



Veterans & Families – Listening Project

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www.vflp.org.uk



Welcome to our

December

Newsletter 2022

Double-WOW... WOW...

It's December, and what a packed & exciting year this has been!!! We've had more spring in our sprung, and we've only just begun, as we step into Christmas...

This month at V&F-LP, there's nowhere to hide, not even under the mistletoe... YES. It's time to come and show-off your Christmassy-Christmas jumper and /or hat at our Festive Fusion of Delight.... So let's get rockin' around the Christmas tree, as you may face more than one Christmassy-Christmas knitwear challenge, than you can pull a cracker with in this year's festive fusion showground of Christmassy-Christmas... JUMPERS extraordinaire!!!





Hold on...

We're moving too fast, let's slow it down a notch. Not only do we have Ali, our amazing Well-Being practitioner.

Wellbeing Check



We are abSOlutely, delighted to announce that

THE One... THE Only...

Mr. Rodney Dell will be in the house, with a cracker-feast full of fantastic melodies.

We know, once AGAIN our events team have been truly amazing, and we'd like to take this opportunity to say a BIG, MA.S.S.I.V.E. Thank you. We could not have done this without you, Ali & Rodney Dell...

That'll be arriving by via snow coach!!!



 *Rodney Dell*

... And next on the mic is Hampshire based baritone with a very nice tone... Rodney Dell will be creating a buzzing ambience with magical melodies for V&F-LP's Festive Fusion of

Delight...



Believe it or not, right now somewhere on Candy Cane Lane, someone will be Christmas wrapping...



PLEA FOR SUPPORT AS CHAPTER CLOSES

A CHARITY dedicated to supporting soldiers from the British Empire who served before their countries became independent from the UK is to close its doors in the next ten years. The Royal Commonwealth Ex-Services League has been distributing cash to former troops hit by hard times for the last 100 years – traditionally aiming to provide two meals a day to veterans. Although it will shut its doors as the last surviving beneficiaries – all now in their 90s – pass away, the good cause is appealing for funding support in its final years. Visit commonwealthveterans.org.uk to find out more.

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SPOT THE VETERAN

■ A NEW tool which scours electronic health records to determine whether a patient has been in the Armed Forces has been made available to NHS bosses.

The Military Service Identification Tool was developed by researchers at King's College London and trialled in the capital.

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Veterans in Politics



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PICK OF THE MONTH:

Veterans in Politics

Reservist reveals line-up for season six of political podcast

➤ STAFF sergeant Jonny Ball is the founder of CampaignForce – a cross-party initiative to get the military community more involved in government at all levels.

The latest series of his podcast *Veterans in Politics* launched last month and here, the former Regular tells *Soldier* what's coming up on the show and why he believes personnel have so much to offer.

Who are you interviewing this season?

It's quite Army-heavy. There's Johnny Mercer, Dan Jarvis, Tobias Ellwood, James Cleverly – a Reservist in the Royal Artillery – and the latest Liberal Democrat veteran in politics, Richard Foord (ex-AGC (ETS)). We also have some less well-known names, including former bomb disposal officer and

Conservative activist Rachael Finch and Mike Tapp (ex-Int Corps), the Labour parliamentary candidate in Dover.

The podcast has been going for two years – why did you start it?

I used to listen to quite a lot of veteran mental health podcasts, not knowing that I would one day draw on that knowledge when I had my own brush with trauma – I suffered a near limb amputation in a motorcycle accident in 2019. Podcasts gave me coping tools and a place to go, so they pretty much saved my life.

How can podcasters stand out in a crowded market?

By carving out a niche and sustaining it with regular content. There are loads of veteran and political podcasts out there – usually by famous people or journalists, whereas I'm just a Reservist sat in his shed. But no one else is doing both. A lot of podcasts fail after four or five episodes, but two years down the line I'm still going.

Do you worry that the current turmoil in the UK government switches people off politics?

No, I actually think it's the opposite – we in the Armed Forces are used to facing crises, whether domestic or international. We are the community people turn to in times of trouble. So the fact we

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are facing a political crisis means there is ripe opportunity for military veterans to stand up and serve again. The public know we are reliable in that sense.

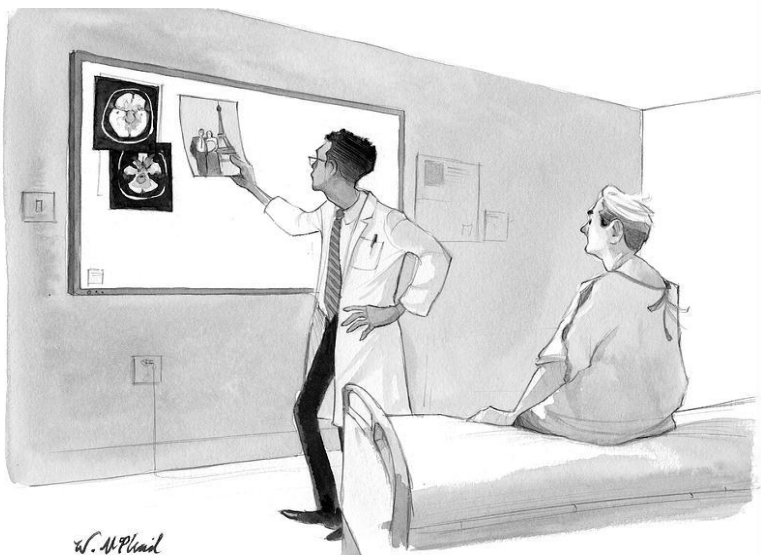
Being a politician looks like a thankless task – is there a common thread that motivates your guests?

They miss that sense of purpose when they leave the military and want to feel it again. The other factor is they are fed up with local government not delivering for military families in the communities where they've resettled, or they see the lack of values in the political elite and think "that's just not good enough, I can do a better job". So they're almost like reluctant politicians – and those are the kind of politicians we need.

What do you hope listeners take from your podcast?

The hardest thing in anything – whether it's joining the gym or changing jobs – is making the decision. Starting a political career is really difficult and what the podcast offers is an insight into other people's stories. I hope that inspires others, who might be quietly thinking about it, to start their own journey.

- Season six of the *Veterans in Politics* podcast is available now on streaming services or via campaignforce.co.uk



"Your x-rays are kind of depressing so here's me and Susan in front of the Eiffel Tower."



INTERVIEW: BECKY CLARK, SOLDIER

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Apply for a medal or veterans badge

Apply for a veterans badge

You can get an armed forces veterans badge if you've served in any of the UK armed forces - there's no fee.

Eligibility

You can apply if you were in the:

- army
- Royal Navy
- Royal Marines
- Royal Air Force (RAF)
- volunteer or regular reserves

You cannot apply if you:

- served in the armed forces of another country
- served alongside the UK armed forces, for example in the Canadian Navy or Royal Australian Air Force



If you're applying on behalf of someone who's died

You can only apply on behalf of a veteran who's died if you get either:

- a [War Widow's or Widower's Pension](#)
- compensation under the [Survivors Guaranteed Income Payment \(SGIP\)](#)

How to apply

Download and fill in the [application for an armed forces veterans badge](#).

You can also call the enquiries line to get a paper application form sent to you.

Medals and veterans badges enquiries

Freephone (UK): 0800 085 3600

Telephone (from overseas): +44 141 224 3600

[Find out about call charges](#)

You'll need to give as much information on the form as possible, such as:

- the force you served in, for example the army or Royal Navy
- service number
- period of service

Post the form to the Ministry of Defence (MOD) Medal Office - the address is on the form. Do not send the form by email.

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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.

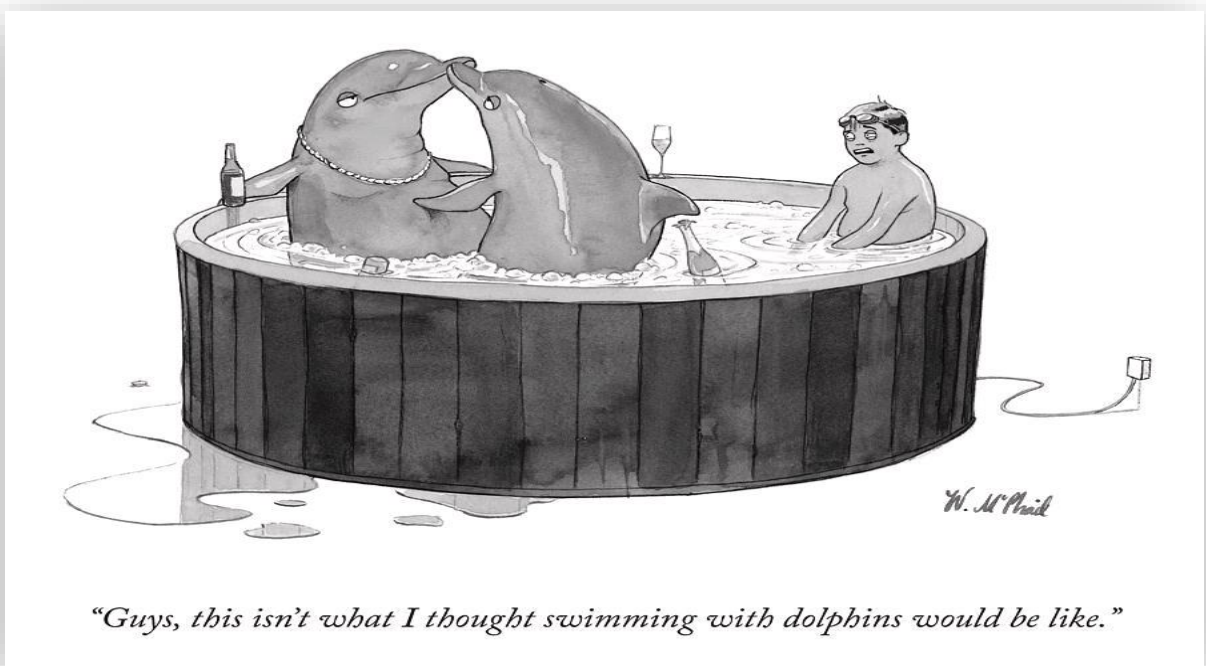




It's that time of year again... Just like last Christmas and because Santa's coming for us, you know us at V&F-LP we'll be ready with our Christmas lights and Christmas cookies. Do you think that you can crack our quiz, we have made it more of a Christmassy-Christmas song than a chocolate bar challenge for you this year.

There are **27** songs* past & present jingling their way through this newsletter.

How easy-peasy, cracker-pulling is that!!! No. You won't find the answers underneath the Christmas tree....



So, whether you'll be celebrating eight or the twelve days of Christmas, our gift to you is wishing you all well and all the best for the coming New Year 2023.



Thank you
VETERANS
HONOURING ALL WHO SERVED



Serving the
Armed Forces Community

INVITATION
BFRS Awareness Update Brief

TEA &
TOAST

British Forces Resettlement Services
cordially invites you on

Thursday 19th January 2023
10.00hrs - 11.00hrs

Garretts Clubhouse,
Queens Avenue, Aldershot,
Hampshire GU11 2TD

Topics Covered

- BFRS Overview
- Career Fairs
- New Military 2 Insight Days
- Future Bursary
- On-Line Portal
- Niche Welfare Support

RSVP by the Friday 13th January 2023 to Robert.locking@bfrss.org.uk or 02476 939 931



Right!!! We all know all we want for Christmas is to stay warm, in-fact warm all the time really. So, here's something that just might help you...

FUNDED BY

Electrical Safety First

Buckinghamshire & Surrey
trading standards



FREE

Electric Blanket Safety Checks

Old, damaged, or improperly used electric blankets pose a risk for fire or burns.

If you identify one of your clients who may be using an old/damaged blanket please let us know so we can arrange to test it.



We will be at these libraries in December:

- 12th Redhill
- 13th Ewell (Bourne Hall)
- 14th Staines
- 15th Aylesbury
- 16th High Wycombe

Email david.pickering@surreycc.gov.uk

Buckinghamshire & Surrey
trading standards



FREE

Electric Blanket Safety Checks

Old, damaged, or improperly used electric blankets pose a risk for fire or burns.

Bring your blanket to these libraries:

December
10am-12pm

12th Redhill
13th Ewell
(Bourne Hall)
14th Staines
15th Aylesbury
16th High
Wycombe

FUNDED BY

Electrical Safety First



But failing that, you have our blessing keeping you warm on Christmas night as well as this winter...





So whatever your Christmas Wish is, from the man with the bag, we wish you all a very

Merry Christmas Darlings...

Merry Christmas everyone...

*Hold on a mo... Stay another day, as the answers are only a sleigh ride away and will be in January's 2023 newsletter.

So whether you're a snowbird or a spaceman that came travelling over 2000 miles the answers will be available in the New Year.... YAY

**V&F-LP will be
next open
Monday 9th
January 2023
10:00 am – 12:30pm
Ho. Ho. Ho...**





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

