

# Veterans Information Network Nottinghamshire 'Civilian Life'

Issue 1

August 2016

## FORCES FRIENDS - WINNING THE BATTLE AGAINST LONELINESS



Following a concerted marketing and recruitment campaign, Forces Friends now has a volunteer brigade ready to support lonely veterans in the north Notts community. 25 volunteers have been vetted and approved to deliver much longed-for friendship support to help veterans become part of their local communities again.

Over 500 people have been informed of the project across 41 meetings and referrals for the service are coming thick and fast.

Watch out for an update in the next couple of months—we'll share some of the impact this great project is having on volunteers and veterans alike.

Forces Friends is supported by a grant from the Royal British Legion and local branches have offered much valued support to get this project off the ground.

## NEED SOMEONE TO TALK TO?

With funding from the Aged Veterans Fund, veterans born before 1.1.1950 can now access specialist training to help them deal with life's challenges. More details can be found at:

[Agedveteranscounselling.org.uk](http://Agedveteranscounselling.org.uk) or by calling 0300 0120 247



Veterans can self-refer or can access counselling via other military charities or regimental associations.

*The White Houses Pub in Retford is launching a special Veterans and Volunteers 3 course meal deal from August 2016 onwards. We'll keep you posted with more details. Thanks to Forces Friends and White Houses for developing this great social opportunity.*

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'll publish 3 editions per year and the next one will be in December 2016. Copy deadline is 15th November and should be sent to

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

No-one needs to cope alone—help is at hand



**CONTACT DETAILS:**

Tel: **0115 922 0320**

**[www.forces.org.uk](http://www.forces.org.uk)**

**FORCES IN THE COMMUNITY—TRANSFORMING LIVES**

With a recently launched new website ([forces.org.uk](http://forces.org.uk)), Forces in the Community helps veterans and their families build successful civilian lives. There's lots of offer from this local organization including employment support — identifying transferable skills, CV writing guidance, interview practice and job search support.

Rick Harrington (Chief Executive) says:

*It's really important that help is available to local veterans to help them provide for their families and make a valuable contribution to the local economy. Every year, we help around 250 veterans and their families and we're waiting to support more. Give us a call today if you have any questions and we'll help you make life better'.*

Find us at:

**2 Cross Street**

**Beeston**

**NG9 2NX**



**ARMED FORCES COVENANT FUND 2016—2017:**

The Armed Forces Covenant Fund (AFCF) sets out the relationship between the nation, the government and the armed forces. It recognises that the whole nation has a moral obligation to current and former members of the armed forces and their families and it sets out how they should be treated. The AFCF has £10 million per year to support projects which address specific issues. This year, the priorities are: Veteran's Gateway; Families in Stress; Improving Local Covenant delivery (for local authorities) and Community Integration/delivery of local services.

There are 2 funding pots available—Small Grants (up to £20,000) and Large Grants (up to £500,000). Eligibility and application criteria can be found at: [www.gov.uk/government/publications/covenant-fund-guidance-on-how-to-apply](http://www.gov.uk/government/publications/covenant-fund-guidance-on-how-to-apply)

Forces in the Community, Broxtowe Borough Council, Nottingham YMCA, Gedling Borough Council, Sutton Youth Radio, Toton Tigers Nottingham casuals RFC and have all benefitted from previous iterations of the Fund helping local veterans and their families to a better quality of life.

# SSAFA

SSAFA can help serving 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.



# ssafa

Remploy was originally formed after World War II to provide jobs for veterans. Our heritage and expertise makes us an ideal place to start for those experiencing barriers to work after their Armed Forces Service. We want all our veterans to have the opportunity to move into fulfilling and lasting careers.

Our Armed Forces Champions provide specialist expertise in supporting service, ex-serving and reservist personnel to adapt their skills for civilian employment. In addition, we can provide services across the whole country. We're online at:

[www.remploy.co.uk](http://www.remploy.co.uk)

Your Nottinghamshire Armed Forces Champion can be reached at:

[susan.french@remploy.co.uk](mailto:susan.french@remploy.co.uk)



## Every soldier loves a Gurkha Curry! So says

ABF—The Soldiers Charity. If you want to find out what they love about these delicious curries, why not come along to their Gurkha Curry Buffet Evening on Tuesday 18th October at the Mount Gurkha Restaurant in Long Eaton (from 6.30 for 7pm). For more details and to book your place (at £15 per person) call Janet Britland on **0115 957 2103**



## The New Front Line—Voices of Veterans in Need

SSAFA has recently released this important report highlighting the challenges faced by working age veterans recently leaving service.

Did you know 54% don't have enough reserves to buy or replace essential items, 44% don't have enough money for day to day living, 40% suffer from depression and 35% get into debt?

SSAFA Nottinghamshire is a founder member of Veterans Information Network Nottinghamshire and can help local veterans to deal with the challenges they face reintegrating back into civilian life. The report is well worth reading for any organisation supporting veterans and can be downloaded from the SSAFA website on [www.ssafa.org.uk](http://www.ssafa.org.uk)

The local branch is a good place to start when helping a veteran. Call 0115 978 1623 for details (open Mon, Tues, Thus 9am—12pm) or email [Nottinghamshire@ssafa.org.uk](mailto:Nottinghamshire@ssafa.org.uk)

## **E-learning for Healthcare—supporting veterans and their families**

This new e-learning programme has been developed for health and social care professionals who come into contact with serving personnel, veterans and/or their families to help them deliver the best possible care.

The programme is designed to highlight the similarities and differences between the services and civilian populations and to support them to understand the context of military life. There are 6 sessions in total and the whole e-learning programme can be completed in one go or in bite-sized chunks. It takes around 2 hours to complete in total.

For more details go to:

[www.e-lfh.org.uk/programmes/armedforces](http://www.e-lfh.org.uk/programmes/armedforces)



## **Armed Forces**

### **Champions:**

#### **Districts and Boroughs:**

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

[Gwynneth.jones@bassetlaw.gov.uk](mailto:Gwynneth.jones@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)

[Roger.blaney@newark-sherwooddc.gov.uk](mailto:Roger.blaney@newark-sherwooddc.gov.uk)

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

### **County:**

[Cllr.ian.campbell@nottsc.gov.uk](mailto:Cllr.ian.campbell@nottsc.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—Andy Gregory email: [AGregory@britishlegion.org.uk](mailto:AGregory@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)

ABF—The Soldier's Charity—Nick Bodian email: [nbodian@soldierscharity.org](mailto:nbodian@soldierscharity.org)

Combat Stress— to be advised

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**



**Find:**

Childcare providers



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**

## DEFENCE MEDICAL WELFARE SERVICE (DMWS)

DMWS has arrived in the county to provide emotional and practical support to the armed forces community when they are in hospital, hospice, rehabilitation, recovery or receiving treatment in a community based health facility. The charity has been providing support since 1943 and have been deployed in each major conflict since World War 2.

DMWS provides a thorough assessment of needs and works closely with medical and nursing teams to support individuals during their stay and as part of effective discharge.

All DMWS Welfare Officers hold a level 3 in Welfare Studies and are qualified Mental Health First Aid practitioners—you're in safe hands with DMWS.



## POP IN FOR A CHAT—THE ROYAL BRITISH LEGION CAN HELP



The Royal British Legion can provide much needed support for serving or ex-Armed Forces personnel and their families.

Although taking the first step to seeking help can be hard, accessing support could not be easier—call **0808 802 8080** or visit our local Pop In Centre at:

18 St Peter's Street

Derby DE1 1SH

The Centre is open Monday to Friday 10am—4pm.

It's a great opportunity for community professionals and members of the public to find out more about the wide range of services and community activities provided by the Legion.

Registered Charity Number: 219279

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@nottsc.gov.uk](mailto:neil.bettison@nottsc.gov.uk)

