



Veterans & Families – Listening Project

email: veteransfamilies@yahoo.com

www.vflp.org.uk



Welcome to our December newsletter

We hope that you have been keeping well. Before we begin, we have some really **EXCITING** news to give you...



On Monday* 11th January 2021
at 10:00 am V&F-LP will be
re-opening..... We know,

how great is that!!! Re-
Opening... We have also
moved venue to the High
Cross Church (HCC), Knoll

Road, Camberley, Surrey; GU15 3SY.

Currently there is two hour FREE parking at Knoll Road car park,
situated at the rear of High Cross Church – Knoll Road,
Camberley, Surrey; Camberley GU15 3TA.

Invitation

Date:

Monday

11th January 2021

Time:

10:00 am – 2:00 pm

Venue:

High Cross Church

Knoll Road, Camberley

GU15 3SY

We know we're just as excited as you are with the news!! Then every

*2nd MONDAY of each month V&F-LP

will be open 10:00 am–2:00 pm.

We have PPE requirements too, which means that we have had to reduce the number of how many of us can actually meet - to **15**; at the moment. This means you will have to **email us** to let us know that you want to attend beforehand:

veteransnfamilies@yahoo.com



What's that you smell.... Yep. That'll be the complimentary tea & coffee as well as delicious bacon or sausage baps, from the best baps in town by Colin down at HCC. Will be available from 10:00 am – 11:00 am

It's fantastic that we'll be meeting again, it will be really lovely to see you again and catch-up. Remember you need to

email: **veteransnfamilies@yahoo.com**

to book your place(s).





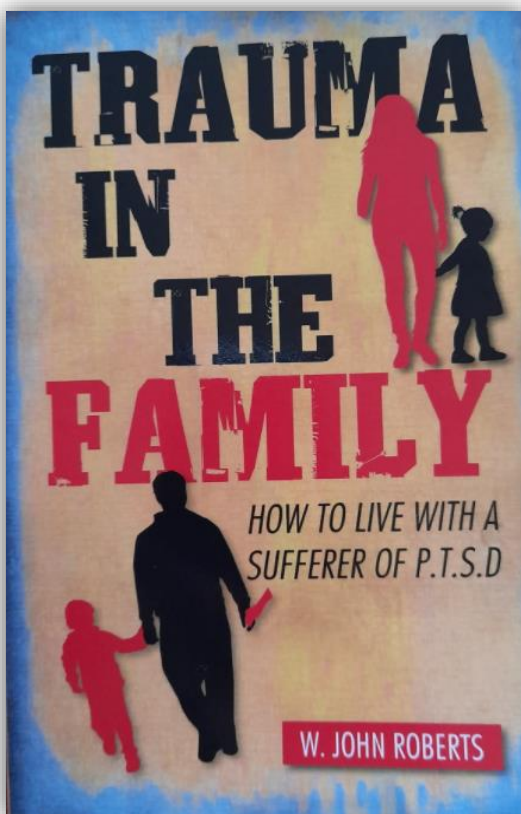
Lot's to remember... Even though we will be physically opening at the High Cross Church, we will also be on ZOOM every 2nd Tuesday of the month. In the **New Year 2121** our first ZOOM meeting will be Tuesday 12th January at 7:00pm.



SPECIAL
GUEST

So, without anymore further ado, drum roll please... We would like to take this opportunity and introduce this month's V.I.P. Special guest... Renown author & former serviceman W. John Roberts

**Tuesday 8th December
at 7:00 pm on ZOOM**



W. John Roberts is an Ex Serviceman and sufferer from P.T.S.D. for 40 years. Trained as well as qualified as therapist, and also Trainer on subject of Post Traumatic Stress Disorder (P.T.S.D.) He worked as Trauma Therapist for 20 years in private practice.

'TRAUMA IN THE FAMILY' written and easy to understand, with minimum of explanations to help you understand the condition better; as knowledge is power.



Wellbeing Check



Friday 11th December 11:00 am -12.30 pm

On ZOOM with Ali

December's Well-Being on Zoom



18th 11:00 am - 12.30 pm

23rd 10:00 am - 11.30 pm

31st 12:00 pm - 1.30 pm

with Ali

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

Hot Topics

Starting with... HIGHLIGHTS

Highlights of 2020 apart from the obvious.... Well, let's get cracking cos what a year of delight we've had.

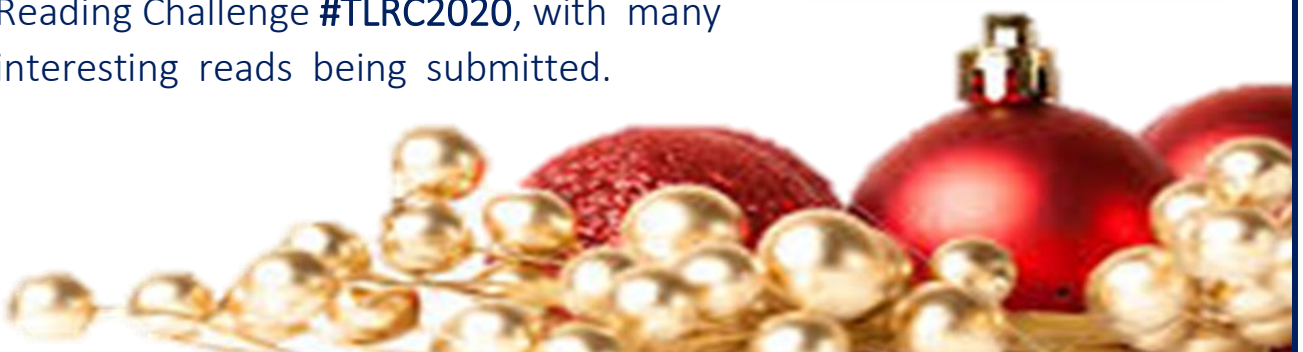
V&F-LP group supported THE Surrey Heath Prepared crisis team during the initial LockDown until summer; even though we had really good weather this year, most days felt like summer!!!

V&F-LP moved on ZOOM in March this year, to stay connected with you and each week we'd meet for the Veterans & Families Well-Being group.

V&F-LP have been awarded the Armed Forces Covenant **BRONZE** award too. →

As well as delivering hampers full of delightful surprises to Veterans & Families.

It's also been Year of THE LockDown Reading Challenge #TLRC2020, with many interesting reads being submitted.



**A VERY
BIG
THANK YOU!**

We could not have done the above without you. With you we are a great team, and together we have some really brilliant ideas as well; and when we all come together, we know that we can achieve our aims.



**DID YOU
KNOW?**

You might be aware that during the covid-19 crisis, V&F-LP supported Surrey Heath Prepared (S.H.P.) in numerous ways. One of the many things highlighted, was getting medication on prescription.

For some, prescription forms were waiting for collection at the doctor's surgery, whilst others were being issued their prescription forms directly 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 collecting the actual prescription form from the caller, then taking it 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 current situation and circumstances continue; the answer is... I 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



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



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

+well, PillTime.co.uk & the Coop also similar services too



- 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 most of the above services. **Always read the terms & condition beforehand.**

Complimentary:

- **Parking**
- **Tea & Coffee**
- **Banter**
- **WiFi**



**Tuesday 8th December
at 7:00 pm on ZOOM**



**Is your Christmas jumper
READY???**

Thinking about suicide? Worried about someone?

STAYALIVE

“ I have used Stay Alive with volunteers and service users across the UK and the feedback is consistently positive. People have used it when in crisis and say it is literally life-saving. ”



Tools

- **LifeBox** - A place to store your life-affirming photos.
- **Safety Plan** - A customisable plan for keeping you safe from suicide.
- **Find Help now** - Quick access to a large database of UK national and local crisis support.
- **Wellness Plan** - A place for your positive thoughts, inspiration, ideas.
- **Reasons For Living** - A place to keep statements reminding me why I should stay alive.

Features

- **Guidance and advice** for yourself or those supporting others in crisis.
- **Log In function** allowing you to access your profile anywhere.
- **Now available on IOS, Android and web browser.**

www.stayalive.app



Download the award-winning StayAlive app, updated for 2020. It's free and can help you and others stay safe from suicide.

GRASSROOTS
preventing suicide together



5 JULY 2020, BIRMINGHAM
PATIENT SAFETY AWARDS
WINNER



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

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





Follow us today on:



www.linkedin.com/in/veterans-families-listening-project-aa9a74b0/



www.facebook.com/VeteransnFamiliesListeningProject



@VnF_LP



Veterans & Families – Listening Project
email: veteransnfamilies@yahoo.com
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.



We've Moved!

Our new address is: _____

High Cross Church

Knoll Road, Camberley,

GU15 3SY

From **Monday 11th January 2021**

10:00 am – 2:00 pm





Before we begin... T&C, Ground rules. There is NO cash prize or alternative if you get ALL the answers. Answers will be in January's newsletter & the Quizmaster is ALWAYS right; no matter what...It can be done individually or as a team. Christmas jumpers can be worn, and mince pies are allowed!!!



**In the image
opposite...
Can you spot
the 30
hidden pop
groups?**



Reminder

Monday

11th January 2121

10:00 am – 2:00 pm

New Venue:

**High Cross Church,
Knoll Road, Camberley**

Surrey

GU15 3SY

**You'll NEED to email us:
veteransnfamilies@yahoo.com**

beforehand to book

your place



The postal regulator appears to have cleared the way for the government to relax the statutory commitment of Royal Mail to deliver six days a week to all addresses in the UK.

An Ofcom review of Royal Mail's universal service obligation, enshrined in law, found that most homes and businesses will experience little impact in cutting deliveries to five days a week.

However, postal workers and consumer groups are strongly critical.

Dave Ward, general secretary of the Communication Workers Union, fearing the loss of thousands of jobs among its Royal Mail members, said: "At a time when postal services have never been more essential and we should be investing in our national infrastructure, we should be looking for ways to protect and enhance a six-day universal postal service, not for reasons to cut it back."

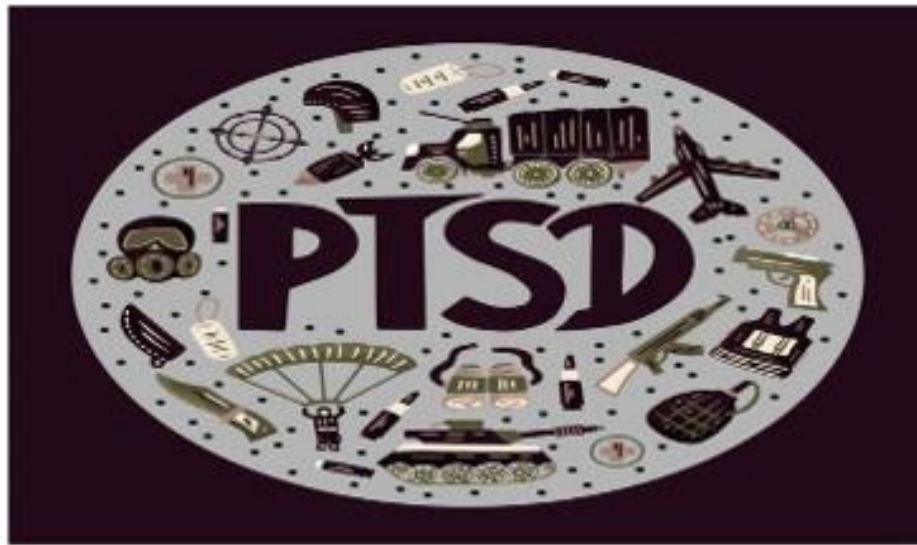


REF: https://bmmagazine.co.uk/news/royal-mail-could-be-about-to-drop-saturday-post/?utm_source=Top+news&utm_campaign=b629711b7b-

EMAIL_CAMPAIGN_2020_11_30_08_49&utm_medium=email&utm_term=0_90c7298e24-b629711b7b-283936753&mc_cid=b629711b7b&mc_eid=df27976d39



Keeping Families in Mind



What is it ?

What are the symptoms?

How can I support someone living with PTSD?

Do you have someone in your family who has served or who is currently serving in the military, as a Regular or Reservist?

Then these sessions are for you.

Wednesdays at 10:00 to 11:30

25th November 2020 2nd December 9th December

Contact Sheffield Mind for Zoom joining details on 07900 743930 or

Email therapy@sheffieldmind.co.uk



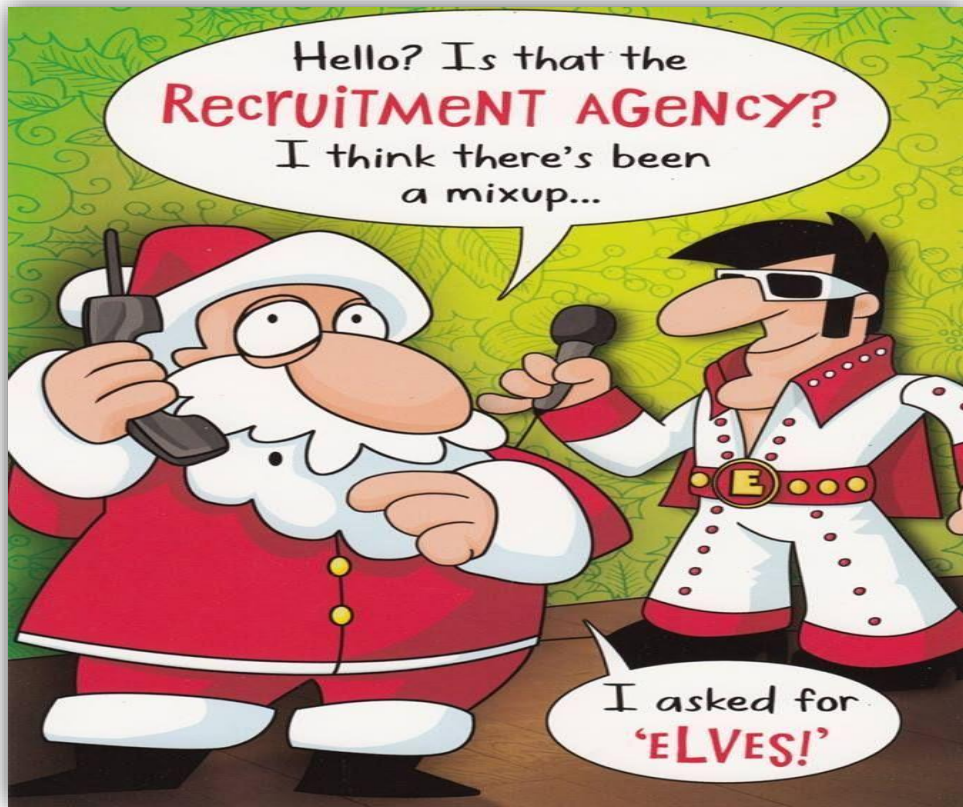
www.facebook.com/keepingfamiliesinmind

www.twitter.com/KFIMSheffMind

REF:

Keeping Families in Mind @KFIMSheffMind
We are here to help #ArmedForceFamilies!





Take care
From the team V&F-LP

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