



Veterans & Families – Listening Project

email: veteransnfamilies@yahoo.com

www.vflp.org.uk



Welcome to our August Newsletter 2021

V&F-LP proudly announce
we have been awarded
Armed Forces Covenant
SILVER AWARD



EMPLOYER RECOGNITION SCHEME

SILVER AWARD 2021

Proudly serving those who serve.

V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY



In memory and tribute to Jeff Johnstone our Treasurer & Trustee Team V&F-LP would like to take this opportunity to thank each and everyone of you for all your unconditional as well as continual support, we could not have achieved this without you.





It is with a heavy heart that I type the following. On Thursday 22nd July 2021 Jeff Johnstone a dear friend to us all, as well as an amazing Treasurer & Trustee passed away.

V&F-LP are sorry for Isobel's loss, Jeff was such a great person he will live on in our memories. Our heartfelt condolences go to Isobel and family. Words cannot express our sorrow.

Funeral arrangements have been made for Friday 20th August at 12:30 pm. For further details please email:
veteransnfamilies@yahoo.com

Let's Catch-Up with Ali & THE Veterans' Well-Being group

Hi.

I am really looking forward to catching up with you all again for our Wellbeing Group for September.

We are growing fast as a fantastic group who advise and support each other, sharing wisdom and also having a fair few laughs along the way.

We would really love to have some others of you to join us- so please do pop along!

This month, in addition to catching up with each other, we will continue to explore and share some solutions about managing and conquering some of our stresses, including thinking about the importance of our breathing and how our thinking can catch us out sometimes!!

So grab yourselves a brew and come and join us at 11.00 am!

Ali

V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY



Hot Topics

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 9th August
V&F-LP Drop-In
will be closed

V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY



Returning
Monday 13th
September
2021
10:00_{am} – 2:00_{pm}

AUG
7TH

CALLING EVERYONE

12
PM

SUPPORT
THE
GURKHAS



THE PEN
WHITEHALL
LONDON
SW1



EQUALITY FOR PENSIONS

STAND AS ONE /HELP OUR BROTHERS/SISTERS GET
WHAT THEY DESERVE

3 GURKHAS WILL BE ON
HUNGER STRIKE

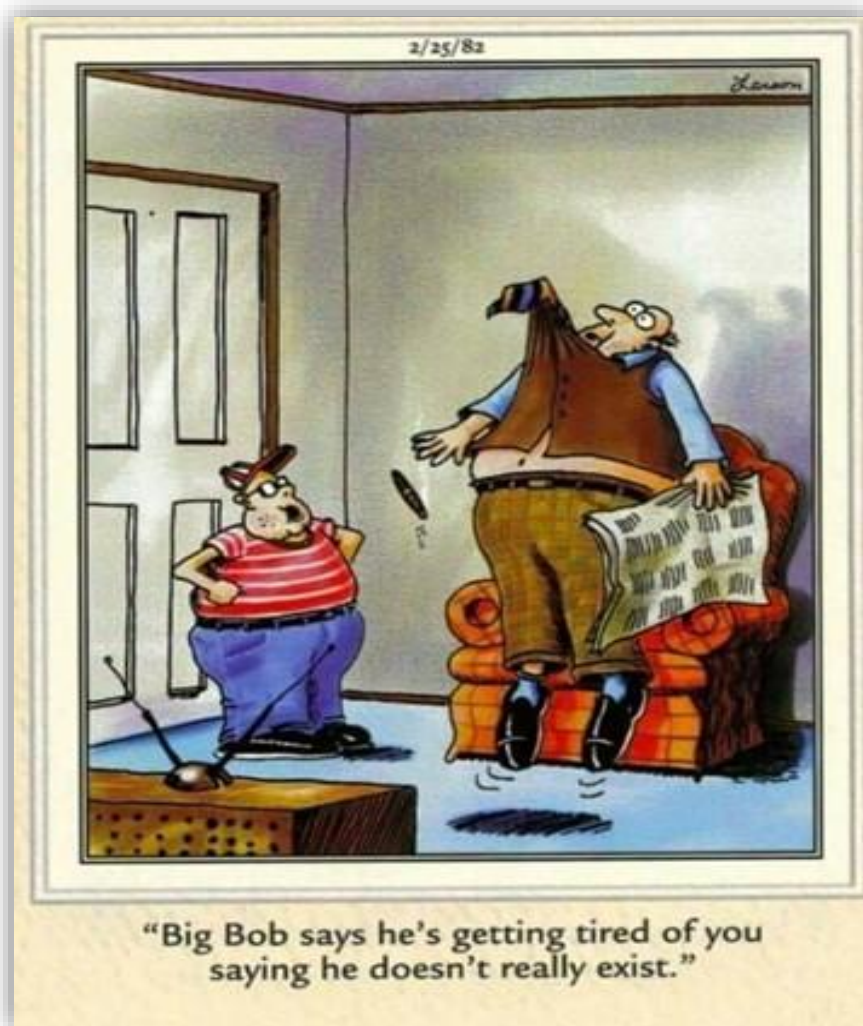
Image taken from Twitter 30.07.21

V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY

People protest in Whitehall, London, calling on equal pension rights for British Gurkha veterans. Veterans began a hunger strike on July 21 against a British law that doesn't allow veterans who retired before 1997 to claim a UK Armed Forces pension. Gurkhas who retired in the period between the end of the Second World War and 1994, are excluded from the army pension. Historically, Gurkhas have served the British Crown since 1815. The protest was organised by the British Gurkha Satyagraha United Struggle Committee (BGSU).

REF: <https://www.msn.com/en-gb/video/headlines/british-gurkha-veterans-protest-against-law-preventing-them-from-receiving-uk-armed-forces-pension/vp-AAMN2Iz>



V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY

Gurkha Veterans Stage Hunger Strike In Campaign For Equal Pension Rights

They are campaigning for equality because Gurkha veterans who retired before 1997 are not eligible for a UK Armed Forces pension.



Gurkha veterans have gone on hunger strike in London as part of a campaign for equal pension rights.

The veterans, taking part in a 24-hour rotation hunger strike in Whitehall, London, are protesting because Gurkha veterans who retired before 1997 are not eligible for a UK Armed Forces pension.

In response, the Ministry of Defence (MOD) said in a statement: "We greatly value the huge contribution Gurkhas make to the British Army and ensure they are supported with a generous pension and medical care during retirement in Nepal.

"We are committed to ensuring the Gurkha Pension Scheme is sustainable and fair alongside other UK public sector pensions," it added.

Serving Gurkhas, as well as those with service on or after 1 July 1997, will receive an Offer to Transfer (GOTT) to the Armed Forces Pension Scheme (AFPS).

A year's service after 1 July 1997 counts as a year's service in the AFPS.

However, a year's service before 1 July 1997 only counts as a proportion of a full service year – between 23% and 36% depending on rank.

The reason 1 July 1997 was selected as the key date is because that is when the UK became the base for the Brigade of Gurkhas.

The change in immigration rules, dating back to 1 July 1997, meant there was a higher chance Gurkha veterans would stay in the UK after being discharged from the military.

By Harry Adams James Hirst 27th July 2021

REF: www.forces.net/news/gurkha-veterans-stage-hunger-strike-campaign-equal-pension-rights



V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY

Wrens In WW2: Women Who Risked Their Lives To Secretly Intercept Nazi Messages

By Ros Moore Lisa Hartle 3rd August 2021

These secret listeners, the women of the 'Y Service', risked their lives to intercept and gather enemy communications.



The Wireless Intercept or 'Y Service' were an elite group of WRENS at Bletchley Park during the Second World War, whose work was a closely guarded secret.

They intercepted enemy communications to gather the Nazi Enigma machine codes which British codebreakers could then work on.

V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY

These secret listeners, frequently risked their lives to gather messages from the Germans and Japanese.

Their information was crucial to staying one step ahead of the enemy, and a new book 'Bletchley Park's Secret Source' hopes to raise the profile of these remarkable women.

Pat Davies was a former WRENS Secret Interceptor.

Speaking to Forces News, she said: "They had Y stations and I would be listening to German ships and shore bases and writing their messages down and that was what we did.



Women working in the cipher room at Bletchley Park during the Second World War (Picture: Director, GCHQ).

"We had watches of so many hours on, so many off, right around the clock. If it was plain language you sent it on at once by phone to the nearest Naval intelligence centre. If it was four-letter Enigma code it went by teleprinter to what we knew as Station X, which was Bletchley Park." It is her story and the work of the other women interceptors of Y Service that inspired the book.

She continued: "We did know it was important because, obviously, we were told we must, particularly with codes, get it down as exactly as we possibly could. You often got interference and fading and so it was often quite hard work getting it accurately written down, but we did. What they actually did with our messages, we didn't know because it was very much one way, but we did realise that it mattered, that it was really important, and might even save lives."

Author and former Navy Captain Peter Hore is the first to have written a book revealing the work of the wireless interceptors.

He said that "until today there has been no history of the WRENS and the Y Service. I have tried to show in this book that they weren't just backroom girls, they were exposed to danger. They were shelled... they were bombed, they worked under the flight path of V1 and V2 bombers. In three tragic cases, when they were at sea on their way to and from overseas stations, they were torpedoed," he added.

REF: <https://www.forces.net/news/bletchley-parks-secret-source-women-wrens-y-service>



V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY

Computerized adaptive assessment tools valid for veterans with PTSD

Computerized adaptive assessment tools for veterans with PTSD produced valid screening diagnoses and severity scores, according to study results published in *JAMA Network Open*.



“One alternative to administering traditional assessment measures is computerized adaptive testing (CAT) in which a person’s initial item responses are used to determine a provisional estimate of their standing on the measured trait, which is then used for the selection of subsequent items, thereby increasing the precision of measurement and accuracy of diagnostic screening and minimizing clinician and patient burden,” **Lisa A. Brenner, PhD**, of the VA Rocky Mountain Mental Illness Research, Education and Clinical Centre at the Rocky Mountain Regional Veterans Affairs



Medical Centre in Colorado, and colleagues wrote. “For complex disorders, such as PTSD, in which items are selected from distinct yet related subdomains (e.g. exposure, negative alteration in mood and/or cognition, alteration in

arousal and/or activity, avoidance, and intrusion), selection of items is based on multidimensional rather than unidimensional item response theory. Adaptive diagnosis and measurement are fundamentally different.”

According to the researchers, measurement approaches such as CAT aim to move the times to the patient’s severity level; however, in computerized adaptive diagnosis (CAD), the goal is to move the items at the tipping point between a positive and negative diagnosis. Thus, both methods are adaptive but incorporate different statistical approaches.

Brenner and colleagues sought to develop and validate a CAD screener, as well as a CAT, for assessing PTSD symptom severity among 713 U.S. military veterans (585 men; mean age, 52.8 years) at a Veterans Health Administration facility between April 25, 2017, and Nov. 10, 2019. Participants answered a PTSD symptoms questionnaire from the item bank and gave responses on the PTSD Checklist for DSM-5. The

researchers interviewed a subsample of 304 participants via the Clinician-Administered Scale for PTSD for DSM-5.

Results showed high sensitivity and specificity per an area under the curve of 0.91 (95% CI, 0.87-0.95) for the CAD-PTSDs' reproduction of the Clinician-Administered Scale for PTSD for DSM-5 PTSD's diagnosis. Brenner and colleagues noted that the CAT-PTSD exhibited convergent validity with the PCL-5, as well as tracked PTSD diagnosis, with an area under the curve of 0.85 (95% CI, 0.79-0.89). Further, they reported a correlation of $r = 0.95$ for the CAT-PTSD's reproduction of the final 203-item bank score, with a mean of only 10 adaptively administered items. This represented a 95% reduction in patient burden.

REF: <https://www.healio.com/news/psychiatry/20210713/computerized-adaptive-assessment-tools-valid-for-veterans-with-ptsd>



V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY

Believe it or not: Airfare is cheaper than transport fare in Nepal

KATHMANDU: Generally, one cannot believe that the transport fare is expensive than the airfare to reach any destinations. But the passengers have been witnessing this kind of unusual situation in the country after the government keeps on extending the prohibitory orders to stem the Covid-19.



Usually, airfares are more expensive than the public vehicles.

The airline companies have been collecting minimum Rs 2,200 for Biratnagar-Kathmandu route. But the bus and hiace have been collecting Rs 2,500 to 3,000 per passenger travelling from Morang to Kathmandu.

Sudha Adhikari said that she paid Rs 2,500 to reach Kathmandu from Morang. “I was compelled to pay Rs 2,500 to reach Kathmandu as I had an important work to be sorted out,” she said.

A question could arise in anyone’s mind that why people travel through public vehicles if the airfare is cheaper than public vehicles? It is because of the compulsion of passengers. They have to take public vehicles to reach their destinations even if they travel via airplane and the public vehicle operators charge them exorbitant fare.

In addition to that, it is not easy for the people to reach airport from their homes. Many people in the villages do not have any idea about the airfare and compelled to pay exorbitant fare.

This situation has surfaced after the Nepal government did not resume the long-haul public vehicles due to the prohibitory orders. Though the government has granted permission to resume short-route vehicles, it has not decided to resume long-route public vehicles yet. That is why, the long-route vehicles cannot transport the people easily.

The transport operators have been ferrying passengers under different pretext by taking permission from the administration. Though the transport operators have been charging exorbitant fare from the passengers, the administration, however, has been turning a blind eye.

It has been learnt that the transport operators used to charge Rs 5,000 per person during the strict lock down. But, with the government easing the prohibitory orders following the decline in the Covid-19 cases, the transport operators have been charging Rs 2,500 to 3,000 per person now.

Albeit, the Department of Transport Management (DoTM) has imposed an increase of up to 28 percent in public transportation fares, the operators themselves have not implemented yet. They have not been satisfied with the government's decision as they have been charging double the normal fare.



The transport entrepreneurs associations, however, said that they have no knowledge about it.

Yogendra Nath Karmacharya, President of Federation of Nepalese National Transport Entrepreneurs, said, “Long-route vehicles have not been permitted to ply the roads. So, in this situation, we do not keep records who operates the vehicles and how much they charge from the passengers.”

“The Chief District Officer of Kathmandu has called us to hold discussions on resuming the long-haul public vehicles,” he added.

“It is the responsibility of the concerned authorities to monitor who operated the vehicles and how much they have been charging from the people,” he further added.

Yograj Kandel, spokesperson at Airlines Operators Association of Nepal, said that they have been slashed the airfare because of less passengers and monsoon season.

By Pabitra Dhakal 23.07.21

REF: www.english.nepalpress.com/2021/07/23/believe-it-or-not-airfare-is-cheaper-than-transport-fare-in-nepal/

V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY

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



Monday 13th September 2021 at 10:00 am V&F-LP will
open AGAIN..... We know, how great is that!!!

...OPEN...13TH...SEPTEMBER...

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

Every 2nd 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.

V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY

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.... 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.

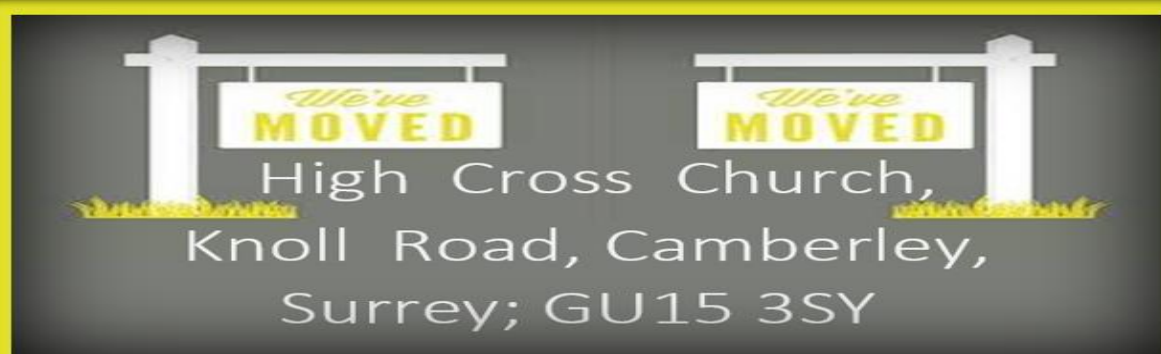
It was good in June, that we were able to meet-up again, it was be really lovely to see you again as well as find out more on how to create a blog. You just never know what you are going to find out more about at our drop-in... So why not drop-by!!!

Remember you need

to

email: veteransnfamilies@yahoo.com

to book your place(s).



V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY



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.



V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY

Unsure if we've already mentioned this.....



V&F-LP proudly announce
we have been awarded
Armed Forces Covenant
SILVER AWARD



EMPLOYER RECOGNITION SCHEME

SILVER AWARD 2021

Proudly serving those who serve.

....Feel free to pass it on...

V&F-LP Armed Forces Covenant Silver Award

Every 2nd Monday of the month at High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY



Remember V&F-LP will be open Monday 13th
September from 10:00 am – 2:00 pm

