

VETERANS AND FAMILY HUB NEWSLETTER

☎ 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk

OCT 2023
ISSUE 91



Wave of Remembrance

Calling all knitters and crafters.
or anyone who fancies giving it
a go! 🧶🧵

We want to create a beautiful outdoor poppy display to
mark Remembrance Sunday and we're after your help!
If you would like to get involved, please make your
poppy (using whatever waterproof* materials you wish)
and hand them in at the Council House reception desk by
Friday 13 October.

From Monday 23 October until Remembrance Sunday (12
November), the stunning wave of hundreds of poppies
will be proudly displayed on the balcony of the Council
House!

Find out more here [👉](#)

*by waterproof we mean no paper or cardboard poppies
please. Wool, felt, fabric and yarn are all acceptable as
will dry.

We are also looking to support Councilor Pauline Murphy
with assembling the wave if you would like to help
please contact the hub for more information.



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

Timebank

South West

What is Timebanking? Timebanking is a reciprocal exchange of time and skills so, whenever you give your time to help others you get time back to ask for something you need from any Timebank member.

Timebanking is all about sharing your skills, interests and hobbies with others. The brilliant thing about it is you only offer what you want to offer when you want to do it so it fits in with everyday life. The only currency is time, so an hour = an hour, making all skills and actions equal.

The Time you build up can be spent on anything that is available in the Timebank, for example, music tuition, language lessons, gardening, dog walking, baking, crafting, reading aloud and so on. You can spend your Time when you want, save it up or donate it to others.

Everyone can get involved as everyone has something to offer and it's free to join. The more people and groups who join, the more skills and know-how there is to share around. Timebanking = ENDLESS POSSIBILITIES

For more information or to join, click [here](https://www.timebanksw.org/)





Defence Discount Service

Who qualifies?

Serving Armed Forces, Reserve Forces, Spouses/Partners of serving personnel, HM Armed Forces Veterans (ex serving), MoD Civil Servants, Bereaved Family Members, War/Service Widow(er)s, Cadet Forces (over 16), NATO Personnel in the UK

Proud to support our Armed Forces Community

Defence Discount Service provides those in the Armed Forces, Veterans and the Defence Community with discounts both online and in store. The Defence Discount Service also allows small and large companies to get involved with offering a discount and encourage companies in local areas to offer discounts to the Armed Forces Community.

Online Discounts

There are hundreds of online discounts to help those in the Armed Forces, Veterans and the Defence Community save. We are the home of many official discounts from large national retailers and have a wide range of offers from things such as holidays, cars, days out, fashion, gifts, insurance, phones and many other items. The website is free to sign up to and to use the online discounts.

The Defence Privilege Card

The Defence Privilege Card is the official recognition card that can be used on the high street in order to obtain a discount. It allows those not currently serving in the Armed Forces to obtain discounts and gives them a card to show that they were in the Armed Forces or are currently in the Defence Community, as a spouse/partner of someone currently serving for example. Each Defence Privilege Card is personalised for the member and it costs £4.99 for a 5 year membership.

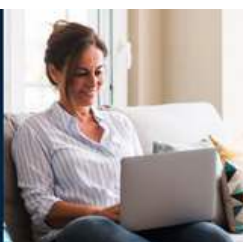
High Street Discounts

Receive discounts on the high street with your MOD90 or Defence Privilege Card.



Online Discounts

Hundreds of online discounts available on everything from cars to hotels to gifts to attractions and more.



Defence Discount Service is the only official Ministry of Defence discount service for the Armed Forces, Veterans and Defence Community.

Free Mobile App

Download our free mobile app today to help you save on the go.



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FAMILY HUB

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Family Activity

We are pleased to be working with Aggies to host an evening of fun and games. Places are limited and are booking through the Veterans hub, we look forward to seeing your best super Hero costumes 🦸 Mum's and Dad's are welcome to dress up to!

A poster for a 'Party of Light' event. The title 'Party of Light' is written in a large, glowing, cursive font. Below it, the price '£2.50 per child' is displayed. The text continues: 'YOU'RE INVITED TO JOIN US FOR A FUN EVENING OF CRAFTS FOLLOWED BY A SWEET HUNT IN THE DARK! SUITABLE FOR AGES 3-16 SUPERHERO FANCY DRESS - PRIZE FOR THE BEST DRESSED'. The date 'TUESDAY 31ST OCTOBER' is prominently displayed in large, glowing letters, followed by the time '17:00 - 19:00'. The location 'Ernest English House, Buckwell Street, PL1 2DA' is listed. Booking information includes 'Booking Essential' and the phone number '01752 241057'. A note states 'Price includes, craft, games, sweets and a hot dog'. The poster features the 'Improving Lives Plymouth Veterans & Family Hub' logo in the bottom left and the 'Aggies' logo with a Union Jack flag in the bottom right. The background is black with colorful stars.

Party of Light
£2.50 per child

YOU'RE INVITED TO JOIN US FOR A FUN
EVENING OF CRAFTS FOLLOWED BY A
SWEET HUNT IN THE DARK!
SUITABLE FOR AGES 3-16
SUPERHERO FANCY DRESS -
PRIZE FOR THE BEST DRESSED

**TUESDAY
31ST OCTOBER**
17:00 - 19:00

Ernest English House,
Buckwell Street,
PL1 2DA

Booking
Essential
Call
01752 241057

Price includes, craft,
games, sweets and a
hot dog

Improving Lives Plymouth
Veterans & Family Hub
Charity No. 1063776

Aggies

OCT 2023



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Remembrance Festival

The federation of Plymouth and district ex-services associations will be again hosting a festival of remembrance evening on Friday 10th November.

Tickets are available to purchase from the Treasury bar (details below) or through the Hub Cash only.

If you would like to attend with the veterans hub please call and book as we have limited pre booked seats. 01752 241057



REMEMBRANCE FESTIVAL 2023

MINSTER CHURCH OF ST. ANDREW - FRIDAY 10TH NOVEMBER

6.45pm for 7.30 START.

PRESENTED BY
THE FEDERATION OF
PLYMOUTH & DISTRICT EX SERVICES ASSOCIATIONS



*We Will Never Forget
The Sacrifice
Made By
Our Men, Women &
Children*



The Band of His Majesty's Royal Marines Plymouth
Plymouth Area Police Choir Legacy Choir Plymouth Pipe Band
Drumhead Service

Tickets Available To Purchase From The Following Dates and Locations

The Minster Church of St. Andrew – Cash Only - Monday – Friday – 9a.m-1p.m

The Treasury Bar & Restaurant – Card or Cash - Selected Dates & Times Only 10a.m- 1p.m.

October - 14th, 18th, 21st, 25th, 28th

November - 1st, 4th

Ticket Cost - £10:00
Includes A Programme & Flag
Supporting Veterans & All Branches Of The Serving Armed Forces

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

New Homelessness Covenant for employers

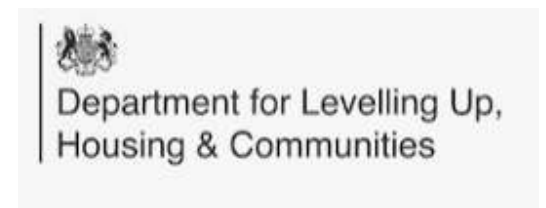
Employers are encouraged to sign up to the newly launched Homelessness Covenant to commit to inclusive and supportive employment practices that will help to prevent and end homelessness. The Covenant has been launched by the homelessness charity Crisis in collaboration with DWP and the Department for Levelling Up, Housing and Communities.

The Covenant aims to support employers to:

- Provide employment and training opportunities for people experiencing or at risk of homelessness.
- Adopt fairer employment and recruitment policies and practices to support people affected by homelessness.
- Help end homelessness in local communities through fundraising, raising awareness, partnerships and volunteering.

By signing up to the Covenant, employers will be able to build their understanding of what homelessness is and recognise and support employees who may be at risk of it. They can also pledge to provide employment and training opportunities for people at risk of homelessness, adopt fairer recruitment and employment opportunities, as well as helping end homelessness in their communities through fundraising, raising awareness, partnerships and volunteering.

Employers can find more information about the Covenant and sign up on the [Crisis](https://www.crisis.org.uk) website or email homelessness.covenant@crisis.org.uk The Homelessness Covenant can also be promoted on social media by using #HomelessnessCovenant.




Building stronger workplaces with the Homelessness Covenant

Employers have a huge collective power to make positive changes in the lives of millions of people in the UK.

Crisis is launching the Homelessness Covenant in partnership with the Department of Work and Pensions (DWP) and the Department for Levelling Up, Housing and Communities (DLUHC), to prevent and end homelessness through inclusive and supportive employment practices.

Employers can sign up to a variety of pledges that demonstrates their commitment to equity, diversity and inclusion in their workplace and to ending homelessness in our society.

Sign up 

Email us: homelessness.covenant@crisis.org.uk

RBLI - Who Are We and What Do We Do?

After the First World War many soldiers were left to fight their own personal battles against tuberculosis. In 1919, we began helping thousands of Veterans who were discharged from service to help them recover.

Today we have expanded our support to veterans as well as people outside of the armed forces community. We now provide employment to Veterans in our Social Enterprise and support those struggling to adjust to civilian life, while also offering a range of accommodation on our village and employment support to those out of work.



RBLI Provides employment and career opportunities to armed forces veterans and people with disabilities. Our social enterprise Britain's Bravest Manufacturing Company specialises in various industries such as signage, print & mail, wood products, and fulfilment. We give employment support to members of the Armed Forces community across the UK and abroad through our Lifeworks support programme. Lifeworks is a tailored support system providing help and guidance to veterans and the family members of those currently serving, the programme includes initial assessments, a 4 day course along with follow up support.

RBLI provides back to work support people into work, supporting them to create a brighter future for themselves. We provide support to people with disabilities and others who are out of work or need support to stay in work.

We provide a home to hundreds of Armed Forces Veterans and their families each year on our village through RBLI Living

The Royal British Legion Village provides a home to hundreds of armed forces veterans and their families. From initial support to veterans leaving the forces, to specialist dementia care for residents in our care homes, we are in a position to support the armed forces community at any stage in their life, no matter the circumstances.



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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



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Mental wellbeing.



PTSD Resolution

Accredited by Contact/RCPsych QNVMHS. Providing counselling for former armed forces, reservists and families. For free, immediate help, local or online, call: 0300 302 0551 or email: contact@ptsdresolution.org.

☎ 0300 302 0551

✉ contact@ptsdresolution.org

🌐 www.ptsdresolution.org



mind Devon

Contact numbers to save in your phone!

SAMARITANS

shout 85258

YOUNG MINDS

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



Togetherall

Togetherall (formerly Big White Wall) provides 24/7 safe, anonymous support FREE to all UK serving personnel, veterans and their families.

🌐 www.togetherall.com/eng-gb




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

See NHS website at www.nhs.uk/opcourage

OpCOURAGE



GOING THROUGH A STORM OR JUST BEEN THROUGH ONE?

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

FIND OUT MORE info@andysmanclub.co.uk
www.andysmanclub.co.uk #ITSOKAYTOTALK

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 (11791532)



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



Livewell Southwest

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

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Party of Light £2.50 per child

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17:00 - 19:00

Ernest English House,
Buckwell Street,
PL1 2DA

Booking Essential
Call 01752 241057

Price includes, craft, games, sweets and a hot dog

Aggies

Improving Lives Plymouth Veterans & Family Hub Charity No. 1066776

Service of Remembrance

City College Plymouth are requesting our presence, as their guests, for their Service of Remembrance on **Friday 10th November at 10:30am (time tbc)**

City College Plymouth, Kings Rd, PL1 5QG

Tea/coffee and cake will be served on completion

Booking Essential
Please call the Hub on 01752 241057

Please wear beret/medals if possible

Improving Lives Plymouth Veterans & Family Hub Charity No. 1066776

city college plymouth

Simply Counselling

FREE 10-WEEK DOMESTIC ABUSE SUPPORT GROUP FOR MEN

Join our small friendly group run by experienced counsellors

DO YOU FEEL THREATENED OR ISOLATED?

DO YOU FEEL FINANCIALLY, EMOTIONALLY OR PHYSICALLY ABUSED?

@simplycounselling

If you are over 18yrs and need support, please ring Simply Counselling on 01752 560 900

www.simplycounselling.org

Are you a veteran looking for an advantage in employment?

Sign up to a Lifeworks course and gain an internationally accredited qualification with exclusive access to forces-friendly employers

LIFEWORKS

Call now 0800 3196 844

RB LI

SCAN ME

Support for Carers

Do you know what is on offer to help support unpaid carers in their caring roles? Would you know who or where to turn if something in your caring role changed? Why not pop along to the Crowne Plaza on 23rd November, you will find different services aimed at supporting carers and their cared for. Plymouth Veterans and Family Hub will be there to let you know how we can help and support you. There will also be the opportunity to have your NHS hearing aids serviced, view demonstrations of aids specifically related to visual and hearing sensory needs.



Brought to you by **carersUK** in collaboration with **ROYAL NAVY & ROYAL MARINES CHARITY**

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:**

DTGC4836

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, share files and notes, manage medication and take more.
- Free publications: Carers UK guides**
Essential reading for carers including: *Life's guide to caring*, *Looking after someone - Carers Rights Guide and Being Heard*, *A self-assessment guide for carers*.
- More resources & info**
Access links to further resources and sources of information and support for people who are looking after a loved one.

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.



OCT 2023



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FAMILY HUB

01752 241057

VFHub@improvinglivesplymouth.org.uk



FREE!

Men's Badminton for Mental Wellbeing

Time Every Monday 1.30-2.30 PM

Venue Plymouth Life Centre 40 Mayflower Dr,
Plymouth PL2 3DG (Sports Hall)

Description Fun, Free casual drop-in badminton session for men over 17 years old experiencing mental health problems. All abilities welcome and equipment provided! All we ask is that you scan QRcode and complete the form above. The session is delivered by our instructor Brendan

This group is provided **FREE** by mental health charity Sport In Mind and Movember for the benefit of local people. Your local representative is Laura and you can contact us to find out more by calling 0118 947 9762

[@sportinmind](#) [info@sportinmind.org](#) [www.sportinmind.org](#) 07760958668



Sport
In Mind



Livewell
Southwest



Attendee Sign-Up

MILITARY VETERAN FOOTBALL CLUB



Plymouth

Day: Every Tuesday Time: 7pm - 8pm

Venue: Stoke Damerel Community College, Somerset Place,
Plymouth, PL3 4BD

Session Cost: £3 per player

Session Manager: Tam Watson

Contact Number: 07793 293 392

Venue Details:

The session is held on the all weather pitches outside. You can wear trainers, astros or mouldies. Metal studs are not permitted. There is free parking at the centre.

All veterans are welcome regardless of age, gender, ability, length or arm of service.

Register and book your place at www.militaryveteranfootball.co.uk

militaryveteranfootball@gmail.com

[@militaryveteranfootballclub](#)

[@militaryveteranfootballclub](#)

[@MilVetFC](#)



#VETERANSUNITEDTHROUGHFOOTBALL



FREE WALKING FOOTBALL

THURSDAY EVENINGS 7PM - 8PM

SEPTEMBER 7TH

AT YMCA PLYMOUTH

Honicknowle Ln,

Plymouth

PL5 3NG

info@pscharity.org.uk - 07807274617



FREE!

Men's Table Tennis for Mental Wellbeing

Time Every Thursday 1.30-2.30pm

Venue Plymouth and District Table Tennis Club, 11
Desborough Ln, Desborough Rd, St Judes, PL4 9PJ

Description Fun, casual drop-in table tennis session for men experiencing mental health problems, with our fantastic coach Martin, Tony and Russ. All abilities welcome - come along and give it a try!

This group is provided **FREE** by mental health charity Sport In Mind and Movember for the benefit of local people. Your local representative is Laura and you can contact us to find out more by calling 0118 947 9762

[@sportinmind](#) [info@sportinmind.org](#) [www.sportinmind.org](#) 07341267740



Livewell
Southwest



Attendee Sign-Up

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VETERANS AND
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Plymouth Veterans and
Family Hub

presents

**Fish
& Chips**

£5 pp

*Third Wednesday of every month
17:00 - 19:30*

Payment and food
choice must be made at
the time of booking



Bookings must be made before 7th of the month
Please call the Hub to book - 01752 241057



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



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.

**WoollcombeYonge
Solicitors**





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

Turn to Connect Reg. Charity no: 1171322



 **VETERANS OUTDOORS ARTEMIS**

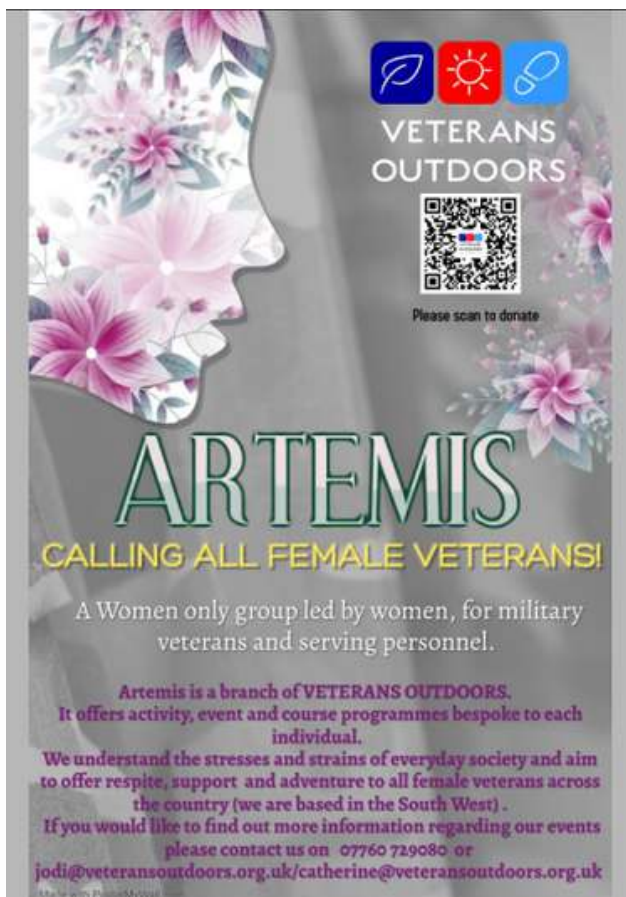
Night time forest bathe


Tuesday 10th October 2023, 1800-2200


Explore your senses more than ever before. Join us for a night time walk in the beautiful wooded area of the Dartington Estate. You will be so focussed on every step you take and every noise you hear that your worries will fade away leaving your mind clear and, ready to face the winter months ahead.

Before heading home you get to warm up around the campfire with a hot chocolate.... what more could you ask for? If interested get your name down.

Contact Jodi@veteransoutdoors.org.uk



 **VETERANS OUTDOORS**



Please scan to donate

ARTEMIS

CALLING ALL FEMALE VETERANS!

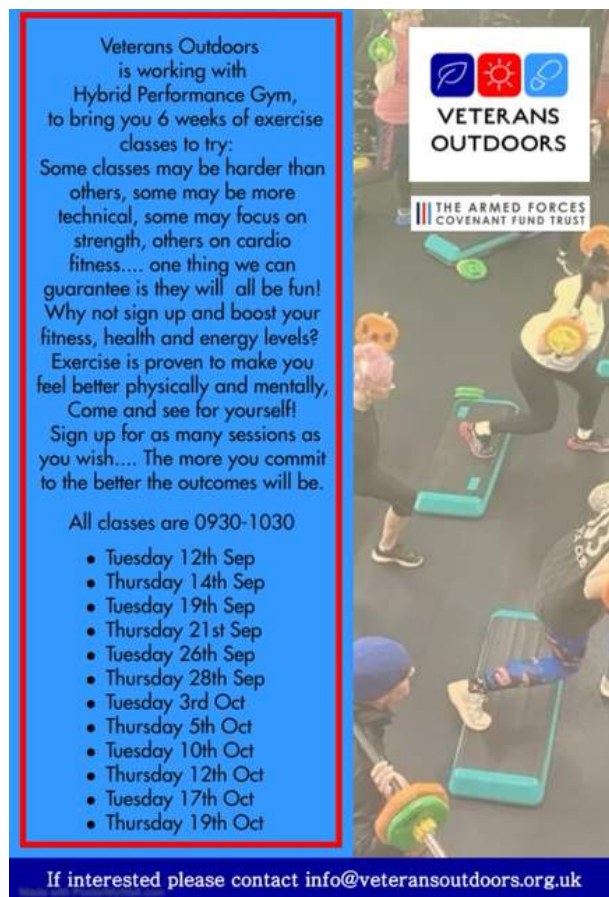
A Women only group led by women, for military veterans and serving personnel.

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

Made with PosterMyWard




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**



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



ARMED FORCES & VETERANS
BREAKFAST CLUBS

**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**

**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...**

**Podiatry
Appointments
at
Ernest English House**

**Next available appointment
Tuesday 14th November**

Call the Hub on 01752 241057 to book

£30pp

OCT 2023



VETERANS AND
FAMILY HUB

☎ 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk



JOIN US FOR THE 2023 SKILLS 4 PLYMOUTH SUMMIT

Employers, partners and stakeholders are invited:

- to reflect on the progress of the Skills 4 Plymouth plan and inform priority actions ahead
- for the launch of the Unlocking Plymouth's Potential strategy, helping to develop youth employment opportunities.

Venue: New Continental Hotel, Millbay Road, PL1 3LD
Date: Thursday 23 November 2023
Arrival 8.30am for registration
Summit open 9am to 1pm
RSVP by emailing skillslaunchpad@plymouth.gov.uk



One  Devon

NHS and Care in Plymouth Recruitment Fair

When? Friday 6 October 2023 (09:00-17:00)
Where? Plymouth Guildhall (PL1 2BJ)

We are bringing together Plymouth's largest NHS and CARE providers for a drop-in event in the middle of the city.

Whether you have previous experience or are looking for a fresh opportunity, come along and explore whether we have something that might suit you.

We'll also be joined by local training providers who can help support you in exploring an exciting next step.



NHS and CARE working with communities and local organisations to improve patient & lives

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

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


Date	Time
28th September	9.00-12.00
26th October	9.00-12.00
23rd November	9.00-12.00
21st December	9.00-12.00

William Sutton Memorial Hall
6 Shelly Way
St Budeaux
Plymouth
PL5 1QJ

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



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

Date	Time
4th September	9.30-13.00
2nd October	9.30-13.00
6th November	9.30-13.00
4th December	9.30-13.00

Woodland Fort Community Centre
Woodland Fort
Crownhill Road
Plymouth
PL5 3SQ

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



What's On October

Monday 2nd - Stand Easy - Woodland Fort Community Centre - 09:30 - 13:00

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

*Tuesday 3rd - Age UK Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

Wednesday 4th - Bingo - Honicknowle Green Youth Centre - 17:30 - £1

Thursday 5th - Woollcombe Yonge Legal Clinic - Vets Hub pre booking needed

Thursday 5th - Stand Easy - Southway Youth and Community Centre - 09:30 - 12:00

Thursday 5th - Unpaid Carers Support Group - Ernest English House - 13:30 - 15:00

**Friday 6th - Brew and Banter -Union Rooms Wetherspoons 10:30 -12:30 prices start at £2.50

Saturday 7th - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00

*Monday 9th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 £2

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

**Friday 13th - Brew and Banter -Union Rooms Wetherspoons 10:30 -12:30 prices start at £2.50

*Saturday 14th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £5

*Monday 16th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 17th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

**Wednesday 18th Fish and Chips evening - 17:00 - 19:30 - Vets Hub, must book in advance- £5

**Friday 20th - Brew and Banter - Union Rooms Wetherspoons 10:30-12:00 prices start at £2.50

Saturday 21st - Armed Forces Breakfast Club - venue tbc - 09:00 -11:00

*Monday 23rd - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 24th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

Thursday 26th - Stand Easy - St Budeaux & Barn Barton Wellbeing Hub - 09:30 - 12:00

**Friday 27th - Brew and Banter - Union Rooms Wetherspoons 10:30-12:00 prices start at £2.50

*Sunday 22nd - Veterans Brunch - Age UK Mount Gould - 10:00 - 12:00 - £5

*Monday 30th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 31st - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

**Tuesday 31st - Party of Light - Ernest English House - 17:00 - 19:00

