



Veterans & Families – Listening Project

email: veteransnfamilies@yahoo.com

www.vflp.org.uk



Welcome to our May Newsletter 2023

Opening Times Update 2023

Due to Easter Monday as well as the King's Coronation, falling on the second Monday of the following months of April and May. V&F-LP will be open again on Monday 12th June from 10:00am – 12:30pm.

We look forward to seeing you soon. But in the meantime, make the most of catching-up with what's new in the veterans' community from our monthly newsletters. See you on Monday 12th June 2023.

...But in the meantime...

...The good news is...



Monday 12th June

IT'S TIME FOR... HOT TOPICS.

So, grab a snack & come-on BACK



A magnificent demonstration of our exceptional military prowess and professionalism for His Majesty the King. Thank you to all of the Veterans and members of the Armed Forces that contributed to making this a special occasion. As well as all those behind the scenes for making the day safe and enjoyable too.

April 2023

Month of the Military Child




2023 DoDEA Month of the Military Child Message
April 2023

Month of the Military Child



dodea

DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

Watch on  YouTube

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. Sponsored by the Department of Defense Military Community and Family Policy, the Month of the Military Child is a time to applaud military families and their children for the daily sacrifices and the challenges they overcome.

DoDEA joins the Department of Defense and the military community in celebrating April as the Month of the Military Child. In DoDEA communities worldwide, our most essential strategic imperatives are establishing an educational system that progressively builds the college and career readiness of all DoDEA students and establishing the organizational capacity to operate more effectively and efficiently as a model, unified school system. We aim to challenge each student to maximize their potential and excel academically, socially, emotionally and physically for life, college and career readiness.

Throughout the month, DoDEA will encourage schools to plan special events to honor military children and have administrators and principals incorporate this month's themes into their everyday duties and responsibilities. These efforts and special events will stress the importance of providing children with quality services and support to help them succeed in the mobile military lifestyle.

Ways to Celebrate

Wear purple on Purple Up Day - Wearing purple is a visible way for everyone to show support and thank military youth for their strength and sacrifices.

Web Site Feature - Schools can promote the Month of the Military Child on their web sites. Provide links to sites that offer resources for military families.

Publicize Installation/Community Events - Use the school newsletter to publicize Month of the Military Child events and activities hosted by the installation/community. Look for ways schools can contribute to these celebrations (setting up an information or activity booth, having teachers volunteer at events and activities, etc.).

Salute to Military Children at Sporting Events - Have the announcer make a special announcement before, during or after sporting events recognizing all military children. Have them raise the flag, sing the National Anthem or recite the Pledge of Allegiance.

Teachers Salute Military Children - Ask teachers at your school make a special project with their classes such as a picture frame, bookmark, journal, etc., that ties into the Month of the Military Child.

For more ideas - click [50 Ways to Celebrate Month of the Military Child](#)

Realizing Reconnection through Resilience



WHERE MIGHT YOUR LIFE BE CLUTTERED AND IN NEED OF A SORT THROUGH?

By | The Revd Dr (Sqn Ldr) Chris Hodder

Every spring, as the temperatures warm up after winter, we Western hemisphere livers go through the familiar ritual of spring cleaning.

Partly motivated by the need to clear out space as our homes have been refilled with stuff over Christmas and the new year. Partly because having hunkered down and shut the windows and doors over the colder months we feel the natural need to let the fresh in, empty the dust from our homes and let the buildings breathe.

The habit of spring cleaning has practical benefits. Physically, getting rid of the dust and making sure our houses get a deep clean must be good for us, given all the winter bugs that lurk about. But mentally and emotionally, it is not good to live in a place where we lack physical space. We can feel more overwhelmed by our stuff than we realise, and when we declutter, we often also begin to recover a sense of control and agency in our homes. Our stress levels lower, and it is good for our wellbeing.

Rarely do we intend to live in clutter; rather, life is busy, and things accumulate. We just don't have time – or maybe we don't make it. Sometimes life transitions play a part – a move with a busy job, geographical dislocation then makes weekend domestic admin difficult, a transition in life such as a bereavement, where we may suddenly inherit more things, or having a new baby and bringing up children with all the stuff you gather over the years... the reasons can be myriad.

Marie Kondo seems to have made a good living out of tidying; and plenty of writers, such as James Wallman (*Stuffocation*) and Oliver James (*Affluenza*) have observed the paradox that our relationship with wealth and material goods is often detrimental to our wellbeing in the modern West. Matter matters, and I am not arguing that we should not have nice things – but perhaps spring cleaning is a good reminder that those material things we use as a means should not become our ends. They should not dominate our physical, mental, emotional, or spiritual space.

Seasons like Lent and Easter, which run throughout the spring period also pick up on these normal, human needs. The need to have a 'spring clean' of our homes, our habits, our patterns of living and our relationships is natural and healthy. Where might your life be cluttered and in need of a sort through?

Now, I am off out to get some fresh air. Or at least I would be – if I could just find my house keys...



SPRING ENVY
of Home, UK

UNCLAIMED PENSIONS PUSH

■ FRIENDS of ex-soldiers have been asked to nudge pals and encourage them to check if they are owed a cash windfall.

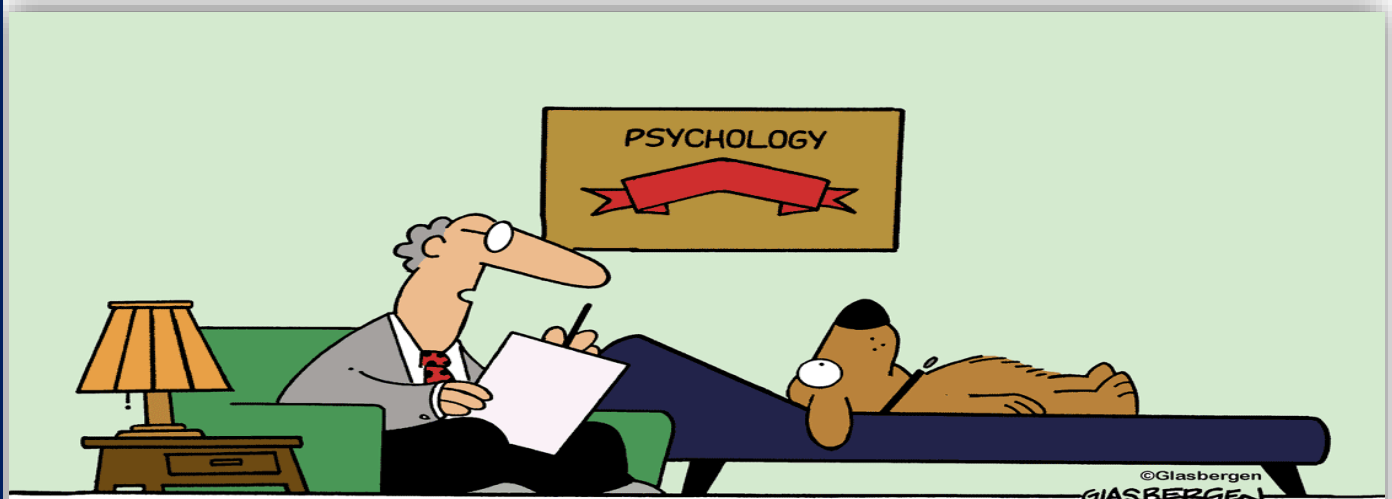
Latest figures show some 4,000 military pensions were unclaimed between June 2020 and May 2022 with sums running into many thousands of pounds.

Maj Gen Neil Marshall, CEO of the Forces Pensions Society, said those serving after April 1975 and now aged 60 or over could have unclaimed money but stressed they may need to apply as awards may not be made automatically.

"We can all play our part in encouraging veterans to come forward if they have not claimed preserved pensions or preserved lump sums," he added.

Visit support.veteransgateway.org.uk and see the finances section of the website for assistance.

www.support.veteransgateway.org.uk/app/answers/detail/a_id/395



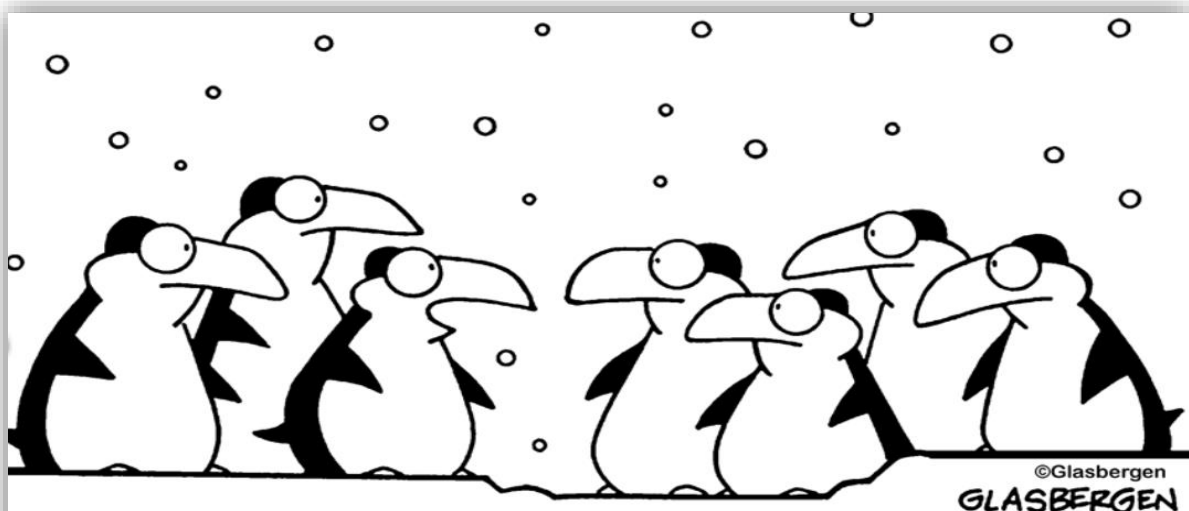
"Your mother never read to you and your father never hugged you. That's why you drink from the toilet."



Veterans' Stories: Making female veterans visible via The Female Veterans Transformation Programme

Did you know that female veterans tend to identify less with the term "veteran" compared to their male counterparts?...

Find out more



"I used to worry about identity theft, but it gave me a headache."

COMEBACK CALL



AT activities such as mountain biking are open to FTRS troops

Rallying cry for troops to rejoin and help plug the manning gaps

FORMER Regulars are being asked to dust off their uniforms and rejoin as full-time Reservists, in a move to bring back much-needed experience to the Army's ranks.

Top brass say those signing up will help plug some recruitment gaps, while getting a say over where they are based in the country.

And they will be re-trained if they want a different cap badge.

Soldiers enlisting under full-time Reserve service (full commitment) will also get most of the entitlements available to Regulars – including military healthcare and perks including adventurous training outings.

Army workforce planning boss Lt Col Glenis Maloney (R Signals), who has been overseeing the recruitment campaign, said she hoped the flexibility would appeal.

The Andover-based officer told *Soldier*. "This type of Reserve service

gives troops an opportunity to continue serving without rejoining as a Regular.

"We have slots available in pretty much every cap badge, with the exception of some niche roles for which specialist experience is required.

"Geographically, it may also be possible to tailor the job to a particular location and there will be accommodation on offer as well."

It is also hoped that FTRS will appeal to Reservists wanting to accrue more military experience – and those considering the Regulars in future, Lt Col Maloney added.

"We are hoping we can provide a raft of opportunities for soldiers, and in return the Army will benefit from their wide range of experience," she said.

Those enlisting will be expected to give two to three years of service. Visit findforcesjobs.mod.gov.uk for details. ■

“
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”

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SERVE (Service for Experienced, Re-Joiner and Volunteer Engagements)



■ AN EX-SOLDIER has been going through final preparations as he attempts to become the first double above-the-knee amputee to climb Everest.

As this issue went to press, Hari Budha Magar (ex-RGR) and his team were waiting for suitable weather to begin the ascent.

It is the latest in a line of challenges for the former corporal, who lost his legs after an IED blast in Afghanistan.

He is already the first double, above-knee amputee to climb a mountain over 6,000 metres – the mighty Mera Peak in the Himalayas – while numerous other outings have included Mont Blanc.



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“Someday, when everyone is finally tired of looking at cats on the Internet, don’t come crawling to me for attention!”

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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.



STUCK IN THE PAST

■ VISITORS to the REME Museum in Lyneham will be able to experience a snapshot of life in the 1940s at the Wartime Britain re-enactment event this month.

Taking place over the weekend of May 13-14, the showcase will feature period vehicles, artillery demonstrations and actors in costumes from the era.

Tickets must be booked in advance at rememusuem.org.uk



Don't forget
to thank a vet! 🇬🇧 🇫🇷

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Iconic poppy goes *green*

“
It is more
planet-friendly
”

THE renowned symbol of remembrance has been given an environmental upgrade – making it plastic free and easy to recycle.

It is the first revamp of the poppy in 28 years and will be available in time for this year’s appeal.

Shown above, it will now be made entirely from paper, with no single-use plastic stem or centre. As a result it can be recycled through ordinary household collections.

The Royal British Legion has been developing the plastic-free alternative for the last three years as part of its bid to be more sustainable and less impactful on the environment.

The new design features a traditional shape with a black centre embossed with the words “Poppy Appeal”, and a leaf with a crease.

It can be fastened with a pin in the

stem or worn in a buttonhole. A stick-on version is also available.

“After years of design work, creating new paper and machinery and road-testing it for durability and colourfastness, we have been able to eliminate single-use plastic and create a poppy that is an enduring symbol of respect and remembrance as well as being more planet-friendly,” said Andy Taylor-Whyte, the RBL’s Poppy Appeal director. ■

IN NUMBERS

40

Percentage reduction
in carbon footprint
from the new
design





Rambahadur Limbu meeting members of 2nd Battalion, The Royal Gurkha Rifles back in 2014

'An exemplar of bravery'

Personnel pay tribute to Gurkha VC hero after his death, aged 83

FRIENDS and colleagues have paid tribute to the last Gurkha veteran to receive the military's highest gallantry award after his death in Nepal. Rambahadur Limbu was handed the Victoria Cross for his actions under contact with Indonesian troops during the so-called Borneo Confrontation.

Confirming that the 83-year-old had died in Lalitpur on April 22, the Gurkha Brigade Association paid tribute.

"Officers and soldiers extend their deepest sympathy and heartfelt condolences to his family and friends," a statement said.

"He has been a figurehead and exemplar of bravery for generations of Gurkha recruits and soldiers.

"His loss will be profoundly felt by all he inspired."

Having been selected for the Army in the late 1950s, Limbu had been serving as a lance corporal with 2nd Battalion, The 10th Princess Mary's Own Gurkha



Rifles when he deployed to Borneo.

In November 1965 a battle saw him brave heavy fire to extract two wounded comrades before grabbing a machine gun to support troops.

After receiving the VC from Queen Elizabeth II in 1966, the Serviceman went on to retire as a captain after serving 26 years. He was also appointed a member of the Royal Victorian Order for his work as a Queen's Gurkha orderly officer.

He retained his close ties with his brigade and was a strong supporter of charity work and initiatives to help recruits and veterans. ■

“
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”



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CORONATION QUEST...

■ THIS month marks a once-in-a-generation event as our soldiers take centre stage during the Coronation of King Charles III at Westminster Abbey.

We have not seen an event of this kind for 70 years and I'm well aware of the hard work troops have been putting in to ensure perfection on the day.

I know we will show our ceremonial excellence to the world.

To all taking part – and I shall be marching with you alongside the other Service warrant officers – I hope you take pride in your contribution to this special occasion for the nation and you will have many memories to share.

Long live the King!

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‘Coronation club’ is wrong

RUMOURS abound that the Coronation Medal will only be issued to those involved in the event itself.

If the final decision has yet to be taken, on behalf of everyone serving may I make an urgent plea to the powers that be to avoid this course of action at all costs.

Medals are an important part of military life. If you are old and crusty like me, you’ll probably have collected a few, but for the post-Afghanistan and Iraq

generations the opportunities to earn new ones are few and far between.

To deprive personnel of a medal just to save what I understand is a relatively small amount of money, would be a massive dent to morale for those who serve the crown with pride.

Only a lucky few will be on duty for the Coronation, but many will be enablers behind the scenes. Please don’t deny us the right to wear this historic marker of service to King and country.

– Name and address supplied.

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V & FLP
Veterans & Families – Listening Project
 Email: veteransnfamilies@yahoo.com
www.vflp.org.uk

We are here for YOU

SUPPORT

Veterans: priority NHS treatment

A veteran is someone who has served in the armed forces for at least 1 day. There are around 2.4 million veterans in Great Britain.

When servicemen and women leave the armed forces, their healthcare is the responsibility of the NHS.

It's very important for continuing healthcare that you register with an NHS GP and remember to tell them that you have served. This will help your GP to better understand any service-related health conditions that you may have and ensure that you are referred, where appropriate, to dedicated services for ex-forces.

If you've recently left the armed forces, it's important to give your GP the paperwork that your military medical centre gave you, including any medical records. This will help to ensure your military health record transfers to your NHS health record. It will also give your GP information on your health and ensure that any ongoing care and treatment is continued.

Being flagged as a veteran in your NHS medical notes will help to ensure that you are able to access dedicated services for those who have served in the UK armed forces. These include services for mental health and physical health conditions.

Find out more about the range of dedicated health services for ex-forces (PDF, 278kb).

'No disadvantage'

You should not be disadvantaged from accessing appropriate health services, so it's important that you notify your current GP if you're moving, particularly if you're on a waiting list for medical treatment, so this information can be transferred across.

Details of GP surgeries and other health services within your area can be found by using find GP services.

All veterans are entitled to priority access to NHS care (including hospital, primary or community care) for conditions associated with their time within the armed forces (service-related).

Priority Treatment

Thank you for your recent enquiry about priority treatment.

Under long-standing arrangements, war pensioners in England, Scotland and Wales have been given priority NHS treatment for their accepted disablements, subject to the clinical needs of all patients. This arrangement is now extended to include **all** veterans, where the medical condition is a result of military service.

What you should do

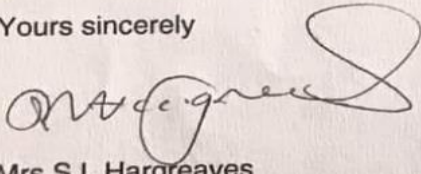
You should let your GP know you are a veteran and if you need secondary (more specialist) NHS treatment, your GP will be asked to consider if, in their medical opinion, the condition being treated may be related to your service.

Where the secondary clinician in charge agrees that the condition is likely to be service related, priority will be given over other patients with the same level of clinical need. Veterans will not be given priority over other patients with more urgent clinical needs.

Help and advice

If you need any further help or advice, please let us know.

Yours sincerely



Mrs S L Hargreaves

06/20 AFCSWPS1644



CORONATION CELEBRATION
FOR THE CORONATION OF
HIS MAJESTY KING CHARLES III



REMEMBER 
We'll be next open...

12th
June
2023



Come & express whatever emoji you feel,
with THE V&F-LP Team.
V&F-LP every 2nd Monday of the month
High Cross Church, Knoll Road, Camberley, Surrey; GU15 3SY

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

Take care
From the team V&F-LP
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