

VETERANS AND FAMILY HUB NEWSLETTER

☎ 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk

DEC 2023

ISSUE 93



Things to do this December in Plymouth

Christmas Reindeer Trail



Children will love this free trail around the Barbican and Sutton Harbour, which runs from 18 November to 21 December. Pick up a free trail map at the Tourist Information Centre and find all Santa's reindeer, then collect a special festive treat.

[Go to the Visit Plymouth website for more information.](#)

Mutley Christmas Evening

Get into the festive spirit on Mutley Plain on Thursday 30 November from 5pm. Enjoy live music, see the Christmas tree lights being turned on and enjoy lots of family friendly activities.

[Go to the Visit Plymouth website for more information.](#)

Look out for the Santa bus



Santa and his helpers will be spreading festive cheer around Plymouth this December on board the special Santa bus, thanks to volunteers from Plymouth Citybus and Go Cornwall Bus. The bus will be visiting lots of different areas of Plymouth between Friday 15 and Friday 22 December.

[See the full schedule on the Plymouth Citybus website.](#)

Family fun at The Box

The Box is free to visit with lots of amazing artwork and fascinating objects to explore, so there's something for the whole family. It's open 10am to 5pm, Tuesday to Sunday and there's no need to book.

Every Friday morning at 10.30am, The Box also runs free storytelling sessions for under 5s.

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



1st Prize - A stay for 2 in a luxury pod with wood fire hot tub Donated by Wild Luxury Devon.

Family Roast for 5 donated by Hyde Park Social Club

Marks and Spencer Luxury Hamper donated by PME Group.

£20 Voucher for Timbervault

Bottle of Port donated by The Farnaby Family

Plus over 20 other prizes !

Grab your tickets over the phone by calling 01752 241057

Thank you to all those who supported our collection so far , we have received some amazing gifts to support those in our community that may not have a gift otherwise.



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Office for Veteran Affairs

Supporting Our Veterans: A Consultation - Veteran Response



We have a simple mission, to make the UK the best place in the world to be a veteran. This is a grand undertaking and not one I or the government has committed to lightly. We are fully aware of the challenges ahead in achieving this goal. I and all my fellow ministers, along with parliamentarians, my colleagues in the devolved administrations and throughout all levels of government recognise the tremendous duty we owe to veterans and equally the tremendous potential veterans still have to contribute to our society.

I am proud to be the minister leading this ambitious piece of work. This consultation scope will look across the entire landscape of the government policy, including health, housing, employment, veterans communities and their economic and social contributions. It will move us from a fragmented evidence base to one that the Office for Veterans' Affairs can use to set strategy and support other departments and competent authorities as they design and deliver more joined up policy for veterans.

We have had many successes in improving services for veterans since establishing the OVA, such as the dedicated referral pathways for mental and physical health and homelessness established by Op Courage, Op Restore and Op Fortitude. However, I know we can do more. Our efforts are often held back by a lack of evidence and we need to fill those gaps so that we can plan better, work better together and deliver better for veterans.

I want to prevent veterans or their families facing disadvantages compared to their civilian peers. Where such disadvantage does occur we need to level the playing field through targeted and tailored support for veterans. I understand that different veterans face different challenges. Therefore, the support provided must be tailored to the individual, recognising the unique challenges that women, disabled or LGBT veterans face for example, amongst others. To achieve this, it is vital that we understand more about veterans themselves, their aspirations and their capabilities, as well as the complex economic and social landscape that they face upon leaving service. Gathering detailed data on the needs of veterans and their families, how current policy interacts with those needs, and how we can best support them, is fundamental. Only then, can we evaluate if the policies and structures in place cause no disadvantages for veterans and their families in succeeding in society, the workplace and their personal lives post-Service.

Central to the Office for Veterans' Affairs ambitions, as set out in the Strategy for our Veterans, Data and Research Framework, is the pursuit of evidence-informed policy making. This consultation represents our most ambitious evidence gathering work to date and will inform the UK Government on veterans policies for years to come. This will ultimately ensure we better serve those who have spent their lives in service to us.

Rt Hon. Johnny Mercer MP
Minister of State for Veterans' Affairs

[Respond to the survey here if you're a veteran or have served in the Armed Forces](#)

[Respond to the survey here if you are an individual responding as an individual citizen](#)

[Reply to the survey here if you are responding as part of an organisation](#)

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Did you know?

Plymouth Veterans and Family Hub is the only ASDIC registered Veteran Service in Plymouth



Association of Service
Drop-In Centres

The Association of Service Drop-In Centers (ASDIC) represents and links veterans' Drop-Ins across the country. Sometimes called Hubs or Centers, Drop-Ins offer a variety of welfare and mental health support, together with comradeship and a sense of well-being, to the ex-military community and their families, and ASDIC helps them to enhance the service they can provide and make them more accessible. It's a hugely successful concept that's been evolving at least since the Falklands conflict and has gained enormous momentum since the UK's involvement in the Middle East interventions in the decades since. Quite simply, it's a movement led largely by veterans for veterans - all Services, all ranks - in a huge number of locations across the country, where those who have served can just, literally, drop in and find everything from friendship and free coffee to some serious professional and focused advice and guidance.

Our mission is to maximise the sustainability, resilience, effectiveness and delivery of Drop-In Centers, and improve liaison with Breakfast Clubs, across the United Kingdom to ensure that all vulnerable veterans receive swift and empathetic support and that their needs are appreciated at higher levels.

There is now a large number of centres of all shapes and sizes, in big cities and small towns, where the overriding wish to help our fellow veterans can take any shape. ASDIC just exists to help all these centers keep in touch with one another, promote mutual understanding, share problems and try to ensure that the grass-roots picture of veterans on the ground is appreciated by the larger charities and government. The first and most important message on this site is that ASDIC is completely independent; it's there both to help all those fantastic volunteers who are doing such good work on the ground, and to make higher authorities appreciate what's happening with our veteran community on the streets of this nation.

This website explains where the many Drop-In Centers are, how to get in touch with them, and their details such as exact location and opening hours. There's no need to book or contact in advance - just turn up! The interactive map below should help you find your nearest location, or you can access the Veterans Gateway.

ASDIC Centre leaders are all passionate about the services they offer and, if they can't help with your problem, they'll know where to look. Welcome to this unique community, which provides the very best of comradeship and support that veterans know and value!

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Winter Pensioner Support Package

Pension Credit

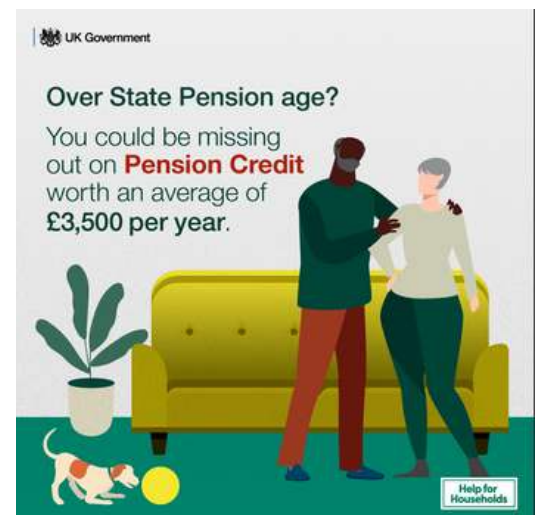
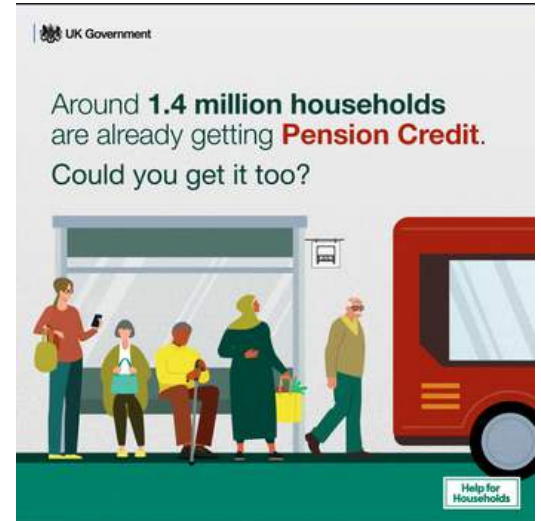
A Pensioner Cost of Living Payment of £300 per household will be paid as a top up to those eligible for the Winter Fuel Payment during November and December. If you were born before 25 September 1957 and receive the Winter Fuel Payment, you will automatically receive the Pensioner Cost of Living Payment at the same time.

You do not need to apply or contact anyone to receive this Cost of Living Payment alongside your Winter Fuel Payment. If you're eligible, you will be sent a letter telling you how much your payment will be.

However, while most eligible pensioners will receive the Winter Fuel Payment automatically, a small number of people may need to make a claim for it. To check if you need to do this, [visit gov.uk/winter-fuel-payment](https://gov.uk/winter-fuel-payment). If your claim is successful, you'll then be eligible for the Pensioner Cost of Living Payment.

Pension Credit is also available to support the most vulnerable pensioners. You can check the eligibility of yourself or a loved one at gov.uk/pensioncredit. You can still qualify for the £300 Cost of Living Payment if you make a successful backdated Pension Credit application by 10 December 2023.

Find out more about the range of government support with the cost of living, including Pension Credit and Cold Weather Payments, at gov.uk/helpforhouseholds.



Getting Back Into Work

SALTASH JOBS FAIR

The Guildhall, Lower Fore Street, Saltash PL12 6JX

This winter discover a world of recruitment opportunities at the Saltash Jobs Fair organised by Jobcentre Plus.

Open to all members
of the public

**7th December from
10.00AM - 12.30PM**

Full disabled access

jobcentreplus



Work & Health Programme
Seetec PLUS

Are you currently OUT OF WORK?

Our **Work & Health Programme - Pioneer** service will help you move into work quickly, so you can live the life you choose.

We'll get to know your strengths, aspirations and together, we'll help you find the right job.

- Apply for jobs straight away**
- Connect with employers in your local community**
- Specialist help to overcome any challenges**

Travel costs reimbursed

@SeetecPlus

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

jobcentreplus
Department for Work and Pensions

Supported by
BARCLAYS

PLYMOUTH CITY COUNCIL

XCTP
The Partnership for Skills Training and Employment

RFEA
Regional Financial Enterprise Agency

Build confidence and skills...

Our dedicated staff will help you overcome anything you feel is holding you back. It could be...

- Upskill through work trials and work tasters**
- Training, skills and vocational qualifications (including digital support)**
- Confidence, health and wellbeing**

CV & INTERVIEWS DIGITAL
FEELING GOOD WORKWEAR
ANXIETY JOB SEARCH HOUSING

Your new job...
Once you've started work, we'll help you settle and progress in your new role, and stay in regular contact.

Check if Pioneer is right for you...
To find out more or for a friendly, no-obligation chat.
pioneer@seetecpluss.co.uk | seetecpluss.co.uk

Pioneer is a **voluntary programme** delivered by Seetec Plus in Plymouth, Bournemouth, Swindon, Bristol and Southampton.

Joining WHP - Pioneer is subject to eligibility checks which our friendly local team will assist you fully with.

This flyer is available in different formats.

Department for Work & Pensions

DEC 2023



VETERANS AND
FAMILY HUB

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✉ VFHub@improvinglivesplymouth.org.uk

ROYAL NAVY & ROYAL MARINES CHARITY

Improving Lives Plymouth
Veterans & Family Hub

Wolferstans SOLUTIONS

Friday 8th December 18:30 - 20:30
PLYMOUTH VETERANS & FAMILY HUB
Christmas
CAROL SERVICE

Emmanuel Church,
1 Compton Avenue, Plymouth, PL3 5BZ
To book FREE tickets please call the hub on
01752 241057

WARM WELCOME SPACE • WELCOME •

Cost of living
Help IN Plymouth

Improving Lives Plymouth
Veterans & Family Hub

Fish & Chips

Donation of
£5pp

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

Christmas
Brew and Banter

FRIDAY 15TH DECEMBER

£12.50 | 11:30 - 13:30

THE UNION ROOMS
WETHERSPOONS
19 UNION STREET
PL1 2SU

Improving Lives Plymouth
Veterans & Family Hub

Christmas

❄️ **BREW AND BANTER** ❄️

MAIN

Sliced Turkey breast and Winter Vegetables
Chicken and Stuffing Burger
Brie and Bacon Burger
Ham Egg and Chips
All Day Brunch
Vegan Sausage Chips and Beans

DRINK

Tea/Coffee
Orange Juice
Apple Juice
Coke
Lemonade

DESSERT

Mince Tart or
Cookie Crunch (chocolate cookie) with Ice Cream

You can upgrade your Drink to an
alcoholic beverage if you prefer
not to have dessert.

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

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.



Podiatry Appointments at

Ernest English House

**Next available appointment
Tuesday 12th December**

Call the Hub on 01752 241057 to book

£30pp



**FORGET SANTA.....
....The Commando Chef
is coming to town**

**At the Woodland Fort, Plymouth
THURSDAY 7th DECEMBER
1000- 1230**

Bringing cooking and conversation together:
The Commando Chef, Mike Beaton (RM), is coming to spend the day with Veterans Outdoors, showing us how cooking can be used as a great platform for conversation. He will be teaching us a few tips on how to cook simple healthy meals on a budget, and reminding us how getting together with friends and food can be so good for the heart, mind body and soul.

If you are interested please contact jodi@veteransoutdoors.org.uk

VETERANS OUTDOORS

THE ARMED FORCES COVENANT FUND TRUST

**BEAT THE JANUARY BLUES
Emotional Resilience for Veterans**

What annoys or frustrates us? And what can we do about it?

We're back for '24 with another of our popular veterans' Emotional Resilience Courses. Ahead of 'Black Monday' (regarded by some as 'the worst day of the year') renowned military life-coach and behavioural expert Liz Abram will be here to help with the skills and life-hacks we need to help us through everyday life.

These unique Veterans Outdoors Courses have already been described as life-changing by those who've attended:

"It's given me skills I use every day."
"I understand myself better - it's changed my relationships with those close to me."

The course will be held at Plymouth Veterans Hub, Ernest English House, Buckwell Street, PL1 2DA on FRIDAY 19TH JAN 1000-1500. Admission is free. Places are limited but if you'd like to register to take part, contact Jodi – jodi@veteransoutdoors.org.uk

VETERANS OUTDOORS



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

**Online
Baking Workshop**

*Who fancies some christmas baking from the
comfort of their own home?*

Wednesday 13th December at 1830

*We will be making a christmas cake; Ellie will be talking
us through the method step by step live online.*

*This will take place on Teams, if interested please let us know and we
will send you all the details of how to join us and what you will need.*

Please contact jodi@veteransoutdoors.org.uk

VETERANS OUTDOORS

Walk-in COVID-19 vaccinations

Ernest English House

No need to book

NHS

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

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...**

Brought to you by

In collaboration with

Looking after someone?

FREE digital resources for carers

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 take more.

Free publications
Carers UK guides

Essential reading for carers including: A/your 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.

Thursday Morning Stand Easy

We will be at Porkies Cafe, Whiteleigh for a Brew and a Bacon Bag 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

4GCT 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

6th November 2023	9.30-13.00	Woodland Fort Community Centre Woodland Fort Crownhill Road Plymouth PL5 3SQ
4th December 2023	9.30-13.00	
5th February 2024	9.30-13.00	
4th March 2024	9.30-13.00	

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

4GCT FOUR GREENS
COMMUNITY TRUST
Helping people, changing lives

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 Hendwell Close Southway Plymouth PL6 6TB
14th 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

4GCT FOUR GREENS
COMMUNITY TRUST
Helping people, changing lives

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

4GCT FOUR GREENS
COMMUNITY TRUST
Helping people, changing lives

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 1QP
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

4GCT FOUR GREENS
COMMUNITY TRUST
Helping people, changing lives

Men's Tennis & Pickle Ball for Mental Wellbeing

FREE!

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

Devon Partnership NHS **SPORT IN MIND** **LTA** **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	10:00-2:00	Tai Chi	Tom	The Methodist Church Centre Fore St, EX4 3AT (in the Epworth Rooms)
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	Jess	The Moorings (Crisis Cafe) Woford 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 Hayflower Dr, PL2 3DC (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 Marks, PL4 9PH

Devon Partnership NHS **SPORT IN MIND**

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

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

What's On December

****Friday 1st - Cardiff Coach Trip - No Brew and Banter today - Milehouse P&R - 08:45**

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

****Monday 4th - Wreath Making Workshop - EEH - 13:00 - 15:00 - £35**

****Monday 4th - Wreath Making Workshop - EEH - 18:00 - 20:00 - £35**

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

***Tuesday 5th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50**

***Wednesday 6th - Christmas Bingo - Honicknowle Youth Centre - 17:30 - 19:00**

Thursday 7th - Unpaid Carers Support group - Veterans Hub 13:30- 15:00

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

Friday 8th December - Veterans Christmas Carol Service - Emmanuel Church - 18:30 - 20:30

***Saturday 9th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £6**

***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- £2.50**

****Tuesday 12th - Podiatrist - EEH - By appointment**

****Friday 15th - Christmas Brew and Banter - Union Rooms Wetherspoons - Must be booked- £12.50**

Saturday 16th - Armed Forces Breakfast Club Festive Party - Drakes Kitchen- 09:00 -12:00

***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- £2.50**

****Wednesday 20th Fish and Chips evening - 17:00 - 19:30 - Vets Hub, must book by 7/12 - £5**

****Friday 22nd - Goldilocks and The Three Bears Panto - VFHUB TRP - Pre Booked Only**

Monday 25th December - Kings Speech 15:00

* Cost payable

** Booking Required

