



Patron: the Rt Hon Earl Howe PC  
President: General the Lord Dannatt GCB, CBE, MC, DL,  
Vice President: Debra Allcock-Tyler

### FORCES FRIENDS AND VINN SHINE AT NATIONAL AWARDS

Age UK Nottingham & Nottinghamshire's Forces Friends project won the 'Working Together' award at March's Soldiering On ceremony held in London. This project (funded by The Royal British Legion) was designed to

match lonely older veterans (or their dependents) with a local volunteer to help tackle social isolation. We were further supported by RBL branch members and it would not have been the success it was without their commitment and participation. The Veterans Information Network was also a finalist



and Anne, one of our dedicated Forces Friends volunteers was also shortlisted for an award. The evening Gala was a tremendous occasion and here is a picture of all those who attended, showing Anne and Nick from Forces Friends, Digby, Linda and Andy from Royal British Legion.



Welcome to 'Civilian Life' - a newsletter to encourage information sharing between those that wish to support the armed forces community. This community covers all serving personnel, veterans and their families in Nottinghamshire.

We'd love to hear your news stories, case studies, event notifications and provider details. We aim to publish 3 editions per year and the next one will be in December 2017. Copy deadline is 15th November and should be sent to

[maria.cooke@ageuknotts.org.uk](mailto:maria.cooke@ageuknotts.org.uk)



## NEW ARMED FORCES CHAMPION

Councillor Brian Grocock is the Nottingham City Council Armed Forces Champion, a role he is proud to carry out. He has a family interest in the Armed Forces as his youngest son is a former member of the armed forces and has seen active service.

Brian's duties include chairing a group to facilitate good relations between the Council and Armed

Forces and which seeks to look after former military personnel in Nottingham who are in need of Council help. He is a member of the Civil Military Partnership Board in Nottinghamshire.

Nottingham signed up to the Armed Forces Covenant at a ceremony on the banks of the River Trent in 2013. That same year, the City hosted the National Armed Forces Day at a spectacular event which stretched from Nottingham Castle across the city centre and concluding with a festival on the Embankment. This year, Armed Forces Day was supported as part of the Lord Mayor's Parade and other community events across the City.

7th Infantry Brigade will be exhibiting at the Riverside Festival in August and the Household Cavalry and Royal Naval reserve with both be visiting Market Square in June 2018 to celebrate HMS Sherwood receiving the Freedom of the City.

## FORCES FRIENDS EXPANSION!

We're thrilled to announce that our application to the MOD Aged Veterans Fund was successful and we will now be rolling out our Forces Friends project for a further 3 years (in partnership with SSAFA). For more details, contact Nick Rhodes on **07872 839605** or

**[nicholas.rhodes@ageuknotts.org.uk](mailto:nicholas.rhodes@ageuknotts.org.uk)**

Our project is a part of a portfolio of projects running with other Age UK partners across the country so we'll keep you posted with any interesting facts, figures and learning that comes from monitoring and evaluation of those projects.

(Aged Veterans Fund funded by the Chancellor using LIBOR funds)



## COUNT THEM IN.. DEADLINE 2021

The Royal British Legion is running a campaign called 'Count Them In' to ensure that questions about membership of the Armed Forces community are added to the next census in 2021. After the 2011 census we knew more about the Jedi population of the UK than about those who have served in our Armed Forces! Despite an estimated 1 in 10 of the UK population being members of the Armed Forces community, there's very limited information about where they are or what their needs might be.

We have a once in a generation opportunity to change this. By adding new questions to the 2021 census we can improve our understanding of this unique community and ensure that politicians, charities and service providers fully meet the needs of our serving personnel, veterans and their families.

Can you mobilise support in your communities? Write to your local councillors and MPs to encourage them to commit to the count by adding questions to the next Census. While 120 MPs had backed the campaign, the recent election means there are new MPs who may not be aware of the issue and who can be encouraged to join it now, If you work within an organisation that collects data on customers or service users, can you support the campaign by collecting relevant data (following data protection guidelines and protocols, of course)?

For more information, check the website on **[www.britishlegion.org.uk/get-involved/campaign/count-them-in/](http://www.britishlegion.org.uk/get-involved/campaign/count-them-in/)**

**We count on them – let's count them in.**

# Remploy

## Putting ability first

Remploy was originally formed after World War 2 to provide jobs for veterans. Our heritage and expertise makes us best placed to support those experiencing barriers to fulfilling and lasting careers after the armed forces. We can help you adapt your skills for civilian employment.

Contact Sue French (Armed Forces Champion) on

Sue.french@remploy.co.uk

Or

Www.remploy.co.uk

SSAFA can help serving

The SSAFA logo features the lowercase letters 'ssaafa' in a bold, black, sans-serif font. Below the text is a horizontal bar divided into three equal segments of blue, red, and light blue.

Regulars and Veterans in many ways:

Everyday practical support

Someone to talk to

Help with difficult situations

Signposting for Housing / Debt Advice

Help with mobility

Support for people in prisons throughout the County

and much more.

Call 0115 978 1623 for more details of help available in Nottinghamshire.

# FORCES FOR WARMTH



ENERGY ADVICE FOR VETERANS, SERVICE PERSONNEL AND THEIR FAMILIES

National Energy Action (NEA) is excited to be working with the Royal British Legion on a new project across the East Midlands.

'Forces for Warmth'

seeks to tackle fuel poverty amongst our forces communities; put simply, fuel poverty is the inability to maintain an adequately warm home at an affordable level. It has severe impacts on health and well-being as well as people's ability to manage their finances. Find out more at [www.nea.org.uk/forcesforwarmth](http://www.nea.org.uk/forcesforwarmth) or call Rosie-Moreton on **01332 742 733**.

## LOOKING AFTER MENTAL HEALTH



THE VETERANS' MENTAL HEALTH CHARITY

**Combat Stress** is offering a series of Occupational Therapy Resilience workshops (over a period of 7 weeks) to address routine, identity, roles and purpose including looking at overall lifestyle and wellbeing. Feedback so far has been positive and many participants have managed to make positive changes to their lives since completing the programme. We're also hoping to expand community services to include a peer support service and substance misuse intervention.

Coming to Nottinghamshire soon, The Community Psychiatric Nurse will pilot psychoeducation groups to educate individuals about their symptoms of Post Traumatic Stress Disorder. For more information, contact the 24-hour helpline on **0800 138 1619** or visit the website on [www.combatstress.org.uk](http://www.combatstress.org.uk)

Combat Stress is the UK's leading mental health charity for veterans, providing free specialist clinical treatment and welfare support to ex-service men and women. Around 6000 veterans are registered with the charity. If you know someone who might benefit from contact with the us, please pass on our contact details. We don't want people to wait the 12 years (on average) that it takes to find help from us.

**Veterans UK** can provide a whole host of support and information to veterans and their families. It administers armed forces pension schemes and compensation payments for those injured or bereaved through service. The helplines are open Monday—Friday from 8am—5pm on **0808 1914 218**.



Alternatively, check the website on [www.gov.uk/government/organisations/veterans-uk](http://www.gov.uk/government/organisations/veterans-uk)

## NHS LAUNCH 'TIL' SERVICE

Following extensive consultation in 2016, NHS England has launched the Transition, Intervention and Liaison mental health service for serving personnel and veterans. Active from April 2017, services for our area will be provided by Coventry and Warwickshire Partnership NHS Trust which is operating a 3 year contract.

A key element of this new service is that serving personnel approaching the transition to civilian life or veterans (no matter when they left) can self-refer or request a referral from a health professional they may already be in contact with. An assessment should take place within 2 weeks.

Check out the service at: [www.nhs.uk/NHSEngland/Militaryhealthcare](http://www.nhs.uk/NHSEngland/Militaryhealthcare)



## Armed Forces

### Champions:

#### Districts and Boroughs:

[Cllr.d.griffiths@ashfield-dc.gov.uk](mailto:Cllr.d.griffiths@ashfield-dc.gov.uk)

[Jim.anderson@bassetlaw.gov.uk](mailto:Jim.anderson@bassetlaw.gov.uk)

[richard.jackson@broxtowe.gov.uk](mailto:richard.jackson@broxtowe.gov.uk)

[Cllr.bob.collis@gedling.gov.uk](mailto:Cllr.bob.collis@gedling.gov.uk)

[smccallum@mansfield.gov.uk](mailto:smccallum@mansfield.gov.uk)

[bruce.laughton@newark-sherwooddc.gov.uk](mailto:bruce.laughton@newark-sherwooddc.gov.uk)

[Cllr.jcottee@rushcliffe.gov.uk](mailto:Cllr.jcottee@rushcliffe.gov.uk)

### County:

[Cllr.keith.girling@nottsc.gov.uk](mailto:Cllr.keith.girling@nottsc.gov.uk)

### City:

[brian.grocock@nottinghamcity.gov.uk](mailto:brian.grocock@nottinghamcity.gov.uk)

## Veterans Information Network Nottinghamshire Steering Group members:

Nottinghamshire County Council—Neil Bettison email: [neil.bettison@nottsc.gov.uk](mailto:neil.bettison@nottsc.gov.uk)

Royal British Legion—Pete Hopkins: [PHopkins@britishlegion.org.uk](mailto:PHopkins@britishlegion.org.uk)

Age UK Nottingham & Nottinghamshire—Maria Cooke email: [maria.cooke@ageuknotts.org.uk](mailto:maria.cooke@ageuknotts.org.uk)

Forces in the Community—Rick Harrington email: [rick@forces.org.uk](mailto:rick@forces.org.uk)

RFCA—Simon Worsley email: [em-cedep@rfca.mod.uk](mailto:em-cedep@rfca.mod.uk)

SSAFA—Ken Scott, Judith Swann email: [Nottinghamshire@ssafa.org.uk](mailto:Nottinghamshire@ssafa.org.uk)

Remploy—Sue French email: [susan.french@remploy.co.uk](mailto:susan.french@remploy.co.uk)

Combat Stress— email [nicola.bradley@combatstress.org.uk](mailto:nicola.bradley@combatstress.org.uk)

Veterans UK—Theresa Quinn—email: [veterans-uk-vws-wales-mid@mod.uk](mailto:veterans-uk-vws-wales-mid@mod.uk)

ABF The Soldiers' Charity—Stuart Wiles email [swiles@soldierscharity.org](mailto:swiles@soldierscharity.org)

If you're interested in becoming a member of VINN, contact Neil Bettison at the above email address.

All the information you need

**nottshelpyourself.org.uk**

Childcare providers



Find:

Support for young people with special educational needs (age 0 – 25)



Activities, groups and events in your area

Health and social care support and information



Call: **0300 500 80 80**



**Nottinghamshire County Council**



**Nottinghamshire County Council**

emailme 



**Notts Help Yourself**

## ROYAL RECOGNITION FOR FORCES IN THE COMMUNITY TEAM

We're really pleased to report that Forces in the Community have been chosen to receive the prestigious Queen's Award for Volunteering. This Award recognises the contribution that volunteers make to supporting the charity and the difference they make to the lives of serving an ex-personnel in the County.



Well done to Rick and his team for this achievement and the work they do to ensure that ex-service personnel and their families reach their full potential.

*in the community*

If you or someone who know could benefit from a helping hand, contact Forces in the Community on

0115 9 220 320 or check out the website on [www.forces.org.uk](http://www.forces.org.uk)

## EASIER ACCESS TO HELP AND SUPPORT

The **Veterans Gateway** became operational on June 20th and is a ground breaking, collaborative partnership for military and civilian charities to fund support for serving personnel and veterans. Funded by the MOD Covenant Fund, the service responds to calls from veterans charities looking for help to navigate the wide range of services and organisations set up to support those who have served in the Forces.



The Gateway will be the first port of call for veterans and their families to access information, advice and support on a range of issues including healthcare, housing, and employment. All enquiries will be followed up to ensure callers are getting the support they need. The service will be available 24 hours per day and can be accessed from anywhere in the world. Face-to-face support will be provided through Gateway partners in the UK and overseas. For more details, check the website or call:

**www.veteransgateway.org.uk**    **0808 802 1212**

### NEW COUNTY ARMED FORCES CHAMPION



Nottingham born Cllr Keith Girling has recently been appointed the County's Armed Forces Champion. Serving as a councillor within the District of Newark and Sherwood, Keith had a distinguished career in the Grenadier Guards serving in Northern Ireland and Cyprus (amongst other deployments) before participating in world famous occasions such as Trooping the Colour and Guard mounts at the Royal palaces. Keith returned to the County and, 10 years ago, founded the Newark Patriotic Fund charity of which is he now Chair.

### HONOURING THE COVENANT—MARCH 2nd 2017

Thanks to all who attended our second event dedicated to helping local organisations and services understand more about the needs of our local serving personnel and veterans. The event was attended by 58 different organisations and over 90 guests enjoyed the hospitality provided by the Wincanton B&Q Workshop Distribution Centre (sponsored by Councillor Glynn Guilfoyle).



From presentations about myths surrounding veterans delivered by VINN member Rick Harrington from Forces in the Community, to first-hand accounts of the transition to civilian life from

veterans themselves, the event was useful for guests to network and make new contacts and to find out more about services available within our local community.

To be sure of an invitation to future events, why not become a member of VINN? Contact Neil Bettison at Nottinghamshire County Council for details:

**neil.bettison@nottscc.gov.uk**

You are receiving this newsletter because you take an interest in the latest Armed Forces & Veteran news in Nottinghamshire

To unsubscribe from this list, contact Neil Bettison

neil.bettison@nottscc.gov.uk

