



**Veterans & Families – Listening Project**

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



# **Welcome to our September 2022 Newsletter**



Hello, and welcome to another exciting jam-packed and bursting with excitement V&F-

LP newsletter.... Without anymore further ado, let's get on and introduce this month's guest speaker: Angela Hewitt, SE Support Care Coordinator from Walking With the Wounded at 10:30am.

Angela has recently had the amazing privilege to join the Walking With The Wounded team in the Southeast of England

as a Care Coordinator based in Berkshire, to provide continuity of care and support in relation to the Social, Mental or Physical health needs of Veterans and their families; working alongside the NHS and in collaboration with other Veteran's charities.



Angela has trained in Mental Health, Care and have had roles within acute Mental Health settings providing care and support for Children, Adults and Older Adults. As a care coordinator she assists Veterans to get back on their feet aiding veterans and their families to access; Therapy, Housing, Benefits, Employment/training.

She personally come from a forces background growing in the forces community so has insight into all aspects of military life, environments, both positive and negative.

If you would like to contact Angela with support needs or information – you can contact her

**Email:** [angela.hewitt@wwtw.org.uk](mailto:angela.hewitt@wwtw.org.uk) or **Mob:** 075 111 825 24

You can also visit their website:



It's September, the sun is warm-ish with a slight chill in the air.... V&F-LP say YAY, and look forward to seeing on Monday 12<sup>th</sup> September, that's right...

# Monday 12<sup>th</sup> September 2022

## 10:00 am – 1:30 pm

You know you want too... Our doors will be open from 10:00 am until 1:30 pm. Even more great news our Well-Being group with Ali will be on too at 12:00 pm, how fantastic is that - to actually meet each other in person...

No appointment necessary, just drop-by.

We are really looking forward to seeing you Monday 12<sup>th</sup> September 2022 at the High Cross Church, Knoll Road, Camberley, GU15 3SY. Open from 10:00 am – 1:30 pm.



**Returning**

**Monday 12<sup>th</sup>  
September**

**10:00 am – 1:30 pm**

# 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 12:00 pm.

Ali

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

So, grab a snack & come on BACK



## 75th Anniversary of Australian Peacekeeping

On 14<sup>th</sup> September, Australia observes National Peacekeepers' Day. It's the anniversary of the day in 1947 when Australia deployed the first peacekeepers to the Netherlands East Indies.

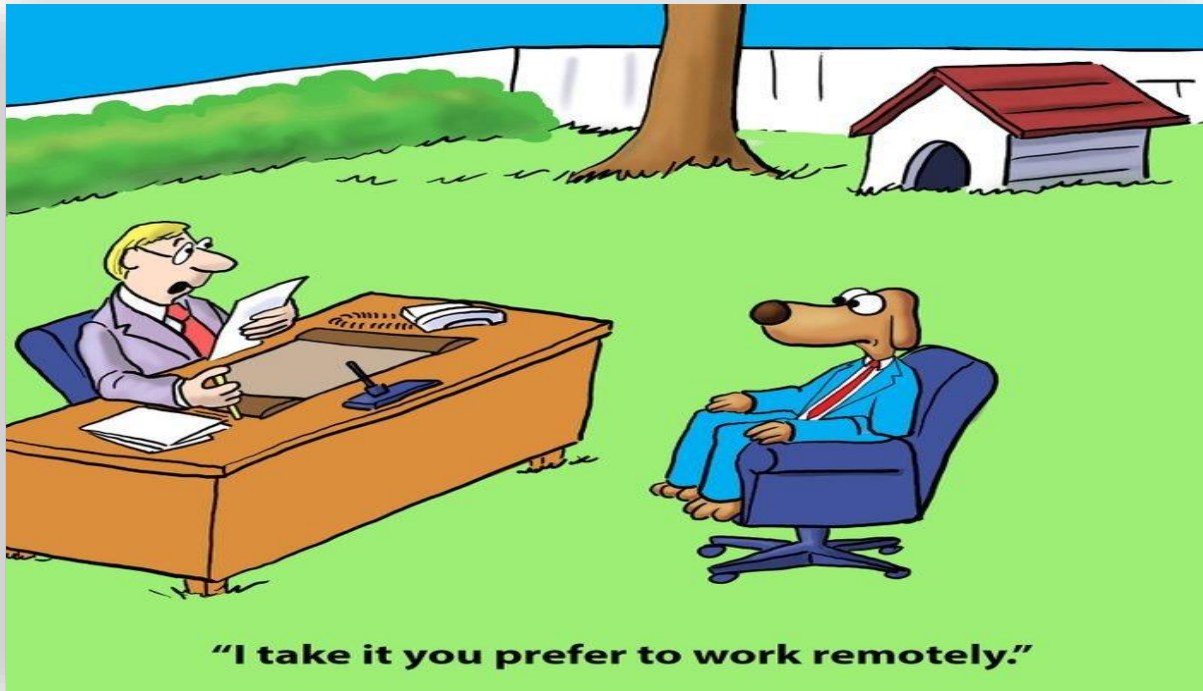
### Harold Bernard Scanlan: his story

#### *Veterans' stories*

Bernard joined the Army in 1942 at age 19. Serving in Port Moresby, he remembers the discomfort of night raids by Japanese aircraft. Bernard was hospitalised at various times before discharging in 1945.

### Bernard Scanlan's story





# Veterans UK

## What we do

We provide free support for veterans and their families, including a helpline, Veterans Welfare Service, Defence Transition Services and injury/bereavement compensation scheme payments.

## Contact Veterans UK

### Veterans UK helpline

Veterans UK  
Ministry of Defence  
Norcross  
Thornton Cleveleys  
FY5 3WP  
United Kingdom

### Email

[veterans-uk@mod.gov.uk](mailto:veterans-uk@mod.gov.uk)

### Freephone (UK only):

0808 1914 2 18

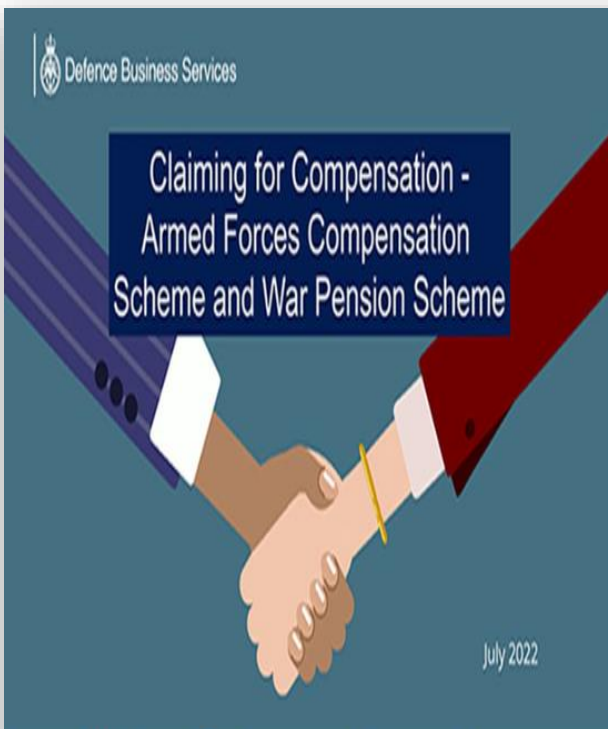
### Telephone (overseas):

+44 1253 866 043

Our current opening hours are \*8.00 am to 4.00 pm Monday to Friday.  
Please email us for enquiries outside these times.



“I’m concerned that you don’t give a sniff.”



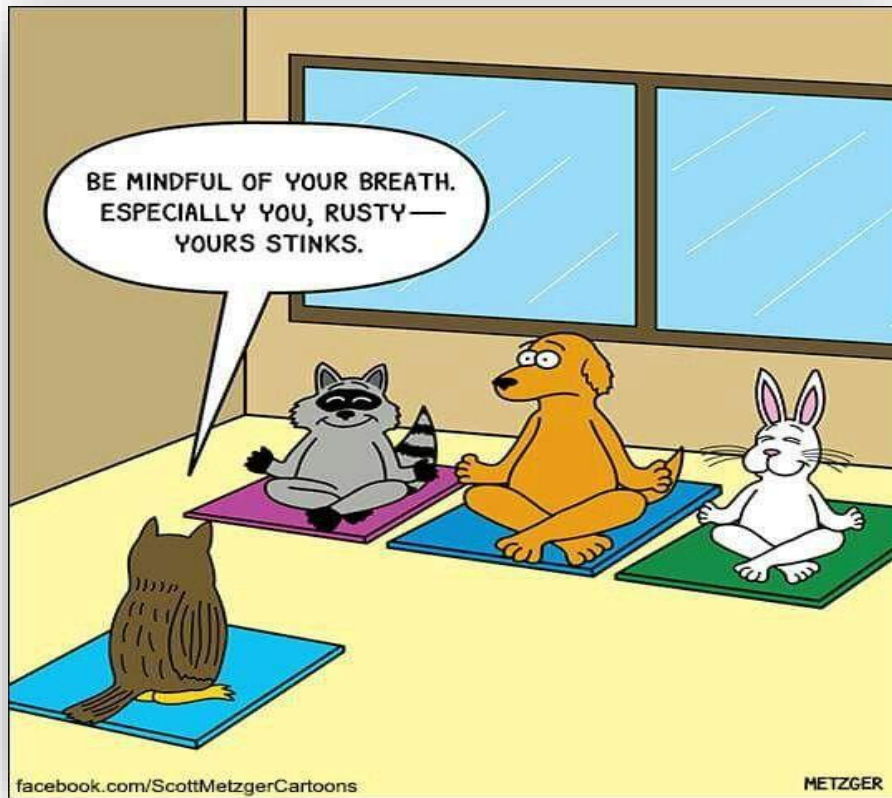
News story

## Committed to enhancing our services – the first in a series of customer help videos launched

Guidance video which provides helpful information you might need if claiming for compensation under either the Armed Forces Compensation Scheme or the War Pension Scheme.

From: [Ministry of Defence](#) and [Veterans UK](#)

Published 26 July 2022



Association of Service  
Drop-In Centres

# Ping!

## Big Announcements from ASDIC

August brought a number of exciting announcements from ASDIC. At the start of the month, we learnt we are finalists at this year's Heropreneurs Awards. We're enormously proud and no doubt, we owe huge thanks to the amazing work of all of you, supporting veterans in their local communities; this nomination is recognition for everyone's hard work. We've also launched the much-anticipated ASDIC Community Hub – what I hope will become an important tool for Drop-Ins, fostering collaboration and greater support. Not only this, but we've welcomed our 100th member. A fantastic time of growth indeed.

**Tracy**

Chief Executive Officer



**ASDIC is nominated for a Heropreneurs Award**

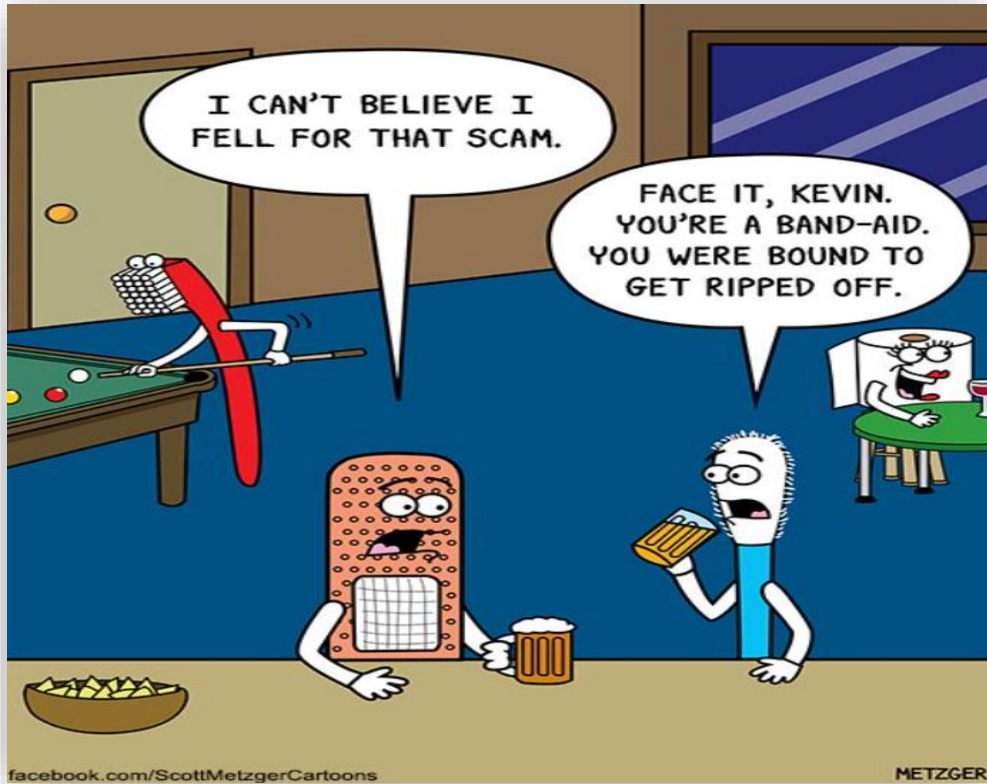


Since 2009, Heropreneurs has been supporting the entrepreneurial business ventures of the military community. Their annual award ceremony is a chance to come together and celebrate everyone's achievements.

ASDIC is shortlisted for The Veterans' Foundation Award, which recognises organisations for innovation in their work supporting veterans in need.

A woman with blonde hair, wearing a yellow long-sleeved shirt and white pants, is posing with one leg raised. She is holding a smartphone that displays a logo for 'Veterans & Families - Leading Project' with the website 'www.vfp.org.uk'. The background is a solid blue color. In the bottom right corner of the image, there is a blue button with the text 'WE ARE BACK' in white. Below the image, the date 'Monday 12<sup>th</sup> September' is written in large, bold, yellow text.

**Monday 12<sup>th</sup> September**



## SULTAN AT SANDHURST

■ THE Sultan of Oman was on the VIP guest list at the Royal Military Academy Sandhurst as he watched his son pass out of the prestigious institution. Crown Prince Theyazin Haitham Tariq Al-Said was among 103 cadets forming up as they finished the short commissioning course for Reserve officers.

SEPTEMBER 2022 [soldiermagazine.co.uk](http://soldiermagazine.co.uk)



SEPTEMBER 2022 [soldiermagazine.co.uk](http://soldiermagazine.co.uk)

commissioning course for Reserve officers



SEPTEMBER 2022 [soldiermagazine.co.uk](http://soldiermagazine.co.uk)

## 80-YEAR MILESTONE

■ PARATROOPERS past and present celebrated the 80th anniversary of their regiment with a Colchester parade.

All four battalions took part in the occasion at Merville Barracks, while the Red Devils freefall display team added some airborne action to proceedings.

Established in 1942 to exploit developments in parachuting, the formation went on to cement its formidable reputation in campaigns such as Normandy and Arnhem.

Regimental Secretary Maj (Retd) Adam Jowett said its personnel had served in every conflict that British soldiers have fought in since then.

"The achievements throughout those 80 years set the standards that we expect of the current generation of paratroopers in their vital role as the tip of the spear for the British Army," he added.

LEAVE WELL

TRANSITION TO  
CIVILIAN LIFE

SERVICE LEAVERS GUIDE

Transition includes the support, advice and education that will increase personal knowledge and awareness and supports soldiers' personal development and long-term planning. It is mandated through the MoD's Veterans' Strategy and directed in Army Command Standing Order 3221. Transition should be undertaken throughout your military career in order to enhance your professional portfolio and career prospects as well as prepare you for your inevitable transition to civilian life.

# LISTEN UP



Transition Information Sheet 1 - How it Works for You

PDF DOWNLOAD



Transition Information Sheet 2 - The Emotional Pathway

PDF DOWNLOAD



Transition Information Sheet 3 - National Healthcare Information and Guidance

PDF DOWNLOAD



Transition Information Sheet 4 - Managing Personal Finances

PDF DOWNLOAD



Transition Information Sheet 5 - Immigration Information

PDF DOWNLOAD



Transition Information Sheet 6 - Hard Facts

PDF DOWNLOAD



Transition Information Sheet 7 - A Planning Guide to Secure Private Accommodation

PDF DOWNLOAD



Transition Information Sheet 8 - Assistance with House Purchase

PDF DOWNLOAD



## SERVICE LEAVERS GUIDE

Transition Information Sheet 9 - Qualities, Skills, Competences, Achievements

PDF DOWNLOAD



Transition Information Sheet 10 - Resilience & Wellbeing

PDF DOWNLOAD



Transition Information Sheet 11 - Pensions

PDF DOWNLOAD



Transition Information Sheet 12 - Covenant

PDF DOWNLOAD



Transition Information Sheet 13 - Credit Union Services to the Armed Forces

PDF DOWNLOAD



Transition Information Sheet 14 - Gambling

PDF DOWNLOAD



Transition Information Sheet 15 - Thinking of Leaving the Army

PDF DOWNLOAD



Transition Information Sheet 16 - Preventative Welfare Guidance

PDF DOWNLOAD



Transition Newsletter 17

PDF DOWNLOAD



HARDFACTS Monitor

PDF DOWNLOAD



HARDFACTS Assess

PDF DOWNLOAD



HARDFACTS Information Guide

PDF DOWNLOAD





# VETERANS' STRATEGY ACTION PLAN 2022-2024

Policy paper

## Strategy for our Veterans - 6 Monthly Report

A comprehensive update of what has been achieved so far and what the government will do next, in partnership with stakeholders, to support veterans and their families.

From: [Cabinet Office](#), [Office for Veterans' Affairs](#), and [Veterans UK](#)

Published 31 August 2022



Thank you  
**VETERANS**

HONOURING ALL WHO SERVED



**MILITARY DOCTORS  
DISCUSSING TREATMENT OPTIONS**



Cartoon: [www.facebook.com/BritishMilitaryHumourToo](http://www.facebook.com/BritishMilitaryHumourToo)

We noticed the following from CSW. As we strongly feel that Veterans' issues have been neglected over the years, so should you feel the need to highlight your concerns this may well be an avenue that you could explore further...



### Writing to my MP: making a difference, or wasting my time?

Members of Parliament, commonly called MPs, are regularly spotted suited and booted popping their flyers through your front door around election time. Have you ever wondered what else they do?

Well, every MP, no matter where they live, no matter what their political party, is there to do a job. They represent their constituents (i.e. YOU) in parliament and hold the government to account. It's a pretty big job, and it's a lot more effective if constituents like you tell your MP the issues that bother you.

So, if the role of your MP is to hold the government to account then it's your job to hold your MP to account. If you're not holding them accountable, who is? Basically, your role in this is really vital.

You may not know this, but you can call, visit and write to your MP. In fact, MPs normally hold 'surgeries' one day a week where you can meet them. You can talk to them about any of your concerns - it could be religious freedom, education, Sunday shopping, recycling, or something else. It



doesn't matter if you voted for them, or even whether you agree with them.

Whoever you are, whatever your concerns, they want to hear from you and as often as

you'd like... there's no limit (they won't block you – I checked).

So, you decide to give this whole thing a go and write to your MP. Yay! What happens next? Will they do something or just ignore you? FACT: Their office WILL read your letter and they WILL respond to you – that is the bare minimum. If they don't do that feel free to be appalled! If you ask them to pass on your concerns to a government minister they will. It's their job.

### **Here's a few different ways that your MP could raise your concerns in parliament:**

- Debates (where MPs debate policy, potential new laws and issues)
- Written parliamentary questions (formal questions to government ministers about various issues)
- Oral parliamentary questions (MPs publicly question government ministers in the House of Commons chamber about areas of government that they are responsible for)
- Urgent parliamentary questions (questions that require immediate attention and public discussion)



- Formal letters to a minister (letter from an MP to a minister about a particular concern)



So why would the government listen to your MP?

Remember, the job of an MP is to hold the government to account, and nobody likes to be embarrassed. If your MP questions something that the government isn't doing very well on, they'll look pretty bad. Also, if truckloads of people are writing to loads of MPs about a certain issue then that's quite a lot of pressure. For a fun example, google 'pasty tax'. Basically the UK public hit the roof about VAT on hot Gregg's style deliciousness and wrote to their MPs. The result = tax dropped. And that was just about pasties! Think of all the good you could do for freedom of religion or belief simply by putting pen to paper.

**“Right, so what's the best way to contact my MP?” I hear you ask. Here are a few pointers for you.**

- Make it personal. Generic emails or letters are passable, but something written personally by you is far more effective.
- Letters. Emails are easier but a letter shows that you've actually taken the time.
- Be polite. Even if you didn't vote for, or if you don't even like your MP, be respectful. Your MP shouldn't have to put up with abuse.

- Follow up. Not satisfied with you MP's response. Let them know. Also, keep in touch to see how they are continuing to voice your concerns.
- Get your mates involved. If there's a group of you passionate about religious freedom, great! Write a personal letter each, to each of your MPs (or all to the same MP, if you have the same one).
- Don't forget your details. Always send your name and address – they need to know you are actually a real person and living in their constituency. IMPORTANT!
- 

Don't know who your MP is? We've got you covered. You can find out their name and address here:

[www.parliament.uk/get-involved/contact-an-mp-or-lord/contact-your-mp/](http://www.parliament.uk/get-involved/contact-an-mp-or-lord/contact-your-mp/)

So, making a difference, or wasting your time? We think you should do it (hands down). You're definitely NOT wasting your time. You're getting involved and you're influencing government decisions.

But don't just do it once! Keep it up. Don't just sit around complaining about what the government is or isn't doing (anyone can do that), get up and #haveyoursay. Start a movement. And now you know how!



Visited website: [www.csw.org.uk](http://www.csw.org.uk) on 07.09.22



Ministerial role

# Minister of State (Minister for Veterans' Affairs)

# WAS

Johnny Mercer was appointed Minister of State (Minister for Veterans' Affairs) at the Cabinet Office on 7 July 2022.

He was previously Minister for Defence People and Veterans in the Ministry of Defence and Minister for Veterans' Affairs in the Cabinet Office from 28 July 2019 to 20 April 2021.

Visited Website: [www.gov.uk/government/ministers/minister-of-state-minister-for-veterans-affairs-at-the-cabinet-office](http://www.gov.uk/government/ministers/minister-of-state-minister-for-veterans-affairs-at-the-cabinet-office)

# BUT WAIT...

## **James Heappey re-appointed Minister for the Armed Forces and Veterans**

James Heappey has been re-appointed a Minister of State in the Ministry of Defence, as Minister for the Armed Forces and Veterans.

**The Telegraph**

By **Tony Diver**, WHITEHALL CORRESPONDENT

6 SEPTEMBER 2022 • 11:28PM



**FIZZIN'  
WITH  
FLAVOUR**

**...SO IT'S A DATE THEN...**

**MONDAY  
12<sup>TH</sup>**

**SEPTEMBER 2022**

10:00 am – 1:30 pm

High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY

# Kingsclear Memory Cafe



8am to 10am - Last Thursday of Every Month

Join us for our Memory Cafe to hear from our team and guest speakers providing information and advice around living well with dementia. It is an opportunity to ask questions and share experiences in a safe and supportive environment.

Get in touch

Call us on freephone 0808 223 5516  
Email to book a place [j.barr@caringhomes.org](mailto:j.barr@caringhomes.org)  
Park Road, Camberley  
Surrey, GU15 2LN

**Kingsclear**  
★  
CARING HOMES

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[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.



www.vflp.org.uk  
email: veteransnfamilies@yahoo.com  
Veterans & Families - Listening Project

United Kingdom

Linking Veterans' drop-ins together across the

ASDIC



“Top dog or not, you gotta slow down.”

**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  
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\*Subject to change