



Veterans & Families – Listening Project

email: veteransfamilies@yahoo.com

www.vflp.org.uk



Welcome to our February 2023 Newsletter

Double-WOW... WOW...

It's February, a jam-packed month just full of smooth chocolate caramels, cards, candles, cappuccinos!!!

We'll be open PRE-Valentine's Day on

Monday 13th February 2023

from 10:00 am – 12:30 pm.

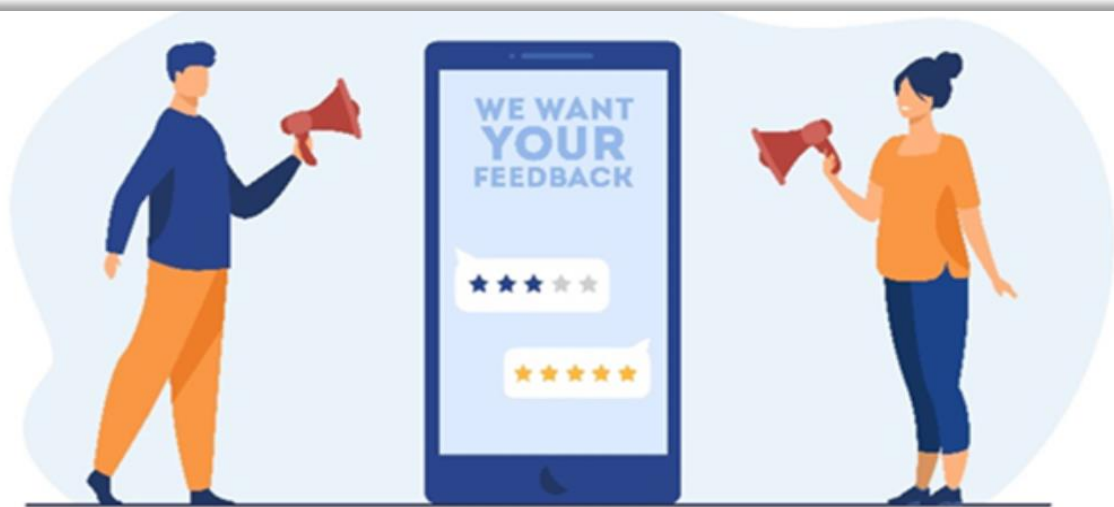


So let's have a pre-Valentine's Day run-through. Drop-in, pop-in or hop-in and practice your witty on-liners, may be pick-up up some ideas & hints for your occasion. YES. It's your time to come and share your knowledge and experiences, with a pre-Valentine brew and chit-chat...

Opportunity to meet Team V&F-LP, Ali that runs our Veterans & Families Well-Being Group at 12:00 pm, other Veterans, guest representatives from Charities, Organisations and other support network links. We look forward to meeting you soon.



HOT TOPIC
Grab a Snack & Come-On Right Back



Share your views on GP websites

GP websites across the region have recently been updated and our system colleagues would like to hear your views on how the websites could be further developed. If you have a suggestion or an idea about the future development of the website, please take a couple of minutes to complete this [GP survey](#).

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WELCOMES VETERANS & FRIENDS

TO

THE OFFICIAL VIP OPENING

OF

THE VETERANS' HOTEL

OFFERING RESPITE, HOLIDAYS & TRANSITION ACCOMMODATION TO OUR VETERANS

12 NOON - FRIDAY 17TH FEBRUARY 2023

THE ESPLANADE, RYDE

FOOD

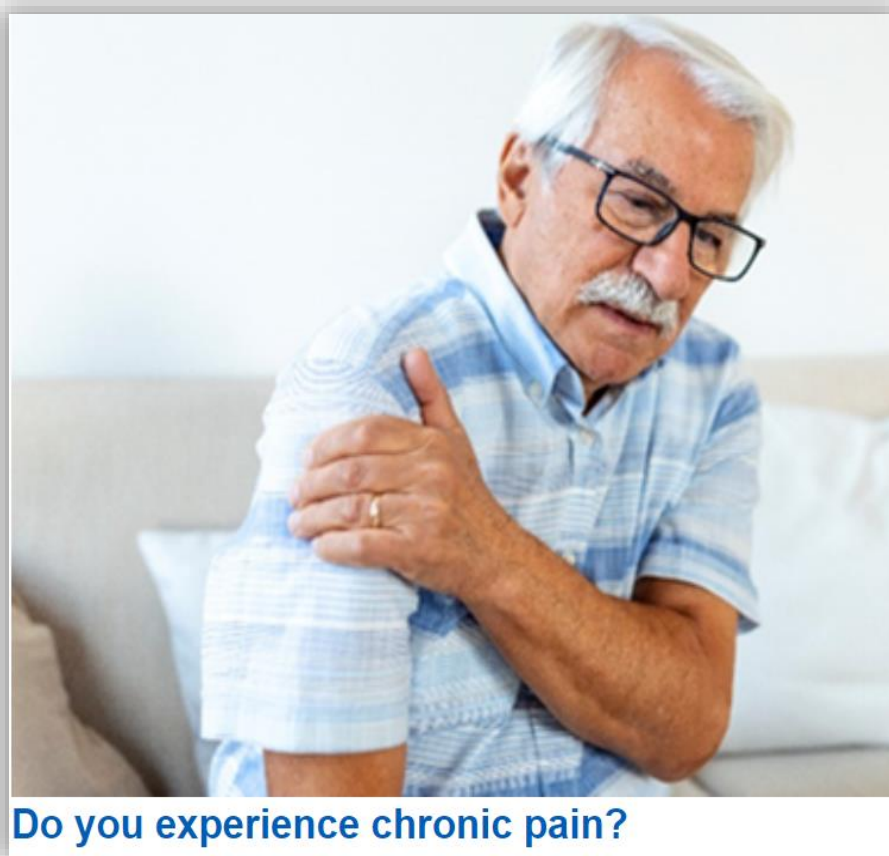


LIVE MUSIC

THE NOT FORGOTTEN'S
ANNIE RILEY & LLOYD ELLERY



The NHS in Frimley is planning to launch a new chronic pain pathway later this year. As part of their research, they would like to understand people's current experience with chronic pain services, how it affects people's daily lives and how the services could be improved in the future.



Chronic pain, sometimes known as long-term pain or persistent pain, is pain that lasts for more than 3 months. It is often described as pain that does not go away as expected after an illness or injury.

If this affects you and you would like to have your say on future services, please complete this [short survey](#).



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Memorial sites to visit here and overseas

Resources

Learn more about Australia's involvement in wartime and peace operations by visiting memorial sites and museums. There are many sites also available to view online through virtual trails. [Find a site to visit.](#)



We spotted the following article from Anzac Portal newsletter, and wondered after sharing this. Wouldn't it be a good idea if Veterans UK, could do similar Vlogs and Podcasts for our Veterans. Share their experience & knowledge of service history with military veterans on issues such as Veteran Support Officers roles, may be give an insight into how claims are processed... Just a suggestion.

DVA TV supports our veteran community

DVA TV raises awareness of the support and services we offer to veterans. It also shares veterans' stories, recognising their service to our nation. The latest episodes cover 40 years of Open Arms and veteran Dani's experience of using Open Arms as support. [Watch it on YouTube.](#)



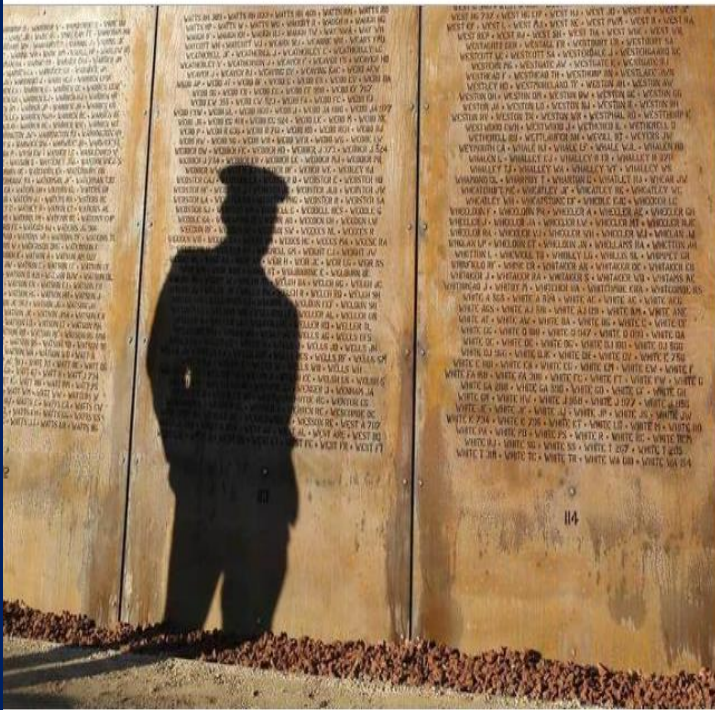
Australian Government
Department of Veterans' Affairs

Anzac Portal
anzacportal.dva.gov.au

23 January 2023 — News story

Armed Forces Memorial Roll of Honour Service - a modernised service

Defence Business Services (DBS) has modernised the Armed Forces Memorial Roll of Honour Service.



The memorial commemorates members of the armed forces killed since the end of World War 2 and work has been underway to make the online service easier for the public to use and more compliant with Government Digital Services (GDS) standards.

At DBS, we are committed to modernising the services we provide and this new and improved online service will be familiar to those who use services on gov.uk as it follows the same layout as renewing a passport or updating a driver's licence. The new guidance page and online service makes it easier for people to carry out searches and enables users to provide feedback.

The Armed Forces Memorial Roll of Honour Service can be found at the following link: [Search the Armed Forces Memorial roll of honour](#)

Search the Armed Forces Memorial roll of honour

You can search the Armed Forces Memorial roll of honour to see if someone's listed on it.

The Memorial commemorates members of the armed forces who died while in service either:

- on or after 1 January 1948
- in Palestine between 1945 and 1947

Entries on the roll of honour database include:

- rank
- type of service
- regiment or corps
- date of death
- burial place, if known
- whether someone's name is on the Memorial in the [National Memorial Arboretum](#)

No information is available until one year after someone's death.

You can download or print a certificate that will contain details of their service in the Armed Forces from the roll of honour.

Start now >

Save £££s with social tariffs

Struggling to afford your mobile phone or broadband? Social tariffs could help. They are cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit and some other benefits. Ofcom (the regulator for communications services) is encouraging more companies to offer social tariffs to help customers on low incomes.

Most tariffs offer superfast broadband. If your provider offers a social tariff, you can switch to it at any time, free of charge and the price won't go up mid-contract.

Visit ofcom.org.uk



Article: Save £££s with social tariffs from Motability 'Lifestyle' magazine, page 9, Issue 118, February 2023.



CHARITY EXPANDS TRAINING IN RESPONSE TO RISING POOR MENTAL WELLBEING

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HEALTH & WELLBEING
CHARITY EXPANDS TRAINING IN RESPONSE TO RISING POOR MENTAL WELLBEING

A FREE training course aimed at helping members of the military community to identify and deal with the symptoms of poor mental wellbeing is being opened to thousands more people.

With around one in six adults in the UK experiencing some form of depression (ONS, 2021) - seven per cent higher than pre-pandemic levels - the Royal Air Forces Association is opening its *Finding it Tough?* training course to all civilians working in conjunction with the RAF.

The course, which launched in 2020, was originally designed for the partners of serving RAF personnel. Within months of going live, huge demand from the veteran community led to the training being opened to former personnel.

Now, with the charity determined to support as many members of the RAF community as possible, anyone who works as an RAF civilian contractor or as a volunteer supporting someone in the RAF community is eligible to take part.

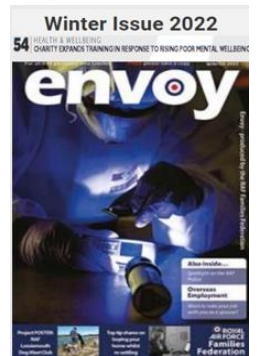
The RAF Association's Director of Welfare and Wellbeing, Rory O'Connor, said: "Recognising that our country is facing a growing mental wellbeing crisis, our charity felt that our hugely popular and well-received course could benefit thousands more people.

"A new bespoke version of our unique online training course has been developed, and we're now encouraging anyone who supports the RAF in their career, either as a civilian contractor or in a volunteer role, to sign up."

The 2.5-hour course will sit alongside the charity's training programmes already on offer to RAF veterans and their families, and the family members (aged 18 and over) of anyone currently serving in the RAF.

The programmes aim to equip people to be more resilient to life's pressures, and to help them to identify and support others struggling with mental wellbeing issues. Trainees are also equipped with skills to signpost relatives, friends and colleagues to more specialist help and support.

Liana Cunliffe (40), of Burton-on-Trent, whose partner is an RAF Aircraft Technician



REF: envoy magazine,
Page 54, Winter Issue 2022

CHARITY EXPANDS TRAINING IN RESPONSE TO RISING POOR MENTAL WELLBEING

54 | serving overseas, recently undertook the online *Finding it Tough?* training.

She said: "The course was beautifully done. It was really well-organised, the material was extremely helpful and was divided into bite-sized pieces that were easy to understand."

"The small-group online session meant that participants could share some of our own thoughts and ideas, and feel reassured that we were not alone."

"Touch wood, I've never needed to support my partner with his mental wellbeing, but I now feel well-equipped to look out for any signs of difficulties. I also know how to ask him the right questions and provide signposting to specialist help, should the need arise."

The expansion of the course to civilian RAF support workers and volunteers is being made possible by funding provided by aerospace and defence companies Boeing, Leonardo and MBDA.

For more information about the RAF Association's *Finding it Tough?* training, and to book a place on the course, visit: findingittough.rafa.org.uk

 **ROYAL
AIR FORCES
Association**
The charity that supports the RAF family

HEALTH & WELLBEING
CHARITY EXPANDS TRAINING IN RESPONSE TO RISING POOR MENTAL WELLBEING

 YouTube ^{GB}

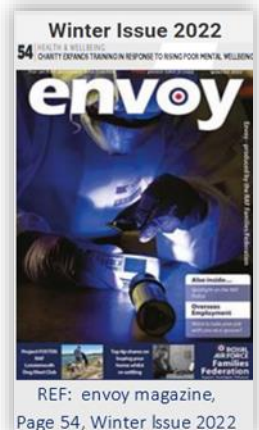
*finding
it tough?*

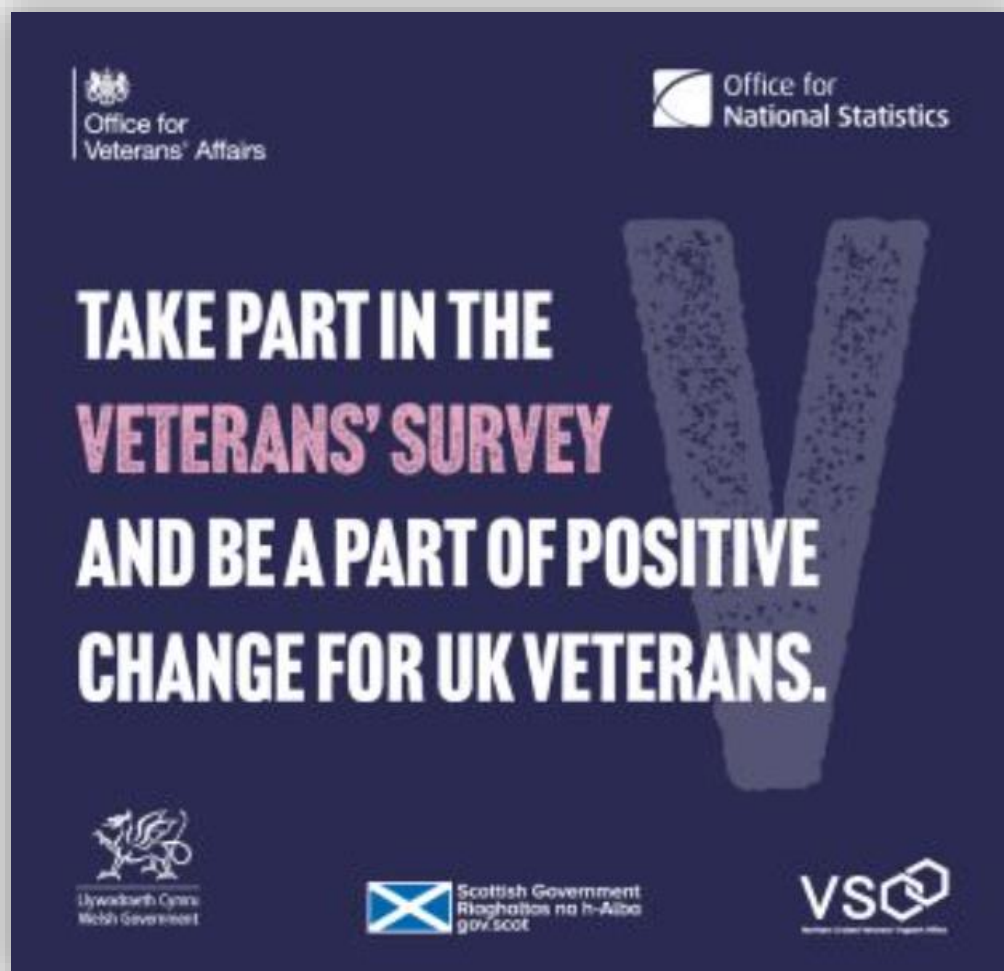
~~MENTAL WELLBEING~~
COURSES 2020

Life can be tough. We understand.

I just want to be a good mate

 **ROYAL
AIR FORCES
Association**
The charity that supports the RAF family





The paper UK Veterans Surveys need to be returned to the Office for National Statistics by midnight on Friday 17th February 2023.





Thank you
VETERANS
HONOURING ALL WHO SERVED



REMEMBER



We'll be next open...

13th

March

2023



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We look forward to seeing you soooooon...

Take care
From the team V&F-LP

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*Subject to change