MAY 2024



VETERANS AND FAMILY HUB & ARMED FORCES COVENANT PARTNERSHIP

ISSUE 98





Newsletter

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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.





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



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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.

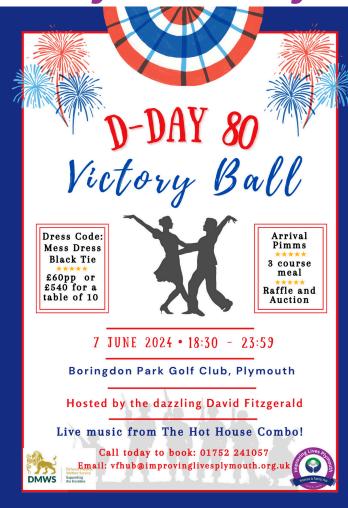


Information and poster source: https://www.bfrss.org.uk/



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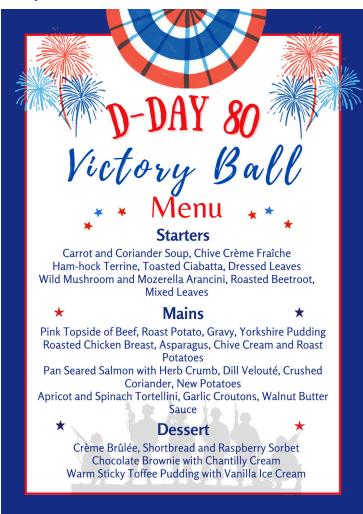
D-Day 80 Victory Ball



Plymouth Veterans and Family Hub along with Defence Medical Welfare service with 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!





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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



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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



Source: Grace Williamson - King's Centre for Military Health Research



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On at the Hub in May













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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.

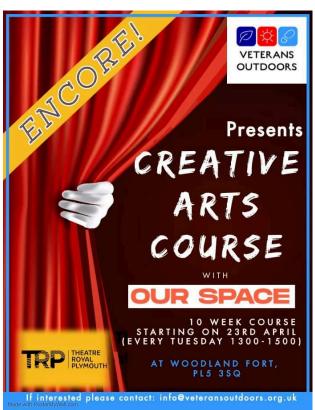


Source: Plymouth City Council, Ballard House, West Hoe Road, Plymouth, PL1 3BJ



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Part of Plymouth's Armed Forces Day Celebra

















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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









