



Ministry
of Defence

Issue 30 December 2013

Veterans **WORLD**[®]

Raising awareness of the range of help and advice available to veterans



Restoring emotional wellbeing

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Email: veterans.help@spva.gsi.gov.uk

Web: www.veterans-uk.info

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Veterans **WORLD**[®]

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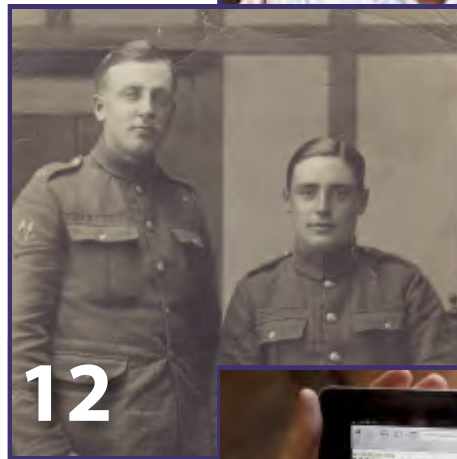
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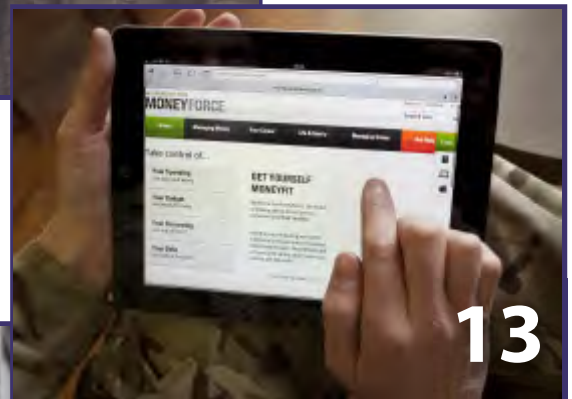
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The content of *Veterans WORLD* is provided to raise awareness of help, advice and support available to the veterans community. Publication of articles on services provided or developments affecting the veterans community does not mean that they are endorsed by *Veterans WORLD* or the Ministry of Defence.

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Contributions are most welcome.
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Mental Health First Aid rolls out training for Armed Forces community



Mental Health First Aid England marked World Mental Health Day on October 10, 2013 by launching the first of its fully funded Instructor training sessions for the recently announced Armed Forces Mental Health First Aid (AFMHFA) programme. The collaborative initiative also includes other veteran support organisations including the national military charity SSAFA, Combat Stress and The Royal British Legion.

The first Instructor course was held in London in October, followed by courses in Edinburgh and Durham and will roll

out across the regions in 2014/15. Once trained, AFMHFA Instructors will be fully qualified to deliver the specifically designed Mental Health First Aid training to the wider Armed Forces community.

Poppy Jaman, CEO for Mental Health First Aid England said: "We believe that by training a wide section of the Armed Forces community in Mental Health First Aid, lives will be saved and quality of life improved for the young and old."

It is anticipated, that by the summer of 2015, over 6,400 veterans and their families will have accessed training which will provide the mental health equivalent of first aid skills.

MHFA is urging anyone who is interested in becoming an Armed Forces Mental Health Aid Instructor to visit www.mhfaengland.org/armed-forces and apply for one of the fully funded courses being run throughout 2014/15.

New Gosport Move On House opened



Caroline Dinenage, Conservative MP for Gosport, officially opened the House and talked to residents in the garden

Veterans' charity, Alabaré opened their new Gosport Move On house, as part of their Hampshire Home for Veterans, in September. The new home provides accommodation for four residents with low support needs.

The official opening was made by Conservative MP for Gosport, Caroline Dinenage, who cut the ceremonial ribbon to officially open the house. Alabaré's Senior Chaplain, Canon Jonathan Martin, was also in attendance to deliver prayers at the event. Following the speeches, guests were invited to enjoy light refreshments and socialise with the other guests.

The house allows ex-Service personnel and veterans to focus on managing the sometimes difficult transition from the

Forces; where meals and accommodation are provided, and the bills are already paid, back to a civilian lifestyle; which requires a new form of independence which the veterans may not have experienced before. Alabaré offers the ex-Service personnel a unique combination of accommodation and support. The project provides them with a safe and supportive environment, in which they can rebuild their confidence and develop essential skills, with the goal of living independently again.

Alabaré's homes for veterans can now be found in five areas, and consist of 12 homes. The charity has supported more than 210 veterans, since its first home opened in Plymouth, in 2009.

www.alabare.co.uk

Successful military transition could save millions

The Forces in Mind Trust (FiMT), established through a Big Lottery Fund endowment to improve the transition of Service personnel, and their families, from military into civilian life, launched its seminal 'Transition Mapping Study'.

The study, conducted by The Futures Company, reviewed how the entire transition process from military to civilian life currently works and how it is viewed by stakeholders and recent Service leavers.

An economic model developed for the report calculates the total cost of poor transition to the UK as a whole of £113 million in 2012. The Report includes the calculated costs to the UK for different aspect of poor military transition, including mental health issues at £26 million and alcohol misuse at £35 million.

The report contained over 26 recommendations on how to reduce the number of these poor transitions. <http://fim-trust.org/>

Armed Forces Day 2014

The city of Stirling in Scotland will host next year's Armed Forces Day. Plans are underway to create a spectacular national event on June 28, 2014 in the historic city, enabling the local community to lead the nation in honouring HM Armed Forces personnel past and present. Armed Forces Day in Stirling will be the sixth national event since 2009. And this year saw a hugely successful national event held in Nottingham, attracting 100,000 people and attended by the Duke and Duchess of Gloucester representing Her Majesty The Queen.

The national event forms part of the broader Armed Forces Day campaign. Held annually over one week in June, it is a week of celebrations and activities encouraging the public to show their support for the Armed Forces Community.

www.armedforcesday.org.uk

New employment support for Armed Forces

Armed Forces community members seeking a pathway to employment are set to benefit from the launch of new support organisation, 'SORTED!'

'SORTED!' is a consortium of seven well-established Service charities supported by a new website and helpline which will provide easy access to employment support for Armed Forces personnel past and present.

Launched in September, 'SORTED!' has been jointly developed by the seven charities, all of whom currently provide different tailored services within the employment support arena. The charities involved are the Regular Forces Employment Association, the Officers Association, The Royal British Legion, The Royal British Legion Industries, the Poppy Factory, the Officers Association Scotland and Poppyscotland.

This is the first time Service charities have collaborated on this scale to provide employment support.

www.sorted.org.uk/

Rotherham initiative launches in January 2014



In October, Rotherham Military Community Veterans Centre (MCVC) hosted a visit by Major Adrian Peters, the National Director of the Recovery Career Services (RCS) which was set up this year to provide the extra support needed by those seriously injured in service of their country,

during their resettlement back into civilian life.

A packed room of Veterans listened intently to how the RCS helps those in most need of assistance with mentoring, work placements, interview training and

job-finding; thereby empowering wounded, injured and sick Service Personnel to achieve fulfilling second careers and move forward their lives once more.

Steve Bentham-Bates, Life Vice President of Rotherham MCVC said: "The visit was a great opportunity to learn more about the work of RCS. Increasing our knowledge of initiatives supporting the Armed Forces Community is important to successfully run our new outreach service which starts in 2014."

Rotherham MCVC have just been awarded a grant from the Community Covenant Fund to start an outreach service which will be operated by volunteers from a purpose-built trailer operating around the outlying townships and villages of Rotherham and Barnsley offering advice and help to veterans who for whatever reason haven't accessed the support available in any way. The launch will take place in January to coincide with the second anniversary of the signing of the Covenant in the Borough.

www.recoverycareerservices.org.uk
www.RotherhamMCVC.org.uk

Biscuit line raises funds for veterans

Celebrity chef and *I'm a Celebrity Get Me Out of Here* favourite, Rosemary Shrager, joined forces with Riverside ECHG to launch a groundbreaking partnership aimed at commercially producing a line of biscuits, with ten per cent of the profits going back into its specialist support and training for homeless Veterans, including its specialist artisan bakery which provides training opportunities for homeless veterans.

"We really want people to dunk and donate..."

The Beacon is a purpose built supported housing scheme for at-risk homeless Veterans and is part of the national network of support for ex-Servicemen and women that Riverside provides around the country.

Riverside's Area Manager and himself an ex-Serviceman, Trevor Morris, said, "The bakery provides training to equip those suffering from post-traumatic stress or vulnerable to homelessness with new career skills and insight into running a business. Baking also offers a therapeutic offer, which Rosemary has been incredibly



Rosemary Shrager with Riverside veterans

supportive of; we're delighted by her support."

Rosemary's delicious Oaty and Ginger biscuits will be available in all good independent retailers, including Rosemary's new cookery school in Tunbridge Wells.

The recipes for the biscuits have been decided by Riverside's Veterans themselves with expert guidance from Rosemary.

Rosemary said, "We really want people to dunk and donate, I cannot think of a better way of raising money for charity than eating biscuits and drinking a good cup of tea."

www.spaces.org.uk

Memorial Park restoration project

Veterans will play a pivotal role in the £2.4 million restoration of a First World War memorial park in Fleetwood, Lancashire.

Memorial Park in the town has been awarded the funding from the Heritage Lottery Fund and the Big Lottery Fund to carry out a comprehensive restoration and create a five year programme of community activities to celebrate its heritage and the unique history of the town.

An initiative led by volunteer veterans aiming to use the park to engage with young people, particularly young offenders, was successfully piloted this year and is set to continue.

The Pharos Project, named after a ward in the town, will explore themes such as the reality of conflict, loyalty to friends and vandalism with the aim of encouraging positive activities.

www.wyre.gov.uk/memorialpark

New Northern Recovery Centre opens

Phoenix House, a new state-of-the-art Recovery Centre, opens at Catterick Garrison



Gaz Golightly and John Painter chatting at the launch

A new Help for Heroes run Recovery Centre, Phoenix House, has opened in Europe's largest Garrison, Catterick.

THE £10.7 million, purpose-built, Recovery Centre provides a support base for wounded, injured and sick Service personnel, veterans and their families from Scotland, the North West and East of England and the North Midlands.

With guidance from military and civilian specialists, residents develop their own individual recovery plan through activities, including educational programmes, work placements and sport. All are designed to help them achieve their long-term goals and aspirations by improving personal independence, raising morale and enjoying the camaraderie of fellow Servicemen and veterans to help rebuild their lives.

Phoenix House forms part of The Defence Recovery Capability, an MOD initiative in partnership with Help for Heroes and The Royal British Legion. The new Recovery Centre is one of several specialist centres supporting the recovery of wounded, injured and sick Service personnel to ensure they have access to the key services and resources needed to help them either

"The Centres are here to inspire, enable and support our wounded, and their families, for the rest of their lives."

return to duty or make a smooth transition into an appropriately skilled and supported civilian life.

Performing the opening ceremony at Phoenix House in Catterick were veterans from two different eras – Gareth (Gaz) Golightly, 31, from Teesside whose family were the first to use the Centre, and 88-year-old Brigadier (Retd) John Painter who was wounded in the Second World War but recovered and returned to serve his country in the Malayan Emergency.

Gaz Golightly's career as a vehicle specialist in the Royal Logistic Corps ended less than a year after it had begun when he lost a leg following a hit and run motor accident while returning to barracks in Wiltshire in 2002. After becoming a veteran, he didn't know where to turn for help and, as a result, became very introspective and withdrawn.

"I had been doing nothing at

home. I was quite outgoing before the accident and I didn't realise how withdrawn I had become," said Gaz. His wife Denise has witnessed firsthand the positive impact of Phoenix House: "It's amazing how much our home life has improved with Gaz coming to Phoenix House. It's a big thing for us. He never used to take the girls out on his own and did not speak to anybody," she recalls.

"He's now talking to people, even in the street, and will take the children out on his own. And, thanks to the provision of Family rooms, we can all visit Phoenix House and get away. I love coming here and so do the kids. Everybody makes us feel welcome."



Veterans Gaz Golightly and John Painter officially opened Phoenix House

Bryn Parry, Co-Founder and CEO, Help for Heroes added: "Phoenix House will play a vital role in providing long-term support for serving and veteran members of the Armed Services who have suffered life-changing injuries and illnesses. The Centres are here to inspire, enable and support our wounded, and their families, for the rest of their lives."

Phone 01748 834148

Web www.helpforheroes.org.uk/how-we-help/recovery-centres/catterick-north-yorkshire

email catterick.enquiries@helpforheroes.org.uk

Twitter @PhoenixHouseRC

Moving on up

The Royal Star & Garter Homes modernisation gains pace with a second Home opened



Daphne waving goodbye to the old Home

Residents and relatives were delighted to be involved in making their selections and loved the colours and fabrics available.



Resident Daphne Conway with Moving-In Coordinator Colette Hammond

In August, residents at The Royal Star & Garter Home in Richmond said farewell to the historic Home on Richmond Hill and moved into a brand new, purpose-built, state-of-the-art Home five miles away in Surbiton, Surrey.

THE HOME, which can accommodate 63 residents, is the second to be built as part of the Charity's modernisation plan. It is fully equipped to offer brilliant care for the evolving physical needs of ex-Services people and also specialist dementia care. Mike Barter, The Royal Star & Garter Home's Chief Executive, said:

"We are in the process of building new homes around the country to provide nursing care for disabled ex-Service people in the best modern surroundings, including specialist dementia care facilities, to address this growing need. Our first new home opened in Solihull, the West Midlands, in 2008, and has already established itself as a centre of excellence. Its state-of-the-art facilities will be emulated in Surbiton and Buckinghamshire and enable us to offer short break care for young disabled Service personnel."

Leaving nothing to chance, the Home set up a task force responsible for delivering a seamless move,

ensuring that the moving process was as stress-free and inclusive as possible for residents, relatives and staff at the Richmond Home. Every aspect of the move was carefully and sensitively planned, from logistics to medical considerations. A Moving-In Coordinator was also appointed to liaise with residents and relatives, supporting them before, during and after the move.

"We placed residents and their care at the heart of our decisions . . ."

An important part of the moving plan was providing residents with the opportunity to choose their own room décor and thus put their own stamp on their living environment at the new Surbiton Home – which was very well received. Residents were shown six whole room décor choices on 'mood boards' which included curtain fabrics, cushions, furniture wood colour finish and wall colour from a palette of colours provided by an interior designer. To assist residents in deciding which colour they would like, staff used tester pots and painted samples onto walls in spare rooms in the Home, which really helped.

Pauline Shaw, Director of Care and Service Development at The Royal Star & Garter Homes, led the team which planned the move and commented on the moving process: "Moving house can be a stressful event for people and we recognised that leaving our Richmond Home would be an emotional and nostalgic time. We placed residents and their care at the heart of our decisions – and we are delighted to report that they are now settling into their new Home and environment very well."



The Royal Star & Garter Home, Surbiton

Phone 0208 439 8000

Web www.starandgarter.org

Facebook facebook.com/starandgarter

Twitter @starandgarter

Business Backing for the

New Corporate Covenant Gathers Momentum



London district recently hosted a conference for all involved in their Community Covenant

A lot has been happening on the Armed Forces Covenant over the last month, *Veterans WORLD* reports on the progress of the Armed Forces Corporate Covenant.

AS reported in the last issue, the new Corporate Covenant was launched in June this year. The

Covenant is a voluntary pledge by organisations who wish to demonstrate their concrete support for the Armed Forces, veterans and their families. Under the Covenant, companies volunteer their own specific commitments to uphold the principles of the Covenant: that no member of the Armed Forces Community should face disadvantage in the provision of public and commercial services compared to any other citizen; and that in some circumstances special treatment may be appropriate, especially for the injured or bereaved.

The Corporate Covenant has continued to gather momentum amongst businesses and charities in recent weeks, with a host of household names signing up to pledge their support for the Armed Forces Community. As Phil Dickinson from the Covenant Team explained: "The Corporate Covenant is more than just nice words, it includes tangible actions companies will take to support

veterans, including supporting the employment of veterans, reservists and Service spouses and partners, as well as supporting cadet units, Armed Forces Day and providing discounts for the Armed Forces Community.

"In recent weeks, lots of companies have signed up to support the Covenant and made their own specific pledges. National Express were the first to sign up and plan to support the employment of veterans young and old by offering guaranteed interviews to Service leavers with a valid PCV licence who live within an hour of the recruiting depot; offering ten additional annual leave days to employers who choose to be members of the Reserve forces; and offering a discount to members of the Armed Forces Community through the Defence Discount Service.

"Barclays were also quick to sign up and have come up with a number of different ways in which they can support veterans. Some of the exciting initiatives Barclays are undertaking include: making work placements available for veterans within Barclays and participating service providers; supporting the employment of wounded, injured and sick veterans through their 'AFTER' programme, which focuses on employability skills training; and developing a programme to highlight how military qualifications and skills apply to civilian employment.

"All the companies we speak to make it clear how much they value the veterans community. They tell us that employing Service veterans goes beyond good PR, highlighting the benefits they see of hiring veterans. For example, when launching their Corporate Covenant, the Barclays representative pointed out how important the particular training and skills background that veterans pick up during their time in the Services are.

"We are looking forward to



Supporting Armed Forces Day is part of the Covenant for communities to support

Armed Forces Covenant

publishing details of more Corporate Covenant pledges shortly and encourage you to keep checking the website – www.gov.uk/the-corporate-covenant - to follow the Covenant’s progress and which companies are signing up.”

Covenant in the community

The Armed Forces Community Covenant was launched in 2011 and has been signed by about 380 local councils, including every single local council in Scotland. The Community covenant encourages local community groups to support the Armed Forces community in their area, and increase understanding and awareness of the issues they face.

“The Corporate Covenant is more than just nice words . . .”

It’s not just local councils that have got involved in the Community Covenant, a wide range of local businesses, charities and community organisations have launched their own projects, supporting greater interaction with the local Service community. These projects cover a broad range of activities and there are many great examples of successful projects nationwide; from arts projects portraying the difficulties faced by many members of the Armed Forces community, to outdoor activities which bring children from civilian and military backgrounds together, to initiatives to help smooth the transition for veterans back into the civilian community and find jobs.



Crown Copyright/MOD

The London Borough of Harrow has signed up to the Community Covenant

These are some of the initiatives helping the Armed Forces Community:

- The Mid-Wales Manufacturing Group started a Community Covenant programme to help military personnel transfer their skills to the local business community.
- The Forest of Mercia Community Forest Partnership set up their ‘Survive’ project, which runs educational military survival days for schoolchildren.
- The Hailesland Children and Families Centre launched an initiative supporting children with behavioural problems from Armed Forces families.

To find out about the Community Covenant activity in your area, go to www.gov.uk/armed-forces-community-covenant

Editor’s Note: Find out how some of the LIBOR money is being spent to support the Armed Forces Community, see pages 14-15.



Crown Copyright/MOD

The Corporate Covenant is gaining momentum

Web www.gov.uk/the-corporate-covenant

Flagship project improves lives of Inverness veterans

Poppyscotland welfare centre in Inverness formally opened

Poppyscotland's new welfare centre in Inverness was formally opened in September by Carolyn Caddick, Highland Council Armed Forces & Veterans' Champion.

AT AN event at the Strothers Lane centre, Councillor Caddick was joined by Poppyscotland Chief Executive Ian McGregor to mark the official opening of the charity's first dedicated welfare centre out with the central belt, which provides information, advice and support to the Armed Forces community in the North of Scotland.

Danny Alexander, MP for Inverness, Nairn, Badenoch & Strathspey, and representatives from key organisations and agencies also attended the event.

On opening the centre, Councillor Caddick, who has been immensely supportive of the initiative, said: "I am delighted to welcome Poppyscotland Inverness to the area and after seeing the results of the first few months of its operation I firmly believe that it will complement and enhance the good work already being undertaken."

"after seeing the results of the first few months of its operation I firmly believe that it will complement and enhance the good work already being undertaken."

Poppyscotland Inverness, with a full-time staff of three, opened its doors to the public in June and is already making a positive impact. So



L-R Ian McGregor, Carolyn Caddick, Danny Alexander and Nina Semple – Welfare Services Manager

far the team has assisted 27 individuals, helping with a wide range of issues including finances, employment, health and housing. Partnerships have been developed with local organisations, including SSAFA (Inverness and Western Isles Branch), Royal British Legion Scotland, JobCentre Plus and the Army Welfare Unit at Fort George. Poppyscotland already has strong links in the area through its successful Armed Service Advice Project in Inverness, Moray & Nairn, delivered by Citizens Advice Scotland.

Explaining the significance of Poppyscotland Inverness, Chief Executive Ian McGregor said: "Since our merger in 2011 with our parent charity The Royal British Legion, which operates south of the Border, we have been examining ways in which we can improve the levels of support available to the Armed Forces community in Scotland both now and in the future.

"Extensive research and planning

has led us to develop the model of Poppyscotland Inverness, a flagship project. We believe Poppyscotland Inverness will go a long way to improving the lives of those in the Armed Forces community in the North of Scotland now and in the future."

Danny Alexander added: "I'm delighted to see this much needed facility to provide support for our ex-Service men and women in the Highlands. Since it opened its doors in June Poppyscotland Inverness has already done terrific work to help people with their finances, employment, health and housing and will be of benefit not only to the people they help, but also their families and friends."

Phone	01463 710300 Opening Times Monday to Friday (10am-4pm)
Web	www.poppyscotland.org.uk
email	inverness@poppyscotland.org.uk

VETERANS UK CHARITY HUB

Scan here to reach the hub



Are you an organisation
or charity, supporting
the veterans community?



If so, have you
considered posting
information about
your services on the
Veterans UK website
Charity Hub?

For more details visit:

www.veterans-uk.info/charity_hub/index.html

Four-year Centenary programme begins in 2014

Nations stand together to remember the First World War



The English Heritage offered Dr Murrison the opportunity to visit the work being undertaken to restore the Cenotaph in preparation for the Centenary.

From August 2014, we will commemorate the centenary of the First World War. It will be a major undertaking in partnership with all of the nations that took part in or were affected by the seminal event in our modern history.

THE CENTENARY provides an opportunity to acknowledge the fallen, consciously reflect on the reality of war and to resolve to avoid it. It is an occasion to explore the causes, conduct and consequences of the Great War and to probe some of the mythology that surrounds it. Dr Andrew Murrison MP, the Prime Minister's Special Representative for the Centenary Commemorations, provided more details on the programme:

"The opening day of the centenary on August 4, 2014 will see three government-led events: a wreath-laying service in Glasgow following a special service for Commonwealth leaders at Glasgow Cathedral; an event at the Commonwealth War Graves Commission's St Symphorien Military Cemetery in Mons, Belgium, where the first and last Commonwealth uniformed casualties of the war are buried; and a candlelit vigil of prayer and penitence at Westminster Abbey

finishing at 11pm – the hour of Britain's entry to the war.

"Other activities in the four-year programme will include national acts of remembrance to mark Gallipoli, Jutland, the first day of the Battle of the Somme, Passchendaele, and the last 100 days of the war beginning with the Battle of Amiens and ending on Armistice Day. We also want to create an educational legacy funded with £10 million from the Department for Education and the Department for Communities and Local Government, which will allow two student ambassadors, plus a teacher, from each maintained school in England to visit First World War battlefields and undertake research on people local to their school who fought in the War.

"And there will be at least £15 million from the Heritage Lottery Fund, including a new £6 million community project fund to enable people working in their communities to conserve, explore and share local heritage of the First World War – details on how to apply for funding is at www.hlf.org.uk.

"As an example of work currently underway, we have recently announced plans for special commemorative paving stones to be

"we will be making it easier for communities to get grants to restore and refurbish their war memorials."

laid in the home towns of all those in the UK who received the Victoria Cross for 'valour in the face of the enemy' during the War.

"And we will be making it easier for communities to get grants to restore and refurbish their war memorials. So there will plenty happening from large scale events to more intimate commemorations at a local level."



Britain and France signed a Letter of Intent about collaborating on Centenary events in July 2013. Dr. Andrew Murrison MP, the British Prime Minister's Special Representative for the Centenary Commemorations, and the French Minister for Veteran's Affairs, Kader Arif, signed the letter on behalf of the French Government.

Interested groups, large and small, can get involved through the Imperial War Museum's First World War Centenary Partnership, a network of over 1,400 local, regional, national and international cultural and educational organisations led by IWM at www.1914.org. Together, partners will present a vibrant programme of cultural and educational events and activities, and digital platforms which will enable millions to connect with 1914-1918 and the men and women who served their country in uniform and on the home front.

Get 'Money fit' with MoneyForce

New programme designed to improve the financial capabilities of members of the Armed Forces



The first MoneyForce training was held in Scotland in August 2013 with the Royal Scots Borderers and the Standard Life Charitable Trust

The MoneyForce website and training programme provides accessible online support that is customised for Service personnel and their families, to help them plan their finances better, both while they are in Service and once they leave the Armed Forces. It includes impartial information to help them make informed decisions.

MONEYFORCE is delivered by The Royal British Legion in partnership with the MOD and with the support of the Standard Life Charitable Trust who have funded the project.

The MoneyForce website covers a variety of topics which include:

- Managing money;
- Your Career;
- Life and family;
- Managing crises; and
- Get Help Now.

Adam's story

"It just escalated to a point where we didn't know where our next pound was coming from and how we were going to pay bills. We felt like we were getting squashed by everything."

MoneyForce has been launched to prevent Service personnel finding

themselves in a similar situation to the one experienced by ex-soldier Adam.

Adam, from Weston-super-Mare, served for 14 years in the Royal Green Jackets after joining up aged 16. When he left in 2001 he found civilian life difficult and went through 14 jobs in the first year and split from his first wife. He soon met his current wife, Sarah, with whom he has two children. While they are a happy family now, they have experienced some tough times and had to be rescued from financial crisis by The Royal British Legion and the Citizens' Advice Bureau.



Struggling to find regular work and with no financial know-how, Adam found himself in hock to debt management companies, struggling to pay for nappies and household bills, facing bankruptcy and eviction and desperate for help.

He says: "The Army gave me phenomenal support with retraining when I left but they didn't teach you financial situations. Banks will bend over backwards for Forces members while they're serving because they have a guaranteed wage.

"I was a bit naïve and I took on a bit more than I could handle and basically my outgoings were higher than my income. As a soldier you've got such pride and such self-reliance that you think there isn't anything that anyone can throw at you that you won't be able to sort out. Eventually friends helped me go to the Legion."

The Legion and Citizen's Advice talked Adam through his finances, and made sure he was claiming any benefits he was entitled to, put him in touch with Job Centre Plus and arranged some help from his energy company.

"Everything they did for us was phenomenal because they came out with all these things that we hadn't heard about. Myself and my wife are so much happier now."

Web www.moneyforce.org.uk

Facebook www.facebook.com/MoneyForce

YouTube www.youtube.com/MoneyForcevideo

New funding provides

Mental health services benefit from LIBOR Fines

Earlier this summer, funding from the LIBOR banking fines was announced to support mental health initiatives. Veterans WORLD asked some of the charities what the funding has meant to them.

Cure sometimes, Heal often, Comfort always.



Veterans Outreach Support (VOS) began as a monthly drop-in at Portsmouth Royal Maritime Club in 2008. Here, ex-Servicemen and families could meet over coffee, seek help from agencies like The Royal British Legion (who covered incidentals), SSAFA, Combat Stress and Citizen's Advice Bureau and see a psychiatrist/therapist – addressing overall well-being alongside mental health. All services were free.

Five years on, VOS has 15 agencies working together and its own mental health team, but is almost bursting and needs to offer weekly treatment.

The LIBOR funding of £414,000 has enabled VOS to begin weekly therapy, set up an office and grow local capacity, with potential franchises elsewhere. Chairman Surgeon Captain Morgan O'Connell, formerly a Royal Navy psychiatrist, said: "There is much to do but this now makes it all possible."

VOS is open 2pm-7pm on the 1st Wednesday of every month at The Royal Maritime Club, Queen Street, Portsmouth. PO1 3HS

Phone 02392 731767

Web www.vosuk.org

'Looking After Ourselves'



Oxfordshire Mind's 'Looking After Ourselves' project draws on techniques from Cognitive Behavioural Therapy (CBT) to help the wives and partners of Service personnel improve their well-being and self esteem, and develop personal strategies to manage the particular stresses of Service life.

This innovative 'pilot' programme was developed following a

consultation with Service personnel and their families at Dalton Barracks, Vauxhall Barracks, Bicester Garrison, RAF Brize Norton and RAF Benson. Funded by the Armed Forces Covenant (LIBOR Fund) and the local NHS, this pilot will be evaluated to see if it can be rolled out more widely.

Patrick Taylor, Director of Oxfordshire Mind, said: "Our programme will help Service families improve their mental health, well-being and resilience, and build more bridges with local communities."

Oxfordshire Mind provides support for anyone in Oxfordshire affected by mental health problems.

Phone 01865 247788 (9.30 to 4.30, Monday to Friday)

Web www.oxfordshire-mind.org.uk

The Warrior Programme



The Warrior Programme received £930,000 from the LIBOR fund. Lt Col John Cummings, Director of The Warrior Programme explained how the funding has already been put to use: "We are delighted to have received the funding. It will enable The Warrior Programme to expand its operation for veterans and to design and deliver a bespoke, structured support and education programme for families. This generous funding will allow us to deliver a course per month for 25-30 personnel for the next two years across England and Wales starting from October 2013.

"We will continue to integrate our programme within the charity sector, utilising the expertise, knowledge and capacity of the sector to ensure the continued progression of

'Warriors'. Our families programme (pictured) has commenced and has been well received. This now allows the family unit to benefit from our training and education programme. We continue to review and refine our delivery and importantly we will continue to contribute to providing evidence for the much needed research in this important area."

Phone 0560 2043180

Web www.warriorprogramme.org.uk

email info@warriorprogramme.org.uk

s new opportunities

Measuring value



What does a donation of £160,000 mean to a charity like Veterans Aid? A great deal of 'purchasing power' certainly - but how is its real value measured?

Its experienced staff understand that while conditions like PTSD have dedicated funding directed towards them, the depression and mental fragility associated with many of life's other problems is often overlooked.

VA's holistic approach to veterans' well-being ensures that this doesn't happen and while some of the money has been spent on obtaining counselling and traditional help, much has also gone on vital 'post-triage' support.

CEO Dr Hugh Milroy explains: "Getting someone stabilised and back on their feet is only the beginning of a difficult journey. Of equal importance to VA is the process of support and reinforcement that follows and this takes many forms."

With the help of the grant, VA's substance abuse counsellor Phil Rogers arranged a week of activities aimed at addressing these intangibles for ten of its clients who had successfully completed treatment. Camping, boxing, kayaking, playing bowls and climbing may not be considered traditional 'treatments' but in terms of 'outcome' they are immeasurable.

Phone 0800 012 6867

Web www.veterans-aid.net

From veterans to bakers



Riverside ECHG provides a national network of housing and support for over 1,000 ex-Servicemen and women each year.

In June 2013, they learnt their bid to the LIBOR Fund for £31,276 to fund a Therapeutic Baker at their state-of-the-art Beacon scheme in Catterick was successful.

Based in The Beacon's onsite bakery, the Veterans Artisan Bakery, Riverside will now have a dedicated baker to concentrate on the

therapeutic value of baking bread by introducing training techniques tailored to each individual's circumstances.

Mark Nightall, Riverside's Director of Supported Housing, said: "Baking gives veterans deep satisfaction knowing they have created something from scratch. Riverside is proud to be able to deliver this innovative approach to our residents."

The training will benefit residents suffering from psychological issues and psycho-social intrusions in their life. Trevor Morris, Riverside's MOD Area Manager, said: "It's an important part of our Health and Well-being strategy to utilise baking to deliver immense benefits to our Veterans."

Phone 01748 833797

Web www.spaces.org.uk

Shore Leave Haslar



Shore Leave Haslar, a project based in the Memorial Garden at the former Royal Naval Hospital in Gosport, provides a safe haven for veterans suffering from mental health issues to benefit from the recuperative effects of horticultural therapy. The recent grant of £13,000 from the government LIBOR fund has enabled the organisation to improve the facilities offered to veterans. Part of the bid money went towards the cost of a log cabin, which has provided a

"This injection of funds has allowed us to expand the service we can offer."

tranquil space for therapy staff to work from. The remainder of the grant purchased a sit-on lawnmower to manage the parkland area of the

garden and a new gateway will improve access to the site.

The project leader, Chris Robson, said "This injection of funds has allowed us to expand the service we can offer. The therapy space means we can work more closely with our colleagues at Veterans Outreach Support in Portsmouth in providing more holistic mental health support."

Web www.shoreleavehaslar.org

Veterans Programme nets Lottery Funding

Lottery-backed project to alleviate stress



Andrea Hudson, Funding Officer, with Spencer Taylor and Karen Johnson, Occupational Therapist

To dedicated football fans, nothing beats watching a game live, cheering on their team, surrounded by fellow supporters. However for those suffering with post traumatic stress disorder (PTSD) even attending a football match when the stadium is crowded can be a struggle.

PREVIOUSLY known as 'shell shock', PTSD is an emotional reaction to a traumatic, deeply shocking or disturbing experience of the type experienced by members of the Armed Forces.

To help those affected, Sheffield Wednesday Football Club Community Programme has teamed up with the Big Lottery Fund to support ex-Service personnel who are struggling to cope with post-military life.

The club was awarded a Lottery grant of £9,960 to test a programme of support to ex-Service personnel suffering with PTSD and other forms of anxiety. From relaxation activities, such as Tai Chi to psycho-education programmes and training in social and coping skills, the project will work to help those affected to put the past

"The whole process will lead to alleviating stress and giving pathways to further training to enable ex-Service personnel to integrate more comfortably back into civilian society."

experiences behind and live fulfilling and happy lives.

The club's CSR Development Manager Spencer Taylor, explained: "The whole process will lead to alleviating stress and giving pathways to further training to enable ex-Service personnel to integrate more comfortably back into civilian society.

"The psycho education programme will help people to have a better knowledge of their illness so they can live better with their condition. Beneficiaries will be given strength, resources and coping skills to help contribute to their own health and well-being on a long term basis.

"The funding is so important to the scheme, and also to the families and friends who want to see their loved-ones integrate fully into society and their local community."

The Big Lottery Fund is no stranger to supporting the Armed Forces. Between April 2012 and March 2013, grants totalling £6,696,340 went to supporting ex-Service personnel and veterans. Big Lottery Fund spokesperson, Mark McGann said: "The Big Lottery Fund is proud to support our ex-Servicemen and women. Anyone wanting to support them in their area with a similar scheme should visit www.biglotteryfund.org.uk to see if they too could get a Lottery grant to get their scheme underway."

Phone 0114 324 0775

Web www.swfc.co.uk

email community@swfc.co.uk



Sheffield Wednesday FC's Hillsborough Stadium

Hope through horses

Life skills programme helps veterans 'dare to live'



Photo Credit: John Lawrence

Hugh with Ko-Li the horse

The equine-linked programme supporting veterans restore emotional well-being and re-integrate back into civilian life.

THE LIFE SKILLS learning programme, Dare to Live, aims to make a difference by giving veterans the tools to help them successfully return, by supporting the transition process in all aspects – from family to the wider community and workplace. The facilitator teams include ex-Service personnel who offer mentorship and post-programme support that clients find invaluable.

Uniquely, horses are an integral part of the programme as they naturally facilitate veterans to gain new insights and strategies for successful communication and relationship building.

Established in 2012, the ground-breaking programme* evolved from the work and research conducted by the International Foundation of Equine Assisted Learning (IFEAL), and the

founder's military experience. The course is sensitively conducted by experienced and qualified therapists and offers insights and techniques to support veterans suffering the effects of PTSD, depression, stress and addiction. All the facilitated interactions with the horses are safe and non-ridden.

"... the horses gave back the calm stillness that I had sought for years."

From this year, veterans are awarded an Interpersonal Skills Training certificate (Edexcel Assured Crossfields Institute Qualification) when completing the three-day course. The certificate helps veterans explore employment opportunities and give potential employers evidence of a change in interpersonal relationship management – ideal for those where this has been a previous barrier to employment.

A Royal Engineers' story

Hugh Forsyth was diagnosed with PTSD in 2006 by Combat Stress. In January 2012, his welfare officer signposted him to Dare to Live and he ventured down to the farm in Sussex with a small group of other veterans to participate in the programme.

"I served in the Royal Engineers for 12 years with the high risk bomb disposal teams in Northern Ireland and Bosnia. It was my job to find improvised explosive devices. As a result of what I experience I developed PTSD which left me scared, depressed and virtually housebound.

"Even on the first day of the programme, when working with one of the horses I had a breakthrough and felt like a young boy again. After all those years of being on high alert, in a very short time and with the guidance of the facilitator, the horses gave back the calm stillness that I had sought for years."

A year on, Hugh's recovery and pursuit to get back to work has culminated in him being trained to become the Operations Manager of Dare to Live – thanks to the Poppy Factory who are supporting him back into employment with the financial support of Walking with the Wounded.

Hugh's unique insight through his journey of recovery from war-related PTSD and to recovery and employment is invaluable to other participants and their families.

*The programme is a not-for-profit Social Enterprise, run by the International Foundation of Equine-Assisted Learning (IFEAL), veterans may receive referrals and funding from Armed Forces organisations and charities.

Phone 01342 850330

Web www.ifeal.me/dare-to-live/

email admin@ifeal.me

City of London Police tackle begging

Veterans benefit from new City initiative



PCSO Howard talking to a rough sleeper in the city

Information about the Service Personnel and Veterans Agency (SPVA) and the help and advice available to ex-Service personnel is being offered to people attending voluntary meetings as a result of being identified by City of London Police as begging in the Capital.

PCSO SAM HOWARD, City of London Police, is working on the initiative: "The City of London Police has always taken the concerns of the public with regards to begging very seriously and we are working with partners in the public and charitable sectors on a longer term solution to this issue.

"We're making use of CCTV, plain clothes officers and uniform patrols at known begging locations at pertinent times to help identify individuals committing what is a criminal offence.

"Discretion is used, depending on the circumstances, when dealing with begging. If an arrest for the offence is not considered to be necessary, beggars are offered an alternative to attend an educational and welfare

appointment to discuss their issues with advisors from public and charitable sectors".

Attendance at the monthly meetings is entirely voluntary and an opportunity for beggars to address their issues, take responsibility for them and start tackling them with professional support. Drug workers, homeless charities and mental health advisors are among the agencies available for advice.

Police working on the scheme along with support staff have been made aware of the facilities and support which ex-Service personnel are entitled to and will continue to look out for veterans begging and sleeping rough on the streets of the City.

Sam added: "While addressing public concerns, it is also essential that we don't criminalise beggars and to try to work with them and address their issues. In the first two months that we've run the scheme, more than 75 people have been issued tickets to attend appointments, some receiving

more than one.

"Attendees have been assisted with getting places at local hostels and access to drop in centres. For those with a drug addiction, some have been placed on methadone programmes. Others just come for a cup of tea and to talk - and in conversation with officers and welfare staff solutions to their issues can be discussed.



PCSO Howard on patrol

"Of course, some beggars are persistent, cause harassment to the public and will not accept the support that is being offered and refuse to attend appointments. At this point, City of London Police has to adopt a robust approach, which can lead to arrest and criminal action. However, this is a last resort for us. The scheme has been designed to aid the rehabilitation and re-housing of people, who often just need some extra support to provide them with a more stable lifestyle."

Phone 0207 601 2452

Web www.cityoflondon.police.uk/CityPolice/CommunityPolicing/roughsleepers/dealingwithhomelessness.htm

email Samuel.Howard@city-of-london.pnn.police.uk

Veterans volunteers needed

Helping injured soldiers into civilian life



Dominique (left) with Karen, her Mentor

The national charity SSAFA is seeking volunteers to mentor sick or injured Service personnel who may struggle to cope during the transition to civilian life.

A Mentoring scheme piloted last year is now to be rolled out nationally, the project hopes to see 250 mentors in place by the end of 2014.

The scheme is being operated by SSAFA with the help of the Defence Recovery Capability.

Those discharged from the Army due to sickness or injury will be offered the additional support if it is thought their circumstances may result in a difficult transition into civilian life. Indicators to qualify for consideration could include signs of mental health issues such as PTSD or those who may have few roots in the civilian world to return to.

Karen Oldfield from SSAFA is manager of the scheme: "The service will support soldiers navigate the many different sources of support available. This scheme will keep a

watchful eye on those identified as facing potential difficulties and help see them through what can be a very difficult time."

"The service will support soldiers navigate the many different sources of support available."

Dominique was serving with the Army. Joining up to better herself, she loved the camaraderie and sense of family that the military provided. She was living in married quarters with her husband after the birth of her first son. Returning to work required her to be posted too far from home to make the journey each day so she stayed in accommodation on the camp.

Being away from home was difficult and resulted in depression. Dominique made the difficult decision that it would be best

to leave the Army. Her problems were compounded when she became the victim of an incident while walking back to her room alone. She felt that she had lost her faith in the organisation she loved and in men. As her confidence began to suffer, the depression deepened.

Her circumstances meant that she was eligible to take part in the pilot of Mentoring Scheme. Dominique commented, "Without the support of my mentor I don't know how I would have managed. It was great to have someone to talk to. After the incident it was an uphill struggle to regain my confidence and I lacked motivation to move on with my life.

"The relationship I have with my mentor is bigger than a friendship, she can be more honest with me than a friend and I don't feel I am burdening someone."

With Karen's help, Dominique is once more able to look to the future and has started to help out at a local pottery with a view to opening her own studio one day.

Mentoring helps to bolster confidence and self esteem, empowering the soldier to work towards their goals for their future and realise their true potential outside the military.

Most mentor and mentee relationships last around a year. Many mentors come from a Force's background themselves but this is not essential and some mentees actually prefer talking to a civilian. Common sense, life experience and being able to listen are by far and away the most important attributes. Training and expenses are provided to volunteers.

Phone 0207 4038783

Web www.ssafa.org.uk

email karen.ol@ssafa.org.uk

Employ-Able veterans

Partnership service helping Scotland's veterans into work



Working in partnership to remove barriers to seeking employment

Veterans' charity Poppyscotland and mental health charity SAMH (Scottish Association for Mental Health) are working together to deliver Employ-Able, a service that provides local support, training and practical advice to assist veterans across Scotland in their search for jobs.

EMPLOY-ABLE aims to remove barriers, help develop skills and set goals, taking the form of one-to-one and group work sessions, using the model of SAMH's successful workshop-based *Tools for Living* programme. Ongoing support once veterans are in employment is also available.

Bobby Duffy, Director of Operations at SAMH said: "Scotland's veterans deserve as much support as we can give them when they settle back into the community. We know it can be hard for some veterans to get back into regular employment and that unemployment and financial difficulties are bad for your mental

health, so we're really pleased to be working with Poppyscotland to deliver this service."

"Employ-Able really helped me to get my confidence back."

There are around 189,000 veterans of working age in Scotland and Poppyscotland research suggests that the unemployment rate for veterans aged 18-49 is twice that of the general UK population, with around 28,000 veterans in Scotland out of work. The research found a lack of current employability services that specifically target veterans who may be vulnerable or need additional support to get back into work. Employ-Able is intended to address this gap.

Gary Gray, Head of Welfare Services at Poppyscotland, commented: "A small but significant number of veterans face difficulty in

adjusting to civilian life with many facing complex and multiple issues. Employment and mental health are areas of great concern as they impact greatly on all aspects of veterans' lives and those of their families. By combining Poppyscotland's knowledge of veterans' issues and SAMH's expertise we believe Employ-Able will tackle some of these key areas of difficulty and improve veterans' prospects."

Army veteran William Burnett (23) served with the Royal Regiment of Scotland for four years and saw service in Afghanistan. After

leaving the Armed Forces William struggled to find a secure job but he is now in full-time employment as a warehouse assistant after taking part in Employ-Able. He said: "I was a nervous wreck when it came to interviews and never got the jobs I applied for. Employ-Able really helped me to get my confidence back. It helped me to develop my skills and I received support to prepare for interviews and get my CV up to date.

"I am now in a full-time job, which is going really well, and I am still in contact with my work preparation adviser who is there to offer me ongoing support. I would recommend Employ-Able to anyone who is unsure about how to get back into work after their time in the Forces."

Phone

Poppyscotland's Employment Services Co-Ordinator
Dot Pringle on 0131 550 1568

Web

www.samh.org.uk
www.poppyscotland.org.uk

email

d.pringle@poppyscotland.org.uk

New course to meet needs of military veterans

Anglia Ruskin University's MSc is first in the UK to provide specialist training



Professor Hacker Hughes

A new course to help meet the mental health and social care needs of the UK's estimated 4.6 million military veterans has been launched by Anglia Ruskin University.

THE Masters Degree (MSc) in Military Veterans and Family Studies is a unique course which will provide education and training for people working with veterans, either in the health service or within charities.

Studies have shown that, although the majority do well, approximately one in five veterans may develop mental health problems after leaving the Services. Depression and alcohol misuse are the most common mental health disorders, some veterans are also vulnerable to social exclusion, homelessness and involvement in the criminal justice system.

Risk of suicide and depression is heightened immediately after making the transition to civilian life although; other than Army males under 25 years of age, rates are lower than the UK general population. Approximately

four per cent of Regular serving personnel returning from deployment in Iraq and Afghanistan report symptoms of post-traumatic stress disorder (PTSD). This is similar to the prevalence of PTSD in the general UK population. Veterans are also much less likely than the general population to seek immediate help for their problems, often taking several years to do so.

When leaving the Services, healthcare provision transfers to the NHS but the upheaval of leaving the 'military bubble' can make it difficult for veterans to engage in civilian mental health services.

Professor Jamie Hacker Hughes served in the Army in the 1970s and 1980s, and became the MOD's head of clinical psychology. He conceived and developed the MSc in Military Veterans and Family Studies at Anglia Ruskin.

Professor Hacker Hughes said: "The mental health needs of military veterans and their families receive significant attention. However, there is still an unmet need for a progressive

course that can address education and training on issues of military and veteran mental health and social care.

"Anglia Ruskin's MSc will be delivered by experts in the field and will provide students – professionals working in the military, allied health care, NHS and third sector – with the knowledge that is necessary to work effectively with their military and veteran clients."

The course, which began in September, will cover a range of issues including the effects of traumatic exposure, adjustment to injury, and reintegration to family and civilian life. A number of stakeholders have helped in its design, including the Department of Health and NHS, the MOD and Combat Stress, the UK's leading charity specialising in the treatment and support of veterans with mental health problems.

Diane Palmer, who is Service Manager at Veterans First, The North Essex Veterans Service, said: "This is an exciting and unique new course that will provide a range of professionals and clinicians with the underpinning knowledge and skills to work with our Armed Forces and veterans. Those who successfully complete this course will be prepared to work at both a clinical and strategic level within specialist services."

Peter Poole, Director of Strategic Planning and Partnerships at Combat Stress, said: "While the majority of the 20,000 people who leave the Armed Forces every year successfully transition to civilian life, a significant minority can face difficulties. This course will ensure that there are better informed professionals to meet their needs."

Phone Sqn Ldr (Retd) Mark Sewart, on 0845 196 4180

Web www.anglia.ac.uk/mvfs

email mark.sewart@anglia.ac.uk

Healing Minds, Rebuilding Lives

Recovering ordinary lives through occupational therapy



Paul Welton, served in Bosnia and Northern Ireland, now on his recovery journey working as a cook in a school

Combat Stress is evolving to help individuals develop new skills and coping strategies at four Royal British Legion sites, as well as offering the specialist support at its three treatment centres.

PREVIOUSLY, Combat Stress's short-stay residential programme has supported veterans at their treatment centres and focused on psycho-education and well-being – usually as a standalone rolling programme or with some activities being used alongside their clinical treatments to enhance a Veteran's overall experience.

They've learnt that, apart from dealing with the immediate issues caused by trauma-related injuries, Veterans need more support to meet a range of needs. This is why Combat Stress has developed programmes at BreakAway Rehabilitation Centres in partnership with The Royal British Legion – the week-long programmes are held at one of four Royal British Legion centres throughout the UK.



Veterans are expected to get involved and their partners are also invited to

attend dedicated sessions to help them address their worries.

Many factors influence our well-being and evidence shows that the actions we take and the way we think have the biggest influence. It can help to think about 'being well' as something you do, rather than something you are. The more you put in, the more you are likely to get out.

The programme is comprehensive and provides veterans with an opportunity to engage based on the five principles of well-being:

Connect – feeling close to others and feeling valued is a fundamental need.

Being Active – regular physical activity is directly associated with lower rates of depression - activity promotes mental health and physical well-being.

Taking Notice – reminding yourself through reflection can heighten awareness of your own mental well-being. Taking notice will enhance well-being but also serve to reaffirm life priorities.

Learn – through participation in new activity we learn new skills and engage socially – this helps us grow in confidence and self esteem. Learning

a new skill we can lift people out of a depressive state of mind.

Give – Individuals who help others are more likely to rate themselves as happy. An act of kindness once a week over a six-week period is associated with an increase in well-being.

The courses are themed around the topic of recovering ordinary lives through occupational therapy, taking into consideration developing skills and promoting social inclusion. Key sessions will focus on the specific needs of the veteran - coping techniques to feel confident in a busy shopping environment, an activity to focus on relaxation or strategies for restful sleep to name a few examples.

Many factors influence our well-being and evidence shows that the actions we take and the way we think have the biggest influence

One recent BreakAway group participated in activities such as photography, music, sketching on the beach, Tai Chi and holistic therapies such as massage. Where possible, veterans are encouraged to take a lead role in these groups, and for future breaks, it is hoped that veterans can take an active role in planning their own breaks and act as facilitators.

Phone 0800 138 1619

Web www.combatstress.org.uk

email contactus@combatstress.org.uk

Facebook www.facebook.com/CombatStress

Twitter @CombatStress

Outside The Wire

Veterans fighting substance misuse together



Andy Wicks

This summer a new Service 'Outside the Wire' was launched for members of the Armed Forces Community with drug and alcohol related issues.

THE Matthew Project has been working in the drug and alcohol field in Norfolk for nearly 30 years and has established a strong reputation locally for providing high quality

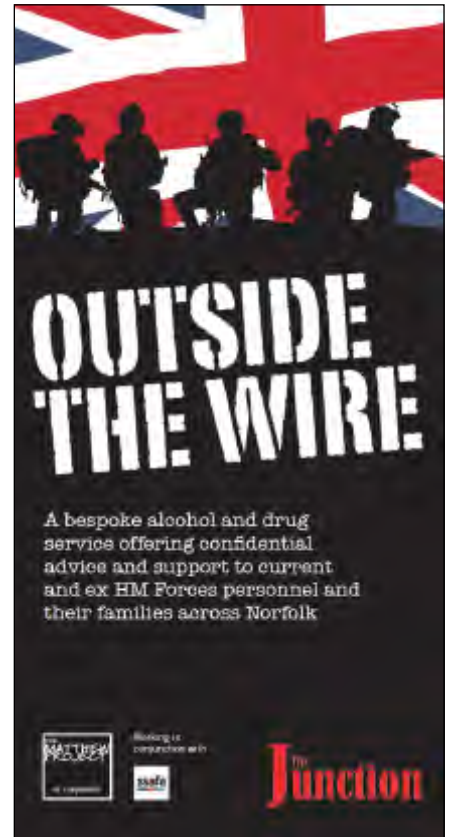
services to both young people and adults in innovative and effective ways.

Its new service 'Outside the Wire' is for serving and ex-Service personnel and their families, including those involved with the TA. The service is provided by The Junction which is part of the Matthew Project. The Junction has the capacity to work across the whole of Norfolk and provides a unique and

qualified insight into the treatment needs

and issues faced by this client group. What makes it stand apart from other services is that it is carried out by workers who are themselves ex-Service.

Andy Wicks [pictured], The Junction Team Manager said: "The Outside The Wire team offers innovative and comprehensive support, which includes confidential meetings at



locations of the client's choice. We're also sensitive to the complexities of military life and the often understandable resistance to admitting the extent of any personal issues, especially those relating to PTSD and other mental health issues, alcohol and drug use, domestic violence and family related issues.

"Outside The Wire offers a wide range of help from specialist referrals, free treatment services, relapse prevention, advocacy to help with stopping smoking. We also provide outreach support and undertake home visits. Our clients are assessed and receive individual tailored support where they can receive one-to-one sessions, family support is also available."

"I don't know what would have happened to me."

Outside The Wire has already helped these veterans . . .

"When I left the Royal Navy I suddenly found that my life had lost its sense of purpose and had no direction, it left me feeling lost and confused. I started self-medicating with illicit drugs that helped to numb by emotions. I found The Junction and I am now drug-free and a contributing member of society."

"I served in the Royal Air Force for 10 ½ years, upon my exit I started to find it difficult to cope and control my drinking and gambling, which in

turn led to depression and problems within my marriage. A doctor mentioned The Junction, they saw me very quickly and I have found their sessions very rewarding and beneficial. The Junction also helped my family which has improved my marriage."

"I have been involved with The Junction on and off for three years after leaving the Army. The staff are very understanding and do not judge, nothing is too much trouble. Without them I don't know what would have happened to me."

Phone 01263 510900

Web www.matthewproject.org

email thejunction@matthewproject.org

Partnership working reaps benefits

Sharing best practice to support veterans

The Veterans Welfare Service (VWS) actively promotes working in partnership with ex-Service charities and organisations, using their combined expertise to gain the best possible outcome for the veterans needing support.

THE VWS is one of the services provided by the Service Personnel and Veterans Agency, providing welfare support to every postcode in the UK and the Republic of Ireland. VWS recognised that working with local-based organisations would be beneficial to the veterans community in their region.

Kevin Goodwin, VWS Welfare Manager based in Glasgow, explained how the one of these partnerships works: "Both VWS and The Armed Services Advice Project (ASAP) provide support to the Armed Forces Community in Scotland and we recognised that we have different expertise and knowledge that could really help veterans if we worked together. We have the knowledge and skills for MOD pension and compensation schemes; ASAP have great expertise in debt and financial advice.

"On individual cases, we'll look at who is best placed to provide advice and support and take it forward from there. We're finding that this approach is working really well and

our customers are really happy with the partnership working too from the feedback we've received. Most importantly, we're also reaching more clients by working this way."

Strengthening and sharing knowledge helps maintain the already successful relationship and is a priority and VWS staff recently joined ASAP in Edinburgh for a best practice training event. During the event, Kevin and Ally Gemmell an ASAP support Officer, gave a presentation on the benefits of partnership working which they were able to illustrate with practical examples of joint working.

Presentations on both the War

"... we're also reaching more clients by working this way."

Pension Scheme and the Armed Forces Compensation Scheme were also given. Attendees got a brief overview of both schemes, answered questions and got clarification on some of the finer points of the schemes. The day gave all attendees the chance to get to know each other a bit better, put some faces to names, and strengthen and encourage an already flourishing partnership.

Brian Finch, VWS Regional Welfare Manager, said: "This was very productive and we really appreciate the support offered to the Armed Forces community, both Serving personnel and veterans, by ASAP. We have worked closely with ASAP for the last couple of years to ensure that individuals benefit from both our organisations expertise and will continue to do so."

Claire Williams, Armed Services Advice Project Coordinator, said: "The Veterans Welfare Service and Armed Services Advice Project both exist to support ex-Service personnel and their dependants, with our clients at the heart of everything we do. Our joint event was an excellent opportunity to share expertise and ideas."

The Armed Services Advice Project (ASAP) is run by Citizen Advice Scotland on behalf of a coalition of funded by seven charities including Poppyscotland. They provide dedicated information, advice and support services to members of the Armed Forces community in Scotland.

Phone 0800 169 2277

Web www.veterans-uk.info/welfaresupportcontact.htm

results shared-support sharing
benefits joint-working
VWS working-together
expertise partnership
complement veterans ASAP
Armed-Forces-Community

Merger news



Ministry of Defence

In a move that will bring all military and civilian Defence Human Resources services into one organisation, the Service Personnel and Veterans Agency (SPVA) will become part of the MOD's Defence Business Services (DBS) organisation from April 1 2014.

The current standard of support provided for both Serving personnel and veterans will remain unchanged. However, veterans will start to see the new MOD logo being used from April and the veterans support function of DBS will be known as "Veterans UK". Maintaining the current high standards of customer service will be one of the new organisation's top priorities. More details will be reported in the next edition of *Veterans WORLD*.

SPVA leaflet requests



Since the launch of the revised SPVA leaflets, requests have been received from a diverse range of charities, organisations and groups based across the UK who provide services to the veterans community at large on a wide range of issues.

The SPVA communications team have distributed leaflets to The Royal British Legion, the Army Welfare Service, Lancashire NHS Trust, the Healthy Minds Team, Outreach Workers and the City of London Police.



trusts. The leaflets are proving to be a useful resource for those supporting the veterans community.

"If you need our leaflets for an event or in connection with your work then please drop us an email with your request to spva-veterans-uk@mod.uk."

The Charity Hub



Have you checked out the *Veterans UK* Charity Hub lately?

The hub now houses over 70 contacts detailing a full description of services provided, eligibility criteria, and full contact addresses for each charity listed.

If you wish to be added to the hub, then send expressions of interest to spva-veterans-uk@mod.uk

WWI Burials in 2013

As part of their responsibilities, the Joint Casualty and Compassionate Centre's (JCCC) Commemorations Team coordinate MOD efforts to identify and organise burials of the remains of Service personnel recovered from First and Second World War battlefields and aircraft crash sites.

With the centenary of the start of the conflict approaching, emphasis has been on First World War casework.

Karen Awere, SPVA Media and Comms Team said: "We're sending out leaflets to a large number of advisors in such different organisations; from in-Service welfare officers to health

In April this year, the bodies of Lt John Harold Pritchard and Pte Christopher Douglas Elphick from the Honourable Artillery Company (HAC), along with two unidentified soldiers from the regiment, were laid to rest at Ecoust-St. Mein in a ceremony organised by the JCCC.

Burials of a further five soldiers were held in August, at various Commonwealth War Graves Commission cemeteries in northern France, including an unnamed soldier of the Queen's (Royal West Surrey) Regiment and a soldier of the Argyll and Sutherland Highlanders. A service of rededication was also held, in the presence of his descendants, to mark an existing grave of a soldier of the Hampshire Regiment, as that of Serjeant Leonard Maidment.

SPVA help surprise a veteran

The hit ITV show *Surprise Surprise* contacted SPVA's Medals Office for their help in sorting out a replacement medal for one of their unsuspecting guests, whose medals were stolen years earlier. Once they had the crime reference number, which is required, the team were only too happy to help

During the Remembrance weekend show, Jacqui Collier, Officer in Charge of the Medal Office, herself a holder of the GSM 62 NI Medal, presented Mr Wright with his replacement GSM 62 NI.

Anybody who has had their Medals stolen can apply to the Medal Office to have their Medals replaced. They need to have the appropriate paperwork, such as a crime reference number, to support a theft. *Please note, an admin charge will be applied.*



The Voices of Veterans

Veterans urged to tell their story in new campaign to salute ex-Servicemen and women

Scotland's biggest veteran's charity is calling on ex-Service people to share their stories whether they left Military service yesterday or 50 years ago.

THE ROYAL BRITISH LEGION SCOTLAND has launched the *Voices of Veterans* campaign to help commemorate veterans who served in the First World War in the countdown to the centenary in 2014. The campaign will also pay tribute to brave veterans of all ages that have served in conflicts past and present.

The charity is also appealing to younger veterans to share their experiences and help create a lasting legacy for Scotland through the campaign, which will see special exhibitions take place around the country to showcase *Voices of Veterans* stories. The stories will also be showcased on the charity's website.

A veteran's story

Ian Forsyth joined the Army in 1942 as part of the 1st reconnaissance



Ian Forsyth was one of the first to arrive at the gates of the Bergen-Belsen concentration camp



Ian Forsyth is still active in the Armed Forces Community

Regiment at Lockerbie. The 89 year old, from Hamilton, then moved to the 15th - 19th Hussars Reconnaissance for the 11th Armoured Division where in April 1945 he was one of the first to arrive at the gates of the German Bergen-Belsen concentration camp.

Ian, who was 21 at the time, remembers that it was a huge shock when they arrived at the camp gates.

He said: "This was not only a shock to the system, but a nightmare. It was totally unexpected, for we had not been informed as to the location of the camp or what to expect. Until that moment we had been fighting to survive, now for the first time we understood just why we were there at all. I cannot fully describe it, but it completely changed my outlook on life - Man's inhumanity to man."

They were told that they could not feed or free the prisoners. Ian continued, "One of the soldiers with me threw some food to the prisoners and many were trampled in the stampede. The food we had could have killed them as it was so rich. When you are starving really fatty food is toxic to your body."

What Ian witnessed at the camp was life changing, he says "I was shot and injured. I said to myself, if I survive

I am going to spend the rest of my life helping others. Seeing the concentration camp really changed my life."

And he did. After the war his remaining years in the Army were spent in Palestine. When he eventually returned home he trained as a teacher and taught in various schools in Lanarkshire before an appointment to Larkhall Academy. He also dedicated much of his time working with the Polish ex-Service community in Glasgow. His work there was recognised first by the award of the Cavalier Cross and then the prestigious Officers Cross of Merit of the Republic of Poland.

As the centenary approaches and growing numbers are tracing their family history the Legion hopes veterans and their families will take part in the campaign to help preserve stories passed down through generations.

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HELP for
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BAND OF BROTHERS

THE ROAD TO RECOVERY

THIS STATUE IS DEDICATED TO THOSE WHOSE LIVES ARE CHANGED
THROUGH THEIR SERVICE TO OUR COUNTRY AND EVERYONE
WHO SUPPORTS THEM ON THEIR ROAD TO RECOVERY