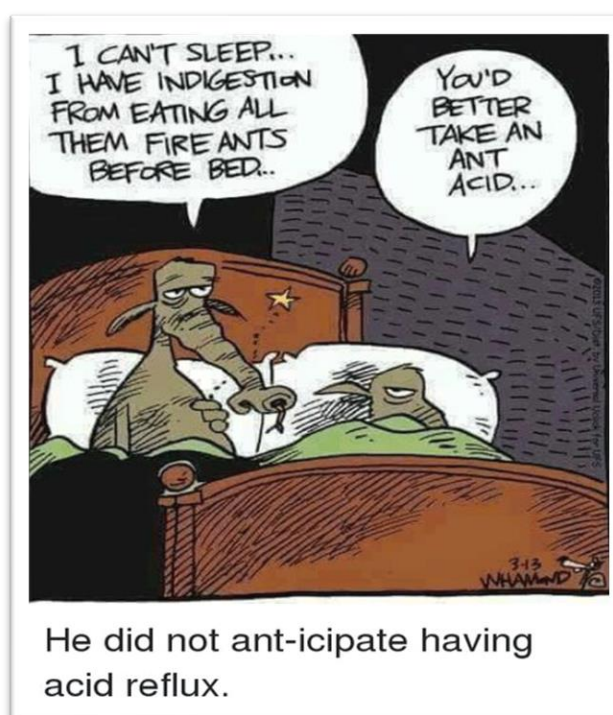
'The road to recovery is quicker' when receiving care 'in the comfort of home'

Health and Social Care Secretary, Matt Hancock, said: "We know for the majority of people the road to recovery can be quicker when they receive care and support in the comfort of their own home.

"This funding will help ensure people can be safely discharged from hospital knowing they will get the vital follow-on care they need to recover fully from treatment.

Article By: Jill Rennie: **Date Published:** 24 Aug 2020

www.homecare.co.uk/news/article.cfm/id/1632110/government-allocates-over-half-a-billion-pounds-to-support-people-discharged-from-hospital



News Update...



On Wednesday 5th August 2020 the UK's only Care Quality Commission accredited online mental health support service, Big White Wall, has revealed that it will be providing its signature 24/7 clinically managed platform under the new name of Togetherall.

The rebrand marks the organization's renewed commitment to harness the protective and therapeutic effects of connectedness and healthy social networks to empower members in their own recovery.

Togetherall, which provides a safe place for people to find relief from mental health pressures with professionally trained and registered moderators available around the clock, has also pledged to ensure that its vibrant online community fosters a sense of belonging in its members, regardless of ability, age, ethnicity, gender identity or expression, national origin, race, religious belief, sex, or sexual orientation.

Henry Jones, CEO of Togetherall, explained that the company had been keen to find a new name that members, partner organizations and staff felt truly represented the service.

REF: www.news-medical.net/news/20200805/UKe28099s-leading-online-mental-health-service-provider-rebrands-as-Togetherall.aspx



finding it tough?
MENTAL WELLBEING COURSES 2020

struggling
"Are you ~~coping~~ with life's ups & downs?"

We can help.

ROYAL AIR FORCES Association
The charity that supports the RAF family

SUPPORTED BY
100%
RAF Family Support

Finding it Tough?

In 2020, the RAF Association launched a high-profile campaign aiming to raise awareness, reduce and challenge stigma surrounding mental wellbeing for the wider RAF family.

At the heart of this campaign is 'Finding it Tough?', a bespoke mental wellbeing training course (created in partnership with the RAF's

Psychological Skills team) to meet the specific needs of the RAF family.

There is consistent evidence that mental wellbeing training raises learners' awareness of mental health conditions, including their signs and symptoms. Those trained have a better understanding of where to find information and professional support and are more confident in helping individuals experiencing a problem or crisis.

Book now

For more information about our Finding It Tough? courses, click here to check out our website and book your free place today!

REF: www.rafa.org.uk/blog/2020/10/01/wellbeing-course



We've got **First World War trench tours...** To Touring round the R.A.F. Musuem... Visit the Wheelhouse on board H.M.S. Belfast



You could also try exploring the box below that has a variety of virtual tours and online artifacts....

Steeped in history, the National WWI Museum and Memorial is America's only museum dedicated to sharing the stories of the Great War through the eyes of those who lived it. Interactive displays, thought-provoking films and eyewitness testimonies help guide visitors through one of the largest collections of WWI artifacts in the world.

