



Veterans & Families – Listening Project

email: veteransnfamilies@yahoo.com

www.vflp.org.uk



Welcome to February 2021 Newsletter

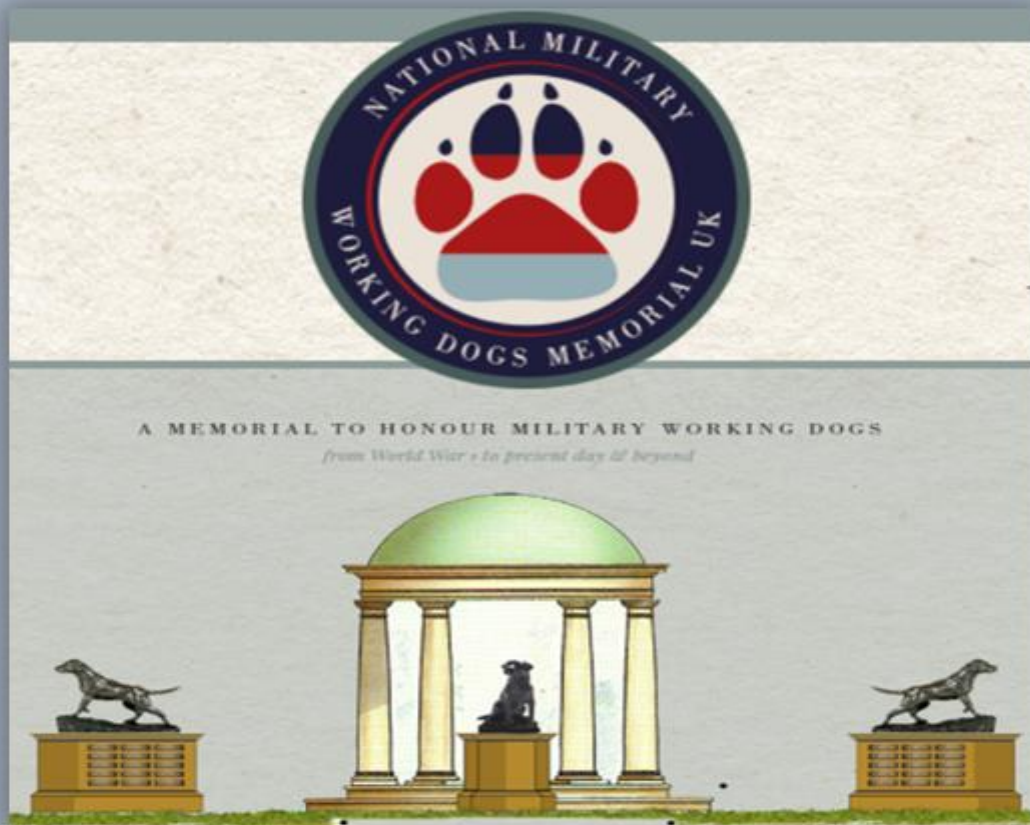
Exciting news... Even though our current plans to re-open has currently been put on hold, we are still having our monthly drop-in meetings & Well-Being group with Ali on ZOOM.

Great isn't it that we can still catch-up with each other and find out what's new in the Veteran's community as well as other news – all on ZoOoM.

It's really easy to drop-by our drop-in, all you need to do is email us: **veteransnfamilies@yahoo.com** for the ZOOM link. That's it really, until our actual drop-in on

Tuesday 9th February 2021 at 7:00pm

This month we are delighted to introduce the
Founder
Iain Henderson
The Memorial 'Mob' & Creator of The National
Military Working Dogs Memorial UK
on
Tuesday 9th February 2021 at 7:00 pm



Being an ex RAF Police Dog Handler and Iain realised that there was no National Memorial for Military Working Dogs (NMWDM) in the UK. So Iain approached the National Memorial Arboretum,

but they didn't want to host it, then the lovely people at the Pet Cemetery in Brynford, North Wales offered us a plot of land free, which sits quite central in the UK (including Northern Ireland of course) so it was decided to form a separate charity (the NMWDM, 1173384) to set about raising the £150,000 required to create it.

The NMWDM came about when after The Memorial Mob created a memorial for the Sutton Wick air-crash in which eighteen people died, including two local residents of the village of Drayton, in Berkshire, now Oxfordshire. Sadly also onboard the Blackburn Beverley aircraft were eight (OR more) RAF Police dogs on their way to a posting to Cyprus. Shortly after take-off from RAF Abingdon the aircraft developed engine problems in two of the aircrafts four engines, causing it to crash whilst attempting to undertake an emergency landing.



Join us on ZOOM to find out more about
**The Memorial 'Mob' & Creator of The National
Military Working Dogs Memorial UK**

Tuesday 9th February 2021



at 7:00 pm

for your V.I.P. ZOOM link email us
today:

veteransnfamilies@yahoo.com



V&F-LP

Well-Being group

Thursday 11th February

2:00 pm – 3:30 pm

with Ali



Hot Topics

Our team of roving reporters have had a buzzing week putting 'Hot Topics' together for you this month...



The 28th of February 2021 marks the 30th anniversary of the end of the Gulf War.



We are extremely proud of the service given by all the British Armed Forces that served in the Gulf War on Operation GRANBY. Dedicate this to all the Veterans who served, thank you for your service.

The Veterans' Advocacy People

Advocacy for veterans and their families after military service



We know that the ex-Service community - veterans and their families - can find the move to civilian life a difficult one. And not just at the point of transition, the impact of life in the Services can be a lasting one.

Having come from a very structured and supported environment, services can be confusing and hard to navigate. Advocacy can bridge this gap, 'walking alongside' veterans to help them access the wellbeing and financial support they need. But it goes further than this - advocacy supports the development of self-advocacy skills - increased confidence to take action themselves if they find themselves in difficulty again.

As an independent organisation, The Advocacy People do not make decisions about, or for, the client; we don't express our own opinions or act without explicit permission. And because the advocates working with veterans had themselves had direct experience of military service, there was an immediate connection - as described by one client "there is a language we all understand...an unspoken word you can understand rather than having to say it".

REF: www.theadvocacypeople.org.uk/the-veterans-advocacy-people

Update regarding the
Office for Veterans'
Affairs, welcomes new
Director and
Government's
Veterans Advisor –
Jessie Owen.



Currently a Deputy Director in the Government's Covid Taskforce, Jessie has broad experience across government. She has previously worked on cross-government priorities in national security policy and strategy, including oversight of the Security and Intelligence Agencies, the Cyber Security Programme and Counter-Terrorism strategy in the National Security Secretariat.

Incoming Director of the Office for Veterans' Affairs Jessie Owen said: 'I'm delighted to be joining the OVA, and to be leading a team already making a tangible difference to the lives of veterans across the country. There is still much to do to realise our ambitions for ex-servicemen and women. I'm looking forward to working with colleagues across Whitehall and beyond, and to serving our veterans in the way they have served our nation.'

Jessie succeeds interim Director David Richmond, who has been appointed as the Government's independent Veterans Advisor. Reporting directly to Chancellor of the Duchy of Lancaster Michael Gove, David will vice chair the Veterans Advisory Board, and offer expert and constructive challenge to the Government effort to make the UK the best place in the world to be a veteran.

Read more at www.gov.uk/government/news/office-for-veterans-affairs-welcomes-new-director-and-governments-veterans-advisor

**HELP
WANTED**

Hello Everyone!

My name is Ali Smith and some of you may know me from the Wellbeing Group which currently runs weekly online or may have seen me when we were still meeting in person all that time ago!

I am also studying for a PhD in Psychology and I am interested in finding out if working with the arts, either through art therapy or through personal use has helped or not helped Veterans with their Post-Traumatic Stress Disorder symptoms. I would not be asking questions at all about any personal individual trauma unless a Veteran would like to share this type of information, my focus is purely on the impact of the use of art or art therapy.

I am keen to talk to both Veterans and Wives or Family members about art therapy and PTSD.

If you would like to know more about me, you can find me here (just try not to laugh too much at the dreadful photo!) <https://www.surrey.ac.uk/people/alison-smith>

If you would be interested in talking to me or would like to ask any questions, please do get in touch on alison.smith@surrey.ac.uk or via Deborah & Roy.

Thank you, Ali.



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

www.facebook.com/VeteransnFamiliesListeningProject

@VnF_LP

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.





Steve Bomford the Co-Founder Company of Makers

Thought you might be interested in their online talks about War Art and workshops for Veterans that is funded by the Armed Forces Covenant Trust.

Company of Makers has been running creative and practical workshops for Veterans in Portsmouth for over seven years.

To address the challenges of Covid, they have pivoted to delivering online and this has enabled them to reach Veterans throughout the UK.

They are currently delivering Zoom War Art talks, photography and drawing workshops and Steve thought that you might be interested.

You'll find more info about Company of Makers on their website:

www.companyofmakers.com

You can also book places on Eventbrite:
www.eventbrite.co.uk/o/company-of-makers-6257410391



Company of Makers

<https://www.companyofmakers.com>

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 to leave your finances in order after you've gone...

Death is undeniably cruel, but the pain felt by surviving relatives is made worse when scant details are left about how to manage an individual's legacy.

One person who knows this all too well is Ian Dibb. Eighteen years ago, his 28-year-old sister took her own life. Two years later, his 57-year-old mum died of lung cancer, having never smoked.

Deal with all the subsequent administration was a nightmare. Neither his mum nor his sister had left any funeral plans, final wishes or organised their estates. Although his mum had written a will, it proved difficult to locate.

It set Ian, 44, on a mission to help other grieving families swamped by 'death-admin'. The result is Once I've Gone -





a service he has created that allows people to digitally store personal and financial information about themselves which can be accessed after their death by 'trusted contacts'.

The information might include a copy of the will, property deeds and details of bank accounts and any pensions. Also, final wishes such as the preferred type of funeral and music for the service – as well as personal videos and messages for loved ones. Ian says his service resolves a common problem when there are 'no bread crumbs' leaving surviving relatives to a particular account or asset.

Probate specialists, who will up the financial affairs of the dead, often struggle to track down all their accounts. According to research by insurers Direct line, more than a quarter of executors face this problem. There is also a risk of families missing out on their inheritance if accounts cannot be traced.

After registering his mum's death Ian was asked by the funeral director what kind of service she would have wanted. It created immense pressure to get the answers right.





He took a deep dive into filing cabinets and shoe boxes before eventually finding his mum's will. 'I put all grief on hold,' Ian recalls 'I don't think I even cried at my mum's funeral because there was so

much I had to do. I needed to find the will, talk to solicitors and the banks.

'Having to deal with such tasks is hard but it should be easier. People plan for christenings, wedding, birthdays and Christmas, but they often fail to organise for death – even though it is inevitable. It makes life harder for our loved ones.'

Ian's business was given a boost in 2019 when a number of angel investors agreed to back it. Once I've Gone works with charities, financial planners and companies that want to offer the service to clients or employees as a benefit.

It does not sell anyone's personal details, there are no pop-up adverts and staff cannot access customers accounts. Ian adds: 'We guide and signpost people to where accounts can be found so the family can get on grieving. It's not going to take away their pain, but it will make their lives just that little bit easier.'

Customers of Once I've Gone can choose either a free or 'premium' service. The free option allows for the storage of information – for example, a record of important



accounts and final wishes such as funeral type and service details. The Premium option costs £49.00 a year and allows for document storage of any kind, including videos and messages for loved ones.

Lan who lives in Cornwall with his wife, daughter and stepson, says: 'There are trigger points in your life that make you realise how fragile we are. I now know that leaving messages behind and getting financial affairs in order is an absolute gift, one of the best we can give to those we leave behind.'

REF: Article by Laura Shannon

Mail on Sunday Newspaper 17.01.21. Pg. 131

For further information visit their website: www.onceivegone.com



Include a list of **energy**
and **broadband details**
too



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V&FLP is an independent member of ASDIC.
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Complimentary:

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



QUIZ

CAN YOU NAME ALL OF THESE
UK BADGES / EMBLEMS



In the image above there are 24....

24 Badges / emblems of the British Armed Forces, can you name them all??

The answers in next month's newsletter, good luck everyone.



Quiz T&Cs... There is NO cash prize or alternative, purely just for fun. The quiz-master's answer is final!!! Please do not try & bribe your way to answers either...

V&F-LP's next drop-in

Tuesday 9th February 2021 at 7:00pm

Email us today for the ZOOM link

veteransnfamilies@yahoo.com



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
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