



Welcome to our September Newsletter

Hi, hope that the V&F-LP's newsletter finds you well, and ready to go.... Great News... On Monday 13th September, that's right

Monday 13th September 2021 at 10:00 am

V&F-LP will be opening their doors. We'll be open from 10:00 am until 2:00 pm, and for the first hour 10:00 am while 11:00 am complimentary bacon or sausage baps will be available*. Our Well-Being group with Ali is on too at 12:00 pm, how fantastic is that - to actually meet in person...

Please note that you'll NEED to email us:

veteransnfamilies@yahoo.com

And book a place, as well
as *pre-order your complimentary bap.

It would be really good to see you, so to avoid any disappointment please **email** us at the above address to book your place.





In the meantime our amazing communications team have arranged yet another interesting Drop-in with a fabulous guest speaker... Gillian Riding

The Senior Heritage Officer, Surrey Heath Museum & Heritage Services

on Monday 14th September 2021 at 10:30 pm.

Gillian will be speaking about the many interesting exhibitions that are currently on display and planning for the future, as well as the fascinating Free French Forces exhibition they are currently running at the Surrey Heath Museum.



Above image of the Free French Force taken from Imperial War Museum Website
www.iwm.org.uk/collections/item/object/205196772 visited - 31.08.21



**Time For....
HOT TOPICS
& WORK IN
PROGRESS**

So grab a snack... & come on right back...

Introducing the AFCT Project Finder...

The Trust's exciting **NEW APP**



Have you downloaded the AFCT Project Finder yet?

Looking for a Trust funded project in your area? Check out the all new AFCT Project Finder, *for Forces, families and veterans.*

Featuring a host of Trust funded projects across the UK, the AFCT Project Finder is the new way to discover more about the great work taking place in your area. It's never been easier for the Forces community to get involved in something really positive!

[Help getting started](#)

[Download to your mobile device](#)

REF: <https://covenantfund.org.uk/find-a-project-in-your-area/>

Get off my land, families told

DIO warning over popular recreation spot in Germany

FAMILIES in Sennelager face losing access to the countryside around their quarters.

The area, known as the Southern Fields, borders two housing estates behind Normandy Barracks and has been used recreationally for decades by walkers and horse riders from the local community.

While officially still part of the training estate, the small strip of meadows and woodland is not in regular military use. However, in a post on Facebook, the Defence Infrastructure Organisation announced that trespassers could be in line for disciplinary action from now on.

Explaining their reasoning, officials cited the presence of unexploded ordnance and the potential requirement to stage exercises on the land in the future.

The news was greeted by anger and confusion from residents, who argue the space is important for their mental and physical wellbeing.

In response, Commander British Army (Germany), Col Tim Hill, stressed that the Southern Fields had always been a military training area, but indicated that the decision was not yet final.

"In line with a number of agreements between the host nation and UK MoD, we are obliged to control and regulate access for the safety of all," he continued.

"However, enforcement has been lax over the years and we are reviewing arrangements, although it won't happen overnight.

"Following the summer, HQ BA(G) will lead a period of internal planning, followed by a public consultation period after which we will communicate the outcome to our own and local German communities."

Esther Thomas, overseas manager for the Army Families Federation welcomed the news of a review, adding: "We are pleased to have received confirmation that families' concerns have been acknowledged."



FUTURE HURDLES

■ FIERCE competition for civvy jobs and a military with less of a public profile mean veterans are set to face "significant challenges" in future, a report has claimed.

The Lifting Our Sights: Beyond 2030 study from the Forces in Mind Trust also highlights that the changing nature of conflict could have unforeseen medical effects on troops.

And it predicts that cash-strapped charities might find it harder to support veterans who fall on hard times.

The document recommends that government, businesses and good causes better collaborate to ensure ex-personnel are not left at a disadvantage.

RURAL JOBS FOR VETS

■ A CHARITY that provides veterans with horticultural therapy has started an initiative to connect ex-soldiers with rural jobs. High Ground is aiming to create openings in agriculture, outdoor education and country sports. Former Royal Marine Tim Lever will manage the scheme for the organisation, which has already assisted some 300 ex-personnel since its launch eight years ago. Visit [highground-uk/org](https://highground-uk.org)



POPPY PEACE OF MIND

■ THE Royal British Legion has reassured expats living in the EU that they will still be able to buy poppies for Remembrance Day.



Despite a decision by the charity's online retailer, Poppy Shop, to stop selling goods on the continent due to Brexit red tape, the supply of traditional paper poppies will remain unaffected, a spokesman confirmed.

However, they added that VAT rates and customs fees now applicable made it unviable to continue shipping accessories and other gift items unless legislation was changed.



"I think we're named after computer passwords."

Veterans Advisory and Pensions Committees (VAPC)



VAPC serve and support ex-servicemen and women, their widows or widowers and their immediate family members. VAPC are an independent voice, here to help you whenever or wherever you served, whether in World War 2 or Afghanistan.

Formerly known as the War Pensions Committees, VAPC advise and liaise with veterans, their families and relevant organisations on their needs, issues and concerns. VAPC assist, raise awareness, act as advocates and provide governance to the veterans' community, as well as champion the rights of veterans and their families where there is injustice, inequality or a lack of fairness.

For more information visit their website:

<https://www.gov.uk/government/organisations/veterans-advisory-and-pensions-committees-x13/about>

Follow us today on:



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.



Triathlon tribulations



1,764 miles, 26 days, one epiphany –
how this soldier's fundraising quest
became a journey of self discovery

▶ **HAVING** swum the equivalent of the English Channel, WO2 Si Hannaford (RE) jumped on his bike and cycled from Land's End to John O'Groats, where he completed one mile in a bomb disposal suit, before running back down to Warwickshire.

Dubbed FelixTri26 – the gruelling event saw him cover nearly 1,800 miles in 26 days straight, in aid of two charities close to his heart.

Talking to *Soldier* during his recovery he revealed what pushing the boundaries of physical endurance had taught him about himself and life in general...

It's 100 per cent about mindset

I didn't once think I wasn't going to finish. My brain bought into it about nine months earlier, I was just waiting for my body to catch up. It was a case of putting one foot in front of the other. Once you step through the metaphorical wall you reach a whole new scale of what you can give

It's hard to train for that type of distance

You don't know what the consequences are on the human body until you're actually doing it. The brain is very attuned to going, 'that hurts, let's stop'. But you need to know where the line is between a niggle and an injury, whether you have to stop or just adapt your running dynamic for a short period

I was in the pain cave for a very long time

In fact, I practically bought a house there. I had swelling, blocked sweat glands, insect bites and at one point got a blister that was so bad it soaked through my trainer and was leaving bloody footprints. But the pain I went through is nothing compared to what people with cancer have to deal with or those suffering from PTSD, or missing limbs through IEDs. The charities I'm raising money for do incredible work to support people like that

The admin is non-stop

As well as listening to my body, I took painkillers and every single supplement I could think of, taped my feet, rested where I could and stayed well-hydrated. I only lost 0.7 of a kilogramme throughout the whole journey, which is a sign of good nutritional management because I was burning 8,000 plus calories a day

Teamwork makes the dream work

There's no way I could have done it without help. I had amazing logistical and moral support on each leg from my team and also from my sponsors. Without them it would have been a different story »



www.soldiermagazine.co.uk AUGUST 2021 27

» EXPERIENCE CONTD

Part of it was probably an attempt to turn back the clock. I'm 43 and I need to set a good example to my four children. I don't want them to have to listen to me whinging about my bad back, bad knees and sore ankles. I want them to see me keeping fit and being positive and it's rubbing off on them, which is good.

My outlook on life has done a complete 360. Through the days of pain I distracted myself by thinking about my priorities. And I'm not spiritual but it was almost like an awakening – some of the things that are at the top of the table because they make you money or give you your identity aren't always going to be there. I see now how much I put my family through due to prioritising my career and it's made me re-evaluate things completely.

Long-distance lifesavers

Tricks of the trade for pain-free running

Equine tape "It's what they use to wrap around wounds on a horse's leg. It's exactly like human sports tape but a fraction of the price. **Don't bother with zinc oxide tape or expensive blister plasters – this stuff is amazing.** It sticks to itself, not your skin and acts as a compression sock but expands with your body so doesn't cut off the blood supply. I swear by it and will use it for any long distance running I do in the future"



Chamois cream "This anti-chafing balm became my best friend. I didn't train that much on the bike because I don't enjoy it, so I was battered by the saddle and swelled up down below. I then went straight into the run and the swollen area started rubbing. **This cream reduces friction and has a soothing menthol quality.** I went through two tubs"



At John O'Groats he completed one mile in a bomb suit provided by sponsors NP Aerospace

In numbers

80,000

approximate number of steps WO2 Hannaford covered daily during the run phase

5

hours of daily training, in the five months prior to the event



2

Phase two was a 1,000-mile cycle from Land's End to John O'Groats

4

The finish line was in Warwickshire, after a 735-mile run, averaging 54 miles a day

1

WO2 Hannaford started the Felix Tri26 with a 21-mile open water swim

WO2 Hannaford's Felix Tri26 was in aid of bomb disposal charity Felix Fund and The Hummingbird cancer support centre. To donate visit uk.virginmoneygiving.com/sihannaford

What's your retirement dream?

With four beautiful accommodation complexes in some of the UK's most sought-after locations, we can offer something for everyone contemplating the next phase of life's journey.

Moving to one of our thoughtfully developed sites enables you to retain your independence while living among like-minded people who all share an RAF connection. And there's a helping hand available from an on-site manager, should you need them.

All of our accommodation allows you to live an independent life to the full.

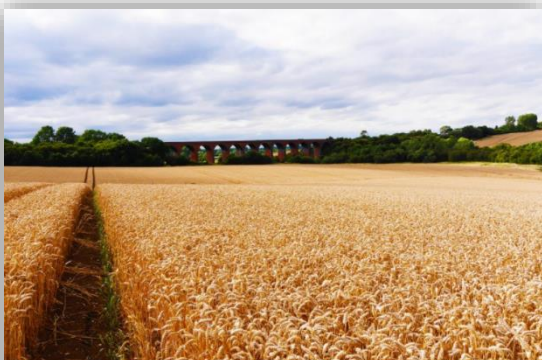
In return for an affordable monthly rent, exclusive to RAF veterans and their spouses, widows or widowers, you'll be given your own self-contained flat. You'll have a bedroom, bathroom and sitting area along with space for a fridge and microwave. You'll be in control of your own furnishings, either by bringing items from your old place or shopping for some new things.

And if you want to sit and chat with like-minded neighbours, there are shared lounge areas and landscaped gardens.

You can come and go as you please, so you'll be glad to know that all four of our sites are handy for essential amenities, and just a stone's throw from tranquil countryside.

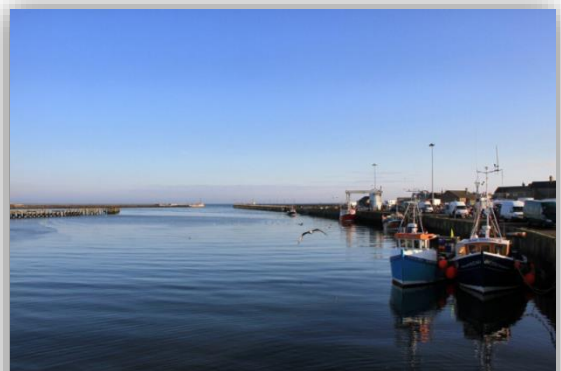
To find out more about any of our properties click on the links below, alternatively you can contact our independent living team on [0800 018 2361](tel:08000182361) or retirementhousing@rafa.org.uk.

Here's a taster of what's on offer...



Leicestershire

[Find out more](#)



Northumberland

[Find out more](#)



Scotland

[Find out more](#)



West Sussex

[Find out more](#)

REF: <https://rafa.org.uk/get-support/retirement-accommodation/> visited 31.08.21

Why Pension Awareness Week matters to you

By ED HANNA

Pension Awareness Week (13th-17th September) has a particular relevance to the Armed Forces this year. There are significant changes on the way, which will affect those serving as well as many veterans.

These changes are linked to the so-called McCloud Remedy and will begin to come into effect in 2022.

Planning ahead, ensuring you make the best pension choices is more important than ever. Never was our theme “it pays to understand your pension” more relevant to you and your future well-being. AFP Schemes are complex and the changes coming down the line will add further layers of detail, essential to understand.

That’s why we at the Forces Pension Society are treating Pension Awareness Week (and Pension Awareness Day on 15th September) as such an important opportunity to brief you on what’s ahead – and to explain how we can empower you to make better informed decisions. Our campaign this year includes Roadshow Presentations, Webinars and Broadcasts on BFBS.

We urge you to take this opportunity to attend or listen to at least one of these initiatives, the details of which you will find on our website at: www.forcespensionsociety.org



REF: www.civvystreetmagazine.co.uk visited 02.09.21

"Atten-shun!" Army Brings Back Changing Of The Guard At Buckingham Palace

Aug 28, 2021 | Defence, Defence People, Latest News



Return of Changing the Guard at Buckingham Palace, St James's Palace and Her Majesty's Tower of London
Changing the Guard at Buckingham Palace returned after the longest pause in its delivery since WW2.

The full ceremonial Changing the Guard at Buckingham Palace returned recently after the longest pause in its delivery since WW2.

Changing of the Guard is carried out by the nation's finest serving soldiers and musicians,

dressed, in their most iconic form as it was today, in red tunics, bearskin caps & mirror shined parade boots.

The event is considered the epitome of ceremonial excellence and regimental discipline, ranks top of the bucket list of every visitor to London and has become woven into the fabric of the UK's national identity and brand.

Mounted and dismounted ceremonial sentries continued to be posted at all the Royal Palaces 24/7 all through the COVID-19 pandemic in London and Windsor, but restrictions meant the duties were handed over from one unit to another administratively, without any ceremony or music, after March 2020.

REF: www.pathfinderinternational.co.uk visited 02.09.21

The Armed Forces & Veterans Resettlement Expo

Bristol – Exhibitor Update

The Armed Forces & Veterans Resettlement Expo returns from Pathfinder International magazine on October 28, following an absence due to the coronavirus pandemic.



SOUTH WEST ENGLAND
THURSDAY 28TH OCTOBER 2021 - 9.30AM-12.30PM
BRISTOL CITY FOOTBALL CLUB ASHTON GATE

The fifth show in the series, the next event will be the first to hit the South West of England, taking place at Bristol City Football Club's Ashton Gate Stadium.

Doors open from 09:30 and close at 12:30 hours.

Anyone connected to the military is invited to attend this free event, from military service leavers, serving personnel thinking about resettlement, serving personnel needing advice from an array of exhibitors, veterans seeking advice, military spouses and families also after a range of knowledge and contacts from the stalls on show.

The event is FREE to attend & tickets can be registered from the link [HERE!](#)

REF: www.pathfinderinternational.co.uk visited 02.09.21

Lifting Our Sights report highlights the challenges veterans could face unless action is taken



LIFTING OUR SIGHTS REPORT

This is according to Lifting Our Sights: Beyond 2030 – the impact of future trends on the transition of our Armed Forces Community from military to civilian life, which has been published by Forces in Mind Trust (FiMT) after a year-long analysis of future trends by the foresight think tank Future Agenda. It suggests an increasingly challenging environment for veterans when they leave service.

The report warns that unless action is taken now by all organisations supporting the Armed Forces community, Government will fail in its ambition to make 'the UK the best place in the world to be a veteran'.

Using a mix of foresight and ethnographic research the Lifting Our Sights Programme strives to shine a light on the changing nature of UK society, and identify the trends that are likely to be most relevant to those members of the Armed Forces who will undergo transition over the next decade. As the UK adapts to the realities of a post-Covid, post-Brexit world, it explores what the potential economic, social and political shifts will be and how will they impact the Armed Forces, their role, their purpose and their place in the national consciousness.



ETHNOGRAPHIC REPORT

Based on insights from experts and serving and ex-Service personnel, Lifting Our Sights: Beyond 2030 analyses socio-economic trends and identifies those most likely to affect Service leavers in a decade and beyond.

- As conflict becomes more technologically advanced and the UK Armed Forces shrink

The changing nature of conflict and dwindling support for our Armed Forces could result in significant challenges for many veterans over the coming years, unless action is taken now.



- in size, there will be fewer physical casualties. But new forms of engagement could have unknown and lasting psychological effects.
- The role of our Armed Forces will be less visible to the public. Reduced understanding will result in dwindling support.
- If the issue of misperception is not addressed, the number of veterans in employment could fall significantly as their skills are increasingly overlooked. There is already a 'perception gap', with many employers failing to recognise veterans' value to the civilian workforce.
- Charities providing support to veterans may see a continuing

- decline in funding. Public sector spending cuts and Covid-19 have already led to increased need and huge reductions in income.
- All this will mean greater pressure on government finances to deliver additional public sector services – at a time of rising inequality and increased competition for resources.

Ray Lock CBE, Chief Executive of Forces in Mind Trust, the charity working to ensure all ex-Service personnel transition successfully into civilian life, said: "If we carry on along the current trajectory, there will be more pressure on government, public bodies and charities, all of whom

will be ill-equipped to meet the changing needs of veterans.

"We risk losing the hard-fought gains we've made in the past ten years. We must take account of foreseeable changes and respond. It's not just Government – all those who work with the Armed Forces community must adapt and act. Failure to do so would be short-sighted and, in the eyes of that Community, unforgivable."



STAKEHOLDER TOOLKIT

The report recommends immediate action: better understanding of veterans' skills, increased collaboration between services and greater prioritisation according to need. It calls on national and local governments, businesses, the public sector and charities to work together to ensure veterans are not left behind.

Responding to the report, **Tobias Ellwood MP, Chair of the Defence Select Committee**, commented: "As we move into a decade of change, it is vital to understand the challenges and opportunities that lie ahead. Our serving personnel will continue to play a key role in maintaining our global position and in keeping our country safe. It is only right that we take the time to consider how future trends will affect them during and after service."

"I welcome this important report and encourage all those within and around the Armed Forces community, including Government, public services, employers and charities, to take note of these foresights, so that together we can achieve the Government's ambition to make the UK the best place in the world to be a veteran."



www.easyresettlement.com



EMPLOYER RECOGNITION SCHEME

SILVER AWARD 2021

Proudly serving those who serve.

Don't forget

to thank a vet!

Follow US Today on:

- www.linkedin.com/in/veterans-families-listening-project-aa9a74b0/
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V&F-LP
Veterans & Families Listening Project
Email: veteransofamilies@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.

Forces in Mind Trust (FiMT) has called for better financial education for Service personnel and their families throughout service

FiMT has published a policy statement on the financial needs of ex-Service personnel and their families, and how these are met.

The policy statement highlights the challenges that ex-Service personnel can face with financial matters. The Veterans' Gateway reports that finance is consistently in the top three areas of need for the ex-Service community. The Armed Forces lifestyle is unique, and can leave some personnel and their families financially unprepared for civilian life. Financial stability and stress can lead to wider health, family and social repercussions.

The policy statement sets out what needs to happen to address the issues – including:

- Better financial education and advice throughout service
- Normalising help-seeking and speaking about financial issues
- Improving educational attainment rates for Service personnel
- Encouraging more individuals to access existing financial briefings and support.
- The statement has been published as Ray Lock prepares to leave Forces in Mind Trust and hand over to new Chief Executive Mike Ellicock in June 2021.



Ray Lock CBE, Chief Executive of Forces in Mind Trust, said:

"No ex-Service person should be disadvantaged as a result of their service. A lack of financial resilience is not unique to the Armed Forces Community, but we know from previous research that some Service leavers can be unprepared for civilian life and exposed to financial instability when transitioning out of the Armed Forces. This then has a knock-on effect for the family, health and housing. As we set out in this policy statement, there are actions which can, and must, be taken – particularly ensuring that serving personnel have access to more and better financial education, to prepare them for when they do leave.

"As my time at FiMT comes to an end, I know that the team will continue to take this important work forward to ensure that ex-Service personnel have access to the education and support they need."

FiMT
forces in mind trust
SUCCESSFUL SUSTAINABLE TRANSITION

Career Opportunities for Armed Forces Personnel



"Howard, I think the dog wants to go out."



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



FIZZIN'
WITH
FLAVOUR



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:



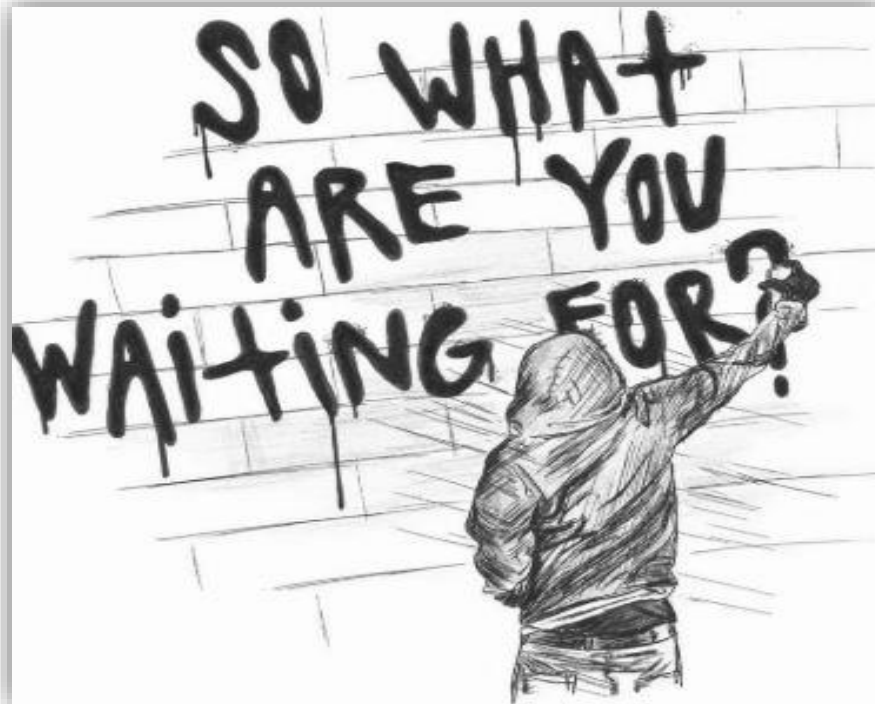
Open 10:00 am – 11:00 am
and will require pre-booking.

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

To
Email: veteransnfamilies@yahoo.com

to book your place(s).

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





Armed Forces Compensation Scheme (AFCS) & War Pensions (WP)

The RAF Association, as part of its welfare provision, offers a long-standing, reputable War Pensions (WP) & Armed Forces Compensation Scheme (AFCS) service.

It provides free confidential guidance, advice and, if required, representation at all stages of a claim (including at Tribunals) in conjunction with these schemes.

In simple terms, the WP and AFCS schemes are designed to compensate individuals for a medical condition or injury sustained while in RAF Service. The two schemes are governed by separate legislation.

The WP Scheme is for problems that have arisen by Service, up to 5 April 2005. They cannot be claimed until discharge from full-time service. Importantly, Service personnel need not have been in an operational situation to qualify, as most duty & sporting activity would satisfy the legal test for consideration of an award.



The AFCS Scheme became responsible for compensation for problems that have arisen by Service after 6 April 2005. These claims have tighter legal boundaries of acceptance for injuries – advice is imperative. Most importantly, these claims must be made within 7 years of incident/injury/accident and can therefore be claimed whilst still in service.

The RAF Association can provide a point of contact for current or former RAF personnel who may wish to talk through either an existing or a potential claim. If you need independent, confidential advice, we are here for you and enjoy a very high success rate with claims/tribunals with which we have provided support & representation.

You are encouraged to have a look at **Veterans UK** where detailed information & legislation can be studied. JSP 365 has detail also.

For all related enquiries, please contact Chris Francis by **email** or **telephone**: 01392 464 445 | **mobile**: 078 25 82 82 16

Eligibility: Serving Personnel and Veterans

REF: <https://rafa.org.uk/get-support/armed-forces-compensation-scheme/>

Helping the RAF community take a well-deserved break

Need an affordable break? The RAF Association runs a variety of holiday homes where you can enjoy a low-cost family holiday at a choice of pleasant, relaxing locations. Our accommodation caters for not only RAF Association members, but also serving and ex-RAF & their families. Much of our accommodation has been funded and is maintained by branches and RAF Association members, which enables us to offer such affordable holidays while remaining a viable, cost-effective option for the charity. You can enquire about taking a break in any of our holiday properties in Norfolk, West Sussex and Scotland

Applicant eligibility: Serving personnel, veterans, or spouse, widow/er, or dependent of someone who has served.

For further details, brochure or application form please contact:

Telephone: 0800 018 2361 Email: wingsholidays@rafa.org.uk

Whether you fancy a week in Scotland, West Sussex or Norfolk visit their website for further information:

www.rafa.org.uk/get-support/holiday-breaks/





Who can get BT Home Essentials?

New or existing BT customers can apply. You'll also need to be receiving one of these benefits to qualify:

- Universal Credit (all claimants)
- Pension Credit (Guarantee Credit)
- Employment and Support Allowance ([Eligibility rules apply](#))
- Jobseeker's Allowance ([Eligibility rules apply](#))
- Income Support

Don't forget you'll need your National Insurance number when you order, so we can check you're eligible.

Home Essentials broadband includes:

Guaranteed speeds

Get the speeds we promise or £20 back with our Stay Fast Guarantee.

Strong, reliable wi-fi

Get a great connection with our powerful Which? Best Buy Smart Hub.

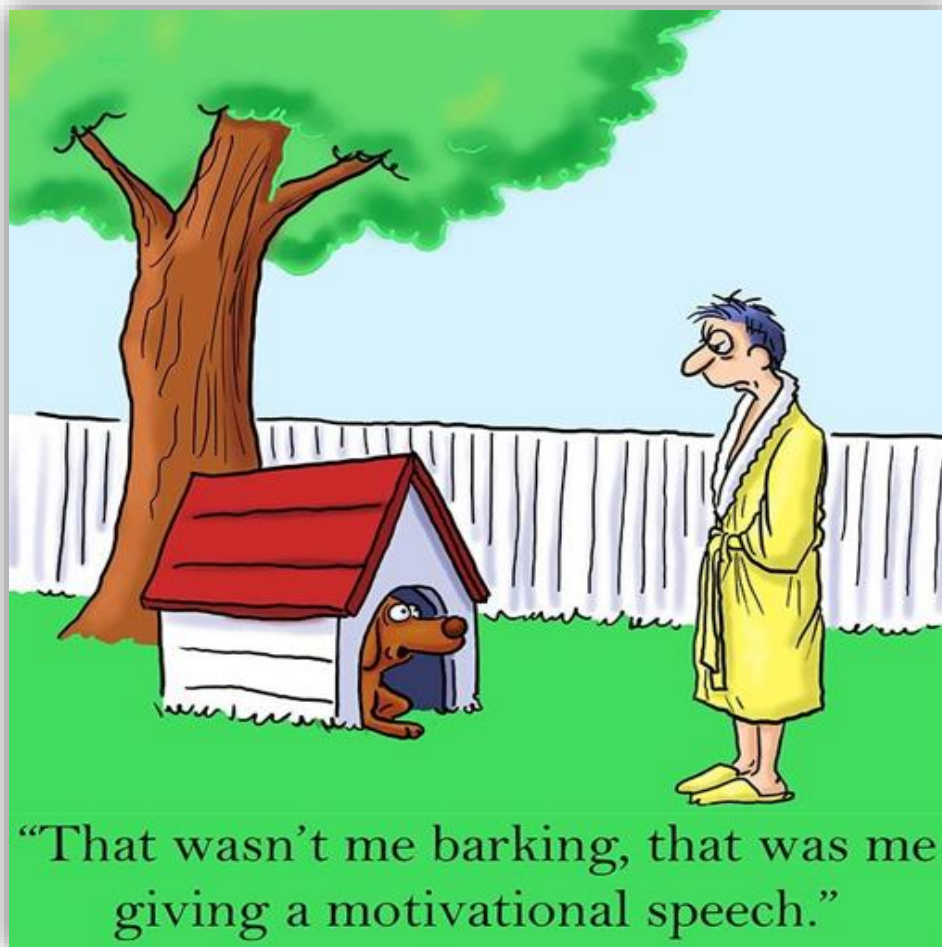


Unlimited broadband

With no data caps or download limits, you can do as much as you like online.

Security as standard

Our 3,000 security experts work 24/7 to help protect you and our network from cyber attacks.



“That wasn’t me barking, that was me giving a motivational speech.”

**We look forward to
seeing you sooOOoon...**



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