

VETERANS AND FAMILY HUB NEWSLETTER

SEP 2023

ISSUE 90



☎ 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk



Family Fun Day 2023

A HUGE thank you to everyone who attended the Family fun day at our Mannamead site. We raised an impressive £497!

We would like to thank all those who volunteered on the day, we could not hold events like this without your dedication and support.

It was lovely to see so many organisation's join us, if you would like more information on those who attended please click the links as follows; [Plymouth Energy Community](#), [Defence Medical Service](#), [Age UK](#), [Devon and Cornwall Community Police Team](#), [City College Plymouth](#), [Aggies](#), [Woollcombe Yonge](#).

We also had a great turn out from our community sellers, click on each name to see their pages, [Caroline](#), [Kirsty](#), [Louisa](#), [Jodie](#), [Amy](#), [Georgia](#), [Sally](#), [Lisa](#) and [Annette](#).



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



Are you an Unpaid Carer?

Would you benefit from support with the organization of their shared caring role?

Jointly is an app that has been created with the intention of making caring for someone a little easier, less stressful and a lot more organised by making communication and co-ordination between those who share caring responsibilities simpler.

Devon STP has teamed up with Carers UK to offer carers in our organisation free access to a wide range of online resources to help make caring easier.

To use Jointly for free, you must first create an account on the Jointly website and redeem the access code.

1. Visit www.jointlyapp.com and click 'Sign up'
2. A new page will appear, complete the form, and press 'Sign up' again at the bottom
3. Click 'Create a new circle' and select 'Use Free Access Code'
4. Enter the code **DPCN9123** and click 'Redeem' Then you can download the app and log in with the details you used to register. (Or you can just use Jointly via the website)



"Looking after someone can be so complicated. Jointly helps me stay on top of things and share information easily with everyone involved in my son's care"



"I think it's a great idea –a great way of sharing information with the people I choose. This app helps me to keep everyone in the loop. Thank you!"



"I'm a junior doctor who has just started using your excellent app for the care of my grandfather, and it's been a really useful tool."

Veterans Railcard

You may be eligible for a Veterans Railcard providing you have served for at least one day or more in His Majesty's UK Armed Forces (Regular or Reserve). UK Merchant Mariners who have seen duty on legally defined military operations are also eligible.

You can buy a Railcard from anywhere in the world, although we can only deliver plastic Railcards to addresses in England, Wales, Scotland and Northern Ireland.

The Railcard can be used to get discounts on rail travel in England, Wales and Scotland.

The new Veterans Railcard gives 1/3 off most rail fares including Standard and First Class Anytime,

Off-Peak and Advance fares to Veterans across England, Wales and Scotland, whether they are visiting family and friends or simply enjoying a day out.

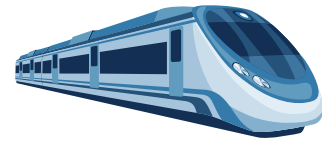
You can also nominate a companion to get 1/3 off when travelling with you and up to 4 children travelling with you get 60% off.

If you have served for at least one day in His Majesty's UK Armed Forces (Regular or Reserve) or have been a UK Merchant Mariner who has seen duty on legally defined military operations, you may be eligible.

A 1-year Veterans Railcard costs just £30. If you want to get more for your money, the 3-year Veterans Railcard is great value at £70, saving you £20 on the cost of renewing your 1-year Veterans Railcard for three consecutive years.

The Veterans Railcard is available to buy online and by post, and you can choose to have it on your phone (digital) or to have a plastic card posted to you.

For more information please [click here](#)



**1/3 off rail travel for
Veterans. Roger that!**



NEW

Support services available at Improving Lives Plymouth



**Hello! We are
Plymouth Energy Community.
Nice to meet you!**

We are here to help you with:

- Checking for benefits or grants
- Access to Priority Service Register
- Energy efficiency advice to help lower your bills
- Talking to your supplier if you find it difficult
- Condensation, damp and mould in your home
- Advice if you are struggling to pay your energy bills
- Grants to make your home warmer

One of our friendly Energy Advisors
will be here **every Friday** between **10:00am and 12:30pm**
at Improving Lives Plymouth, Ernest English House,
Buckwell Street, Plymouth, PL1 2DA.
Speak to the reception to book an appointment.

 **Plymouth Energy
Community**

One to one appointments available for support with energy advice, grants to make your home warmer, or assistance to talk to your energy supplier if you are in difficulty and much more.

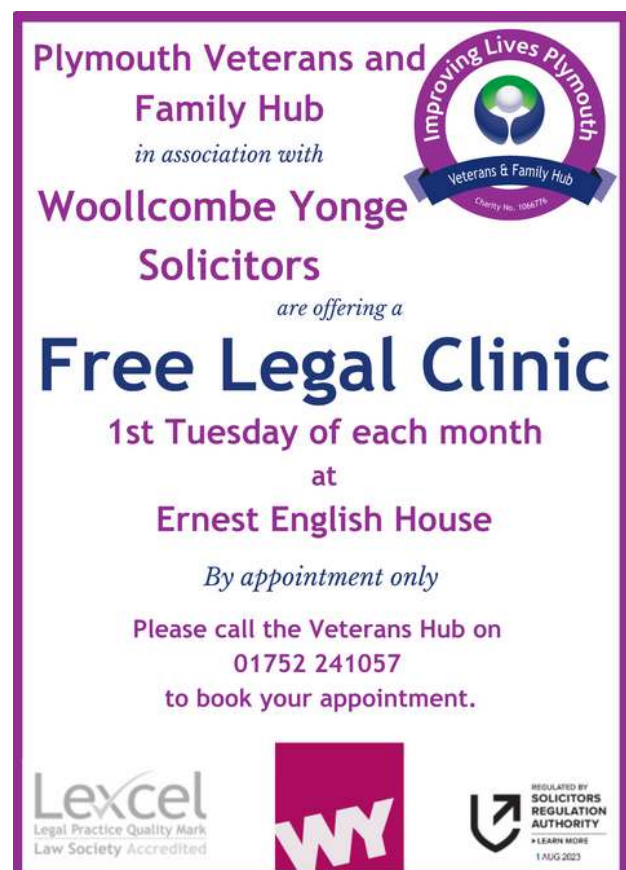
Please call to book an appointment on
Fridays 10:00 - 12:30.

01752 201766


One to one free legal clinic
supported by Woollcombe Yonge
Solicitors at the Veterans and
Family Hub.


Please call to book an appointment
1st Tuesday of the month from
09:30 - 12:00


01752 201057



**Plymouth Veterans and
Family Hub**
in association with
**Woollcombe Yonge
Solicitors**
are offering a
Free Legal Clinic
1st Tuesday of each month
at
Ernest English House
By appointment only
Please call the Veterans Hub on
01752 241057
to book your appointment.

 **Lexcel**
Legal Practice Quality Mark
Law Society Accredited



 REGULATED BY
SOLICITORS
REGULATION
AUTHORITY
* LEARN MORE
1 AUG 2023

Armed Forces & Veterans Breakfast Clubs



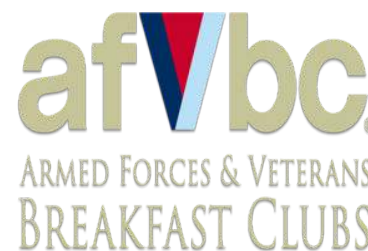
Over 470 Clubs



15 Countries



**150,000+
members**



The Armed Forces & Veterans Breakfast Clubs (AFVBC) is now the single largest veterans organisation in the UK, and membership growing weekly.

With over 400 clubs nationally and 15 overseas, the AFVBC seeks to end social isolation for veterans. The clubs bring people with a connection to the UK Armed Forces together and offers a chance to reminisce, share stories and interact with a community that is missed by most when leaving the Armed Forces.

The AFVBC is also conducting five pilot programmes in HM prisons across the UK, building a Armed Forces community within HM prisons. These pilot programmes help with social interaction, rehabilitation and a support structure for veterans who are currently within the criminal justice system.

Lindsay Beadnall from the AFVBC, said:

“The AFVBC acts as a beacon of hope and a landmark for those who are at HMP Stocken. It gives them a community, purpose, a chance to learn new skills. And somewhere to head to when they leave HMP Stocken. Our young veterans are gaining awards and are developing their skills for employment on their release. It gives most a second chance.”

Our local AFBC meets on Saturday 2nd September, 0900 - 1100 at Drakes Kitchen more details can be found at <https://www.facebook.com/PlymouthAFVBC> if you are unable to attend in Plymouth please find details of other locations [here](#)

December Events at the Veterans Hub



- ✓ 1st Cardiff Christmas Market £18
- ✓ 6th Christmas Bingo £1
- ✓ 7th Veterans Carers Support Group £0
- ✓ 8th Dec Veterans Carol Service £0
- ✓ 15th Dec Brew and Banter Lunch £12.50
- ✓ 22nd December Theatre Royal Panto £22*

*Max 2 tickets per household

Pre-booking is essential for all activities.
We are happy to assist you to spread payments,
please call and see how we can help.

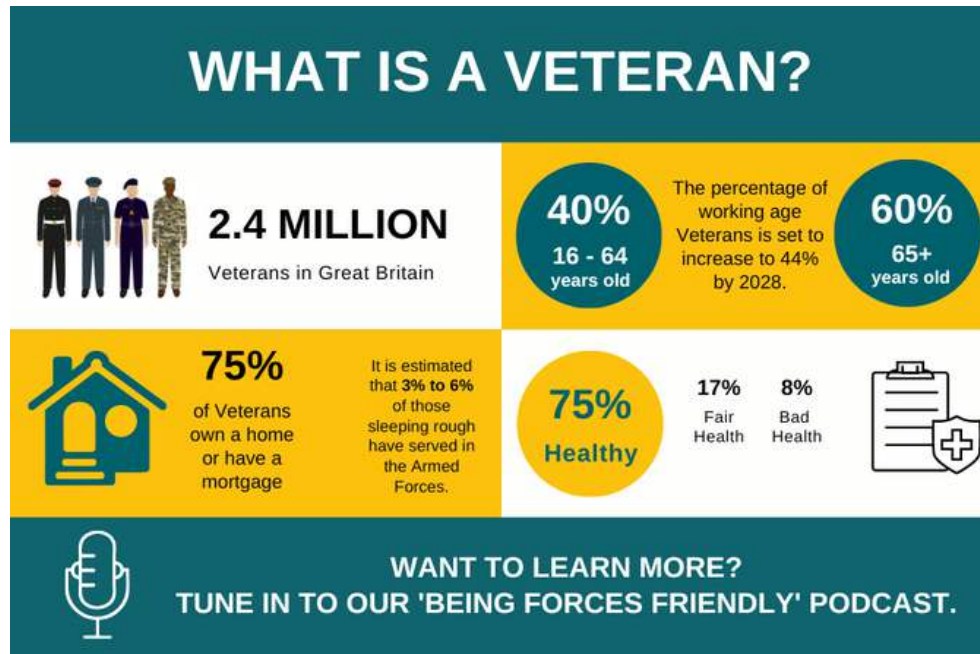
01752 241057

vfhub@improvinglivesplymouth.org.uk



☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

What is a veteran?



Veterans are defined as anyone who has served for at least one day in His Majesty's Armed Forces (Regular or Reserve) or Merchant Mariners who have seen duty on legally defined military operations. There are currently 2.4 million veterans in Great Britain.

There are 2.4 million veterans in Great Britain. 40% of veterans are 16-64 years old. The percentage of working age veterans is set to increase to 44% by 2028. 60% of veterans are over 65. 75% of veterans own their home or have a mortgage. It is estimated that 3% to 6% of those sleeping rough have served in the armed forces. 75% are healthy, 17% have fair health and 8% have bad health.

Want to learn more? Tune in to our 'being forces friendly' podcast'.

[Listen to our team of veterans talk about their experiences:](#) transitioning from the UK Armed Forces and what the word 'veteran' means to them.

You can find and listen to all of our [Being Forces Friendly podcast episodes on Anchor](#).

Share your story: what does the word "veteran" mean to you? Access the platforms below and use the hashtag #ProudToBeAVeteran:

[Platform X](#) (Previously Twitter)

[LinkedIn](#)

information sourced from <https://www.gov.uk/guidance/veterans-news-and-communications-hub>

Mental wellbeing.

GOING THROUGH A STORM OR JUST BEEN THROUGH ONE?

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.

#ITSOKAYTALK

**ANDYSMANCLUB
PLYMOUTH**

PLYMOUTH
City College Plymouth,
Kings Road, Devonport,
Plymouth, PL1 5QG

PLYMOUTH MARJON
The Quad Theatre,
Marjon Arts Centre,
Derriford Rd,
Plymouth PL6 8BH

ANDYSMANCLUB is a registered
charity in England and Wales
(1179647) and a Company Limited
by Guarantee, registered in
England and Wales (1118153)

**FIND OUT
MORE**

info@andysmanclub.co.uk
www.andysmanclub.co.uk



NHS
The Veterans Mental Health
and Wellbeing Service

The first call for help takes courage

**Op COURAGE: The Veterans
Mental Health and Wellbeing
Service**

Specialist care and support for Service leavers,
reservists, veterans and their families

Visit the NHS website at www.nhs.uk/opcourage

OpCOURAGE

mind Devon

**Contact numbers
to save in your phone!**

SAMARITANS

**shout
85258**

YOUNGMINDS

Local 24/7 mental health
crisis first response lines:

FirstResponse
mental health crisis • 24/7

Call free on 116 123
A safe space to talk

Text SHOUT free to 85258
Support by text

Text YM free to 85258
Text support for young people

Call free on 0800 923 9323
Plymouth crisis support

Call free on 0808 196 8708
Devon crisis support

mind Devon

Tips to boost your mood!



Read a book



play an instrument



Be more active



Gardening



Spend time with pets



Try some exercise



Cook some healthy foods



Take time out




Plymouth Options IAPT

(Improving Access to Psychological Therapies)

We are a **free** and confidential NHS service offering telephone, video and online support for people experiencing common mental health problems. We can help support you to:

- manage stress and anxiety
- handle low mood and depression
- improve your mental wellbeing

Visit www.plymouthoptions.com to find out more or call **01752 435419**

**LAST!
CHANCE!**

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.



01752 241057

VFHub@improvinglivesplymouth.org.uk



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 special 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: 1171264

Chill 'N' Chat

VETERANS OUTDOORS

Friday 8th September

Need a day off of the rollercoaster of life?
Come and spend some time with Veterans Outdoors at the beautiful Glade near Dartington.

The event is an intentionally unstructured day to allow you to 'just be'.

When you allow yourself time to do nothing, you give yourself chance to process experiences, consolidate memories and reinforce learning. Your resting state is a powerful tool for regulating emotions and maintaining the ability to focus.


So, whether you feel over worked, overwhelmed, stressed, struggling with PTSD or just need a break, we have the perfect space for you to spend some down time, and be amongst like minded people...

If this sounds like something you need to be part of, get in touch with us today for more information at info@veteransoutdoors.org.uk







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VETERANS OUTDOORS



Please scan to donate

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

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VETERANS OUTDOORS

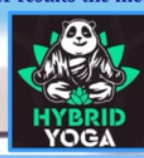
funded by
THE ARMED FORCES COVENANT FUND TRUST

YOGA

Yoga helps to relieve mental stress, improves flexibility, immune system and health. Yoga helps us establish a connection with our inner self and thus attain peace of mind. Regular yoga practice makes one more fit and healthy and exercises an overall positive attitude towards life.

If you would like to give it a go Join us at Hybrid Yoga, Plymouth where you will have the chance to try various flows, inversions and even some aerial yoga. Suitable for all levels and abilities.

We have 6 weeks of Tuesday and Thursday sessions starting on 12th September (1045-1145), You can join in for as many as you wish, you will see better results the more regular you attend.



If interested please contact info@veteransoutdoors.org.uk

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Events August - December 2023

Saturday 12th August 11:30-14:30
Picnic at Buckfast Abbey -pre book

Saturday 19th August 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Saturday 2nd September 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Saturday 16th September
BREAKFAST VENUE TO BE CONFIRMED

Saturday 7th October 9-11am
Breakfast at Drakes Kitchen Plymouth University

Saturday 21st October
BREAKFAST VENUE TO BE CONFIRMED

Saturday 4th November 9-11am
Breakfast at Drakes Kitchen, Plymouth University

17/18th November
Festive Party VENUE TO BE CONFIRMED

Saturday 2nd & 16th December 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Any questions, please contact us:
07568 148685

PlymouthVeteransBreakfastClub@outlook.com

afvbc ARMED FORCES & VETERANS
BREAKFAST CLUBS



REGI-MENTAL WELLBEING VETERAN SUPPORT

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.

**INDEPENDENT.
CONFIDENTIAL.
GET IN TOUCH...**

Hello! We are Plymouth Energy Community. Nice to meet you!

We are here to help you with:

- Checking for benefits or grants
- Access to Priority Service Register
- Energy efficiency advice to help lower your bills
- Talking to your supplier if you find it difficult
- Condensation, damp and mould in your home
- Advice if you are struggling to pay your energy bills
- Grants to make your home warmer

One of our friendly Energy Advisors will be here **every Friday** between **10:00am and 12:30pm** at Improving Lives Plymouth, Ernest English House, Buckwell Street, Plymouth, PL1 2DA. Speak to the reception to book an appointment.

PEC **Plymouth Energy Community**

Do you need to see a Podiatrist?

Hello 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

SEPT 2023



VETERANS AND
FAMILY HUB

☎ 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk

Plymouth Veterans and Family Hub

in association with

Woollcombe Yonge Solicitors

are offering a

Free Legal Clinic

1st Thursday of each month
at

Ernest English House

By appointment only

Please call the Veterans Hub on
01752 241057
to book your appointment.

Lexcel
Legal Practice Quality Mark
Law Society Accredited



REGULATED BY
SOLICITORS
REGULATION
AUTHORITY
*LEARN MORE
1 AUG 2023



FREE WALKING FOOTBALL

THURSDAY EVENINGS 7PM - 8PM

SEPTEMBER 7TH

AT YMCA PLYMOUTH

Honicknowle Ln,

Plymouth

PL5 3NG

info@pscharity.org.uk - 07807274617



Brought to you by in collaboration with

FREE
digital resources
for carers

Looking after someone?

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Visit carersdigital.org

Create an account using your **free access code:**

DGTC4836

Use this code to get free access to all the digital products and online resources, including:

 E-Learning Building resilience Designed to help carers access advice and information relevant to their situation, find resources and identify sources of support including technology, as well as promote carers' own health and wellbeing.	 Jointly Care co-ordination app A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and more.	 Free publications Carers UK guides Essential reading for carers including: A carer's guide to caring, Looking after someone - Carers Rights Guide and Being heard: A self-advocacy guide for carers.	 More resources & info Links to workplace resources Access links to further resources and sources of information and support for people who are looking after a loved one.
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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



improvinglivesplymouth.org.uk



Plymouth Youth Sailing

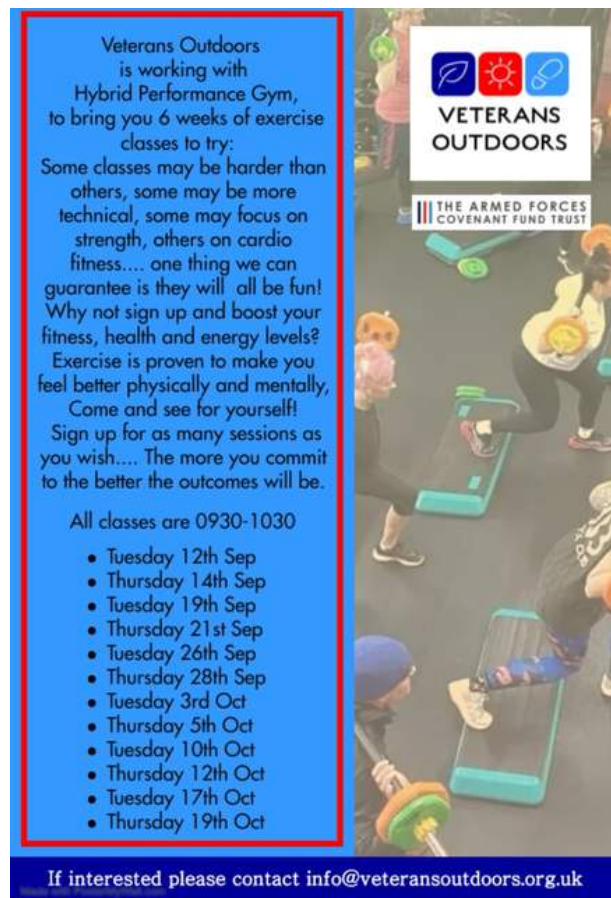
Veterans & Armed Forces Family Sailing

Every Monday 17.30

- All ability welcome
- Open to Veterans, Serving Personnel and their 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



Veterans Outdoors is working with Hybrid Performance Gym, to bring you 6 weeks of exercise classes to try:

Some classes may be harder than others, some may be more technical, some may focus on strength, others on cardio fitness.... one thing we can guarantee is they will all be fun! Why not sign up and boost your fitness, health and energy levels? Exercise is proven to make you feel better physically and mentally, Come and see for yourself!

Sign up for as many sessions as you wish.... The more you commit to the better the outcomes will be.

All classes are 0930-1030

- Tuesday 12th Sep
- Thursday 14th Sep
- Tuesday 19th Sep
- Thursday 21st Sep
- Tuesday 26th Sep
- Thursday 28th Sep
- Tuesday 3rd Oct
- Thursday 5th Oct
- Tuesday 10th Oct
- Thursday 12th Oct
- Tuesday 17th Oct
- Thursday 19th Oct

VETERANS OUTDOORS

THE ARMED FORCES COVENANT FUND TRUST

If interested please contact info@veteransoutdoors.org.uk



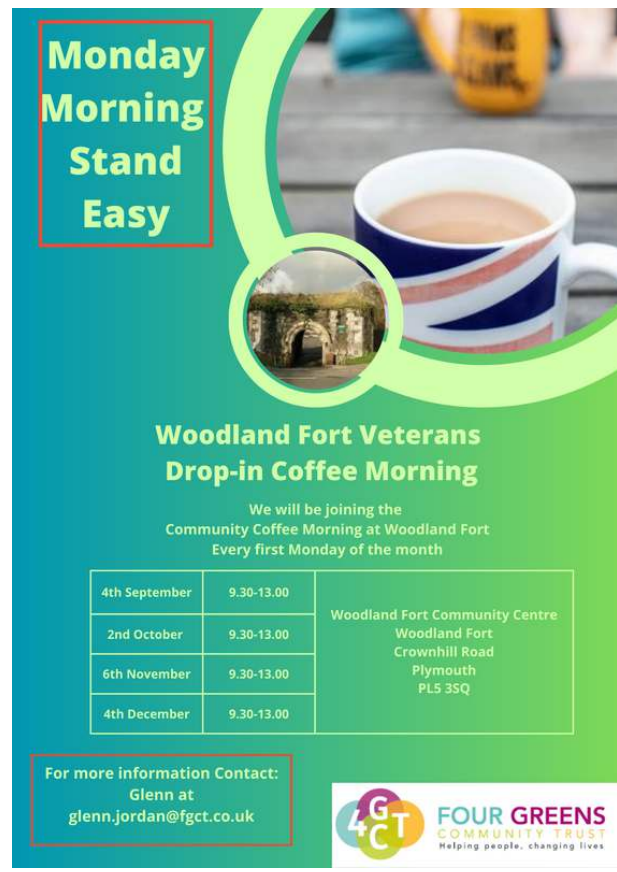
Thursday Morning Stand Easy

We will be joining the Wellbeing Cafe at St Budeaux and Barne Barton Wellbeing Hub on the last Thursday of the month

28th September	9.00-12.00	William Sutton Memorial Hall 6 Shelly Way St Budeaux Plymouth PL5 1QF
28th October	9.30-12.00	
30th November	9.00-12.00	
2nd December	9.00-12.00	

For more information Contact:
Glenn at glenn.jordan@fgct.co.uk
communitycentres@colebrooksw.org

FOUR GREENS COMMUNITY TRUST
Helping people, changing lives



Monday Morning Stand Easy

Woodland Fort Veterans Drop-in Coffee Morning

We will be joining the Community Coffee Morning at Woodland Fort Every first Monday of the month

4th September	9.30-13.00	Woodland Fort Community Centre Woodland Fort Crownhill Road Plymouth PL5 3SQ
2nd October	9.30-13.00	
6th November	9.30-13.00	
4th December	9.30-13.00	

For more information Contact:
Glenn at glenn.jordan@fgct.co.uk

FOUR GREENS COMMUNITY TRUST
Helping people, changing lives

What's On September

****Friday 1st - Brew and Banter - Union Rooms Wetherspoons 10:30 -12:30 prices start at £2.50**

Saturday 2nd - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00

*Monday 4th - Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 5th - Age UK Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

Wednesday 6th - Bingo - Honicknowle Green Youth Centre - 17:30 - £1

Thursday 7th - Woollcombe Yonge Legal Clinic - Vets Hub pre booking needed

Thursday 7th - Unpaid Carers Support Group - Cap "n" Jaspers Visit - 13:30 - 15:00

****Friday 8th - Brew and Banter -Union Rooms Wetherspoons 10:30 -12:30 prices start at £2.50**

*Saturday 9th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £5

*Monday 11th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 £2

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

****Friday 15th - Brew and Banter - Cancelled due to coach trip.**

Friday 15th - Bristol Coach Trip to Oaklands Museum - Veterans Hub - £20pp

Saturday 16th - Armed Forces Breakfast Club - Venue to be confirmed - 09:00 -11:00

*Monday 18th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 19th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

****Wednesday 20th Fish and Chips evening - 17:00 - 19:30 - Vets Hub, must book in advance- £5**

****Friday 22nd - Brew and Banter - Union Rooms Wetherspoons 10:30-12:00 prices start at £2.50**

*Sunday 27th - Veterans Brunch - Age UK Mount Gould - 10:00 - 12:00 - £5

****Tuesday 26th - Visiting Podiatrist - Booking Essential - Ernest English House - 09:30 -13:30**

*Tuesday 26th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

****Friday 29th - Brew and Banter - Union Rooms Wetherspoons 10:30-12:00 prices start at £2.50**

* Cost payable

**** Booking Required**

