



**Veterans & Families – Listening Project**

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

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



**Welcome to our**

# **July Newsletter**



On Monday 12<sup>th</sup> July at  
10:30 am we will be  
welcoming this month's guest  
speaker... Michael Rowlands  
the

Social Care Development  
Coordinator, Communities &  
prevention from the Surrey

Heath Locality Team. Michael will be talking about their latest amazing initiatives of identifying Armed Forces Veterans in residential care or care at home who want to be visited and visiting them for a cup of tea and a chat around events of Armistice Day and Victory in Europe Day, to name a few.

As well as a fantastic opportunity for Veterans to have their 'Life Stories' documented. As well as providing a record of their lives for their families, for the future. They will also be given the opportunity to have their stories preserved in Surrey Heath museum and the Surrey Heritage archives for future reference by family, historians, school students and residents.



### Who might be interested to get in touch ?



We would like to develop some 'Veterans Friendship Groups' where Veterans can meet, chat and have a shared activity that they can join in with. Examples include model making/arts & crafts, cookery, indoor archery, music, walking, mountain biking,

scam awareness, IT. These Veterans will be signposted to local hubs (such as V&F-LP) and services to access additional help and support they may need.

For more information about the above Michael can be emailed: [Michael.rowlands@surreycc.gov.uk](mailto:Michael.rowlands@surreycc.gov.uk) or you could call: 079 716 04 497

Lots to hear and find out more about, so why not book a place\* as well as a complimentary bacon or sausage roll - how good is that???



# Have you served?

All veterans, personnel, families, and professionals

**We need your help**

## **Veterans life stories**

We are looking for veterans who would like to have their life story recorded.

Surrey County Council are working in partnership with Surrey Heritage, Surrey Heath museum and armed forces groups

## **Veterans living in residential care and nursing homes or receiving care in the community**

We are also trying to identify veterans who are living in residential care or nursing homes or receiving care in the community

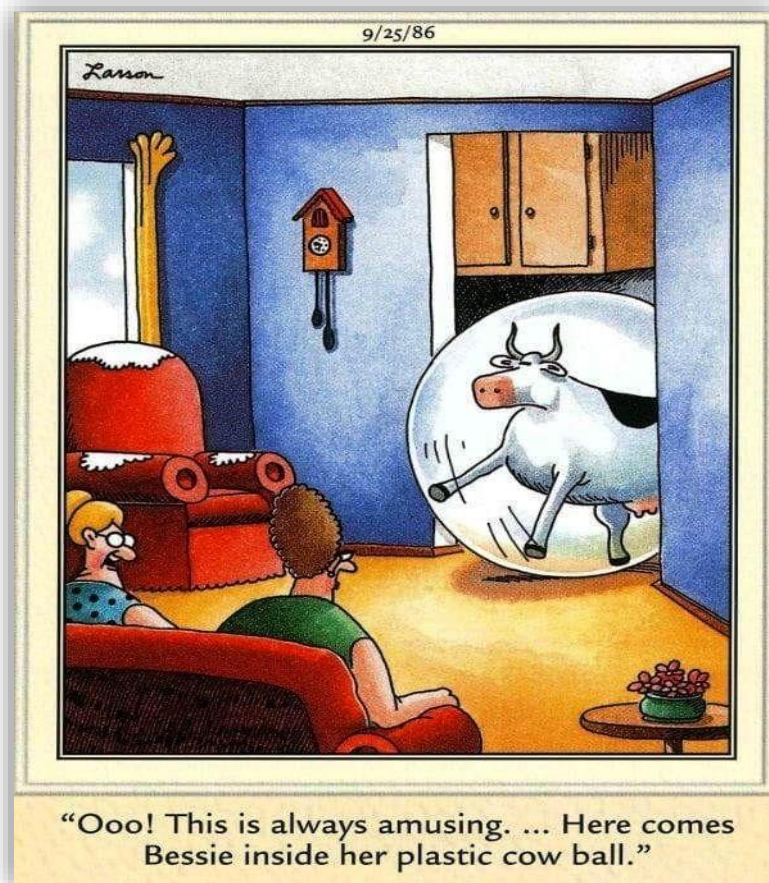
## **Any veterans please get in touch**

There are over 40,000 veterans in Surrey, and many don't get the recognition and support they deserve

**We want to change this**

If you would like to be part of this, advise, support, volunteer or help in anyway, please email me: [Michael.rowlands@surreycc.gov.uk](mailto:Michael.rowlands@surreycc.gov.uk)

Our Well-Being group with Ali will be starting at 12:00 pm, at the High Cross Church, and we will be continuing with our Well-Being group on ZOOM with Ali too.



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

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



Exciting news....

**AFVBC Official Launch**  
**SUNDAY, 18 JULY 2021 FROM 10:00**

**Cranleigh Armed Forces & Veterans**

**Breakfast Club**

'The Three Compasses'

Dunsfold Road, Alford

Cranleigh GU6 8HY

United Kingdom

**Phone:** 07543 310591

**Email:** [afvbccranleigh@hotmail.com](mailto:afvbccranleigh@hotmail.com)

**Website:** [www.facebook.com/groups/afvbccranleigh](http://www.facebook.com/groups/afvbccranleigh)

**Admin:** Nutty Almond

**Meet:** Every 3<sup>rd</sup> Sunday of the month

From 10:00 hrs onwards

**Day:** Sunday 10:00 – 13:00



## Have you served?

**Calling the armed forces community, charities and professionals working in Surrey Heath - we need your help!**

We know there are over 40,000 veterans and ex-service personnel across Surrey and many don't get the recognition and support they deserve.

### **We want to change this**

We are developing pilot projects in **Surrey Heath** to identify and support veterans and ex-service personnel who are unknown to Armed Forces Charities and Adult Social Care.

If you are aware of veterans or ex-service personnel living in **Surrey Heath** who are not currently supported, please ask their permission to share their contact details with us and forward them via email, thank you. We would like to invite them to take part in group activities, help reduce isolation, increase friendships and if needed signpost them to additional support.

In partnership with Surrey Heath Museum we will be recording life stories.

As part of this project, we are also keen to identify veterans and ex-service personnel living in residential care, nursing homes or who are receiving care in the community.

For more information please email:

**Surrey Heath:** [mike.rowlands@surreycc.gov.uk](mailto:mike.rowlands@surreycc.gov.uk) Mobile: 07971 604497

Surrey County Council are working with Surrey Heritage, Surrey Heath museum and armed forces charities to deliver this project. This pilot is funded by The Armed Forces Covenant Fund Trust.

 **THE ARMED FORCES  
COVENANT FUND TRUST**

  
**SURREY  
COUNTY COUNCIL**



We have moved venue to  
the **High Cross Church**  
(HCC), Knoll Road,  
Camberley, Surrey; GU15  
3SY.



**EXCITING**

News on Monday 12<sup>th</sup> July 2021 at 10:00 am V&F-LP are  
**open AGAIN.....** We know, how great is that!!!

...OPEN...

There is parking at Knoll Road car park, situated at the rear of  
High Cross Church – Knoll Road, Camberley, Surrey; Camberley  
GU15 3TA.

**Every 2<sup>nd</sup> MONDAY of each month**

**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 - at  
the moment.

This means you will have to email us to let us know that you want to attend beforehand:

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



What's that you smell... Yup. THE best bacon rolls in town by Colin down at HCC. As well as complimentary tea & coffee...

These will be available from 10:00 am – 11:00 am and will require pre-booking.

It was good in June, that we were able to meet-up again, it was be really lovely to see you again as well as find out more on how to create a blog. You just never know what you are going to find out more about at our drop-in... So why not drop-by!!!

Remember you need

to

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

to book your place(s).







## 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)

## 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](http://www.facebook.com/VeteransnFamiliesListeningProject)



@VnF\_LP



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.



# PLEASE NOTE

**August** 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**Monday 9<sup>th</sup> August**  
**V&F-LP Drop-In**  
**will be closed**



**Returning  
Monday 13<sup>th</sup>  
September  
2021  
10:00<sub>am</sub> – 2:00<sub>pm</sub>**

## Freedom of speech: What does it mean and why is it important?

In this article, we discuss what freedom of speech really means, why it matters and how it relates to censorship and cancel culture.



It is pretty widely accepted that free speech is an essential part of a democratic society and should be upheld to some degree. But the real question lies in how far we take it. While some people believe that freedom of speech should be upheld at all costs, others believe that it can be an excuse for saying harmful things without reprimand.

### Freedom of speech: What does it mean and why is it important?

In this article, we discuss what freedom of speech really means, why it matters and how it relates to censorship and cancel culture.



In order to clarify the arguments surrounding free speech, we've written this article about where it originates from, how it differs around the world, how it benefits society, and what some of its limitations are. This is by no means a formal guide to the laws surrounding free speech, but rather an exploration of different perspectives around free speech.

REF: [www.futurelearn.com/info/blog/freedom-of-speech?utm\\_source=lterable&utm\\_medium=email&utm\\_campaign=fl\\_bau&utm\\_term=210706\\_GNL\\_\\_UK](http://www.futurelearn.com/info/blog/freedom-of-speech?utm_source=lterable&utm_medium=email&utm_campaign=fl_bau&utm_term=210706_GNL__UK)



**We all love a party with a special atmosphere, so how about this then...**

## How to Write Your First Song

Get an introduction to the mechanics of songwriting and learn how to write a song of your own with our established songwriters.



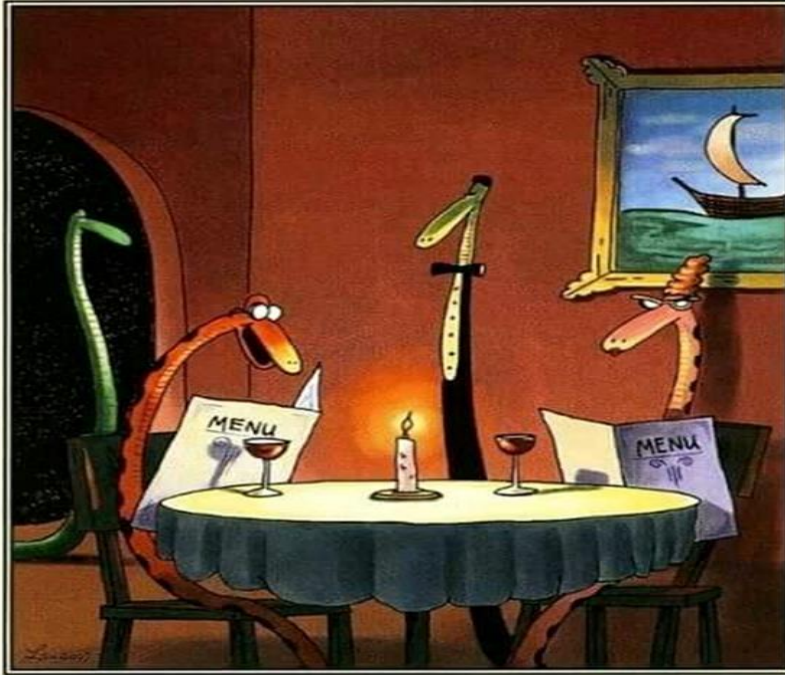
REF: [www.futurelearn.com/courses/songwriting](http://www.futurelearn.com/courses/songwriting)



**An Introduction to Recreational Math: Fun, Games, and Puzzles**

REF: [www.futurelearn.com/courses/recreational-math](http://www.futurelearn.com/courses/recreational-math)

1/22/88



“Well, this may not be wise on a first date,  
but I just gotta try your garlic wharf rats.”

**ROLLING THUNDER**

**3**

**sat 28th August**

**LONDON**

**EDINBURGH**

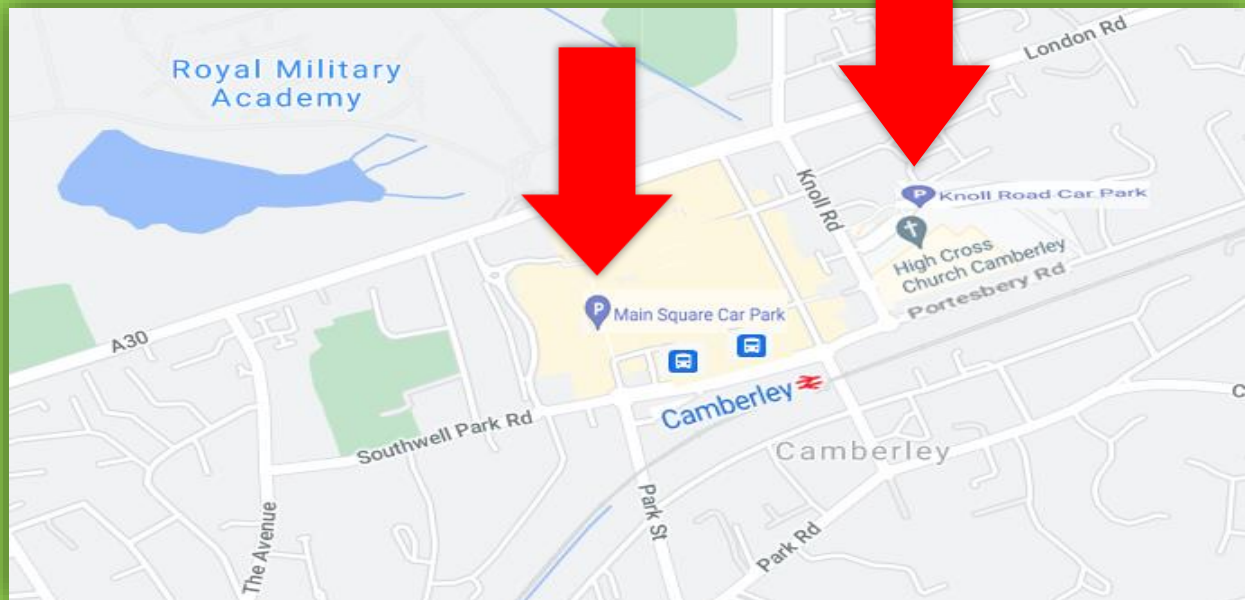
**veterans ride in support  
of soldiers A to Z  
All welcome**

REF: Seen on Twitter – 21.03.21



Please note that two entrances are in use at the High Cross Church (HCC)...

1. For those with mobility issues please use the main entrance to HCC's café from Knoll Road direction – for access to the lift.
  2. Please use the stairs positioned on HCC's car park, opposite the public toilets.
- Council car parking facilities are available see the image below:



Open 10:00 am – 11:00 am  
and will require pre-booking.

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

to book your place(s).

**On entry you will be required to wear a facemask & use hand sanitiser too\***



## Minding the Garden @Hart's Green Garden – Growing Together

Would you like to be part of a friendly community garden?

Somewhere well-designed with accessible pathways and seating, raised beds and polytunnels ?

And importantly, where there is always a cup of tea close to hand !



If you are an individual or a group, Minding the Garden would love to offer you a warm welcome to our supportive and practical space, including sensory areas and quiet spaces enabling you to connect with nature and wildlife.

Maybe you are looking for a place to relax and meet others or would like to try your hand at gardening on the Minding the Garden plot at Hart's Green Garden in Fleet?

Whether your interest is in growing or enjoying being outdoors, our focus is to provide a social and therapeutic area to benefit everyone.

Our aim is to provide opportunities for people in the local communities to help look after their physical health and mental wellbeing.

If you would like to find out more either for yourself or a group, please contact Amanda Slater at Hart Voluntary Action:-

- 01252 815652 Ext. 702
- 07865 239058
- [mtg@hartvolaction.org.uk](mailto:mtg@hartvolaction.org.uk)

REF: [www.hartvolaction.org.uk/services-for-residents/minding-the-garden/](http://www.hartvolaction.org.uk/services-for-residents/minding-the-garden/)



# Welcome to yelabus!

For residents in and around Blackwater, Eversley, Hawley and Yateley we would love to help you with your transport needs.



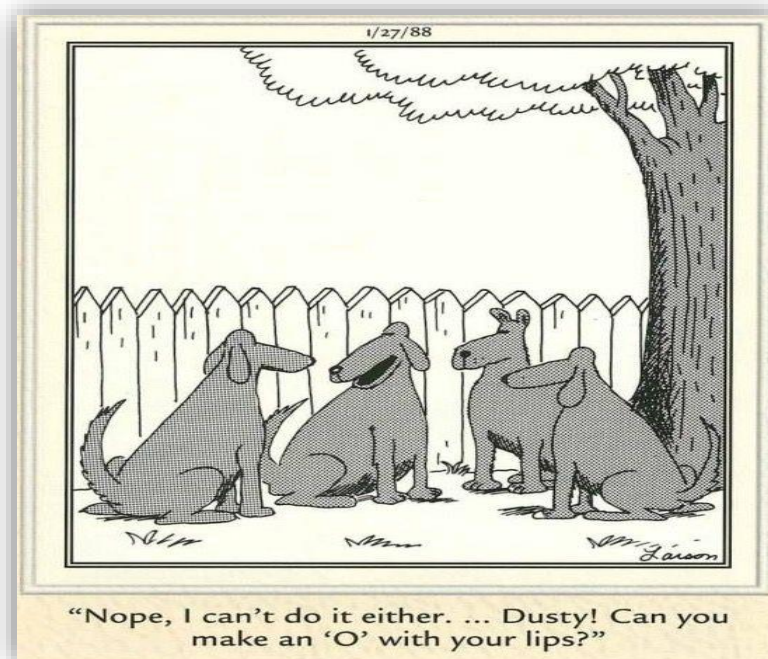
We have minibuses capable of carrying up to 15 passengers that allow us to provide transport for all groups and people without restriction on age, gender, disability, colour or sexual orientation to local residents with the help of our volunteer drivers.

We are happy to help whether its a trip to the local shops, days out to places of interest, holidays or regular contract work.

The two buses have tail lifts that allow wheelchair access which makes carrying the elderly and the less able easy. However, the buses provide a comfortable means of transport for all our community.

We are happy to talk to anyone in the area who could use our services on a one off or regular basis.

REF: [www.yelabus.org.uk](http://www.yelabus.org.uk)





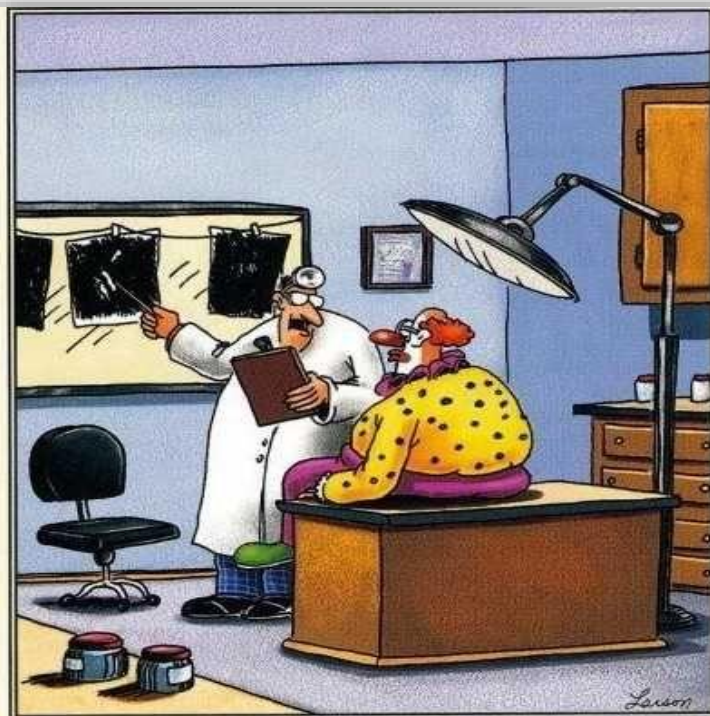
UNIVERSITY  
*of York*

## From Crime to Punishment: an Introduction to Criminal Justice

What is crime? How does criminal justice work in England and Wales? Find out more by following a case through the system.

Join course for free

REF: [www.futurelearn.com/courses/crime-to-punishment](http://www.futurelearn.com/courses/crime-to-punishment)



"It's worse than I first suspected, Mr. Binkley—you don't even *have* a funny bone."

# Op COURAGE

## **NHS launches Op COURAGE: The Veterans Mental Health and Wellbeing Service, including a new emergency veterans high intensity service**

5 March 2021 - by Senior communications and engagement officer N

On Thursday 4 March 2021, Sir Simon Stevens, Chief Executive of NHS England and NHS Improvement, Johnny Mercer, Minister for Defence People and Veterans and Kate Davies CBE, Director of Health and Justice, Armed Forces and Sexual Assault Services Commissioning, NHS England and NHS Improvement, officially launched the new NHS Veterans' Mental Health High Intensity Service (HIS), at the Veterans' Mental Health Conference organised by Kings College London Centre for Military Health Research.

From October 2020, the HIS started to mobilise across England, providing a much needed service for veterans who are struggling with their mental health, are in a mental health crisis and / or need urgent and emergency care and treatment.

Over the last three years, NHS England and NHS Improvement has launched the Veterans' Mental Health Transition, Intervention and Liaison Service (TILS), the Veterans' Mental Health Complex Treatment Service (CTS) and more recently the Veterans' Mental Health High Intensity Service (HIS). Together these form a complete mental health care pathway.

All NHS specialist veterans mental health services will now come under the name:

**Op COURAGE: The Veterans Mental Health and Wellbeing Service**, which has been developed by veterans and their families.

Op Courage is part of a nine-point NHS plan to support the Armed Forces. The new name makes NHS veterans mental health services easier to find and access; a name that inspires hope and bravery and is inclusive and relevant to both the NHS and military life. The change provides a simplified name with a clear 'front door' to care and support.

REF: [www.fyldecoastccgs.nhs.uk/2021/03/nhs-launches-op-courage-the-veterans-mental-health-and-wellbeing-service-including-a-new-emergency-veterans-high-intensity-service](http://www.fyldecoastccgs.nhs.uk/2021/03/nhs-launches-op-courage-the-veterans-mental-health-and-wellbeing-service-including-a-new-emergency-veterans-high-intensity-service) Website visited 07.07.21

Or for further information you could click on the NHS website:

REF: [www.nhs.uk/nhs-services/armed-forces-and-veterans-healthcare/veterans-nhs-mental-health-services](http://www.nhs.uk/nhs-services/armed-forces-and-veterans-healthcare/veterans-nhs-mental-health-services) website visited 07.07.21



## Op COURAGE: The Veterans Mental Health and Wellbeing Service

If you or someone you know is struggling with their mental health or wellbeing, expert help is available from Op COURAGE: The Veterans Mental Health and Wellbeing Service.

It does not matter if you're due to leave the armed forces, just left the armed forces or left many years ago. Op COURAGE are here to help and understand the courage it takes to speak to someone.

When you contact Op COURAGE, you'll speak to people who:

- understand the armed forces and military life
- are either from the armed forces community or highly experienced in working with serving personnel, reservists, veterans, and their families
- will work with you to make sure you get the right type of specialist care, support, and treatment

## **How Op COURAGE: The Veterans Mental Health and Wellbeing Service can help**

The first step to getting help is to contact Op COURAGE: The Veterans Mental Health and Wellbeing Service.

You can contact the service yourself or ask your GP, a charity or someone else, such as a family member or friend, to do this for you.

The service will arrange for you to have an assessment, to make sure you get the right care and support.

Everyone is different, so the service offers a range of treatments, including:

- working with Defence Medical Services to make sure you get mental health care and support as you transition from the military to civilian life
- recognising the early signs of mental health problems and providing care and treatment for this
- therapeutic treatment for more advanced mental health conditions and psychological trauma
- intensive emergency care and treatment if you're in a crisis
- helping you to access other NHS services if needed, such as "Improving access to psychological therapies" (IAPT) and eating disorder services

- working with charities and local organisations to support you with your wider health and wellbeing needs, such as housing, relationships, finances, employment, drug and alcohol misuse and social support.

## **Support for armed forces families**

If you or someone you know is struggling with their mental health and wellbeing, the rest of the family can be affected.

Op COURAGE: The Veterans Mental Health and Wellbeing Service can help your family get care and support from local services. With your permission, they can also be involved in your care plan.

To get help from this service you must:

- be a resident in England and have served in the UK armed forces for a full day
- be registered with a GP practice in England or be willing and eligible to register with a GP
- provide your military service number or another form of eligibility

REF: [www.nhs.uk/nhs-services/armed-forces-and-veterans-healthcare/veterans-nhs-mental-health-services](http://www.nhs.uk/nhs-services/armed-forces-and-veterans-healthcare/veterans-nhs-mental-health-services) website visited 07.07.21

# Raising awareness of mental health among the Nepalese community

Following funding from Broadhurst, a local charity in Rushmoor, our North East Hampshire Community Mental Health Recovery Service and Early Intervention in Psychosis team worked in partnership with media studies students at Farnborough College of Technology and the Nepalese Community, Naya Yuva, to create videos on mental health for the Nepalese community. Volunteers from Naya Yuva were used as actors to portray people with depression and psychosis.

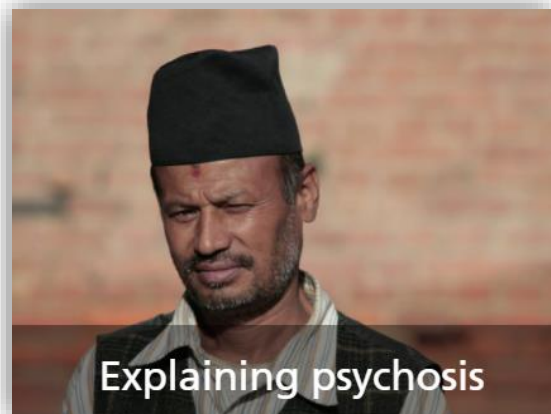
Our Nepalese strategy aims to address parity as there is very little nationally for this population in relation to mental health. These videos are the start of opening a dialogue, especially with young adults, to encourage increased openness about mental health and challenge the taboo and stigma toward mental health that is common within this community. By raising awareness of mental health we hope to ensure people know where they can seek support.

The videos are used as psychoeducation to prevent a deterioration of mental health, improve access to talking therapies, and address the gap in knowledge about what mental health services are available among non-English speakers.

We employ a Nepalese support worker whose role includes engaging with the local community and we are looking at how we can improve access to talking therapies for this group.



Explaining depression



Explaining psychosis

REF: [www.sabp.nhs.uk/our-services/advice-guidance/nepalese](http://www.sabp.nhs.uk/our-services/advice-guidance/nepalese) website visited 07.07.21

The following articles are from:

**Jo Lynch**

Deputy Chief Nurse (Interim)  
Nurse Directorate

**Surrey and Borders Partnership NHS Foundation Trust**

Leatherhead House,  
Station Rd,  
Leatherhead,  
Surrey KT22 7ET

[www.sabp.nhs.uk](http://www.sabp.nhs.uk)

Here are some details of video links that have been just uploaded to YouTube regarding coming out of lockdown that you may find useful.

**Coming Out of Lockdown**

[https://youtu.be/-aUlsBi\\_9zg](https://youtu.be/-aUlsBi_9zg)

**Keeping Healthy:**

<https://youtu.be/QuIy7WaZIC4>

This is a video for people with a learning disability providing information and advice about having a healthy lifestyle.

For more information about staying healthy and wellbeing advice on moving out of lockdown, please see our 'Moving out of Lockdown' booklet:

[https://www.sabp.nhs.uk/application/files/3516/2020/5812/Moving\\_forward\\_from\\_lockdown\\_-\\_A\\_booklet\\_for\\_people\\_with\\_learning\\_disabilities\\_family\\_members\\_and\\_carers.pdf](https://www.sabp.nhs.uk/application/files/3516/2020/5812/Moving_forward_from_lockdown_-_A_booklet_for_people_with_learning_disabilities_family_members_and_carers.pdf)

**Feeling Anxious when coming out of lockdown:**

<https://youtu.be/k8nd1RwQUnE>



## Understanding depression

<https://youtu.be/1mAkGcqMmJO>

## Video links and information from:

### Jo Lynch

Deputy Chief Nurse (Interim)  
Nurse Directorate

### Surrey and Borders Partnership NHS Foundation Trust

Leatherhead House,  
Station Rd,  
Leatherhead,  
Surrey KT22 7ET

[www.sabp.nhs.uk](http://www.sabp.nhs.uk)



## British Forces Resettlement Services

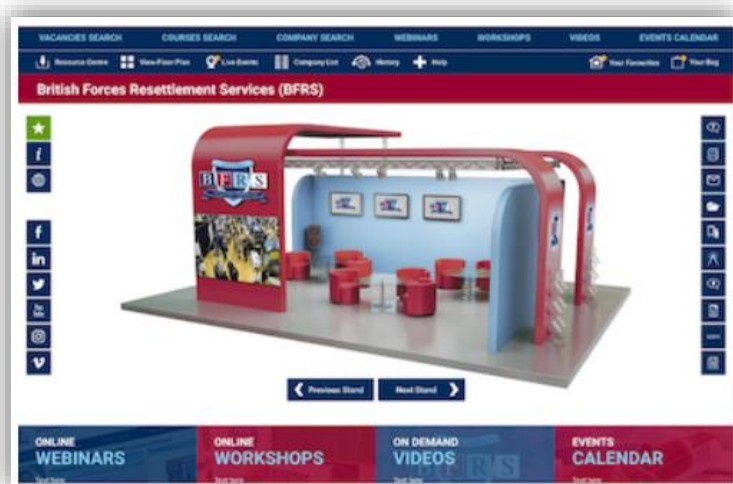
02476 939931

On Wednesday 7<sup>th</sup> July 2021 BFRS' new website switches on and brings with it a huge set of resources for people leaving the forces.

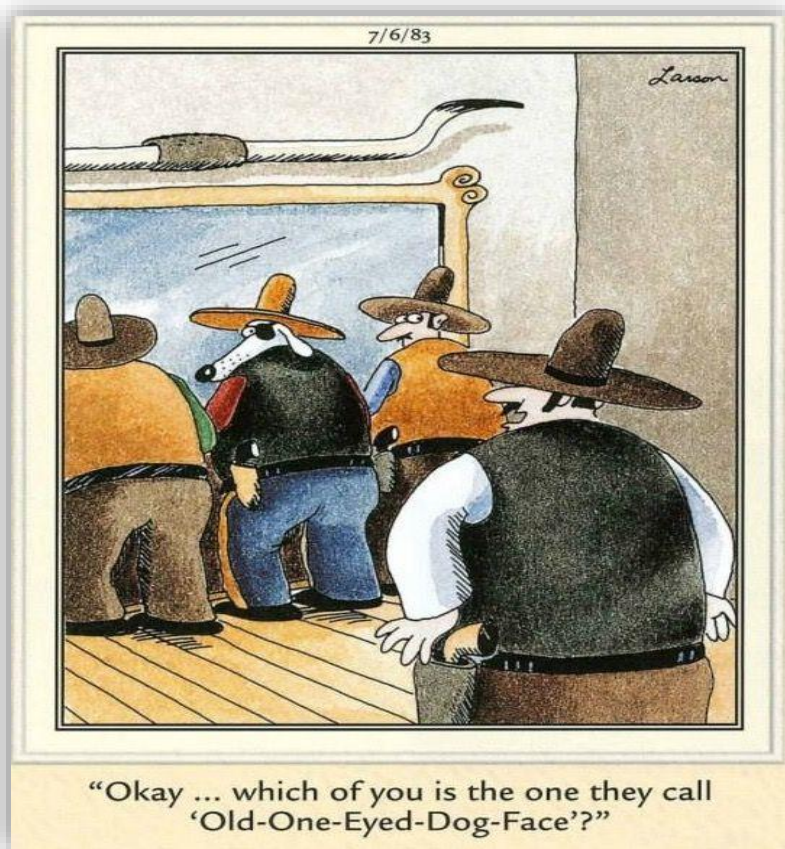
BFRS' popular vacancies and course board will still be there (they now have close to 1000 vacancies each day); but additionally we have online webinars and workshops

as well as a videos on demand section allowing you to find out more/learn/improve or brush-up on your skills.

All of this is **free** and accessible to people with a BFRS account.



One of the key changes to the new website is that we have improved the security of it and later this evening you'll receive a "activate my account" email with instructions (very easy to follow) and a link to the BFRS website for you to set your own password for the new site. This will definitely be an email from BFRS and **NOT** a phishing email so it will be safe to action.



**There is also plenty of time too - to register....**

**Employment Fair @Leicester Racecourse**

Royal Navy | Army | RAF | Reserve Forces | Royal Marines | Veterans | Uniformed Services | Families

**CAREERS FAIR** for the Armed Forces Community

Thursday 8th July 2021 from 09.30hrs to 13.30hrs

Leicester Racecourse  
Leicester Road, Oadby, Leicester. LE2 4AL

**WE'RE BACK!**

**WE GIVE A FOX, ABOUT YOUR FUTURE**

Turn up on the day, or register  
[www.bfrs.org.uk](http://www.bfrs.org.uk) | 02476 939 931

Main Sponsor  
**BAE SYSTEMS**



Join us and the 30 exhibitors, on Thursday, at the Employment Fair. This event is free and open to the Armed Forces Community.

There are hundreds of positions all over the country.

Do not overlook any of the companies attending face-2-face or virtually (13th July). You never know where that next dream job might be.

**Sponsored by BAE Systems (Saudi Arabia)**

**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](http://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.





Take care  
From the team V&F-LP

All information is 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

\*Subject to change