

VETERANS AND FAMILY HUB NEWSLETTER

NOV 2023
ISSUE 92



01752 241057

VFHub@improvinglivesplymouth.org.uk

COVID-19



Our building at Ernest English house is now running a weekly drop in COVID vaccination clinic. No appointment is necessary, just pop in and get jabbed.

The NHS is offering its free flu and COVID-19 vaccines to people at greater risk of serious illness this autumn and winter and those who come into contact with them. This includes:

Everyone aged 65 and over

Pregnant women

Care home residents

Those aged 6 months old or over with certain health conditions

Frontline health and care staff

Unpaid carers

People aged 12 and over who share a house with someone who's at increased risk.

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

Walk-in COVID-19 vaccinations

Ernest English House

Day – Every Monday until 18th December

Time – 10:00 – 16:00

Location – Buckwell Street, Plymouth,
PL1 2DA

Please come forward for your vaccination now

Check your eligibility at
www.nhs.uk/covid-vaccination
or call 111



No
need
to
book

NHS



Do you know how vaccines work ?



Party of Light



Our very first Party of Light in conjunction with Aggies, was a roaring success. Children and adults had the most amazing time and enjoyed doing something a little different. There were crafts, food, games and so much laughter. We hope those that attended had as much fun as we did.



☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Skills Launchpad Plymouth - the city's one-stop-shop for skills, training, education, careers and jobs

Skills Launchpad Plymouth offers targeted support for young people aged 16 to 24-years-old, including those with additional needs through the Youth Hub and supports those aged 25 years+ who are seeking work, facing redundancy or changing careers through the Adult Hub. The intention of the 'Skills Journey' through the Launchpad is to put the individual at the heart - recognising that not one size fits all and that anyone in Plymouth can access this free help. We especially acknowledge the pressures of the cost of living and that is why our service offers an ethical and inclusive front door, designed to help residents make independent and informed skills and training choices, leading to better access to real employment opportunities.

Supported by Barclays Plymouth (located 140-146 Armada Way in the city centre), Skills Launchpad Plymouth is home to both the Youth Hub and Adult Hub, providing bookable appointments for face to face coordinated services for young people and adults, and a range of activities are delivered each week including a Tuesday drop-in service to help anyone interested in joining the construction industry, and health and care sector.

As well as supporting local people, Skills Launchpad Plymouth's online Employer Hub brings together localised solutions to help address recruitment, employment, workforce skills and training challenges. Aimed at helping local small to medium sized companies as well as offering additional support for larger businesses, the Employer Hub provides advice, guidance, and access to information setting out clear options to help employers better navigate the complex skills, training and employment landscape.



Skills Launchpad Plymouth

YOUTH HUB

Youth Hub

If you are 16-24 years old, or a parent/ guardian.

CLICK NOW
to access skills support through our Youth Hub



Skills Launchpad Plymouth

ADULT HUB

Adult Hub

If you are 25 years or over.

CLICK NOW
to access skills support through our Adult Hub



Skills Launchpad Plymouth

EDUCATION HUB

Education Hub

If you are a Plymouth-based education provider seeking curriculum career resources and links with local employers.

CLICK NOW
to access resources for Education



Skills Launchpad Plymouth

EMPLOYER HUB

Employer Hub

If you are a Plymouth based employer who would like recruitment, employment, skills and training solutions.

CLICK NOW
to access resources through our Employer Hub

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk



Autumn is here, and the nights are drawing in! With the winter fast approaching, you may be looking ahead to the new year and fresh starts! One of the great things about living in Plymouth is that there are lots of opportunities for people to develop new skills, different training, and education options, and lots of ways to gain experience to find your dream job or career. Whether you are thinking about a new career, considering a lifestyle change, or need support more generally, there's lots of local

support on offer. Below are some of the latest opportunities - including some great events that you can attend for free! If anything catches your eye, simply get in touch by emailing skillslaunchpad@plymouth.gov.uk, or texting 07917 264736.

Upcoming Events

Sector Drop-in Sessions

For anyone interested in the construction and built environment, or the health and care sectors, Skills Launchpad Plymouth hosts weekly sector drop-in sessions. Join our experienced sector co-ordinators for practical advice and guidance, and to discuss the latest skills, training, and job opportunities.

When: Tuesdays

Where: Frist floor of Barclays, city centre Time: 10am to 3pm

University of Plymouth Open Day

Get a taste of university life and see the courses that are available to you. You will get to talk to lecturers, attend talks around student finance and explore the student village and campus.

When: Saturday 18 November

Where: Plymouth, PL4 8AA Time: 9am-3.30pm

Click [here](#) to register and attend.

City College Plymouth-Open Day

Want to improve your job prospects, start on a new career path, or develop different skills? City College Plymouth has lots to offer. Explore their adult education offer.

When: Saturday 4 November

Where: Kings Road, Plymouth, PL1 5QG Time: 10am-1pm

Click [here](#) to register and attend.

Access Creative College

Are you interested in the gaming industry? Or the music industry? Access Creative College have some great creative courses that can pave the way for working in the industry. They have both open days and taster days to showcase the variety of courses that they have on offer.

Click [here](#) for upcoming dates.

☎ 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk

Mocktails & Mystery Craft
Monday 6th November
1900-2100
Royal Navy Community Centre - Radford

Booking is essential
£3 donation for materials

📧 Sarah.Farrington@aggies.org.uk
☎ 079 7764 1909
🌐 www.facebook.com/AggiesPlymouth

The Sailor's Friend - Aggies

If you are interested in booking onto any of these events, please contact the details on the relevant poster. If you would like to book onto wreath making, you can book directly [here](#) for Radford Centre or [here](#) for Crownhill

November Timetable

Wavy Navy Tots Every Thursday 0930 - 1100 Crownhill Community Centre	Building Fun & Food Family Night Monday 6th 1630 - 1830 Radford Community Centre
Mocktails & Mystery Craft Evening Monday 6th 1900 - 2100 Radford Community Centre	Christmas Wreath-Making Monday 13th 1900 - 2100 Radford Community Centre
Mocktails & Mystery Craft Evening Monday 20th 1900 - 2100 Crownhill Community Centre	Christmas Wreath-Making Monday 27th 1900 - 2100 Crownhill Community Centre

Have a Question?
Contact Letty
letty.jones@aggies.org.uk
079 7764 1906

📧 @AGGIEWESTONS
🌐 X @ Aggies Plymouth

Mocktails & Mystery Craft
Royal Navy Community Centre - Crownhill
Monday 20th November
1900-2100

Booking is essential
£3 donation for materials

📧 Sarah.Farrington@aggies.org.uk
☎ 079 7764 1909
🌐 www.facebook.com/AggiesPlymouth

Family Night Building Fun & Food
Monday 6 November 1630-1830
Royal Navy Community Centre - Radford

Book at:
www.aggies.org.uk/family-night
£5 Per Family Ticket

📧 Mark.Jones@aggies.org.uk
☎ 07977 641906
🌐 www.facebook.com/AggiesPlymouth

Family Night Messy fun & Food
Monday 20 November 1630-1830
Royal Navy Community Centre - Crownhill

Book at:
www.aggies.org.uk/family-night
£5 Per Family Ticket

📧 Mark.Jones@aggies.org.uk
☎ 07977 641906
🌐 www.facebook.com/AggiesPlymouth

Christmas Wreath Making
Monday 27 November - 1900-2100
Royal Navy Community Centre - Crownhill

Booking is essential - Click on above to secure your place

Suggested Donation £10 per person

📧 Sarah.Farrington@aggies.org.uk
☎ 079 7764 1909
🌐 www.facebook.com/AggiesPlymouth

Christmas Wreath Making
Monday 13 November - 1900-2100
Royal Navy Community Centre - Radford

Booking is essential - Click on above to secure your place

Suggested Donation £10 per person

📧 Sarah.Farrington@aggies.org.uk
☎ 079 7764 1909
🌐 www.facebook.com/AggiesPlymouth

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk



Community Conversations

How it works

Our friendly experts will share helpful fire safety tips to keep you safer in your home and community. We'd also like to hear about anything else fire service related that's on your mind, and ask your opinion about ideas we've got too.

- Listen to seasonal fire safety advice from a fire service officer.
- Ask your questions about fire concerns.
- Tell us what you think about our ideas.
- Bring drinks and biscuits!
-

The event will take place on Microsoft Teams and will last an hour. We'll start with a 10-minute presentation on seasonal fire safety advice, followed by a general discussion and question and answer session.

Our next event is on Thursday 23 November at 12-1pm on winter safety.

Take part

[Join the meeting here](#)

These events are free to attend and are for anyone who lives or works in Devon or Somerset. It doesn't matter what your background or experience is, whether you represent an organisation or are speaking as an individual, you're very welcome.

Is there something you'd really like to find out about? Share your questions in advance by emailing PressOfficer@dsfire.gov.uk

If you're having a problem joining, please call us on [01392 719999](tel:01392719999).

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk



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

Veterans Hub Bingo

Our monthly Bingo sessions are run by our new Event Coordinator, Jo.

Bingo is always held on the first Wednesday of the month, located at Honicknowle Youth Centre, it is easily accessible for all, with ample free parking.

For the wonderfully low price of just £1 for 3 games, you have the chance of winning yourself the highly coveted prize of a box of Dairy Milk!!

There's plenty of fun and laughter, this is a friendly and welcoming group, so pop along and grab yourself a cuppa before eyes down at 6.

Veterans Hub Fish and Chip Evenings

Our monthly fish and chip evenings are extremely popular. On the third Wednesday of each month, we invite you to join us at Ernest English House for a delicious meal of fish and chips. The food is ordered and collected from Harbourside Fish and Chips which are based on The Barbican.

We have a maximum capacity of 40, which unbelievably, fills up EVERY month. Due to this, we do unfortunately, have to turn people away. With this in mind, we ask that if you plan on attending a fish and chip evening, you book with the Hub by the 7th day of the month in which you intend on joining us. This gives us enough time to get our orders together and across to the Harbourside chefs so they can ensure they have enough food for us.

A £5 per person payment is required at the time of booking.



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

NOV 2023



VETERANS AND
FAMILY HUB

☎ 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk

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



Pop-Up Choir

We are forming our first ever pop-up choir to sing at our annual Carol Service. The choir will get together for the first time on Wednesday 22nd November, this will be the first of 3 meetings, before performing at the Carol Service on Friday 8th December. The choir is open to all ages, no experience necessary. If you'd like to be involved, please contact the hub.



The poster features a blue background with white snowflakes. At the top left is the 'Improving Lives Plymouth Veterans & Family Hub' logo. To its right is the word 'Christmas' in a yellow cursive font, followed by a bright star. Further right is the 'Aggies' logo with a Union Jack flag. The main title 'POP-UP CHOIR' is in large yellow capital letters, with 'Emmanuel Church' in red below it. The event schedule is listed in yellow and red text. On the left, a paragraph of text describes the choir. On the right, contact information is provided. At the bottom, six cartoon children in winter clothes stand in front of a large, decorated Christmas tree.

Improving Lives Plymouth
Veterans & Family Hub
Charity No. 1066776

Christmas

Aggies

POP-UP CHOIR

Emmanuel Church

Wednesday 22nd November 7pm, Church Hall
Wednesday 29th November 7pm, Church Hall
Wednesday 6th December 7pm in the Church
Veterans Carol Service 8th December 6pm

Join us for our first ever Pop-Up Choir, in conjunction with Aggies.

If you like singing, this is the perfect opportunity for you to stand up and exercise those vocal chords! No experience is necessary. We will meet at Emmanuel Church Hall for 3 weeks prior to the main event on Friday 8th December.

For more information please call the Hub on 01752 201457



**Plymouth
Veterans
& Family Hub**

Invite you to join us for our annual

Christmas Carol Service

Friday 8th December
18:30 - 20:30

To book FREE tickets please call the
hub on 01752 241057

Emmanuel Church,
1 Compton Avenue,
Plymouth,
PL3 5BZ



Christmas Wreath workshop

**MONDAY 4TH
DECEMBER**

Afternoon workshop
13:00 - 15:00

Evening workshop
18:00 - 20:00

£35

Ernest English House
Buckwell Street
PL1 2DA

Booking Essential
Please call to book
01752 241057

All materials supplied. Price also includes tea/coffee and mince pies



**Name
in a hat Raffle**

**£1 per
entry.**

Enter as many times as you like.
Over 20 prizes to be won!

Draw will take place on December 16th

Call the hub on 01752 241057



*We are
Collecting*

**WE ARE COLLECTING GIFTS TO SUPPORT THE
VULNERABLE AT CHRISTMAS**

- ☐ Small Toiletry Sets
- ☐ Stationery Sets / Craft sets
- ☐ New Fleece Blanket / New socks
- ☐ Small tins of biscuits
- ☐ £1 size selection boxes

These gifts will be given to those who
won't receive a gift this Christmas.

If you would like to donate a small gift, please bring it to
Plymouth Veterans and Family Hub
Ernest English House
Buckwell Street
PL1 2DA



1st Crownhill Beavers would like you to join them as they pay their respects to our military, past and present, for a small Remembrance Ceremony and a

HERO HUNT

Thursday 9th November 2023 - 16:45
Location: Plymouth Hoe war memorial
On completion, you are invited to Ernest English House, Buckwell Street for hot drinks and cakes

Thursday 9th November

1st Crownhill Beavers have once again invited us to join them for a Hero Hunt at Plymouth War Memorial on Thursday 9th November. During the evening, the young and old will get together to look at the memorial and think about those who have and are still fighting for our freedom. We would love as many of you as possible to join the children in finding certain names on the memorial and talking about what they think the memorial stands for. We will be at the memorial for about an hour, before heading to Ernest English House for hot chocolate, hot dogs and cakes.

Service of Remembrance

City College Plymouth have invited Plymouth Veterans and Family Hub to join the on Friday 10th November in a Service of Remembrance.

The college will be providing refreshments on completion of the service.

If you can attend, we, as a Hub, would be grateful if you could wear your medals and berets so others can be as proud of you as we are.



Service of Remembrance

City College Plymouth are requesting our presence, as their guests, for their Service of Remembrance on **Friday 10th November 10:15**

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

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  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 lots more.
- Free publications**
Carers UK guides
Essential reading for carers including: 14/force 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.

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.





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

CALLING ALL VETERANS!

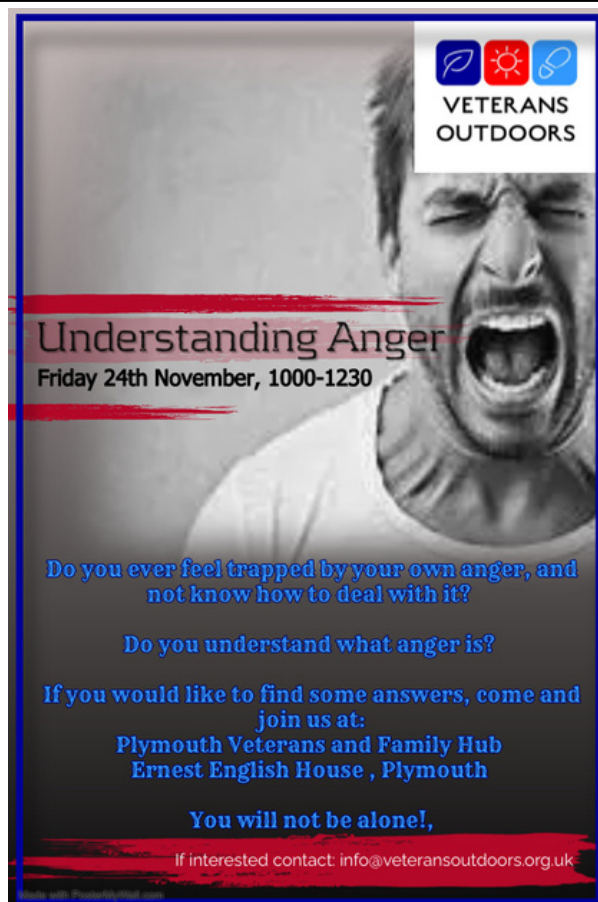
Based in the South West, Veterans Outdoors is a unique charity offering support, friendship, and outdoor wellbeing activities in some of the region's most beautiful locations. We understand the therapeutic benefits of working with horticulture, nature and animals or simply just being outdoors walking, 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



VETERANS OUTDOORS

Understanding Anger

Friday 24th November, 1000-1230

Do you ever feel trapped by your own anger, and not know how to deal with it?


Do you understand what anger is?

If you would like to find some answers, come and join us at:


**Plymouth Veterans and Family Hub
Ernest English House, Plymouth**

You will not be alone!

If interested contact: info@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 PosterMyW



VETERANS ART PROJECT

VETERANS OUTDOORS

Do you have a lot to say, but struggle to say it? May be its time to release your creative side, and let your art work do the talking?

Everyone has the ability to be creative, some people just need to be shown how.

Our 10 week art course, will teach you how to use a variety of media, closing with an opportunity to exhibit your final creation in a public space.

Whether you are developing your own masterpiece or appreciating that of others, art presents a platform to explore aspects of yourself and the world around you.

The therapeutic benefits of creativity improves self-coping techniques and the ability to communicate more effectively, as well as acting as a reminder to consider taking a look at things from a different perspective.

10 week Course starting Thursday 12th October 1300-1500 at Leadworks, Plymouth

If you would like to be considered for this course please get in touch: info@veteransoutdoors.org.uk

NOV 2023



VETERANS AND
FAMILY HUB

☎ 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk



Events November 2023 - April 2024

Saturday 04 November 9-11am
Breakfast at Drakes Kitchen, Plymouth University
(Added Extras)

Saturday 18 November 9-11am
Breakfast Venue to be confirmed

Saturday 02 December 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Saturday 16 December 9-12am
Festive Breakfast at Drakes Kitchen Plymouth University
(Added Extras) Festive hats and jumpers very welcome!

Saturday 06 January 2024, 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Saturday 20 January 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Saturday 03 February 9-11am
Breakfast Venue to be confirmed

Saturday 17 February 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Saturday 02 & 16 March 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Saturday 06 & 20 April 9-11am
Breakfast at Drakes Kitchen, Plymouth University

**A Sunday roast and Curry & Bingo Night planned for early 2024

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.

PEC **Plymouth Energy Community**

**Plymouth
ageUK**

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...**

Improving Lives Plymouth
My Health My Way

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 workshops:

My Health, My Way

2024 Workshops
Afternoons for 4 weeks
1:00 pm to 4:30 pm
ILP, 156 Mannam Road, Plymouth,
PL3 5QL

10th to 31st January
6th to 27th February
4th to 25th March
3rd to 24th April
8th to 29th May
4th to 25th June

REFRESHMENTS PROVIDED

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

- 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

improvinglivesplymouth.org.uk

NOV 2023



VETERANS AND
FAMILY HUB

01752 241057

VFHub@improvinglivesplymouth.org.uk

Plymouth Veterans and Family Hub

in association with

WoollcombeYonge
Solicitors



1st Thursday of each month

at

Ernest English House

Free Legal Clinic

Covering the following areas,
Property (private buying and selling)

Commercial Property

Family Law

Collaborative Law

Mediation

Wills and Probate

Business Services

Crime

By appointment only

Please call the Veterans Hub on

01752 241057

to book your appointment.

WoollcombeYonge
Solicitors

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



01752 812215

torpoint.library@liscornwall.org.uk

ARE YOU LOOKING FOR SOME HELP?

Join us at **Torpoint Library and Community Hub**

14th November & 12th December 2023

10am - 12noon

You are invited to join us once per month to meet others, receive support and find out more about what is happening in Torpoint and surrounding areas. We are a team of organisations ready to help.

Royal Navy Family & People Support

Jobcentre Armed Forces Champion

VIVO Housing and Pinnacle Group

Team Raleigh CIC

Torpoint Town Council

ALL WELCOME INCLUDING OUR
ARMED FORCED COMMUNITY



Team Raleigh CIC



VIVO | Built for Change



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



Department for Work and Pensions



The Ministry of Defence
Partnering with Right Management



improvinglivesplymouth.org.uk

Thursday Morning Stand Easy



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

26th October 2023	9.30-12.00	William Sutton Memorial Hall 6 Shelly Way St Budeaux Plymouth PL5 1QF
30th November 2023	9.30-12.00	
21st December 2023	9.30-12.00	
25th January 2024	9.30-12.00	

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





Thursday Morning Stand Easy



We will be at Porkies Cafe, Whiteleigh for a Brew and a Bacon Bap for £3.50 on the First Thursday of the month

2nd November 2023	9.30 -12.00	Porkies Cafe, 49 Whiteleigh Green, Whiteleigh, Plymouth, PL5 4DE
7th December 2023	9.30-12.00	
4th January 2024	9.30-12.00	
1st February 2024	9.30-12.00	

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




Thursday Morning Stand Easy



We will be joining the Southway Community Cafe at Southway Youth & Community Centre, Hendwell Close on the 2nd Thursday of the month

9th November 2023	9.30-12.00	Southway Community Cafe Southway Youth & Community Centre Henwell Close Southway Plymouth PL6 6TB
14st December 2023	9.30-12.00	
11th January 2024	9.30-12.00	
8th February 2024	9.30-12.00	

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





Thursday Morning Stand Easy



We will be joining the ELM Community Cafe in the ELM Centre Community Cafe on the Third Thursday of the month

19th October	9.30-12.00	ELM Community Center, Leypark Drive, Leypark Road, Estover Plymouth PL6 8UE
16th November	9.30-12.00	
21st December	9.30-12.00	
18th January	9.30-12.00	

For more information Contact:
Glenn at glenn.jordan@fgct.co.uk
or Emily at emily.richards@fgct.co.uk




Matt Fox's

Battle Cry

TRP Theatre Royal Plymouth

Tickets from £12 theatreroyal.com
Thu 02 – Sat 04 Nov 2023

Battle Cry is a solo play by Matt Fox, based on the true story of a former soldier, Adam, struggling with post-traumatic stress disorder (PTSD).

The play follows Adam as he recounts his experiences in war, the horrors he witnessed, and the heavy toll this took on him.

Battle Cry is a powerful and moving exploration of the human cost of war, and a reminder of the devastating impact PTSD can have on those who experience it. The play is a challenging and thought-provoking play which has been received to universal acclaim by both veteran and non-veteran audiences.

★★★★ "Heavy weight and excellent drama about PTSD with a riveting performance from Steve Cowley" — London Pub Theatres

A gut wrenching, emotional performance — C Nicholls

Amazing, blistering production...it is phenomenal — K Armstrong

Tickets from £12 theatreroyal.com/battle

OUR SPACE

OUR SPACE is Theatre Royal Plymouth's creative community programme. From Autumn 2023, we are launching **ARMED FORCES** and we will be working with service personnel, veterans, long-term wounded, injured and sick.

The programme offers free weekly creative workshops, regular trips to the theatre, performance opportunities, volunteering and training.

FIND OUT MORE

VISIT
theatreroyal.com/ourspace

CALL / TEXT
07732 499859

EMAIL
ourspace@theatreroyal.com

Major funders

VETERANS FOUNDATION

COMMUNITY FUND

ARTS COUNCIL ENGLAND

Sport In Mind

FREE!

Men's Tennis & Pickle Ball for Mental Wellbeing

Time Every Tuesday at 2.30 - 3.30PM

Venue South Devon Tennis Centre, Erme Playing Fields, Ermington Road, Ivybridge PL21 9ES

Description Fun, casual drop-in Men's Tennis and Pickle Ball session for people experiencing low mood, loneliness and mental health problems. All abilities welcome, and equipment provided! Delivered by our super coach Paul! Come along and give it a go, we would love to see you!

This group is provided **FREE** by mental health charity Sport In Mind, November and the LTA for the benefit of local people. Find out more by calling Claire on 0118 947 9762

@sportinmind info@sportinmind.org www.sportinmind.org 07341267740

NHS Devon Partnership NHS Trust

NOVEMBER PROJECT

LTA TENNIS FOR ALL

SOUTH DEVON TENNIS CENTRE

Sport In Mind

November 2023
Devon

"We are Sport in Mind – the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems". Our sessions take place every week, all year around. To find out more about sessions near you, check out our Activity Map on sportinmind.org or contact Claire on 0118 947 9762!

Exeter Sessions

Day	Time	Activity	Instructor	Venue
Tues	1.00-2.00	Tai Chi	Tom	The Mint Methodist Church Centre Fore St, EX4 3AT (in the Epworth Room)
Fri	11.30-12.30	Table tennis & Badminton	Mike	Riverside Leisure Centre, Cowick St, Exeter, EX4 1AF
3rd Fri of the month	11.00-12.00	Tai Chi	less	The Moorings (Crisis Cafe) Wonford House, Dryden Rd, Exeter EX2 5AF

Plymouth and Ivybridge Sessions

Day	Time	Activity	Instructor	Venue
Mon	1.30-2.30	Men's Badminton	Brendan	Plymouth Life Centre 40 Mayflower Dr, PL2 3DG (Sports Hall)
Tues	2.30-3.30	Men's Tennis & Pickle Ball	Paul & Harry	South Devon Tennis Centre, Erme Playing Fields, Ermington Road, Ivybridge PL21 9ES
Thurs	1.30-2.30	Men's Table Tennis	Martin & Russ	Plymouth and District Table Tennis Club, 11 Desborough Lane, Desborough Road, St Jude's, PL4 9PJ

@sportinmind info@sportinmind.org www.sportinmind.org 01189479762

Sport In Mind

NOVEMBER PROJECT

NHS Devon Partnership NHS Trust

What's On November

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

Thursday 2nd - Woollcombe Yonge Legal Clinic - Vets Hub pre booking needed

Thursday 2nd - Unpaid Carers Support Group - Ernest English House - 13:30 - 15:00

****Friday 3rd - Brew and Banter - Union Rooms Wetherspoons 10:30 - 12:30 prices start at £2.50**

Saturday 4th - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 - 11:00

*Monday 6th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 £2

*Tuesday 7th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

Thursday 9th - Stand Easy - Southway Youth and Community Centre - 09:30 - 12:00

Thursday 9th - Hero Hunt with 1st Crownhill Beavers - Hoe War Memorial - 4:45 - 18:30

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

*Saturday 11th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £5

*Monday 13th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 14th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

****Tuesday 14th - Podiatrist - EEH - By appointment**

****Wednesday 15th Fish and Chips evening - 17:00 - 19:30 - Vets Hub, must book in advance- £5**

****Friday 17th - Brew and Banter - Union Rooms Wetherspoons 10:30-12:00 prices start at £2.50**

Saturday 18th - Armed Forces Breakfast Club - venue tbc - 09:00 - 11:00

*Monday 20th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 21st - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

****Friday 24th - Brew and Banter - Union Rooms Wetherspoons 10:30-12:00 prices start at £2.50**

*Sunday 26th - Veterans Brunch - Age UK Mount Gould - 10:00 - 12:00 - £5

*Monday 27th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 28th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

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

* Cost payable

** Booking Required

