



Veterans & Families – Listening Project

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

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



# Welcome to our November 2022 Newsletter

Hi, hope that the V&F-LP's newsletter finds you well, and November to go.... Because on Monday 14<sup>th</sup> November, that's right V&F-LP will be opening their doors.

**Monday 14<sup>th</sup> November**

**10:00 am – 1:00 pm**

We'll be open from 10:00 am until 1:00 pm...



SPOILER ALERT.... SPOILER ALERT....

We have arranged **several** items for our November drop-in... We know pretty impressive – hey!!!



V&F-LP are delighted to invite you to be with us on Monday 14<sup>th</sup> November at 11:00 am **upstairs at our drop-in** at the High Cross Church, Knoll Road, Camberley. In Remembrance of those who have courageously served their country and sacrificed for the freedoms that we enjoy today. The service will be held by Reverend Mike Thomas.





SAVE THE DATE



*Remembrance Service*

13 NOVEMBER, 2022 | THE ALDERSHOT  
GARRISON REMEMBRANCE SERVICE,  
ROYAL GARRISON CHURCH, GU11 1QA





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ALDERSHOT GARRISON IS  
HOSTING REMEMBRANCE  
SERVICE. ON SUNDAY, 13TH  
NOVEMBER 2022.

THIS NOTE IS FOR YOU TO "SAVE  
THE DATE" IN YOUR DIARY AS WE  
WOULD BE HONOURED TO HOST  
YOU AS OUR GUEST.

IF YOU ARE PLANNING TO  
TRAVEL BY VEHICLE TO THE  
SERVICE, PLEASE PROVIDE YOUR  
VEHICLE DETAILS AND LET US  
KNOW IF YOU REQUIRE  
ASSISTANCE WITH ACCESSIBLE  
PARKING.

IF YOU INTEND TO JOIN US,  
PLEASE COULD YOU CONFIRM  
THIS TO NIRU RAI AT  
NIRU.RAI139@MOD.GOV.UK

FORMAL INVITATION TO FOLLOW.



Thank you  
**VETERANS**  
HONOURING ALL WHO SERVED



*“This isn’t what it looks like.  
I’m shopping.”*

We're back  
So  
grab  
a snack  
It's time for...

# Hot Topics

**Not One... But TWO  
Guest Speakers –  
YAY...**



After September's successful drop-in with the Department Works & Pension, Armed Forces Champion: Roxanne Brind. V&F-LP's event's organisers have been really busy to bring you not one, but two guest speakers. At 10:30 am all the way from Surrey Healthwatch is their Project and Involvement Manager, Lisa Roberts. Followed by Psychological Wellbeing Practitioner: Daisy Thomson from TalkPlus. So plenty to explore and find out more about, from 10:30 am onwards.



Healthwatch Surrey gives people the opportunity to share their experiences of using health and social services in Surrey and the ensuring that this valuable feedback reaches the powers that be and leads to positive change.

As part of the giving carers a voice contract that was awarded to Healthwatch Surrey, I am particularly interested in hearing from carers ( but that doesn't mean that I don't want to hear from anyone else!) I previously worked for Action for carers for 16 years as the voice of young carers and I also have lived experience of being a carer - both young and old!

Website:

[www.healthwatchsurrey.co.uk/feedback-centre](http://www.healthwatchsurrey.co.uk/feedback-centre)

Helpdesk: 03 03 30 30 023

Email: [carers@healthwatchsurrey.co.uk](mailto:carers@healthwatchsurrey.co.uk)



## **TalkPlus NE Hants & Farnham**

4th Floor, The Meads Business Centre, 19 Kingsmead,  
Farnborough. GU14 7SR

TalkPlus offers free NHS talking therapies to anyone aged 16+, who is struggling with mild and moderate mental health difficulties such as stress, low mood & worry and registered with an NHS GP in North East Hampshire & Farnham.

We know life as a Veteran can come with its own challenges and that's why we prioritise your care whether the problem you're facing is military related or not. We can help by giving you the tools to cope with the stress of day-to-day life either by having some Counselling, CBT based, Group, Online or Single Session therapy.

We also work closely with employment advisors Richmond Fellowship to get you back into or help you cope with work.

In addition to this, we also support Military and Veterans Families with additional signposting to local organisations that may be helpful.



### **TalkPlus Contact Details:**

**Phone:** 01252 533355

**Email:** [frimleyccg.talkplus@nhs.net](mailto:frimleyccg.talkplus@nhs.net)



**Website with Online Referral Form:** [www.talkplus.org.uk](http://www.talkplus.org.uk)

### **TalkPlus NE Hants & Farnham**

4th Floor, The Meads Business Centre, 19 Kingsmead, Farnborough. GU14  
7SR.



CS202874

YOUR DATING PROFILE SAYS THAT  
YOU WORK IN A LABORATORY.  
ARE YOU A SCIENTIST?



The following article is from ASDIC – Latest news update 31.10.22

## How can we improve veterans' lives in South Yorkshire?

# South Yorkshire Veterans' Support Day



Thursday 8 December | Rotherham Town Hall

In partnership with



Supported by



Join the High Sherriff for the South Yorkshire Veterans' Support Day, including networking opportunities, workshops and guest speakers from the NHS, Project Nova, the Local Authority, and more.

**Date:** Thursday 8 December

**Venue:** Rotherham Town Hall

In partnership with ASDIC and supported by the local branch of the Royal British Legion in Rotherham, Rawmarsh & Parkgate.

[Register - FREE](#)

### KNOW WHERE TO GO

Should you need medical advice and support your NHS and local community



#### SELF CARE

Sore throat - grazes - cough - stock-up



#### FRIMLEY HEALTHIER TOGETHER WEBSITE OR APP

NHS traffic light advice for unwell children and young people



#### PHARMACY

Headaches - stomach upsets - minor aches and pains, bites and stings - minor illnesses



#### NHS 111 - not sure what's right for your needs?

Go online > [111.nhs.uk](https://111.nhs.uk)



#### Your GP

Persistent symptoms - chronic pain ongoing treatment for long-term conditions



#### MINOR INJURIES UNIT

Sprains and strains - suspected broken limbs - minor head injuries - minor scalds and burns - skin infections



#### EMERGENCY DEPARTMENTS (A&E) / 999

Emergencies only - choking - chest pain - severe bleeding - blacking out



Help your NHS by using the service that's right for your needs - if you're unsure try NHS 111 first



**"Heck of a way to start the negotiation."**

shutterstock.com · 473181952



**FIZZIN'**  
WITH  
**FLAVOUR**

The following article is from ASDIC – Latest news update 31.10.22

## LGBT Veterans Independent Review



**Closing soon** – submit evidence by Tuesday 15 November.

If you were affected by the pre-2000 ban on homosexuality in the Armed Forces, please submit your story to the LGBT Veterans Independent Review and make your voice heard. If you need support, you can find useful guides created by Fighting with Pride, which are available to download from Resources on the ASDIC Community Hub. You can also contact Fighting With Pride at [info@fightingwithpride.org.uk](mailto:info@fightingwithpride.org.uk).

[Learn More](#)

**For further information about ASDIC click on the image**



Association of Service  
Drop-In Centres

# CONGRATULATIONS

to

Minister of State (Minister for Veterans' Affairs)

## **The Rt Hon Johnny Mercer MP**



### **Biography**

Johnny Mercer was appointed Minister of State (Minister for Veterans' Affairs) at the Cabinet Office on 25 October 2022. He previously held the same role between 7 July 2022 and 6 September 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.



## Follow us today on:



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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.



Following article is from National Gulf Veterans & Families Association's (NGVAF) newsletter - Oasis Times Newsletter  
Edition no. 79. 2022

### **Important Information - Justice4Veterans**

Some of you may know there is a court case being built up against the Government for Gulf Veterans. This is being organised by Justice4Veterans UK Facebook which can be reached via this link: <https://www.facebook.com/J4V2020>

Many Gulf veterans have registered through Justice 4 Veterans UK who have then passed their details onto the solicitors involved with the case. However, anyone else interested should register directly with: Hilary Meredith Beckham Solicitors on this email [gulf@hmsolicitors.co.uk](mailto:gulf@hmsolicitors.co.uk) full contact details are: Hilary Meredith Solicitors Ltd, Meredith House, 25-27 Water Lane, Wilmslow, Cheshire SK9 5AR Free Phone: 0800 124 4444 Main Telephone: 01625 539922 Email: [enq@hmsolicitors.co.uk](mailto:enq@hmsolicitors.co.uk)

There is no upfront cost, however it is done on a no win no fee arrangement. If the case is won then it will be a 20% payment of any monies won. We cannot tell you any details of the case as we are not involved with this but if you have any queries, we would direct you to the Justice 4 Veterans Facebook page above.



**“Something happened when he started trolling the internet.  
He became homicidally dogmatic.”**

Proud to be part of



## What can the Single Point of Contact help me with?

- Liaise with other organisations on your behalf facilitating safe and expedient transfers of and continuity of care and support for those transferring into the area
- Continuation of treatment and/or maintaining your place on an NHS waiting list
- Providing advice, guidance and support on how to use the NHS
- Advise on Veteran Friendly GP Practices within the local area
- Social Prescribing support
- Direct your query to a Service Champion within an organisation
- Link with other Armed Forces specific services e.g. Veterans' Trauma Network, Op COURAGE: Veterans Mental Health and Wellbeing Service

If the Single Point of Contact is unable to help directly, they will try and signpost you to the appropriate service.

This service is available from 09:00 to 17:00, Monday to Friday. All contacts will be responded to within 48 working hours.

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## What is the Single Point of Contact?

It is an easily accessible point of contact with a dedicated email and phone number to support the Armed Forces community family members and carers of those serving or have served in Her Majesty's Armed Forces.

They will be able to assist directly with your query or be able to provide advice on avenues of support under the Armed Forces Covenant and the Armed Forces Act 2021.



Proud to be part of



## Sussex and Kent & Medway

**Tel: 01273 403693**

**Email: [afn.admin@nhs.net](mailto:afn.admin@nhs.net)**

Following articles is from National Gulf Veterans & Families Association's (NGVAF) newsletter - Oasis Times Newsletter  
Edition no. 79. 2022



### **The Royal Naval Benevolent Trust - NEW FUNDING**

The RNBT has nearly £3million of funding available this year, which can be used to help towards living expenses, house repairs, disability aids, job training and care home top-up fees, and calls on current or former Naval personnel and their families to come forward to access RNBT's life-changing support during the current increase in the cost of living. For more information visit [www.RNBT.org.uk](http://www.RNBT.org.uk) or email [help@rnbt.org.uk](mailto:help@rnbt.org.uk)

Independent, free and anonymous benefit calculators are good if you are thinking about claiming or changing your benefits to Universal Credit. The calculators on this link do not register with the benefits agency so it does not start your claim and will give you an indication of how much you may be entitled to. Visit: <https://www.gov.uk/benefits-calculators> then click on one of the links under Calculators.



# V & F I L P

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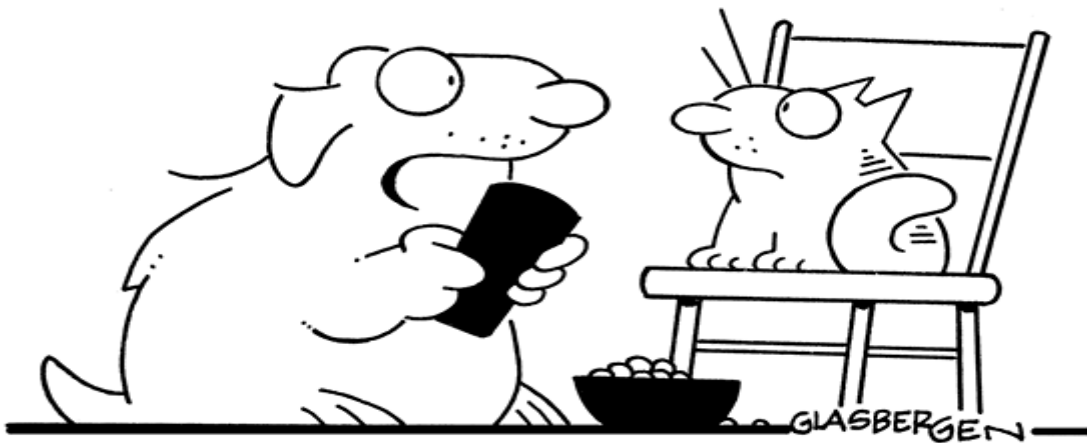
[www.vflp.org.uk](http://www.vflp.org.uk)



We  
are  
here **for**  
You



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**“I can’t believe what my fleas  
are saying about me on Twitter!”**



**Thank you to all of our Veterans that have protected our nation, and guided our way through these difficult times**

**our way through these difficult times**

## Follow us today on:



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Linking Veterans' Drop-ins together across the  
United Kingdom.





**“If you’re leaving a message for Jerry, press 1.  
If you’re leaving a message for Carol, press 2.  
If you’re leaving a message for our cat,  
get a life Mom!”**

**Monday 14<sup>th</sup> November  
2022**

**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