

VETERANS AND FAMILY HUB NEWSLETTER

☎ 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk

MAY 2023

ISSUE 86



Coronation Celebrations In Plymouth

Plymouth residents will be able to gather together to mark the momentous occasion that is the Coronation of King Charles III.

Southside Street will be closed to traffic to make way for tables and chairs to mark the 'Big Lunch' element of the Coronation celebrations. Plymouth residents and visitors are encouraged to come together in a unique outdoor setting where they can bring a picnic or buy lunch from the wide variety of food outlets across the Barbican.

The party atmosphere will span beyond Southside Street, taking in Sutton Harbour, Quay Square and The Parade where the big screen will be located.

A variety of charity stalls will be set up throughout the area to help people find out more about volunteering in the community.



Plymouth Veterans and Family Hub will have a stand outside our building at Ernest English house from 10:00 on Saturday 6th May.

Stop by to say hello and have your picture taken with 'King Charles'. Our hand knitted King and Queen Consort dolls will be available to purchase.

USEFUL CONTACTS

NHS Non-Emergency
111

Police Non-Emergency
101

South West Water
0344 346 2020

British Gas (Emergency
Number)
0800 111 999

Western Power Distribution
(Contact in the event of a power cut)
0800 678 3105

Adult Social Care
01752 306900

Livewell Plymouth
mental health support (24
hours)
01752434922

Veterans Gateway
0808 802 1212

Samaritans
116 123

Cost of Living Payments



Millions of UK households will receive £301 directly from DWP between 25 April and 17 May.

This is the first of three payments totalling up to £900 for those eligible and on means-tested benefits, such as Universal Credit or Pension Credit, in 2023/24. This follows the £650 Cost of Living Payment made to over eight million people in 2022.

There will also be further payments worth £150 for eligible disabled people and £300 for pensioners later this year, meaning the most vulnerable can receive up to £1,350 in direct payments.

The £301 payment will be sent out automatically and directly to recipients, meaning those eligible do not need to apply or do anything to receive it. The payment reference for bank accounts will be DWP COLP, along with the claimant's National Insurance number.

State Pension Age Review Published

The Government has confirmed the State Pension age will rise to 67 by the end of 2028, following a review published today.

After carefully considering expert evidence, including two independent reports, the Secretary of State for Work and Pensions has concluded the planned pension age rise from 66 to 67 for those born after April 1960 remains appropriate.

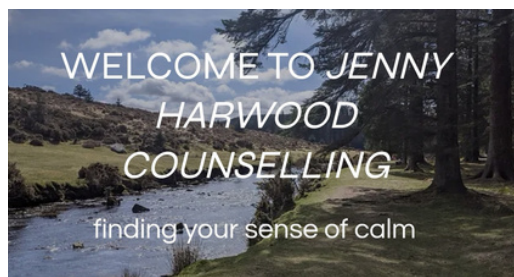
The Pensions Act 2014 requires the Secretary of State for Work and Pensions to regularly review State Pension age. To inform this Review, two independent reports were commissioned - analysis from the Government Actuary based on life expectancy projections and the proportion of adult life spent in retirement, and findings from Baroness Neville-Rolfe which considered relevant factors including life-expectancy trends.

As the number of people over State Pension age increases, the Government must ensure it remains sustainable and fair for current and future generations.

The Government plans to have a further review within two years of the next Parliament to reconsider the rise to age 68.

This gives the Government appropriate time to take into account evidence which is not yet available on the long-term impact of recent challenges, including the Covid pandemic and global inflationary pressures. These events bring a level of uncertainty in relation to the current data on life expectancy, labour markets and the public finances.

Our Veteran Community.



I am a qualified Integrative Counselor and I am also a Navy wife. My husband has been in the navy for over 23 years and during our 13 year relationship it certainly has been a roller-coaster of a ride.

There have been some amazing opportunities for my husband to go to university and to travel the world but there have been some pretty tough times too; moving house on 6 occasions, having deployments when our children were very young, having drafts cut short and changed unexpectedly, just to name a few.

As a family we now are facing possibly our biggest challenge yet, my husband retiring from the navy.

It is because of my experiences being married to someone in the Navy that I feel passionate about helping and supporting military personal, veterans and their families with their emotional and mental wellbeing.

I started out as a mental health nurse working in a variety of inpatient and community settings and did this for about 9 years. Due to a mixture of reasons, partly due to the pressures of working in a underfunded NHS and also the strains of military life on our family I gave up nursing. I remained interested in and passionate about helping others and once we had a more settled and long term draft, I had the opportunity to think about what I would like to do. I felt drawn to counselling, the idea of learning again and gaining more understanding about people really interested me as well as the opportunity to help others. In total it took me 4 years of studying at college and placement time to qualify as an Integrative Counsellor.

As an Integrative counsellor, it means that I am trained in several different theories; Person Centred, CBT, Gestalt and Transpersonal. What that all means is that I can adapt and use different knowledge and skills from those different theories to suit my individual client.

Counselling can be helpful for a variety of different issues and is not just for when someone is in crisis, it can help prevent someone from getting to the point of crisis. I have experience in working with a variety of emotional and mental health issues including; anxiety, depression, low self esteem/low confidence, bereavement, grief and loss, relationship issues, trauma and life transitions.



If any of this sounds like it may be helpful to you, you can contact me directly at jennyharwood1@icloud.com or you can find out more at my website; www.jennyharwoodcounselling.co.uk or my facebook page; [Jenny Harwood Counselling](#).

I offer sessions online using zoom, a video call platform which is very simple to use. Before each session after receiving payment, I will send a zoom link by email and at the time of our agreed session you can click on the link which will take you to our video call.

Each session is 1 hour and that time is for you to share what's on your mind, it can be an opportunity to make sense of your feelings and life events. I can offer short term and long term sessions, that is something that we can discuss together and regularly review to check in that you are finding our sessions helpful.

As a qualified counsellor I am a registered member of the British Association of Counsellors and Psychotherapists (BACP). I have regular supervision and regularly complete CPD to keep my knowledge and skills up to date

Do you have your own small business that you would like to feature in our newsletter?
Please email us at vfhub@improvinglivesplymouth.org.uk

Plymouth 5km

Katie is getting close to her target of £500 for the Veterans and Family hub, every penny she raises will go to support activities and events at the hub.

There is still time to sign up and run with Katie, anyone that raises over £120 will get a free running t-shirt.

[To Donate click here](#)



JustGiving



Veterans Unpaid Carers Group

Our veteran carers group happens on the first Thursday of each month. This is a place for carers and their cared for to get together with people that understand the stresses and struggles of living with disabilities.

This month we will be visiting The Box, meeting outside the Main entrance on Tavistock Place at 13:30.

The carers support group can be attended together (cared for and carers) Or individually (Just carer). If you are looking for a group to attend where you can talk to people who understand what you are going through, chat about the stresses of caring roles or just meet new people, this could be just what you need.

UNPAID CARERS GROUP GO TO..
THE BOX!



THURSDAY 4TH MAY - 1:30PM

CARERS AND CARED FOR WELCOME!



Brew and Banter

Please can we politely remind everyone Brew and Banter at the Copthorne hotel, that our start time is 10:30 - No one should be in the hotel before 10:20.

The hotel are very accommodating to Improving Lives Plymouth and need time to get ready for us after Breakfast has finished. We very much appreciate your support with this.



AFBC Breakfast fit for a King



Armed Forces Breakfast Club is holding a special "fit for a king" breakfast on Saturday 6th May 08:30 -10:30 prices starting at £4 , the club is putting on additional fruit platters and pastries along with providing a welcome drink. Please contact Admin Team: telephone/text 07568 148685 to book your place.



☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Podiatry appointments at The Hub

Plymouth Veterans and Family Hub are extremely fortunate to be able to offer podiatry appointments with Cara Chell on Tuesday 23rd May from 11:30am at Ernest English House.

Cara will be available by appointment only, so booking is essential.

Each appointment will last 30 minutes, during this time, Cara will assess you, discuss your concerns and treat you.

Cara can treat injuries to the feet and lower legs, as well as complications from ongoing health issues like diabetes.

If you would like an appointment, please call the hub on 01752 241057



Do you need to see a Podiatrist?

 My name is Cara, I am a HCPC (Health and Care Professionals Council) Podiatrist, with over 8 years experience in private practice.

If you are experiencing problems with your feet, you should always seek help.

A Podiatrist can help with the following:

- General Nail care
- Corns and Callus
- Verrucas
- Thickened Fungal Nails
- Diabetic assessments
- Biomechanical Assessments
- Insole Prescriptions
- And many other foot health related problems

I offer a professional treatment in the comfort of your own home, please feel free to message or call for more information.

 **Cara Chell Podiatry (CH32873)**
Email: ccpodiatry2015@hotmail.com
Call/Text: 07557984053

Only
£30
Per appointment,
Discounts for
households available

These appointments are on a trial period, so Cara will be visiting once a month over a 3 month period. We're hoping these appointments will make taking care of yourself and your feet easy and hassle free, due to being in the same place each month.

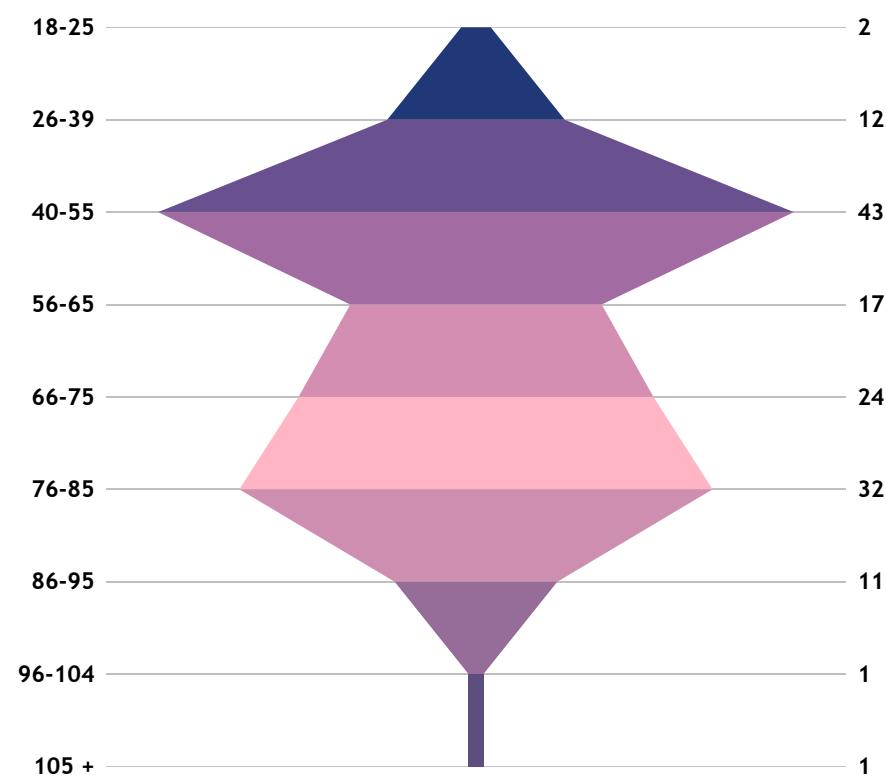
Cara will be joining us again on Tuesday 13th June and Tuesday 18th July. On both of these days, appointments will be throughout the day, with the first appointment being 09:30 and the last appointment 13:30.

We do expect demand to be high for the service, please book early to avoid disappointment.

Monthly Statistics

In April we supported 157 Veterans and Veteran Families. We helped 19 people with their welfare benefits. 72 people receive information and advice support. We helped to provide 11 welfare checks for those in need of telephone support. We also delivered group support activities that where attended 154 times by Veterans/Families.

Age range of Clients that the Veterans Hub supported in April.



The financial impact of benefit applications for March is £53,327

History of Improving Lives Plymouth - Part of the city since 1907



1907 - 1921 : Plymouth Civic Guild of Help
1921 - 1959 : Plymouth Council of Social Service
1959 - 1973 : Plymouth Guild of Social Service 1
1973 - 1997 : Plymouth Guild of Community Service
1997 - 2005 : Plymouth Guild of Voluntary Service
2005 - 2017 Plymouth Guild
2017 : Improving Lives Plymouth



Improving Lives Plymouth was established in 1907 in response to a letter in the Western Evening Herald from a woman in Oldham, Mary Higgs. She appealed in her letter for people to "help the needy by providing better housing, salvation from drink and true citizenship". This led to a public meeting on 19 March 1907 to consider the need for an organisation to do just that and the Plymouth Civic Guild of Help was inaugurated on 23 September the same year.

We have had several names over the years, as we have developed a wide range of activities and services to support and work alongside local people. Many organisations in the city started at the Guild. Among them Age Concern, CAB, Victim Support and Community Transport. Many societies also were set up, including MS Society and Parkinson's Disease Society.

Interesting Facts:

In the first year of Plymouth Civic Guild of Help (ILP) were asked to provide volunteer to the local magistrates to act as Probation officers under the first Juvenile offenders act.

At the first annual meeting Plymouth civic Guild of help (ILP) showed a deficit of £61 13s 4d.

The first day Nursey in Plymouth was established by Plymouth Guild of Civic Help (ILP) at 19 Whimble Street in March 1914 for the purpose of helping young mothers who are forced to go out to work.

The Plymouth Civic Guild of help (ILP) wrote to Plymouth MP, Major Waldorf Astor, the Parliamentary Secretary of the Minister of Health, urging that landlords should be giving incoming tenants a certificate that the premises were fit for habitation.

In 1934 the Plymouth Council of Social Services (ILP) helped to open a soup run kitchen in Stonehouse, but after a short period it was withdrawn due to lack of demand.

As an organisation we are very proud of our history and the support we have provided to the residents of Plymouth over the last 116 years.

MAY 2023



VETERANS AND
FAMILY HUB

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✉ VFHub@improvinglivesplymouth.org.uk

**PLYMOUTH VETERANS
& FAMILY HUB**

FISH & CHIPS

WEDNESDAY 17TH MAY

Due to a change in funding, we are requesting a donation of £5 per person

17:00 - 19:30

ERNEST ENGLISH HOUSE,
BUCKWELL STREET,
PL1 2DA

BOOKING ESSENTIAL -
PLEASE CALL 01752 241057



BREAKING NEWS

**Plymouth Veterans
& Family Hub**

£3.70 pp

Breakfast Muffin Morning

Friday 12th May - 10:30 - 12:00

**Union Rooms
Wetherspoons Union Street**

Pre Booking essential



Please note due to funding we will no longer have Bacon roll morning at the hub.

**Spring Carers Walk & Talk
Coming in 2023**

Come and Join our trained walk leader at Central Park for a slow, gentle walk on accessible paths avoiding any steep inclines.

There is no need to book and you can attend with the person you care for if you wish. We will end our walk at a café so don't forget to bring your wallet if you would like any refreshments (*please note that the café may only accept card payments).

We will meet just outside the life centre entrance at 12:50PM for 1PM start.

Well behaved dogs on leads are welcome.

Walk Dates are:
March 9th, 16th and 23rd and 30th, April 6th, 13th, 20th, and 27th, May 4th, and 11th.

For Further information please call Caring for Carers on 01752 201890.

**RN FPS Community Support
CROWNHILL COFFEE
MORNING**

ROWNHILL COMMUNITY CENTRE
rownhill Fort Road, Plymouth, PL6 5BX



CROWNHILL

COFFEE MORNING

Every Tuesday Term Time 0930-1100

*Offering a space to gain support from
RN FPS and other Service Families*

Tea and Coffee available

Children are welcome please provide their snacks

£1.00 contribution





Age Positive Programme
Supports over 65s to stay
healthy and happy

GENTLE TAI CHI

'Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion - connecting the mind and body.'

As part of 'Age Positive' Programme, this class is specifically for those seeking to improve; strength, balance and flexibility. The class can focus on more seated movements if required for gentler exercise.



Where: Compton Church Hall
When: Weekly Tuesdays
10.30am-11.30am
Cost: £3.50

Find out more:
anna.fox@improvinglivesplymouth.org.uk
Or Call: 07305104006



St Columba




St Columba offer free quality coaching and training facilities in a friendly environment. New players welcome.

Plymouth Albion
3G Pitch with Floodlights
Every Wednesday (18:00 – 19:00)

contact@stcolumbarugbyclub.co.uk
f StColumbaTorpointRFC



Living with persistent pain can be difficult

Attend our FREE Virtual Veteran Pain Management Programme (PMP) to learn strategies to manage your pain effectively.

Rated twice as OUTSTANDING by the Care Quality Commission (CQC) our programme is tailored to support veterans and provide you with practical strategies to improve your quality of life.

Attend virtually for ten days over nine months (access to Zoom necessary), and gain confidence in managing your pain.

Spaces are limited and a GP referral along with Proof of Service must be submitted before assessment to join the programme.

For more information or to refer yourself contact:
Caroline Dunne
Email: carolinedunne@kingedwardvii.co.uk
Tel: 0207 467 4370
www.kingedwardvii.co.uk



**CENTRE FOR
VETERANS' HEALTH**
KING EDWARD VII'S HOSPITAL





Battlefields Uncovered: Introduction to Archaeological and Historical Investigations of

4TH SEPTEMBER – 13TH DECEMBER 2023

NO FEES FOR VETERANS, SERVING PERSONNEL AND ADULT FAMILY MEMBERS.

Explore the archaeology of Waterloo and other iconic battlefields in this friendly and exciting entry-level university course. Meet new people, make connections and learn about the past.

Battlefields Uncovered is the course for you if you are:

- Looking to learn more about history and archaeology,
- Wanting to gain new skills through engaging lectures and seminars,
- Interested in gaining academic credits from an accredited university course held online,

This course is a **journey across the globe and through the ages**, starting with the Battle of Waterloo, to discover what investigating conflict can reveal about the past, the present and even ourselves.

Lectures, seminars and interactive workshops are hosted by a range of expert lecturers and scholars, totalling **50 hours of online learning content** spread over three months (roughly 2-3 hours a week).

The Battlefields Uncovered course gave me the confidence to successfully gain a new job and a volunteering role I have long wanted to apply for.

MAUREN, 2022 ARMED FORCES FAMILY MEMBER

Friendly discussions groups and social events will be held regularly to help combat the isolation that can be felt over the winter months. Assessment is based on participation and engagement (which means no written exams!) and graduation will take place online in mid-December.

No prior knowledge or experience of archaeology or military history is needed, and since the course takes place online, it doesn't matter where you're based. In the past, participants have joined us from as far afield as Lima to Okinawa! All you need is a tablet, laptop, or smartphone, and internet access. Anyone needing extra support with anything from IT to welfare can be guided to appropriate organisations and professionals by our team.

Battlefields is a great way to learn, connect and open your horizons with a group of amazing people and a team who really seem to care running it.

LAUREN, 2022 SERVING PERSONNEL

To apply, or for more information, please contact apply@waterloouncovered.com. Applications are open until 30th May 2023 or will close when places are full. Visit www.waterloouncovered.com to learn more.

Sponsored by




Our Partners







Defence Medical Welfare Service

Charity Ball

LAST CHANCE

BORINGDON PARK GOLF CLUB,
PLYMOUTH PL7 4QG
SATURDAY 10TH JUNE 2023
6:00PM - 1:00AM

HOSTED BY BBC RADIO DEVON'S DAVID FITZGERALD
PERFORMANCES FROM THE PLYMOUTH MILITARY WIVES CHOIR
3 COURSE MEAL & DISCO
AUCTION & RAFFLE
DRESS - BLACK TIE

TICKETS: £55 PER PERSON

VISIT : <https://dmwscharityball.eventbrite.co.uk>



DMWS is a registered charity in England and Wales (1040155) & Scotland (SC040155) | Improving Lives Plymouth is a registered charity in England and Wales (1040155) & Scotland (SC040155)

Are you living with a Long-Term Health Condition?
Would you like to achieve a better quality of life?

Why not sign up to our FREE 4 week half-day workshop:

My Health, My Way

Find new ways to manage your life in a friendly and relaxed atmosphere. Develop your knowledge, skills and confidence to self-manage the challenges you face.

Set and achieve your own goals, meet others, share experiences and learn new coping strategies.

Call us on 07305 006522 or email: self-management@improvinglivesplymouth.org.uk



 **RADFORD** 

COFFEE MORNING

Every Friday Term Time 0930-1100

*Offering a space to gain support from
RN FPS and other Service Families*

Tea and Coffee available
Children are welcome please provide their snacks

 **£1.00 contribution** 

THIS MONTH ON ZOOM
Creative Forces Wednesday

Introducing Hear Better MINI EXHIBITION

A FREE hearing loss exhibition designed for individuals and hearing professionals to find out more about the latest technology and local support available to assist people with hearing loss in daily life

There will be an NHS Re-tube clinic.
BSL Interpreter 1030-1300.

1030-1500 Thursday 4th May, 2023
Cophthorne Hotel, Armada Way PL1 1AR

To find out more Contact Sensory Solutions on
01752 201899, Text 07496 950013 or email
sensorysolutions@improvinglivesplymouth.org.uk

Supported by the
Alex Ferry
Foundation



What's On May

*Tuesday 2nd - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

Wednesday 3rd - Bingo - Mannamead Wellbeing Hub - 17:30 for 18:00 start

Thursday 4th - Unpaid Carers Support Group - Visit to The Box - 13:30 - 15:00

**Friday 5th - King's Coronation, Street Style Party - Copthorne Hotel - 11:00 - 13:00 - Full

Saturday 6th - Coronation of King Charles III 10:00 - 14:00

Pop along and say Hello at our community stand outside Ernest English House.

*Saturday 6th - Breakfast fit for a King - AFBC - Drakes Kitchen- 09:00 -11:00

*Tuesday 9th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

Friday 12th - Breakfast Brew and Bants - Union Rooms Wetherspoons 10:30-12:00 £3.70

*Saturday 13th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £5

*Monday 15th - Walking Football - Harpers Football Centre (previously Goals) - 14:00 - 15:00 - £2

*Tuesday 16th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

**Wednesday 17th - Fish and Chips evening - 17:00 - 19:30 - PVFH, Ernest English House - £5

Friday 19th - Brew and Banter - Copthorne Hotel - 10:30 - 12:00 - £4

Saturday 20th - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00

*Monday 22nd - Walking Football - Harpers Football Centre (previously Goals) - 14:00 - 15:00 £2

*Tuesday 23rd - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

**Tuesday 23rd - Visiting Podiatrist - Booking Essential - 11:30 -13:30

Friday 26th - Breakfast Brew and Banter - Union Rooms Wetherspoons 10:30-12:00 £3.70

*Sunday 28th - Veterans Brunch - Age UK Mount Gould - 10:00 - 12:00 - £5

*Tuesday 30th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

* Cost payable

** Booking Required

