

VETERANS AND FAMILY HUB NEWSLETTER

☎ 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk

JUL 2023

ISSUE 88



Armed Forces Day 2023



We had such a great day at Armed Forces day! Thanks to our amazing team of volunteers, Pauline, Pam, Pete Joan, Kay, Dave, Jo, Ellie, Mark, Joanne plus everyone who stopped by.

If you would like to support the hub at future events please email Ann-Marie to be added to our event volunteer list -

ann-marie.woollacott@improvinglivesplymouth.org.uk

We made a very impressive £535.35 - this will go towards our upcoming Families day in August!

The hub also took 40 new referrals for support and information so the team is busy working through these.

I think you will all agree what an amazing success this year was and we would like to thank Ellen at Plymouth City Council along with her events team for all of the hard work arranging such a big event. BZ

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

Disability Cost of Living Payment schedule

More than six million disabled people in the UK will receive their one-off £150 Disability Cost of Living Payment from 20 June. Those being paid a disability benefit that qualifies them for the payment will receive it automatically during a two-week window starting on 20th June and finishing on 4th July.

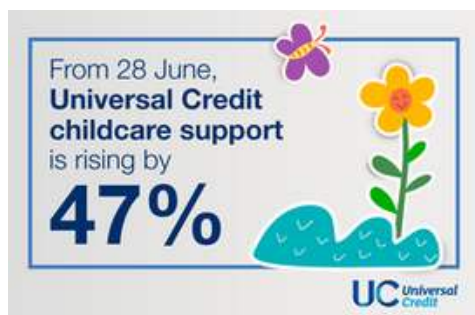
Benefit recipients that qualify for the Disability Cost of Living payment are those who receive: Disability Living Allowance, Personal Independence Payment, Attendance Allowance Scottish Disability Benefits (Adult Disability Payment and Child Disability Payment) Armed Forces Independence Payment, Constant Attendance Allowance and War Pension Mobility Supplement

Recipients must have received a payment (or later receive a payment) of one of these qualifying benefits for 1st April 2023 to get the Disability Cost of Living payment.

For those who were awaiting confirmation of their entitlement to disability benefits on 1st April, or who are waiting to be assessed for eligibility to receive disability benefits, the process may take longer, but payments will still be automatic.

More information on [GOV.UK](https://www.gov.uk).

Childcare Support.



A Massive boost to childcare payments marks first step in largest ever expansion of childcare

As part of the Government's biggest ever expansion to childcare provision, low-income families will be able to access increased childcare support from 28 June.

Last month, DWP raised the amount that parents in Great Britain can claim back monthly for their childcare costs on Universal Credit to £951 for one child and £1,630 for two or more children. This is a rise of 47% from the previous limits of £646 for one child or £1,108 for two or more children.

At the same time, the Government will help eligible parents cover the costs for the first month's childcare when they enter work or significantly increase their hours, removing one of the most significant barriers to parents working and helping to grow the economy. [More Info](#)

JULY 2023



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Family Fun Day

We are pleased to be holding our annual fun day on the 19th August at our building in Mannamead. If you are a community crafter or would like a small stand please contact the hub ASAP as space is limited.

Booking is essential to attend the event - we look forward to seeing you all on the 19th August!

A colorful poster for a Family Fun Day event. The poster has a white background with a colorful, abstract border. At the top left, there is a red starburst with the word 'FREE!' in yellow. Next to it is a green speech bubble with the words 'FUN DAY' in blue and pink. To the right is the 'Improving Lives Plymouth Veterans & Family Hub' logo. The main text in the center reads 'Saturday 19th August 10:30 - 14:30' in blue. Below this, it says 'For Veterans, Serving and their families as well as supporters of the Armed Forces Community.' in purple. Further down, it provides contact information: 'Call to book on 01752 241057 or email vfhub@improvinglivesplymouth.org.uk' in blue. At the bottom, it lists the location: 'Improving Lives Plymouth 156 Mannamead Road PL3 5QL' in green. The bottom of the poster features an illustration of five diverse children holding hands and balloons.

Plymouth Heritage Pass

Local residents and visitors to Plymouth can enjoy cheaper entry to three top visitor attractions this summer, thanks to a recently launched 'Heritage Pass'.

Smeaton's Tower lighthouse, the historic Elizabethan House on the Barbican and the Mayflower Museum above the Tourist Information Centre are all covered by the pass which, once purchased, is valid for up to a week.

All three venues offer a different insight into Plymouth's past and its connections with some important moments in history. Anyone aged 16+ can enjoy a visit to all three sites for just £12, while children aged 5-15 can secure a pass for just £6. A 'Family & Friends' rate for up to two adults and three children is only £30 (with any additional children costing £2each).

Members of The Box and children under 5 are free. "The cost of living crisis has affected many of us, so we're delighted to offer this 'Heritage Pass' which will enable people to save some money when they visit these popular venues," said Abigail Netcott, Marketing and Development Manager at The Box. "You can buy the pass in person at Smeaton's Tower, Elizabethan House or the Mayflower Museum. It can also be purchased in advance from The Box's online store. For more information about Smeaton's Tower, Elizabethan House, the Mayflower Museum and the 'Heritage Pass' for more information please [click here](#).

Smeaton's Tower

The Hoe, Plymouth PL1 2NZ

Open 10am-5pm Tuesday-Sunday and selected bank holidays. [Click here](#)

Elizabethan House

32 New Street, The Barbican, Plymouth PL1 2NA

Open 10am-5pm Tuesday-Sunday. [Click here](#)

Mayflower Museum

3-5 The Barbican, Plymouth PL1 1LR

Open 9am-5pm Monday-Saturday and 10am-4pm Sundays and bank holidays. [Click here](#)





Nuclear Test Medal

The Nuclear Test Medal is a commemorative medal to recognise the United Kingdom's Nuclear Test Programme during the period 1952 and 1967.

The Medal is awarded to UK Service and civilian personnel, and individuals from other nations, who served at the locations where the UK atmospheric nuclear tests were conducted, including the preparatory and clear-up phases, between 1952 and 1967 inclusive.

The Medal is also awarded to UK personnel who served at locations where American atmospheric nuclear tests took place in 1962 under Operation DOMINIC.

Qualifying service for the medal is defined as service of any length.

Eligible personnel are defined as follows:

- (1) UK Service and civilian personnel, and individuals from other nations, who served at the locations where the UK atmospheric nuclear tests were conducted, including the preparatory and clear-up phases, between 1952 and 1967.
- (2) UK Service and civilian personnel who served at the locations where American atmospheric nuclear tests took place in 1962 under Operation DOMINIC.
- (3) Foreign nationals who served at the locations where the UK atmospheric nuclear tests were conducted, including the preparatory and clear-up phases, between 1952 and 1967.
- (4) The medal can be awarded posthumously to the legal next of kin of eligible individuals who have since died.

Applications for the medal can be submitted by completing the [Ministry of Defence medal form](#)

Veteran ID Cards



An ID card for armed forces veterans, which will help them access specialist support and services, will launch a digital verification process later this year.

The cards allow veterans to easily verify their service to the NHS, their local authority, and charities, helping them to access support and services where needed.

All other veterans will be able to apply for a new ID card by the end of this year, to mark their time in the armed forces.

Veterans UK - which manages pensions and compensation payments for the armed forces - local authorities, service charities, NHS and GPs will also benefit from the change, as they will not have to conduct time-consuming checks to identify individual veterans.

The new ID card is one of three that are available to service leavers. Personnel leaving the armed forces are also able to keep their military IDs, known as the MOD Form 90, allowing them to maintain their emotional connection with their service. Additionally, veterans can access a range of discounts through the Defence Discount Service, the official MOD-endorsed service for the armed forces.

We will bring you further updates as we get them. [For more info click here.](#)

Federation of Plymouth and District Ex-Services Association



Our good friends at the Federation of Plymouth and District Ex-Services Association have been awarded Plymouth's highest honour, the Freedom of the City.

Plymouth City Council held a special meeting to award the honour to the Federation of Plymouth and District Ex-Services Associations its "hard work and achievements in service of the country".

The council said the award for the organisation marked its "commitment to supporting veterans and the armed forces community" and to hosting memorial events.

Mark Shayer, Lord Mayor of Plymouth, said it was "an absolute honour" to recognise the federation.

"I am really pleased to hear that we are awarding an association dedicated to supporting veterans and our strong armed forces community throughout the city," he said.

"Their great work with engaging in the important events that is held in our city is admirable."

The association's president, councillor Pauline Murphy, said the authority had "recognised the brilliant work" the service "continue to do every day".

She said: "This is a great honour, especially for the committee who work incredibly hard.

"Words cannot express how proud we are to be receiving the award of Freedom of the City."

To read the full article from the BBC [click here](#)

We would like to send out congratulations to all of those involved, and thank them for their continued dedication to support Veterans across our city. BZ

JULY 2023



VETERANS AND
FAMILY HUB

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Regi-mental Wellbeing for Veterans



Location: The William and Patricia Venton Centre

Price: Free

Call 07300 334033 for more info

Email: Georgina.Edwards@ageukplymouth.org.uk

Telephone: 07300 334033

Counselling and wellbeing support for Veterans over the age of 50 living and working in the city of Plymouth.

How can we help?

We're here to support over 50s in our community to love later life with dignity and independence. Our free and friendly counselling service is here to help Veterans access the support they need to build and maintain good mental health.

This flexible eight week programme supports people living with a range of challenges to their mental wellbeing including PTSD, low level depression and social isolation.

Our fully qualified, independent counsellor will guide and reassure you through your journey to better mental health, at your own pace and with full confidentiality.

Want to talk? We're here to listen

Face to face counselling for individuals through a series of regular free sessions in a comfortable and confidential environment.

Explore new possibilities, and enable the opportunity for change at your own pace.

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Our Veteran Community.

Cara Chell Podiatry

Plymouth Veterans and Family Hub had our first visit from Cara in May, this turned out to be a great success with all her clients saying how fabulous their feet felt after their treatment.

Our next podiatry session will be held on Tuesday 18th July at Ernest English House. The first available appointment is at 09:30 and at 30 minute intervals throughout the day until the last appointment at 13:30. These appointments are already booking up, so if you would like to see Cara, please call the hub on 01752 241057 - 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.

These appointments are on a trial basis, so if you feel the service will benefit you, please use it so that we can gauge the requirement of this service. 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.

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

After this visit, Cara will be joining us again on Tuesday 22nd August.

Plymouth Veterans and Family Hub / Improving Lives Plymouth do not endorse this service this is advertisement article.



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

Only £30
Per appointment, Discounts for households available

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



Bristol Coach Trip



Friday 15th September



Oakham Treasures is one of the largest privately owned museums of retail and farming history in the UK. Opened to the public for the very first time since July 2008, it has already become an award winning major attraction, and guarantees to give you an amazing and uplifting trip down memory lane.

Whether you are 8 or 80, you'll be fascinated by this vast and unique collection of memorabilia from the last century. There really is something for everybody, from the thousands of items in the historic stores, to the impressive display of vintage tractors and farm equipment.

Lunch is available to buy at the museum



With a Garden Center stop on the way home for tea and cake a voucher will be provided to the value of £5 towards this.

£20pp for Veterans and their Family
£23 for other service users.

Call the hub to book a space on 01752 241057

From Milehouse Park and Ride at 08:50
Return time approx 18:30.

Plymouth Veterans & Family Hub



Bingo is held on the first Wednesday of every month.
Grab a cuppa sit back and enjoy!

Eyes down for 18:00

New Venue;

**Honicknowle Youth Centre,
Honicknowle Green,
PL5 3PX**

Parking on site / Fully accessible.

Please do not arrive before 17:30

Tea Coffee and Cake available (included in cost)
3 Games for £1

Plymouth Veterans & Family Hub

From
£3.70 pp



Brew and Banter

Every Friday
10:30 - 12:30

Union Rooms

Wetherspoons Union Street

Please Pre Booking

01752 241057 /

vfhub@improvinglivesplymouth.org.uk



Unpaid Carers Group



Are you a Veteran who cares for someone or
someone who cares for a Veteran?

If so, Please feel free to attend our carers group on the,

**1st Thursday of every month
13:30 - 15:00**

at Ernest English House,
Buckwell Street,
Plymouth,
PL1 2DA.

We arrange a wealth of activities to help promote the
Mental Wellbeing of carers and their cared for and provide a safe
space to discuss and share experiences with caring roles.

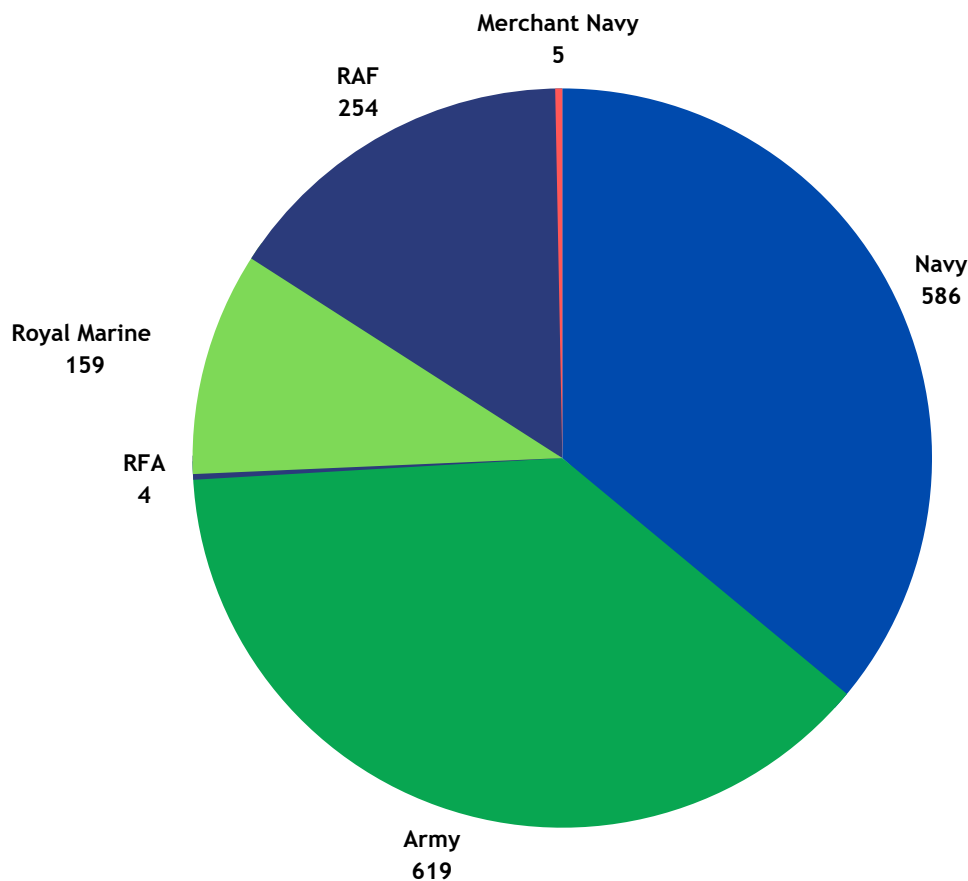


Monthly Statistics

In June we supported 230 Veterans and Veteran Families. We helped 24 people with their welfare benefits. 131 people receive information and advice support. We helped to provide 16 welfare checks for those in need of telephone support. We also delivered group support activities that were attended 160 times by Veterans/Families.

What service are you from?

Breakdown of those registered at the hub.



The financial impact of benefit applications for June is £30,954



Support, outdoor wellbeing and friendship for veterans & serving members of our armed forces.

CALLING ALL VETERANS!

Based in the South West, Veterans Outdoors is a unique charity offering support, friendship, and outdoor wellbeing activities in some of the region's most beautiful locations. We understand the therapeutic benefits of working with horticulture, nature and animals or simply just being outdoors walking, exploring, kayaking, learning rural craft skills or just sitting round a fire drinking tea. We do all this and more – and our activities are open to anyone who has served in the Armed Forces, is still serving or who has a spousal connection.

And we have unique 'women only' veterans' projects too – see our website for details.

Whether you want a new or different experience, to learn a skill, try a new hobby or just be part of something and meet new friends, we'd love to hear from you. For those that need it, our programmes are proven to build confidence, help reconnections with family and friends and improve physical and mental wellbeing. If you'd like to find out more about what we're up to and become part of our growing family of veterans contact us on 07760 729080 or check out our website at www.veteransoutdoors.org.uk

www.veteransoutdoors.org.uk




Scan to donate Reg. Charity no: 1173208

Need some direction?

Fancy A Chat?

Social support... Do you have enough?



Positive social support is important for maintaining good physical and mental health. It can enhance resilience to stress and reduce consequences of trauma-induced conditions like post-traumatic stress disorder.

(Ozbay et al, 2007).



If you are a member of the Armed Forces Community, (including spouses and family members), why not book an appointment with Jodi on

Tuesday 4th July



You will be able to have an open informal discussion - in a safe space - about any worries, concerns or issues you may have that are impacting your overall level of well-being.

For more details contact jodi@veteransoutdoors.org.uk;





Made with PosterMyWall.com
Getty Stock

ARTEMIS


CALLING ALL FEMALE VETERANS!

A Women only group led by women, for military veterans and serving personnel.

Artemis is a branch of VETERANS OUTDOORS. It offers activity, event and course programmes bespoke to each individual.

We understand the stresses and strains of everyday society and aim to offer respite, support and adventure to all female veterans across the country (we are based in the South West).


If you would like to find out more information regarding our events please contact us on 07760 729080 or jodi@veteransoutdoors.org.uk/catherine@veteransoutdoors.org.uk



Please scan to donate

Made with PosterMyWall.com

Calling All Veterans



Are you or a loved one struggling with anger..... but don't know where to turn for help?

Look no further. Veterans Outdoors is offering a three day course to help you understand and cope with the emotion in a realistic and effective manner.

If you would like to book onto this course please contact: jodi@veteransoutdoors.org.uk

The course will be held on Friday 7th, 14th and 21st July (1030-1400) at Modbury Memorial Hall.

Funded by St James' Place Wealth Management

Virtual Field Gun Challenge July 2023

Train like a Field Gunner and run, row, lift or ride **7,488 metres** (the number of nautical miles from Portsmouth to Port Elizabeth where the challenge originated) every day for **18 days** (the number of people in a Field Gun team).

If weightlifting is more your thing, you could deadlift, bench press or squat **1,300kg** (the weight of a field gun) every day for **18 days**.

Or get creative and come up with your own challenge based on the numbers **7,488** and **18**.

All the money you raise will help us ensure every sailor, marine and their families are valued and supported for life.

Register on mrmc.org.uk/virtual-field-gun

Register here

mrmc.org.uk/virtual-field-gun

ROYAL NAVY & ROYAL MARINES CHARITY

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

2023 Workshops
Afternoons for 4 weeks
1:00 pm to 4:30 pm
ILP, 156 Mannam Road, Plymouth, PL3 5QL

6th to 27th June
4th to 25th July
7th to 31st August
5th to 26th September
10th to 31st October

- 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

REFRESHMENTS PROVIDED

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

Part of the 'Age Positive' project

Summer Free Wellbeing Taster Sessions

Come along and try something new to feel happier and healthier this summer. 18+
Book in with us!

| | |
|---|--|
| Thursday 6th July Gentle Tai Chi 11.30am-12.30pm Ernest English House, Buckwell Street Proven to improve strength, balance and aerobic conditioning. This session can be done seated or standing. | Thursday 13th July A stroll with a twist! 10.30am-12.30pm Meet at Ernest English House Enjoy the sunshine and get out for a stroll with some added fun! |
| Thursday 20th July Gentle Seated Yoga 11.30am-12.30pm Ernest English House, Buckwell Street Great for gentle stretching and relaxation. | Thursday 27th July Sound Therapy with 'Sacred Space Healing' 11.30am-12.30pm Ernest English House, Buckwell Street This session uses sound therapy to support deep relaxation and healing. |
| Thursday 3rd August Mindfulness Meditation Ernest English House, Buckwell Street Slow down, relax and enjoy a calm space with mindful meditation. | Thursday 10th August Wellbeing Walk at Mount Edgecombe Meet at 10am at the Cremyll Ferry (Admiral's Hard) Ferry cost and refreshments included |

Get in touch and book a place, limited spaces available.
Call or text Danny on 07305006511 or Anna on 07305104006 for more information and to book a place

Invitation to a Free Plym Valley Railway Trip with BSL Interpreter

Wednesday 12th July 11.00am-2.00pm

Meet at Coypool for a trip on the Plym Valley Railway including a Cream Tea. Bring your own lunch to have on the train or alight at Plymbridge for short walk and picnic. Toilets **ONLY** available at Coypool

To find out more or book your place please contact

Sensory Solutions
Text **07496 950013** or email sensorysolutions@improvinglivesplymouth.org.uk
Spaces are limited to 10 so book early to secure your place



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

Eat Well For Less



FREE fun and interactive cookery courses

Learn how to cook delicious meals on a budget with chefs from the Eden Project and Wilder Allotment Kitchen.

Gain some valuable tips on budgeting in the kitchen, portion sizes, how to shop 'smarter', menu planning and lots of new recipe ideas. All ingredients and resources are provided.

Redruth:
CN4C Community kitchen
Mondays 10:00 – 12:00
1st May
15th May
5th June
12th June
26th June

St Austell:
Eden Project – outdoor cooking and gardening
Fridays 10:00 – 12:00
28th April
26th May
30th June
21st July
25th August

Smart Savings
Interested?
For more information or to book a place, contact Jane Jiwa on: **07760 214254** or e-mail **jane@smartsavings.org.uk**

Smart Savings CIC is regulated by the Financial Conduct Authority, registered with the Information Commissioner's Office and are members of Advice UK.





FOUR GREENS COMMUNITY TRUST
Helping people, changing lives

Four Greens Community Trust

'Odd Job' service

We have a dedicated and trusted team to help people in the community with 'odd jobs'. It gives you peace of mind to know that we are a trusted organisation who can help anyone at a competitive rate. Jobs can include:

Decorating, Painting, Carpeting, Carpentry, Cleaning, Gardening, Upkeep Maintenance and more

N.B. We cannot provide services for gas, electric or plumbing.

Need a job done? Call us on
01752 875916

Meet the team



Steve Morris



Tim Marley



Jon Blade



Invitation to a Free Event

Walk The South West Coast Path around Barbican and Hoe with a Sighted Guide

Wednesday 5th July

11am - 2pm

Meet at Skipton Building Society for walk to Plymouth Barbican and Hoe. Bring a drink. Refreshments at a local café included.

To find out more or book your place please contact

Sensory Solutions

Text 07496 950013 or email **sensorysolutions@improvinglivesplymouth.org.uk**

Spaces are limited to 12 so book early to secure your place





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MILITARY KIDS CLUB CHOIR

Thursday 15th June 1700
Plymouth Council House
For Ages 7-17

Join us for our first re-launched rehearsal
All service & Veteran Families welcome
Register an interest at:
letty.jones@aggies.org.uk



IMKC Heroes **FUTURE FIT**
Together as One JUNIOR FIELD GUN

with **Aggies**

Supported by the Royal British Legion



You are invited to participate in an
**NHS Accessibility
Review Forum**
for people with Sensory Disabilities
with BSL Interpreters available
**Thursday 13th July
1030-1230**
Ernest English House,
Buckwell Street, PL1 2DA

Your chance to feedback issues with access to
NHS services, refreshments available.

For more info or to reserve a space contact
sensorysolutions@improvinglivesplymouth.org.uk
Tel 01752 201900
Text 07496950013



Introducing



Hear Better

HEARING SUPPORT
GROUP

A FREE information, advice and
support group for adults, including
members of the shipbuilding and
veteran communities in Plymouth.

Third Thursdays 1030-1230
Ernest English House, Buckwell St
or via Zoom Chat

Contact Sensory Solutions on
01752 201899 Text 07496 950013 or email
sensorysolutions@improvinglivesplymouth.org.uk

Supported by
the
Alex Ferry
Foundation



MILITARY TUESDAY



Working in city-wide partnership to connect military service
leavers, veterans, those serving and their families
with opportunities for skills, training, education, careers and jobs

Skills Launchpad Plymouth offers FREE:

- access to impartial careers information, advice and guidance
- 1:1 skills assessment to identify your transferrable skills to help you more confidently apply for jobs
- tailored support for updating your CV and preparing for interview
- sectoral insights and introductions with local employers across all industries
- opportunities to gain new skills and undertake training
- access to ongoing development once you get started to continue up-skilling and developing your new career

Launch your skills journey:

- Drop in for Military Tuesday at Barclays Bank, Armada Way, Plymouth, open 10am to 4pm every Tuesday
- For great resources and to sign up for 1:1 support visit www.skillslaunchpadplym.co.uk

Delivered in partnership





'It's the most wonderful place, it's like family.'

We've provided Win and thousands of other blind veterans like her with rehabilitation, training, practical advice and emotional support.

To find out how you can support us, visit blindveterans.org.uk



Rebuilding lives after sight loss

We believe every blind veteran should be able to lead the life they choose. Together we can help rebuild lives.

Armed
Forces &
Veterans
Families
Drop-in
Hub



Thursday 13th July
15.00 till 19.00

Are You a:

- Veteran.
- The Partner of a Veteran.
- Carer of a Veteran.
- Serving Member of the Armed Forces.
- Their Spouse or Partner or Dependent.

If yes, why not come and have a chat and a brew, find out what's happening in your Armed Forces & Veterans Community.

**Contact us for
more info**

at: glenn.jordan@fgct.co.uk

Find us on Facebook:
FGCT Veterans Outreach

Promoted by
FGCT Veterans Outreach
&
CFCA



Veterans & Armed Forces Family Sailing

Every Monday 17.30

- All ability welcome
- Open to Veterans, Serving Personnel and there families.
- Meet at Mount Batten Centre

**Contact us for
more info**

For More Info contact:
plymouthyouthsailing@hotmail.co.uk
glenn.jordan@fgct.co.uk
or Find us on Facebook:
Plymouth Veterans Sailing with PYS



THURSDAYS, 10:30-11:30

6 weeks starting Thursday 6th July, £29

ALL ABILITIES WELCOME

Age UK Plymouth, Astor Drive, Mount Gould

Join our circuits class to improve your health and fitness. Each exercise can be modified to support individual goals, improving overall fitness, strength, balance and flexibility with the help and support of a qualified instructor. Move around the circuit and complete a full body workout all while having fun!

Pop in or call to book: 01752 256020

community@ageukplymouth.org.uk

www.ageuk.org.uk/plymouth



Registered charity number 285620. Company number 149957

William, and Patricia Gannon-Coville
Washington State



Events July & August 2023

Saturday 1st July 9-11am

Breakfast at Drakes Kitchen, Plymouth University

Saturday 15th July 9-11am

Breakfast at Drakes Kitchen, Plymouth University

Sunday 23rd July 12-2pm

Picnic at Devonport Park - BYO Picnic

Meet by the bandstand

Saturday 5th August 9-11am

Breakfast at Drakes Kitchen, Plymouth University

Saturday 12th August 11:30-14:30

Picnic at Buckfast Abbey - Bring picnic or buy at cafe

Saturday 19th August 9-11am

Breakfast at Drakes Kitchen, Plymouth University

Any questions, please contact us:

07568 148685

PlymouthVeteransBreakfastClub@outlook.com



ARMED FORCES & VETERANS
BREAKFAST CLUBS

CHARITY TABLE TOP SALE

ALL PROCEEDS TO PROVIDE DEVON

craft items - bric -a- brac - tea & coffee

SATURDAY JULY 22 2023 | 10AM TO 1PM



174, BEACON PARK ROAD, PL2 2QS



If you would like an article to be included in the monthly newsletter please email vfhub@improvinglivesplymouth.org.uk before the 15th of each month.



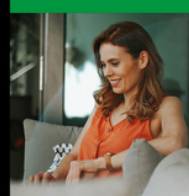
FEELING READY FOR A NEW START?

Skills Launchpad Plymouth can help



We offer FREE 1:1 support to connect you with opportunities for:

- developing skills
- accessing training
- returning to education
- building careers
- getting a job.



Drop in for a chat – we're open Tuesday to Thursday, 10am to 4pm on the first floor of Barclays Bank.

Sign up at:

www.skillslaunchpadplym.co.uk



What's On July

***Saturday 1st - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00**

***Monday 3rd - Age Uk Walking Football - Harpers Football Centre - 14:00 - 15:00 £2**

***Tuesday 4th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2**

Wednesday 5th - Bingo - Honicknowle Green Youth Centre - 17:30 for 18:00 start - £1

Thursday 6th - Unpaid Carers Support Group - Ernest English House - 13:30 - 15:00

****Friday 7th - Brew and Banter - Union Rooms Wetherspoons 10:30 -12:30 prices start at £2.50**

***Saturday 8th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £5**

***Monday 10th - Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2**

***Tuesday 11th - Age UK Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2**

****Friday 14th - Brew and Banter -Union Rooms Wetherspoons 10:30 -12:30 prices start at £2.50**

Saturday 15th - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00

***Monday 17th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 £2**

****Tuesday 18th - Visiting Podiatrist - Booking Essential - Ernest English House - 09:30 -13:30**

***Tuesday 18th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2**

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

****Friday 21st - Brew and Banter - Union Rooms Wetherspoons 10:30-12:00 prices start at £2.50**

***Sunday 23rd - Veterans Brunch - Age UK Mount Gould - 10:00 - 12:00 - £5**

Sunday 23rd - AF Breakfast Club- Devonport Park Bandstand, BYO Picnic - 12:00 -14:00

***Monday 24th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2**

***Tuesday 25th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2**

****Friday 28th - Brew and Banter - Union Rooms Wetherspoons 10:30-12:00 prices start at £2.50**

***Monday 31st - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 £2**

*** Cost payable**

**** Booking Required**

