

VETERANS AND FAMILY HUB & ARMED FORCES COVENANT PARTNERSHIP



Newsletter



☎ 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk

What is Month of the Military Child?

The Month of the Military Child (MotMC), in April, is a campaign to raise awareness about the important role Service children play in the Armed Forces community.



It is a time to recognise Armed Forces families and their children for the daily sacrifices they make and the challenges they overcome.

In the US, the MotMC has been around since 1986. In the UK it is still gathering momentum.

Thanks to Little Troopers, April is packed full of events, workshops and downloadable activities, so wherever you live, you can get involved in the celebrations with your little troopers! There is also a dedicated Month of the Military Child Schools Pack so that schools in the UK and overseas can join in and shine a light on their forces children this April.

Please [click here](#) for resources from Little Troopers

The flower of the Military Child



The Dandelion is known as the flower of the military child: Dandelions are hardy plants which put down strong roots almost anywhere the wind carries them. It's a survivor and blooms in a broad range of climates.

Military children may bloom wherever the wind takes them. They can have strong roots, planted swiftly and surely. They're often ready to fly in the breeze to new adventures, new lands and new friends.

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

source: <https://www.raf-ff.org.uk/education/month-of-the-military-child/>
<https://www.littletroopers.net/>

WoolcombeYonge Solicitors



Military Kids Art Competition

Drawing theme: My Family

- 1st Prize: Theatre Royal Family Voucher
- 2nd Prize: Cineworld Family Voucher
- 3rd Prize: Pack of art supplies/sweets

To enter: complete the attached submission form and send it with your drawing to the address below.

Entry Deadline: 30 April 2024

Send to:

Woolcombe Yonge Solicitors, 63-65 Bretonside, Plymouth, PL4 0BD
info@woolcombeyonge.co.uk 01752 660384



Military Kids Art Competition

Submission Form

Please complete this form and attach your picture for a chance to win!

Name:

Age:

Email Address:

Tel:

Please circle : Royal Navy, Royal Marines, Army, Royal Airforce, Veteran

How did you hear about this competition?

.....

Woolcombe Yonge Solicitors, 63-65 Bretonside, Plymouth, PL4 0BD
info@woolcombeyonge.co.uk 01752 660384

WoolcombeYonge Solicitors

Do you need us to print you an entry form? Please pop into the Hub at Ernest English House, Buckwell Street. You are also able to drop off your entries at the Hub or at any of our events will will ensure they get to the Judges !
Good Luck



D-Day 80 Victory Ball

D-DAY 80
Victory Ball

Dress Code:
Mess Dress
Black Tie
★★★★★
£60pp or
£540 for a
table of 10

Arrival
Pimms
★★★★★
3 course
meal
★★★★★
Raffle and
Auction

7 JUNE 2024 • 18:30 - 23:59

Boringdon Park Golf Club, Plymouth

Hosted by the dazzling David Fitzgerald

Live music from The Hot House Combo!

Call today to book: 01752 241057
Email: vfhub@improvinglivesplymouth.org.uk

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! We are happy to accept split payments towards your ball ticket.

We have live music from Hot House Combo

Tickets are limited so make sure to book early!

D-DAY 80
Victory Ball

★ ★ **Menu** ★ ★

Starters

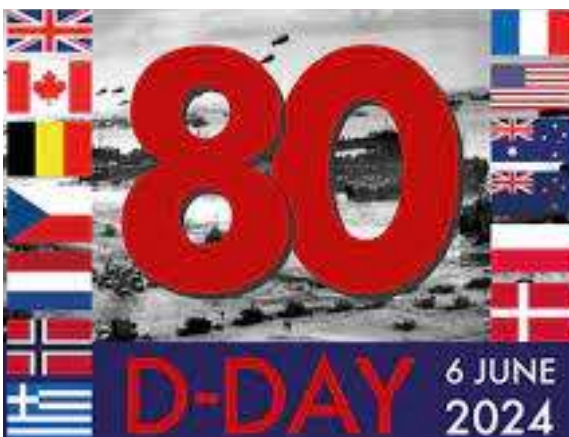
Carrot and Coriander Soup, Chive Crème Fraîche Ham-hock Terrine, Toasted Ciabatta, Dressed Leaves Wild Mushroom and Mozerella Arancini, Roasted Beetroot, Mixed Leaves

★ **Mains** ★

Pink Topside of Beef, Roast Potato, Gravy, Yorkshire Pudding
Roasted Chicken Breast, Asparagus, Chive Cream and Roast Potatoes
Pan Seared Salmon with Herb Crumb, Dill Velouté, Crushed Coriander, New Potatoes
Apricot and Spinach Tortellini, Garlic Croutons, Walnut Butter Sauce

★ **Dessert** ★

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



Borrow don't buy



Borrow Don't Buy is Plymouth's very own Library of Things (LoT). We are a community interest company with the mission of giving you affordable access to the things you need - whilst simultaneously benefitting the Earth.

We're like a normal library, but with things instead of books! What sort of things? All the things you need...

Perhaps you're doing some DIY and need a drill? Having friends over and want a projector to watch a film on? Fancy a spot of camping and need equipment? These are just a few of the things you can find at Borrow Don't Buy!

Why buy a drill when you'll only ever use it once? Sign up to become a Borrower, and for just a few pounds, borrow what you need, when you need!

With nearly 500 items in our ever-growing Inventory there's a good chance we have something you could do with!



ONE - Become a Borrower!

You can join Borrow Don't Buy by filling in our online form. It is free to sign up, then you can chose the right membership for you!



TWO - Browse and reserve items!

Our inventory is available to view online and once you are signed up and have chosen your membership you can reserve items.



THREE - Collect your items!

Come and collect from THINQTANQ, Fairbairn House, Higher Ln, PL1 2AN at your chosen time slot - press the BDB buzzer when you arrive!



FOUR - Return your items!

After using the items, simply return them on or before their due date (during our opening hours) clean and ready for the next borrower.

📞 01752 241057 ✉️ VFHub@improvinglivesplymouth.org.uk

Inspiring stories

"In the spirit of unity, community, and shared commitment, we bring you an inspiring story that intertwines the past, present, and future of our local community. Gunner Peppitt, an Army Commando, based at 29Cdo Royal Artillery, is going to embark on a remarkable journey from #SpeenBridge Railway Station to #AchnacarryHouse, retracing the historic steps of World War II commandos. What makes this run even more poignant is Gunner Peppitt's mission to raise funds for Plymouth (Drake) Sea & Royal Marine Cadets.

Achnacarry House, with its historical significance as a training ground for WWII commandos, serves as the backdrop for Gunner Peppitt's run. This endeavour is not just about covering miles; it symbolizes a heartfelt dedication to the Plymouth (Drake) Sea & Royal Marine Cadets as an instructor while being a serving member of HM Armed Forces.

The Plymouth (Drake) Sea & Royal Marine Cadets are instrumental in shaping the lives of young individuals and fostering values of service, discipline, and camaraderie. Gunner Peppitt's run is a powerful representation of the shared commitment to the growth and development of the next generation within our community.

Here's how you, as esteemed members of our local community, can contribute to this meaningful initiative:

1. ****Donate**** Support Gunner Peppitt's fundraising efforts, directly contributing to the programs and opportunities provided by the Plymouth (Drake) Sea & Royal Marine Cadets. Your donation will have a tangible impact on the lives of young cadets within our community.
2. ****Spread the Word:**** Share Gunner Peppitt's extraordinary journey on social media using the hashtag #TSGoldenHind. Encourage your fellow community members to join in and contribute to this impactful cause by showing support.

Gunner Peppitt's run is a manifestation of more than physical endurance; it's about connecting generations, paying tribute to our shared history, and investing in the future of our community. Let us join hands in honouring this legacy and making Gunner Peppitt's run a symbol of inspiration for the youth of today.

Thank you for your
enduring support."



On at the Hub in April



Unpaid Carers Group goes to...



BUFFET CITY
BUFFET CITY
BUFFET CITY
4th April 2024
13:30 - 15:00

1 St Andrews Cross Roundabout,
Plymouth
PL1 1DN

Cost (payable in advance) £7.50ph
last date to book 25th March

Please call 01752 241057 or email
vfhub@improvinglivesplymouth.org.uk



PLYMOUTH VETERANS AND FAMILY HUB ARE PROUD TO PRESENT - GAMES GALORE

VOLUNTEERS NEEDED

We are looking for people who would be willing to learn new games and attend fairs and fetes to help people enjoy their day as much as us!

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
WoolcombeYonge
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.

WoolcombeYonge
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

01752 241057 | VFHub@improvinglivesplymouth.org.uk

BFRS SERVING THE ARMED FORCES COMMUNITY

Roadshow Career Event 2024

Plymouth
Crownin Plaza
Armadilla Way, Plymouth
PL1 2HD
Thursday 27th June
10:00hrs - 13:00hrs

EXCITING OPPORTUNITIES
Jobs, Training with Support for the Royal Navy, Army, RAF, Reserves, Veterans and Military Families

02476 939931
info@bfrss.org.uk
www.bfrs.org.uk

#BFRS #BFRSevents

Our next Dartmoor walk

Thursday 11th April 2024

Distance: 5-6 miles (approx.)
Start point and route to be confirmed.

For more details contact:
info@veteransoutdoors.org.uk

VETERANS OUTDOORS ARTEMIS

CHILL 'N' CHAT

Friday 12th April 2024, 1000-1600
At
Poole Farm, Leigham, PL6 8NF

Exclusively for female members of the Armed Forces family including spouses.
A day for mind, body and soul.
Enjoy nature, peace and good company by the fire.

For more information contact Bernard: info@veteransoutdoors.org.uk

Young Adult Carers

Football boot bank @ Mannamead

We now have a football boot bank bin in the reception area of our Mannamead office. The Plymouth football boot bank provide families struggling financially in Plymouth with used good quality football boots and kits. To donate simply pop by our Mannamead reception (156 Mannamead Road) and pop it into the bin, they take adults and children's. Any donation would be greatly appreciated!

The Young Adult Carers Service

MAKING CARERS COUNT
Working in partnership with Carers Trust

We are here to support young adult carers aged 18-25 in Plymouth.

If you need to speak to someone about your caring role please call, text or email us on.

Nicole Ormston - 07305043634
nicole.ormston@improvinglivesplymouth.org.uk
Anna Norton - 07496641182
anna.norton@improvinglivesplymouth.org.uk

Follow us on Instagram

YOUNG ADULT CARERS SERVICE

A statutory Plymouth City Council carers assessment

Two drop ins a month.
Every 2nd Monday and every 4th Thursday of the month.
5:30 - 8:30pm

WHAT WE OFFER

One to one support - individualised and tailored to the individual.

A signposting service to relevant support including mental health, benefit advice, housing, education and employment.

FOR MORE INFO CALL/TEXT NICOLLE ON: 07305043634

Free monthly activities

APR 2024



VETERANS AND FAMILY HUB

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VFHub@improvinglivesplymouth.org.uk

What's on at

Aggies



Aggies Community Waves Plymouth

Navy Geeky Club

Saturday 20th April 1330 - 1600
 Royal Navy Community Centre - Crownhill
 Suggested Donation: £3
 For Children aged 6+
 Parents or guardian will need to stay - Booking is Essential

Mark.Jones@aggies.org.uk
 079 7764 1896
 www.facebook.com/AggiesCWPL

Aggies Community Waves Plymouth

Family Night

Tea Party Fun & Food

Monday 22nd April - 1630-1830
 Royal Navy Community Centre - Crownhill

Suggested Donation: £5 Per Family - Booking is Essential
www.aggies.org.uk/family-night

Mark.Jones@aggies.org.uk
 079 7764 1896
 www.facebook.com/AggiesCWPL

Ideal for children up to 7 years

Aggies Community Waves Plymouth

Storybook Waves Book Club

The Tiger who came to tea

Ernest English House - PL1 2DA
Monday 27 May - 1330-1600

book at: www.aggies.org.uk/acwpl-bookclub

Suggested donation £3

sarah.farrington@aggies.org.uk
 079 7764 1909
 www.facebook.com/AggiesCWPL

Booking is Essential

Aggies Community Waves Plymouth

INTRODUCTION TO QUILTING

Saturday 20 April 1330 - 1600
 Crownhill Community Centre - PL6 5BX
 15 Places available - secure your spot now!
www.aggies.org.uk/quilting

Sarah.Farrington@aggies.org.uk
 079 7764 1909
 www.facebook.com/AggiesCWPL

Suggested Donation £8 per person to cover materials

STRENGTH OF SPIRIT GAMES REHABILITATION TRIATHLON

Hosted by the Royal Navy

THUR 27 JUNE 2024

Plymouth Hoe, Devon

This is a tri-service adaptive event for personnel in recovery and veterans. Time for a challenge.

NOT SURE? Can you do a minimum of:

SIGN UP Swim 4 lengths of a pool.
Ride 4 miles on a bike.
10 mins on a rowing machine.

With full & sprint distances & team relay option.

register: plymoutharmedforcesday.co.uk



AECOM



Part of Plymouth's Armed Forces Day Celebrations

Skills Launchpad Plymouth

BEHIND-THE-SCENES: Careers in manufacturing and engineering

Discover more about the craftsmanship, skill and passion that goes into each and every Princess yacht during a tour of the international brand's busy Newport Street site.

You will have the chance to meet and hear from a variety of staff and learn more about the roles and careers that are available to those looking to transition from the military.

When: Thursday 25 April, 12.45pm to 2pm
Where: Newport Street, PL1 3QG
To book, email skillslaunchpad@plymouth.gov.uk

This opportunity is particularly relevant to those with multi-trade skills, qualified carpenters, welders, fabricators and engineers.
Limited places, first come first served.

#BEABORROWER

ACCESS TO THE THINGS
YOU NEED WITHOUT IT COSTING THE EARTH

BORROW DON'T BUY

PLYMOUTH'S
LIBRARY OF THINGS

SIGN UP TODAY, CHOOSE YOUR MEMBERSHIP, AND GET BORROWING!

- 1) Visit our website borrowdontbuy.co.uk
- 2) Choose the right membership for you!
- 3) Browse the online library and book what you need
- 4) Come and grab your item, then when you're done just drop back for someone else to enjoy!
- 5) Tell all your friends about your adventures in borrowing!

Scan here to browse over **700** items in the inventory

Find us at:
Borrow Don't Buy
Fairbairn House
Higher Lane
PL1 2AN

borrowdontbuy.co.uk | [@borrowdontbuy](https://www.instagram.com/borrowdontbuy) | [f](https://www.facebook.com/borrowdontbuy)

THANK YOU SO MUCH

Thank you for all your support. We have collected over 75 Easter Eggs this year. These will be shared to the most vulnerable in our community.

What's On April



Monday 1st - Happy Easter



- *Tuesday 2nd - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50
- Wednesday 3rd - Bingo - Honicknowle Youth Centre - 17:30 - 19:00 - £2
- **Thursday 4th - Unpaid Carers Support group - Buffet City - Booking Essential - 13:30- 15:00**
- *Friday 5th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30
- *Saturday 6th - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00
- *Monday 8th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2
- *Tuesday 9th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50
- *Friday 12th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30
- *Saturday 13th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £6
- *Monday 15th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2
- *Tuesday 16th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50
- **Wednesday 17th Fish and Chips evening - 17:00 - 19:30 - Vets Hub, must book by 12/4 - £7
- *Friday 19th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30
- *Saturday 20th - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00
- *Monday 22nd - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2
- *Tuesday 23rd - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50
- **Tuesday 23rd - Podiatrist - EEH - By appointment
- *Friday 26th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30
- *Sunday 28th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £6
- *Monday 29th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2
- *Tuesday 30th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

* Cost payable

** Booking Required

