

VETERANS AND FAMILY HUB & ARMED FORCES COVENANT PARTNERSHIP



Newsletter



📞 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk

What is the Armed Forces Covenant?

The Armed Forces Covenant is a nationwide agreement between the armed forces community, the nation and the government.

It aims to ensure that those who serve or who have served in the armed forces, and their families, are treated fairly. It also means that special consideration is appropriate in some cases. This is especially true for those who have given the most, such as the injured or the bereaved.

The Covenant does not provide any special advantage but it makes sure that members of the armed forces are not disadvantaged.

The Armed Forces Covenant e-learning programme provides more details about how the Covenant can help.

The Armed Forces Act 2021 introduces legislation covering housing, healthcare and education. The Armed Forces Covenant Duty is a legal obligation on certain public bodies to pay due regard to the Covenant principles when exercising certain functions. The purpose of this guidance is to assist the specified bodies comply with their legal obligations, by providing information about the Duty and those people within the Armed Forces Community who are beneficiaries of the Duty. It highlights the issues these people can face as a result of Service life, and illustrates good practice in the areas of healthcare, education and housing.

Plymouth Armed Forces Covenant partnership.

More than 70 Plymouth businesses have signed the Armed Forces Covenant. The Partnership involves representatives from businesses and services within the council and partner organisation's including those in:

- The Royal Navy, Army, Royal Marines, RAF, Reserves and Cadets
- housing and Community Connections departments
- education, children and young people departments
- adult social care and public health departments
- voluntary and charity sectors this includes the Veterans Hub.
- service children
- war widows
- Ministry of Defence
- local and national businesses



PROUDLY
SUPPORTING
THOSE WHO
SERVE.

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

FEB 2024



VETERANS AND
FAMILY HUB

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

D-Day 80 Victory Ball

D-Day 80 Year Celebration

Victory Ball

7th June 2024
Boringdon Park Golf Club, Plymouth, PL7 4GQ
18:30 - 00:00

Hosted by the dazzling David Fitzgerald
Arrival Pimm's
3 Course Meal & Dance
Auction & Raffle
Black Tie & Mess Dress

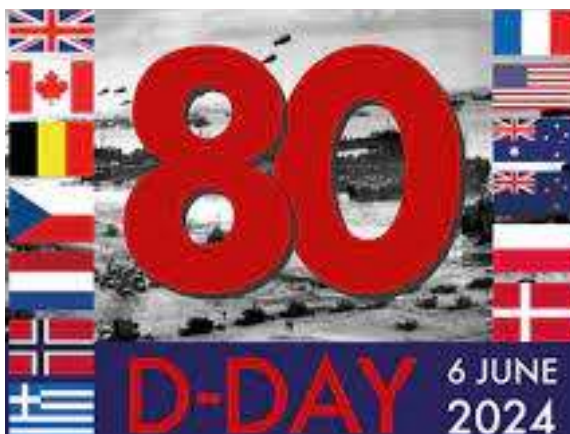


Defence Medical Welfare Service
supporting the frontline

Call today to book : 01752 241 057 Tickets: £60 Per Person
Email: vfhub@improvinglivesplymouth.org.uk

Improving Lives Plymouth Veteran and family hub England Reg. Charity No. 1066776

DMWS: Reg Charity in England and Wales (0087210) & Scotland (SC043460)



Plymouth Veterans and Family Hub along with Defence Medical Welfare service will be holding a Black Tie Ball in celebration of D-Day 80, tickets are priced at £60pp and include welcome drinks and live entertainment!

If you are registered with the Veterans and Family Hub we have some 50% off vouchers to give away please register [here](#) to be in with a chance of getting half price tickets.

Victory Ball Menu

Starters

Carrot and Coriander soup, Chive Crème Fresh
Ham-hock tarrine, toasted ciabatta, dressed leaves
Wild Mushroom and Mozzarella Arancini, Roasted
Beetroot, Mixed Leaf.

Mains

Pink Topside of beef, Roast Potato, Gravy, Yorkshire
pudding.
Roasted Chicken Breast, asparagus, chive cream and
Roast potato.
Pan seared Salmon, herb crumb, Dill velouté, crushed
coriander new potatoes.
Apricot & Spinach Tortellini, Garlic Croutons, Walnut
butter sauce.

Dessert

Crème Brûlée, Short bread and Raspberry Sorbet.
Chocolate Brownie, with Chantilly Cream.
Warm Sticky Toffee Pudding, with Vanilla Ice Cream.

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Warm welcoming spaces.



We have been lucky enough to receive some funding from from Plymouth City Council to continue our warm space offer. We facilitate a Fish and Chip supper once a month for £7pp if you are on a low income or would struggle to fund this please get in touch.

We also provide warm drinks and Wi-Fi to anyone accessing our drop in service.

If you are struggling with financial pressures the hub is able to support in a number of ways, from benefit checks, to external grant applications, please get in touch if you would like support and advice.

If you need financial support or advice, the following organisations or services might be able to help you. [Click Here](#)

For more information please follow this link,
[Plymouth's Cost of Living Action Plan](#)

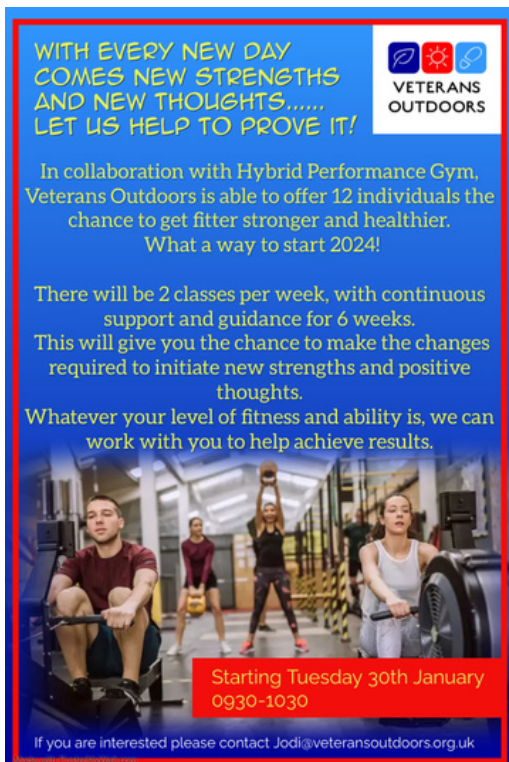


Veterans Outdoors

Veterans Outdoors is an independent charity, working closely with the NHS and other referral bodies. Our team includes veterans and health professionals and many of us have seen, at first hand, both the devastating impact of trauma and the wellbeing, healing effect of outdoor activity. We put our beneficiaries first and are united in our passion for the work we do.

Our operations team includes veterans with, between them, decades of lived experience of the forces and an understanding of the events and causes that can lead to mental health conditions. They work closely with our qualified care staff who make sure everyone who comes to us is looked after and supported.

Weekly sessions - Every week, sometimes twice a week, we run a day-long session on a farm or estate somewhere in the South West. Join the gang for a day of digging, planting, growing, harvesting. Learn about the countryside and horticulture, make friends, have a laugh and drink tea around the fire in a safe, therapeutic environment. Everyone's welcome.



**WITH EVERY NEW DAY
COMES NEW STRENGTHS
AND NEW THOUGHTS.....
LET US HELP TO PROVE IT!**

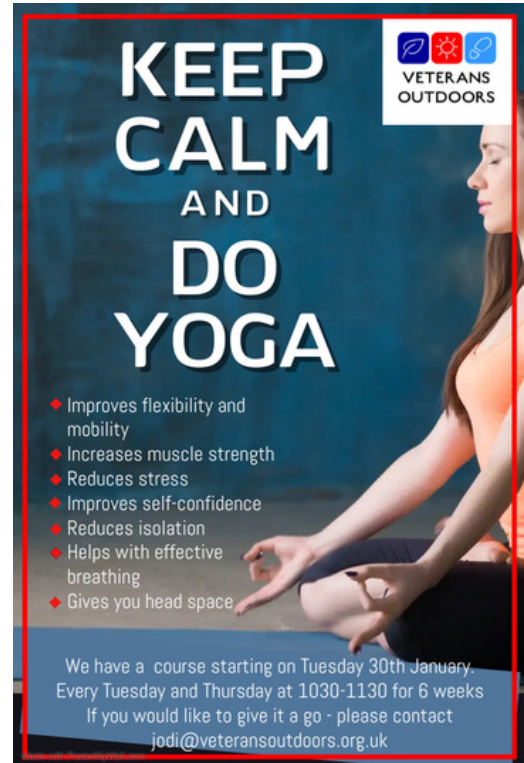
**VETERANS
OUTDOORS**

In collaboration with Hybrid Performance Gym, Veterans Outdoors is able to offer 12 individuals the chance to get fitter stronger and healthier.
What a way to start 2024!

There will be 2 classes per week, with continuous support and guidance for 6 weeks.
This will give you the chance to make the changes required to initiate new strengths and positive thoughts.
Whatever your level of fitness and ability is, we can work with you to help achieve results.

**Starting Tuesday 30th January
0930-1030**

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



**KEEP
CALM
AND
DO
YOGA**

**VETERANS
OUTDOORS**

- ◆ Improves flexibility and mobility
- ◆ Increases muscle strength
- ◆ Reduces stress
- ◆ Improves self-confidence
- ◆ Reduces isolation
- ◆ Helps with effective breathing
- ◆ Gives you head space

We have a course starting on Tuesday 30th January.
Every Tuesday and Thursday at 1030-1130 for 6 weeks
If you would like to give it a go - please contact
jodi@veteransoutdoors.org.uk

Short Courses - Throughout the year we run short courses, usually 6-10 weeks (one day a week) for those that want a bit more in- depth learning or a more focussed recovery. Courses include Soil-to-Supper Horticulture or Equine Therapy with our partners HUGS in Bodmin.

Experience Days - Why not try.....? Our experience days are some of our most popular activities, offering a taste of a whole range of interesting activities from wildlife photography, metal detecting and marine conservation to blacksmithing or dry stone walling. Keep an eye on our events calendar for upcoming experiences.

Our sessions, courses and experience days are a mixture of male only, female only or mixed cohort, we really hope there is something for everyone.

If you would like more information or to register, click [here](https://www.improvinglivesplymouth.org.uk).

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Veterans ID Card

Veterans ID cards are now being rolled out to military veterans across the UK. To apply for your ID card you will need to email the following address;

DBS-Veteran-Cards@mod.gov.uk

When emailing please ensure the following information is included:

- Name on entry and discharge
- Year of birth
- Discharge date

Once you have sent your email, you will receive a link in an email response, the link is only valid for a short period of time, so if you would like our help in completing your application, please contact us as soon as possible.

HM Forces Veterans ID card



What you will need:

- Full Name (now, on joining and at discharge if different)
- Date of Birth
- Email
- Service Number
- Date Enlisted
- Date Discharged
- National Insurance number
- Mobile phone number (other options are available)
- Postal Address
- Photo ID - Passport or driving licence
- Passport style photo



If you would like help and support to complete your application, please get in touch with us by calling 01752 241057 or emailing vfhub@improvinglivesplymouth.org.uk

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

On at the Hub in February



COPING WITH ANXIETY AND DEPRESSION
Regi-mental Wellbeing Veteran Support

An opportunity to connect and share with others in a supported group environment.

- Wednesdays early afternoon
- Free weekly group sessions for six weeks
- Starts Wednesday 24th January
- Ernest English House, PL1 2DA
- Georgina is a qualified Counsellor and trained Group Facilitator

Places are limited, if you have any queries or would like to reserve a place, please contact Georgina by Wednesday 17th January.

www.ageuk.org.uk/plymouth
07300 334033
georgina.edwards@ageukplymouth.org.uk

Registered charity number 288020



BAKE & BANTER

FREE

COOKERY WORKSHOPS FOR VETERANS

8th February 12.30pm - 3pm
14th March 10am - 1pm

**VETERAN'S HUB, ERNEST ENGLISH HOUSE,
BUCKWELL STREET, PLYMOUTH, PL1 2DA**

Exclusively for veterans, the Bake and Banter programme is a great opportunity to brush up on those essential cookery skills while having a good old banter with like-minded individuals.

During our hands-on cooking workshops we will be covering nutrition, menu planning, budgeting, recipe alternatives, shopping and storing food.

A delicious meal will be provided (& cooked by you).

If you are interested in attending, you can either:
call us on: 07818 450968
or email us at: info@foodisfun.org.uk

Places are limited & offered on a first come, first served basis.

Podiatry Appointments at Ernest English House

Next available appointment
Tuesday 12th December

Call the Hub on 01752 241057 to book

£30pp



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 **£3.90 pp**

Brew and Banter

Every Friday
10:30 - 12:30

**Union Rooms
Wetherspoons Union Street**

For more information call:
01752 241057 /
vfhub@improvinglivesplymouth.org.uk



FEB 2024



VETERANS AND
FAMILY HUB

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk



MILITARY TUESDAY

Connecting veterans and serving members of HM Armed Forces and their families with opportunities for skills, training, education, careers and jobs

FEELING READY FOR A NEW START?

- Drop in for a chat - open every Tuesday, 10am to 3pm at Barclays Bank, city centre
- Or sign up today for free 1:1 support www.skillslaunchpadplym.co.uk

Delivered in partnership





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

Help with: **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 Pluss 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





I got the job! Now I've found my purpose and have money to spend too.

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

@SeetecPluss

Events 2024

Updated Jan 2024

Saturday 03 February 10-12 noon
Breakfast : The Anchorage in Plymouth

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

Saturday 04 May - Cancelled - Bank Holiday Weekend

Saturday 18 May 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Saturday 1 & 15 June 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Saturday 6 & 20 July 9-11am
Breakfast at Drakes Kitchen, Plymouth University

July - Dinner Dance - TBC

Saturday 3 & 17 August 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Saturday 7 September 9-11am
Breakfast at Drakes Kitchen, Plymouth University

Saturday 21 September
Breakfast Venue to be confirmed

Any questions, please contact us:
07568 148685
PlymouthVeteransBreakfastClub@outlook.com

afvbc | ARMED FORCES & VETERANS
BREAKFAST CLUBS

Veteran or service leaver in Plymouth?

Your new career in construction awaits



Join the Building Heroes fully funded 5-week Level 1 Construction Skills (includes CSCS)
Brickwork • Plastering • Plumbing • Carpentry • Joinery • Tiling • Painting and Decorating
Job opportunities available

Apply: www.buildingheroes.org.uk

YOUR LEARNING DESTINATION OF CHOICE

DATES	
08/01/24 - 09/02/24	26/02/24 - 29/03/24
22/04/24 - 24/05/24	10/06/24 - 12/07/24
09/09/24 - 11/10/24	04/11/24 - 06/12/24

TAKE A HIKE...

....with us



Our upcoming walks on the Moors are on...

Thursday 8th and 22nd February 2024
1000 meet, Location TBC

For more details email:
Info@veteransoutdoors.org.uk



improvinglivesplymouth.org.uk

What's On February

Thursday 1st - Unpaid Carers Support group - Veterans Hub 13:30- 15:00

*Friday 2nd - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

Saturday 3rd - Armed Forces Breakfast Club- Venue tbc - 09:00 -11:00

*Monday 5th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 6th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

Wednesday 7th - Bingo - Honicknowle Youth Centre - 17:30 - 19:00

*Friday 9th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

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

*Monday 12th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 13th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

*Friday 16th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

*Saturday 17th - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00

*Monday 19th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

**Tuesday 20th - Podiatrist - EEH - By appointment

*Tuesday 20th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

**Wednesday 21st Fish and Chips evening - 17:00 - 19:30 - Vets Hub, must book by 16/2 - £7

*Friday 23rd - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

*Sunday 25th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £6

*Monday 26th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 27th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

* Cost payable

** Booking Required