

VETERANS AND FAMILY HUB & ARMED FORCES COVENANT PARTNERSHIP



Newsletter



01752 241057

VFHub@improvinglivesplymouth.org.uk

War Widow(er)s Recognition Payment



Widow(er)s of Armed Forces personnel who forfeited their service attributable pensions prior to 2015 could now be eligible for a one-off payment of £87,500 as part of the Government's continued support for the Armed Forces, their families and veterans.

This recognition payment is made under a key principle of the Armed Forces Covenant. The Armed Forces Covenant is a promise by the nation that those who serve, or have served, in the Armed Forces, and their families, will be treated fairly and will not be disadvantaged in accessing public and commercial goods and services as a result of their military service. It also allows for special provision when justified for those who have sacrificed the most, such as the bereaved and injured.

If you think you may be eligible to receive the payment, please refer to the fact sheet and the policy document that can be found [here](#), and then complete the claim form which you can either print off and manually complete or attach in an email.



MINISTRY OF DEFENCE

Source:

<https://www.gov.uk/government/publications/war-widowers-recognition-payment>

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

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Employment

British Forces Resettlement Services (BFRS) is a not-for-profit social enterprise whose purpose is to provide members of the Armed Forces Community (AFC) with support during their transition from military service to civilian employment. In addition to those service leavers our support extends to members of the Reserve Forces, Military Veterans and military families.

BFRS provide the Armed Forces Community (AFC) with a great opportunity to meet and network with employers.

In June we will be bringing our Careers Roadshow to the Crowne Plaza Hotel in Plymouth to provide a wide range of employment opportunities to the AFC. The event will host 30 employers representing a range of industry sectors all who are committed and keen to recruit from the AFC and to provide opportunities for those seeking new employment and careers.



The poster features the BFRS logo and the text 'SERVING THE ARMED FORCES COMMUNITY'. The main title is 'Roadshow Career Event 2024'. A blue hexagonal box contains the event details: 'Plymouth', 'Crowne Plaza Armada Way, Plymouth PL1 2HJ', 'Thursday 27th June', and '10:00hrs - 13:00hrs'. Below this, it says 'EXCITING OPPORTUNITIES' and 'Jobs, Training with Support for the Royal Navy, Army, RAF, Reserves, Veterans and Military Families'. A QR code is provided with the text 'Scan QR code for all upcoming events'. The bottom left corner lists contact information: '02476 939931', 'info@bfrss.org.uk', and 'www.bfrss.org.uk'. Social media icons for X, Facebook, LinkedIn, Instagram, and Twitter are shown with the hashtags #BFRS and #BFRSevents. The bottom right corner features the 'ARMED FORCES COVENANT' logo.

Information and poster source: <https://www.bfrss.org.uk/>

MAY 2024



VETERANS AND FAMILY HUB

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

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



Veteran Studies

My name is Madelaine Cooper and I am currently in my final year of psychology at Newcastle University. I am working within the Uncertainty Research Team as a part of my undergraduate dissertation project, under the supervision of Professor Mark Freeston.

I am looking for participants to take part in my study investigating into the experience of being 'between two worlds'. Specifically, I am looking at the experience of Armed Forces Veterans and their navigation between service life and civilian life.

Some individuals live their lives having to balance differing life situations, creating this feeling of being 'between two worlds'. Balancing the two can cause distress and uncertainty within people's lives, causing significant challenges for many people within society.

This project aims to explore the relationship of being 'between two worlds', the way people experience uncertainty, their emotions and reactions, and how they adjust and cope. While the overall survey looks at different experiences of being between two worlds, there is a specific version for people who have been in the armed forces that is selected at the start. For veterans, this is important as I aim to identify factors that influence coping with the challenges of leaving the services and adjusting to civilian life.

The findings can then contribute to recommendations for strategies and interventions for helping veterans adjusting to the differences between service and civilian life. Developing our understanding of the experiences of veteran's reintegration, can help in improving the support given and subsequently benefitting current and future veteran's lives.

As someone with lived experience of this transition, your views and contributions are very valuable to this project.

This is the link: [Between Two Worlds](#)

If you have any queries, please get in touch at: M.r.cooper2@newcastle.ac.uk

Source: Maddy Cooper - Newcastle University





Veterans Needed!

What is the study?

I am looking for participants to take part in my study investigating the experiences of being 'between two worlds'. Some individuals live their lives balancing differing life situations, creating a feeling of being 'between two worlds', causing distress and uncertainty within people's lives.

This project aims to explore the relationship of being 'between two worlds', the way people experience uncertainty, their emotions, and reactions, and how they adjust and cope.

Specifically, I am looking at the experience of Armed Forces Veterans and their navigation between service life and civilian life.

For every fifty participants who complete the survey in a specific stream, we will donate £20 to a mental health charity relevant to the stream on your behalf.

Who can apply?

- You must be at least 18 years old.
- Have left full time service in the Armed Forces

What's involved?

- Completion of a 15-minute survey
- Everything is kept completely anonymous.



Veteran Studies

My name is Grace Williamson and I'm a Study Coordinator at King's Centre for Military Health Research, where we undertake research on the health and wellbeing of the Armed Forces (KCMHR).

We have launched a new, innovative study, aimed at supporting women who have served in the UK Armed Forces. This online study focuses on evaluating digital platforms specifically designed to assist in managing alcohol use. The uniqueness of this study lies in its foundation - it's developed based on insightful feedback and expert guidance from veterans and charitable organisations, ensuring it resonates with and meets the unique needs of our women veterans.

For a detailed overview of our study, please visit our website: ([Female Veteran Alcohol Study](#)).

I wanted to reach out to see if there is capacity for supporting us in recruiting participants for this pivotal study. We are supported by a wide range of organisations including the British Armed Forces, Help for Heroes, Combat Stress, Lancaster University and Swansea University and have been connecting with veteran's services across a number of NHS Trusts. Your contribution can be instrumental in extending this project to those who can benefit most from it who aren't aware of the research we're undertaking.

Call for Participants

Are you a woman who has served in the UK Armed Forces and drinks alcohol?



Researchers from King's Centre for Military Health Research are looking for women who have served in the UK Armed Forces and consume alcohol to test new digital platforms to manage alcohol use.

- Test a **digital platform** to track alcohol use.
- Complete **brief questionnaires** at weekly and monthly intervals for **12 weeks**.
- Receive a **£20 Love2Shop voucher** after completing your final questionnaire.
- **Help the ex-serving community** by taking part.

Interested? Let us know here



If you'd like to speak to the team, email us at ration-study@kcl.ac.uk



01752 241057 VFHub@improvinglivesplymouth.org.uk

On at the Hub in May

**11TH MAY 2024
PARADE 11:30 &
FIELD 12:00-17:00**

TAMERTON MAY CARNIVAL

VARIETY OF STALLS / SHOWS /
GAMES / RIDES / RAFFLE

JOIN THIS ANNUAL EVENT, WE HAVE
SOMETHING FOR ALL THE FAMILY

TAMERTON-FOLIOT-CARNIVAL@hotmail.co.uk

Plymouth Veterans and Family Hub

Unpaid Carers Group

Do you have impeccable taste in food and drink?
Do you know your Pepsi from your Coca-Cola?
Are you a super taster or a non-taster?

Thursday 6th June - 13:30 -15:00
Ernest English House

This month's unpaid carers group will be enjoying a blind taste test to see if you really can tell the difference between brands and price. Come along and join us for a fun afternoon.

Do branded items taste better than cheaper options?
Are you in the habit of buying branded? Could you save money with no brand items?

Funded through **THE ARMED FORCES COVENANT FUND TRUST**

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

NEW PRICE

Plymouth Veterans & Family Hub

From **£4.00 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

Thanks to funding from **THE ARMED FORCES COVENANT FUND TRUST**

Libraries news



Exciting news!

eMagazines are now available on the BorrowBox app.

eMagazines can be read on laptops and computers via your web browser or on smartphones, tablets and other devices by downloading the BorrowBox app and logging on with your library membership number and PIN. The BorrowBox app is available on the App Store, Google Play and Amazon Appstore.

Locate the ePress button on the website or app to begin browsing. The collection includes a variety of popular magazines. All titles can be accessed simultaneously by an unlimited number of library members and previous editions are also available.



Walk-in COVID-19 vaccinations
Ernest English House

Day – Tuesday - 7th, 21st May.
 Time – 11:00 - 16:00
 Location – Buckwell Street, Plymouth, PL1 2DA

No need to book

Please come forward for your vaccination now

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

ENCORE!

VETERANS OUTDOORS

Presents **CREATIVE ARTS COURSE**

WITH **OUR SPACE**

10 WEEK COURSE
 STARTING ON 23RD APRIL
 (EVERY TUESDAY 1300-1500)

AT WOODLAND FORT, PL5 3SQ

TRP THEATRE ROYAL PLYMOUTH

If interested please contact: info@veteransoutdoors.org.uk

Woman's Empowerment Retreat Day

Tuesday 14th May, 0930-1700

VETERANS OUTDOORS ARTEMIS

Soak up the healing vibes of the lovely gardens of Woodlands House, Cawsands. Relax in a blissful sound bath and be immersed in waves of healing frequency and vibration.

Learn the science of sound bathing to understand how it helps the nervous system and promotes good mental health.

We'll also spend time on the beach at Cawsands creating affirmation stones for meditation.

If interested contact Info@veteransoutdoors.org.uk

**PIE & MASH
VETERANS SUPPER NIGHT
FUND RAISER**

**2ND MAY 2024
FROM 18:00**

TAMAR VIEW THE HEART OF OUR COMMUNITY | Team Endeavour Community Sports Club

**THIS MONTHS CHARITY:
TEAM ENDEAVOUR**

Tamar View Community Centre,
Miers Close,
Barne Barton, PL5 1DJ

**Recommended
Donation
£2.00**



**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.

SIGN UP

NOT SURE? Can you do a minimum of:
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

PLYMOUTH AECOM THE ROYAL MARINES CHARITY

Part of Plymouth's Armed Forces Day Celebrations

**PIE & MASH
VETERANS SUPPER NIGHT
FUND RAISERS**

2nd May	Team Endeavour	Veterans Run Sports Club
6th June	Plymouth Armed Forces & Veterans Breakfast Club	Veterans Support
4th July	Warrior Equine	Veterans Well-being Support
1st August	Community Photographic Studios CIC	Veterans Photography Group
5th September	Plymouth Youth Sailing	Armed Forces and Veterans Sailing Group
3rd October	Devon & Cornwall Food Action	Veterans Support

Starting from 18:00

Tamar View Community Centre,
Miers Close,
Barne Barton, PL5 1DJ

**Recommended
Donation
£2.00**



#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

What's On May

Wednesday 1st - Bingo - Honicknowle Youth Centre - 17:30 - 19:00 - £2

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

Thursday 2nd - Pie and Mash night - Tamar View Community centre - £2

*Friday 3rd - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

Monday 6th May - Bank Holiday - Veterans Hub closed

*Tuesday 7th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

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

Saturday 11th - Tamerton Carnival - 12:00 - 17:00

*Saturday 11th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £6

*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- £2.50

**Wednesday 15th Fish and Chips evening - 17:00 - 19:30 - Vets Hub, must book by 12/4 - £7

*Friday 17th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

*Saturday 18th - Armed Forces Breakfast Club- Drakes Kitchen- 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- £2.50

**Tuesday 21st - Podiatrist - EEH - By appointment

*Friday 24th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

Monday 27th May - Bank Holiday - Veterans Hub closed

*Tuesday 28th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

*Friday 29th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

*Sunday 31st - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £6

* Cost payable

** Booking Required

