

Issue 19 April 2011



MINISTRY OF DEFENCE

# Veterans

# WORLD<sup>®</sup>

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

GET PLANNING  
FOR ARMED  
FORCES DAY  
2011





MINISTRY OF DEFENCE



# HELP AND SUPPORT FROM SERVICE PERSONNEL AND VETERANS AGENCY



## Joint Personnel Administration Centre (JPAC)

The first point of contact for serving personnel



## Joint Casualty and Compassionate Centre (JCCC)

Providing casualty and compassionate reporting services - 24 hours a day



## Armed Forces Compensation Scheme (AFCS)

For injury, ill health and death linked to Service on or after 6 April 05



## Medals

Have you claimed your medals? Call us today



## War Pensions

For injury, ill health and death linked to Service prior to 6 April 05



## Armed Forces Pension Schemes

Have you claimed your pension entitlement? (Service from 1975 onwards)

## How to contact us

### Service Personnel

#### JPAC opening hours

Monday - Friday 0700 - 1900

#### JPAC Enquiry Centre

0141 224 3600

Mil 94560 3600

#### Write to us

JPAC Enquiry Centre, Mail Point 403, Kentigern House  
65 Brown Street, Glasgow G2 8EX

#### Online accessibility

Internet: JPAC@spva.mod.uk

Intranet: JPACEnquiryCentre

#### JCCC

Contact the JCCC 24 hours a day, seven days a week  
01452 519951

### Ex-Service Personnel

#### Veterans UK Helpline

0800 169 2277

*You may be offered a call back if lines are busy.*

Lines are open: Monday - Thursday: 0815 - 1715

Friday: 0815 - 1630

#### Write to us

Veterans Advice Team,  
Service Personnel and Veterans Agency  
Tomlinson House, Norcross FY5 3WP  
Email: veterans.help@spva.gsi.gov.uk  
Fax: 01253 332014

#### Online

www.veterans-uk.info

# Veterans **WORLD**<sup>®</sup>

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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.

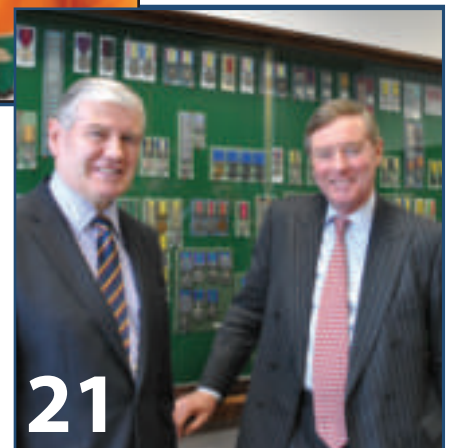
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Contributions are most welcome.  
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## Evaluation report into Community Veterans Mental Health Pilots published



Minister for Defence Personnel, Welfare and

**Veterans, Andrew Robathan, has announced the publication of an independent evaluation into the Community Veterans Mental Health Pilots (CVMHPs) by the University of Sheffield.**

IN 2007, following concerns that some veterans were unwilling to use NHS services or that the NHS was unsuitable for their specific needs, the MOD, the Department of Health, and the Devolved Administrations launched six NHS veterans' mental health pilot services in Stafford, Camden and Islington, Bishop Auckland, Cardiff, Cornwall and Edinburgh.



Location of private services (red) and comparators (blue). All services are regionally based except for Combat Stress which has national coverage.

The pilots were established to ensure that ex-Servicemen and women with mental health problems had access to a culturally sensitive expert service offering assessment of their needs, followed by appropriate support and treatment. The work of the pilots continues beyond the initial two-year pilot period.

An independent evaluation has been conducted by the University of Sheffield's Centre for Psychological Services Research. They compared the new model of services provided by the pilots with existing services already available in the areas, compared the particular approaches of the individual pilot sites to identify best practice and collected information on the frequency

and range of problems being presented to advise future planning of NHS mental healthcare services for veterans.

The Evaluation Report identifies key components of successful services and makes a number of recommendations. The UK Health Departments will consider the Report and examine how its recommendations fit with existing and planned enhancements to NHS veterans mental health services.

### Contacts

The report can be downloaded from the University of Sheffield website:  
<http://www.shef.ac.uk/mediacentre/2010/1822.html>

#### Community Veterans Mental Health Pilots contact details

Stafford: Veterans Mental Health Service  
Tel: 01785 257888  
<http://www.southstaffsandshropshealthcareft.nhs.uk/Services/Veterans-Mental-Health-Service/Default/General-Information.aspx>

Camden & Islington: Veterans' Community Mental Health Service  
Tel: 020 7530 3666  
<http://www.candi.nhs.uk/veterans/>

Bishop Auckland: Community Veterans Mental Health Service  
Tel: 01388 646800  
<http://www.teww.nhs.uk/Our-Services/Adult-mental-health-services/Community-Veterans-Mental-Health-Pilot/>

Cardiff: Community Veterans Mental Health Service  
Tel: 029 2074 2062  
<http://www.veterans-mhs-cvct.org/>

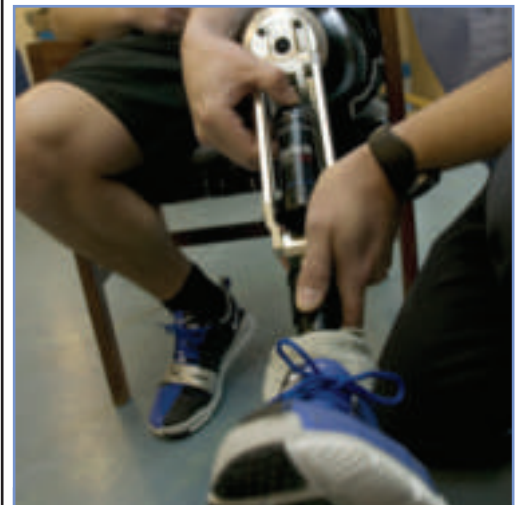
Cornwall: Community Veterans Service  
Telephone: 01579 335226  
<http://www.cornwallpartnershiptrust.nhs.uk/CornwallPartnershipTrust/OurServices/CommunityServices/SupportForVeterans.aspx>

Edinburgh: Veterans First Point  
0131 220 9920  
<http://www.veteransfirstpoint.org.uk/>

## Review into NHS prosthetics services

**An independent review into prosthetics services provided by the NHS to ex-Service personnel who have lost limbs while serving in the Armed Forces, was launched in January, by the Health Minister, Simon Burns.**

THE review, led by Dr Andrew Murrison MP, will look into the prosthetic services currently offered to veterans by the NHS, and assess how these can be strengthened to meet future demands on the service. The review will also gather evidence on the current and future needs of veterans for prosthetics services, and on the provision and cost of services.



An amputee serviceman has his prosthetic limb adjusted during rehabilitation at Headley Court, Surrey

Picture: Graeme Main, Crown Copyright MOD 2007

It will also look at:

- the future funding of high specification, evidence-based prosthetics; services within the NHS and the possible contribution of personal health budgets and the inclusion of these in continuing healthcare arrangements;
- how regional variations in service can be minimised;
- how the transition from the Armed Forces' prosthetics care to the NHS can be improved; *and*
- the role of Service charities in helping to meet the realistic needs of individuals over and above that which the NHS can provide.

Dr Murrison will be calling on the experience and knowledge of the British Limbless Ex-Service Men's Association (BLESMA) and Help for Heroes in taking this work forward, as well as the MOD, NHS and other Service charities.

Dr Murrison is expected to report to the Prime Minister and Health and Defence Secretaries by the end of June 2011.

# From Troops to Teachers

The Troops to Teachers initiative is a new programme announced by the Department for Education which aims to bring more Service Leavers into the classroom.

The Ministry of Defence are working closely with the Department for Education to develop and implement the programme. The scheme will have three strands:



Crown Copyright MOD 2009

A Gurkha soldier teaches schoolchildren about biodiversity at Hythe Ranges in Kent

- Utilising the Teach Next programme to attract high quality graduate Service Leavers to train as teachers via a replacement programme for the current Graduate Teacher Programme;
- Getting non-graduate Service Leavers into teaching via a guided pathway to Qualified Teacher Status; *and*
- For those who do not wish to teach, getting Service Leavers into schools as mentors.

The programme is very much at the development stage, **Veterans WORLD** will report on progress in a future issue .

## Enhanced Learning Credits - Make Your Claim!

Serving personnel and recent Service Leavers are reminded to make the most of the opportunity to claim Enhanced Learning Credits(ELC) to help gain new qualifications.

The ELC scheme allows registered members to make a total of three claims towards the cost of courses and qualifications. All people who registered for membership and completed four years qualifying service - from 1 April 2000 or date of enlistment if later - are eligible to use the scheme for up to ten years after leaving the Armed Forces, if they have any of their three claims left.

ELC may be used to gain qualifications at Level 3 and above. The maximum value per claim is £1,000 for those who served four to seven years, or £2,000 for those who served eight years or more. In all cases, claimants are expected to pay at least 20% of the course costs.

### Contacts

For details of the scheme, visit <http://www.enhancedlearningcredits.com/>

## Career Transition Partnership news

### GUIDE TO ARMED FORCES RESETTLEMENT

career  
transition  
partnership



A new bi-annual brochure has been produced to raise awareness of resettlement across the Service community and within the MOD.

The Connect brochure has been distributed across Career Transition Partnership (CTP) Regional Resettlement Centres, Education and Medical Centres, Service Resettlement Advisers, HIVEs and across MOD.

The first issue includes a foreword from Lt Gen Sir William Rollo, Deputy Chief of the Defence Staff (Personnel & Training), and provides information on all aspects of resettlement, the services CTP provides for Service leavers, and the further support available to veterans.

Connect can be viewed on CTP website [www.ctp.org.uk](http://www.ctp.org.uk)

#### Employment support for veterans

Connect also aims to raise awareness of charities who will help veterans with

employment support for life. The Regular Forces Employment Association (RFEA), The Officers' Association and The Officers' Association Scotland, in addition to their integral work as part of the Career Transition Partnership, are able to provide employment help and guidance to all ex-Service men and women throughout their working lives.

**If you are a veteran and require job finding assistance, please contact the Central Employment Team helpdesk on 0121 236 0058**

An enhanced CTP website is being launched this spring. New features include interactive tools to assist those going through the resettlement process and a wealth of information for all across the Service community. For veterans who have already made the transition to civilian life, the site will be a resource that can be re-visited at any point for a wide range of useful information and job finding support.

Keep checking [www.ctp.org.uk](http://www.ctp.org.uk) for updates

More on Resettlement in Page 10

# Gardening Leave is growing

## Green-fingered charity for veterans expanding



**The Gardening Leave charity, founded in 2007 by Anna Baker Cresswell, provides Horticultural**

**Therapy to serving and ex-Service Personnel, has launched two new projects.**

THE Gardening Leave pilot project was started in the Ornamental Gardens at the Scottish Agricultural College at Auchincruive and initially the referrals came from Hollybush House, the nearby Combat Stress treatment centre.

At Auchincruive, all the vegetables grown by Gardening Leave go back to the kitchens at Hollybush House and Scotland's only National Collection of poppies is being restored by Gardening Leave. The veterans who come to Gardening Leave say that they like to be outside, be together, and have something semi-structured to do; all under the watchful eye of Pamela, the Horticultural Therapist, who is supported by a carefully selected team of volunteers whose job is to provide reassurance and a friendly ear - gardening skills are a bonus!

There is plenty of anecdotal evidence to prove that the veterans who come to Gardening Leave derive benefit from it - improved sleep patterns and appetite;

increased concentration and self-esteem and hope for the future through reduced social isolation - Professor Jacqueline Atkinson at the University of Glasgow provided the first peer-reviewed research into the benefits.

Last year, two new Gardening Leave projects at Erskine Hospital and the Royal Hospital Chelsea were opened and like Auchincruive, they provide a peaceful, safe environment which is exclusively open to the military. Both these projects are being externally evaluated by the Mental Health Foundation and will look at the extent to which these non-clinical interventions for this client group can provide benefit.

Referrals come from Service charities such as TRBL, Sir Oswald Stoll Foundation; SSAFA-FH; Veterans Aid, the NHS and Combat Stress. Self referrals are also very welcome. All new referrals are visited by a member of the Veterans Assessment Team who are Community Psychiatric Nurses with military experience who explains what Gardening Leave is and how it can help. Although most veterans successfully use NHS services, some are more comfortable with healthcare providers who have more experience or knowledge of military service.

Anna says, "It is fantastic that as more people get to know about Gardening Leave and what we do, we can open more



L to R: Tara Jeewoonarain, horticultural therapist, Anna Baker-Cresswell CE and Kate Gould, Charity Champion garden designer

projects for our Serving Personnel and veterans which will improve their mental and physical wellbeing. No person is an island and I am very proud to be able to do my bit; they have already done theirs."

*"... as more people get to know about Gardening Leave and what we do, we can open more projects for our serving personnel and veterans ..."*



Veterans working with harvested willow at Gardening Leave Auchincruive

### Contacts

For more information visit [www.gardeningleave.org](http://www.gardeningleave.org) or call Evelyn at Head Office on 01292 521 444 or email [admin@gardeningleave.org](mailto:admin@gardeningleave.org)

# New centre planning to transform lives



St Dunstan's Centre in Llandudno on schedule to open its doors in Autumn 2011



Before and after, CGI image of the new centre in Llandudno

**Veterans WORLD caught up with Mick Byrne, St Dunstan's Project Manager responsible for the refurbishment and construction of the charity's new Centre in Llandudno.**

Mick humbly pointed out that while he may head up the project for the transformation of the former North Wales Medical Centre, the real transformation will take place from the early autumn of 2011. Changing the lives of the Service personnel and veterans who will come to the Centre where they will receive rehabilitation and training to help them adjust to a life without sight\* and regain their confidence and independence.

Speaking of progress Mick Byrne said:

"Everything is going to plan and we're on schedule to open in the autumn of 2011. We purchased the site in 2008 but as it's a Grade II listed building we first had to gain planning permission for any work to be carried out. As there is only a certain amount of change we can make to the building we are working to stringent guidelines.

"In May 2010 the refurbishment of the building and construction of the extension began. The five storey building will include 50 bedrooms, a dining room, a lounge and bar, training rooms, a kitchen, staff rooms

and administrative offices. We have also combined two former bedrooms to make a training flat, which will be especially useful to help people learn independent living skills.

"A lot of the work has been to improve access, widening doorways and installing a new lift, as well as adding rails with tactile signals to help with orientation. Outside we will lay paths to help people navigate the lawns and there will be plenty of space for archery and outdoor sports."

Construction has started on the extension with the ground and base works and retaining wall completed. The extension will contain 11 high dependency nursing beds fitted with hoists and ensuite wet rooms. There will also be a rehabilitation gym, to be named the Help for Heroes Gym, in honour of their £1 million donation. The gym will include the latest equipment where people will receive training from sports and recreation staff and there will be a separate sports room for archery, bowls and acoustic rifle shooting.

Along with a Craft Workshop, there will be a training room where rehabilitation workers specialising in supporting people who are visually impaired will provide one-to-one guidance to equip people with the skills and confidence to safely learn how to navigate their way around a kitchen without the use of their sight. In the kitchen they will learn how to make a hot drink and to cook for themselves and their family without risk of injury.

## Contacts

To keep up to date with progress visit [www.st-dunstans.org.uk](http://www.st-dunstans.org.uk)

\*St Dunstan's is the only charity to provide direct support through rehabilitation and training to Service personnel or veterans who have lost their sight or are visually impaired as a result of conflict, age, accident or illness.

# Scholarships for bereaved Service Children

Families of Service personnel killed on active duty will benefit from publicly funded higher education scholarships



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A geography lesson at Duke of York's Royal Military School

**The Coalition 'Programme for Government' included an undertaking to provide 'university and further education scholarships for the children of Service personnel who have been killed on active duty since 1990'. The scheme is currently being developed and intended for launch this academic year. Veterans WORLD reports on the progress so far.**

THE initiative aims to give the children of those killed in the service of their country a head start in life. On the basis that graduates earn more over their lifetime

**The initiative was introduced to demonstrate the Country's recognition of the sacrifice made by the members of HM Forces and its determination to rebuild the Military Covenant.**

than non-graduates, the scheme is designed to enable these young people to get a first degree. In order to get to university they must first follow the academic stream at school and a Further Education scholarship will help these

**The term 'active duty' is not used or defined in the UK armed forces. The obvious interpretation of this eligibility criterion is those killed in a medal-earning operation. But Ministers have agreed that someone killed, for example, on a training exercise prior to deployment has made the same sacrifice as someone killed on the operation itself. Eligibility has therefore been widened to the children of those whose death is predominantly due to their service in HM Armed Forces. The commitment includes those bereaved since 1 January 1990.**

children to stay in school to obtain a university place.

The scholarship is not a free university place but a contribution towards the tuition fees and living costs. The value of the university element of the scholarship for the 2010-11 academic year has been set at roughly the sum of the tuition fees and the standard maintenance loan. This will be reviewed if and when tuition fees rise.

Readers will be aware that although MOD operates across the UK, responsibility for education falls to the Devolved Administrations. The sums agreed so far relate to those living in England. At the time of going to press discussions are ongoing on scholarships for those bereaved children who have settled in Scotland, Wales and Northern Ireland.

**Editors Note: Veterans WORLD will report on progress in a later issue.**

# Debt overload?

Liz Dunscombe, from national money education charity Credit Action, provides some useful advice on dealing with debt.

Crown Copyright MOD



NO-ONE chooses to suffer the pain of unmanageable debt. We are bombarded by advertising which tells us what the good life looks like and credit which offers us a way to have it all now.

## The symptoms of a debt problem

Any of the following can indicate a debt problem that needs addressing;

- payments are being returned unpaid, regular lateness in paying bills or only ever making the minimum repayment;
- having to use a credit card for day-to-day purchases or for cash withdrawals;
- borrowing money to pay off or repeatedly rescheduling debts;
- struggling to pay priority bills - mortgage, rent, council tax etc; *and*
- being regularly stressed about money.

There are several sources of FREE, independent help for those who need further assistance.  
Consumer Credit Counselling Service (CCCS) 0800 138 1111  
Debt Remedy at [www.cccs.co.uk](http://www.cccs.co.uk).  
National Debtline  
0808 808 4000  
Online at [www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)  
Local Citizens Advice Bureau – their website (see point 5) has a postcode search for the nearest branch.  
Media advertising and marketing telephone calls offering assistance with debts are generally from companies that charge for their services. Even if the initial advice is free there will be a cost to any action they take. They don't provide a better service than those listed above.

## What can be done?

There is nearly always a solution to a debt problem. It may require tough decisions and hard work, but it is possible. Working through the following steps is making a good start on the road to financial recovery.

### 1. Don't ignore debts

### 2. Be honest

### 3. List debts and draw up a budget

Make a list of all debts. Prepare a statement detailing income and expenditure, taking time to produce a realistic estimate of all things money is spent on. An interactive budget planner is available at [www.creditaction.org.uk/budgetbuilder](http://www.creditaction.org.uk/budgetbuilder)

### 4. Prioritise debts

Prioritise paying those bills for which non-payment will result in loss of home, liberty or essential goods and services.

### 5. Check benefits and tax code

Visit the CAB site [www.adviceguide.org.uk](http://www.adviceguide.org.uk). A useful calculator is available [www.turn2us.org.uk](http://www.turn2us.org.uk).

### 6. Maximise ability to repay

Decide on main financial commitments, cut down on non-essential spending.

### 7. Get help if needed

After doing a budget and reviewing expenditure, some people feel able to manage their own debts. Credit Action's self-help booklet can be downloaded free from the website detailed above.

  
creditaction  
Better thinking about money

# Resettlement Support for Early Service Leavers

Approximately 20,000 Service personnel leave the Armed Forces each year.



Crown Copyright MOD

Skills learned in service are transferable to civilian life

**For those who serve for more than their initial contract (four years), resettlement provision and the associated support and services of the Career Transition Partnership, is significant, while for those who serve for less, it is unfortunately not.**



Crown Copyright MOD

LOOKING to improve this support, the MOD has launched a consultation exercise to see how it may improve its provision to those Service personnel who leave before completing four years; a group collectively known as Early Service Leavers (ESL). Following the consultation, there are plans to trial a selected new scheme for six months later this year.

Last year, Early Service Leavers comprised approximately half of all those leaving the Services (9,380 from 18,570), with research suggesting that these individuals are at a disadvantage in securing paid employment and in transitioning successfully back to civilian life. The current resettlement service to ESL is mainly practical advice and guidance only. The MOD hopes to provide a more personal and sophisticated service that will improve help to secure a job upon leaving and offer greater support for any who may be vulnerable to social exclusion.

MOD has now consulted across Industry, other Government Departments and Agencies and the Voluntary and Community Sector, to see how all may possibly work together collectively to provide a better service to ESL, including supporting them post-discharge as new veterans.

The consultation received positive feedback, with over 20 formal responses to the original consultation document, received from across a wide range of major organisations. Those replies are now being thoroughly reviewed and considered before the intended development and launch of a new

collaborative trial ESL scheme later this year. The aim is to directly 'connect' the individual to the help and support they most need, including outplacement, welfare and charitable organisations, as well as to other public bodies, like JobCentrePlus and the DWP's new Work Programme.

Col Ian Waller, MOD's Assistant Head of Resettlement said:

**"We recognise that more needs to be done to improve resettlement packages for Early Service Leavers and that's why we are reviewing the current provision of support."**

"We recognise that more needs to be done to improve resettlement packages for Early Service Leavers and that's why we are reviewing the current provision of support. Part of our review, will be looking at whether we can enhance provision for those who have served for less than four years but have demonstrated some form of commitment; such as having completed training and joined front line command.

"Our current resettlement contract expires in 2015, but we won't be waiting until that date to begin enhancing services for Early Service Leavers – the review will identify where we can make improvements straight away."

# A Date for the Diary

## Armed Forces Day 25 June 2011



Crown Copyright MOD

Edinburgh will host this year's national event

### The eyes of the nation will be on Scotland this year when Edinburgh hosts the national event for Armed Forces Day 2011.

THOUSANDS of people across the UK will unite on Armed Forces Day to show their appreciation for the men and women who make up the Armed Forces community – serving personnel (regular and reserve), their families, veterans and cadets. A weekend of celebrations is planned in Edinburgh focusing on a march down the Royal Mile, a party in Holyrood Park, with activities and an air display in Leith.

The full programme is currently being compiled but Edinburgh City Council leader Jenny Dawe revealed:

“We’re planning events in the city from Friday all the way through to Sunday, which will showcase the very best the Armed Forces and Edinburgh has to offer. We’ll make sure that there’s plenty going on for all age groups because we want the Armed Forces, veterans, people of Edinburgh, and visitors from across the UK to mix together and enjoy themselves.

“It’s a privilege for Edinburgh to have the responsibility to host such an important event, honouring those who serve courageously at home and abroad, and the millions of veterans who have

committed and fought over the years. We are determined to put on an unforgettable show.”

It’ll be a busy weekend in Edinburgh so military personnel, their families and veterans are urged to put the date in their diaries and start planning any necessary accommodation and travel early on. It’s hoped that local businesses and eateries will get behind the Armed Forces community; offering discounts and special offers.

Chief of the Defence Staff, General Sir David Richards said: “I enjoyed myself immensely at the Armed Forces Day in Edinburgh last year. It was a pleasure to meet so many Scots troops and veterans and I have no doubt that this year Edinburgh will again put on a spectacular weekend. I know that after the parades are over the Service personnel and their families will join the celebrations.”

#### Find out about local events

If you are unable to attend the Edinburgh event there are many more events planned around the United Kingdom that you could attend. To find the nearest



event to you and for all Armed Forces Day news visit [www.armedforcesday.org.uk](http://www.armedforcesday.org.uk).

**If you’re planning an event, don’t forget to get the details placed on the website.**

**Editor’s Note: More information about Armed Forces Day 2011 will be published in the next issue of Veterans WORLD.**

*“It’s a privilege for Edinburgh to have the responsibility to host such an important event”*

# Help for Heroes

Providing through-life support to the Armed Forces Community.



"I could not have achieved a fraction of what I have managed to do since my injury if I had not had the support of the Help for Heroes team" - Andy Newell

**Launched in October 2007, Help for Heroes was co-founded by Bryn Parry, a former member of The Royal Green Jackets and his wife Emma.**

THE charity is strictly non-political and non-critical, they just want to help and ask supporters to 'do their bit' to show these extraordinary young people that they are cared for.

Andy Newell was one of the wounded personnel Bryn and Emma first met during their visit to Selly Oak in the summer of 2007. Andy was shot in the arm and his bone was shattered into more than 60 pieces while serving with the 16 Air Assault Brigade in Afghanistan in July 2006.

Having been involved with the charity right from the beginning, he has experienced first hand the long-term support that Help for Heroes are offering.

"I could not have achieved a fraction of what I have managed to do since my injury if I had not had the support of the Help for Heroes team. They helped me gain a new perspective on my life, helping me regain control of my situation when I

thought it was spiralling out of control. I know they will always be there for the injured guys and girls in times of crisis which will help them achieve much more from their future lives, either in the Armed Forces or as a civilian. Knowing there is someone who 'has your back covered' at all times and is thinking of you is hugely reassuring to someone going through the trauma of an injury and following rehabilitation."

Help for Heroes spends every penny possible on supporting capital projects and grants to specialist organisations that provide support for wounded Service personnel. The money raised (£82.6 million at the time of going to print) has been spent or allocated and is making a massive difference - from Headley Court which received £8 million for a state of the art gym facility and treatment rooms, as well as the 25 metre swimming pool, to £100,000 given to the BLESMA for rehabilitation work.

The next project for Help for Heroes is to ensure those wounded in the line of duty get the very best support; for life. They are working with the Services, to establish a series of regional Recovery Centres that



will support those who leave the Armed Forces to get jobs and provide access to a comprehensive range of services; from learning new skills to accessing psychological, financial, employment, prosthetic and social support – in Bryn's words "a one stop welfare shop for our wounded and their families". The Centres will provide comfortable living and learning accommodation on the 'Road to Recovery', giving those injured in the line of duty the very best training and opportunities to face a fulfilling future.

Commenting on the Personnel Recovery Centres, Bryn Parry says;

"The Road to Recovery is a very long and hard path. These are young men and women today but they will grow old. H4H wants to ensure that when the current level of public support has passed, as it inevitably will, they are not forgotten; they deserve the best and we are doing our best to get it."

## How the money has been spent

Headley Court received £8 million, for a state of the art gym facility and treatment rooms, as well as the 25 metre swimming pool; £6.5 million has gone to the Combat Stress mental health charity, £485,000 to Battle Back, a charity that uses adaptive adventure training and sports rehabilitation, plus £100,000 to the British Limbless Ex-Service Men's Association for rehabilitation work to name just a few. The Quick Reaction Fund has granted £6 million, offering money to Service Personnel within 72 hours if needed.

## Contacts

For more information visit [www.helpforheroes.org.uk](http://www.helpforheroes.org.uk)

# Heroes return scheme extended to 2012



RAF Bomber Command veteran Gordon Mellor was the 50,000th individual to benefit from the Heroes Return grant scheme.



**The Big Lottery Fund has committed over £1 million in extra funding in the year ahead for the Second World War**

**veterans to make their personal battlefield commemorative journeys to the places they saw action.**

THE additional funding for the Heroes Return grant scheme came on the day the Fund named the 50,000th individual to benefit from the scheme.



Gordon Mellor with fellow veteran Robert Watt

The Big Lottery Fund's UK Interim Chair, Anna Southall, presented the 50,000th award to RAF Bomber Command veteran Gordon Mellor who escaped occupied France with the help of the Resistance via the Comet Line.

The extra funding for the scheme will help ensure veterans still to apply are able to journey in the year ahead to revisit the scenes of Second World War events, such as the forthcoming 70th anniversary of the Battle of Crete.

Anna Southall said: "This extension of the scheme will be a big help to those who have felt so far unable to make their personal journeys back to the battlefields of the Second World War".

Mr Mellor used his funding to go back to France where a memorial service was held for the escapees who died crossing the Pyrenees and for the people who were killed for helping them. He managed to escape occupied France with the help of the Resistance after being shot down.

Gordon Mellor vividly recalls:

"Returning from a short night raid over Aachen we were chased by a Messerschmitt 109. He cracked us four times on each set of engines and we started to hurtle down at a fast rate. I

managed to bail out and crashed into a tree. The flight engineer came out behind me but his parachute failed and he hit a roof on the side of a house and was killed. I saw the plane burning in a field, inside were the pilot and rear gunner who hadn't managed to get out. I was about 2km from the crash and managed to get out of the tree, stuffing my parachute between the branches. As I stood in the darkness looking at the flames I had the loneliest feeling of all my life, a desperate feeling of being completely alone."

Through the scheme, Second World War veterans from the UK, Channel Islands and Republic of Ireland can apply for travel and accommodation costs to visit the places across the world where they saw active service or to take part in an official commemoration in the UK. War widows and widowers of veterans are also eligible, and carers and spouses can also receive funding to travel with veterans.

## Contacts

For information and details of how to apply for a Heroes Return 2 grant call 0845 00 00 121 or visit [www.biglotteryfund.org.uk/heroesreturn](http://www.biglotteryfund.org.uk/heroesreturn)

# Alabaré expanding to meet the needs of veterans



**Adjusting to civilian life can prove difficult for some veterans.**

**Alabaré is a regional charity that is tackling this head on, working in partnership with a number of major Armed Forces welfare charities to ensure a collaborative approach to the support on offer to veterans.**

THANKS to funding from, among others, The Royal British Legion, ABF The Soldiers Charity, the RAF Association and The Society of Merchant Venturers, Alabaré now has a total of five Homes for Veterans – one in Plymouth, two in Bristol and two in Weymouth, and there are plans to expand even further with more houses across the south and south-west.



This home in Bristol is one of the five Alabaré Homes for veterans

Alabaré's Homes for Veterans provide a unique combination of accommodation and support, helping residents to access specialist help with a wide range of issues,

including Post Traumatic Stress Disorder or drug and alcohol addiction. Residents also work on developing independent living skills to help them move on successfully.

Alabaré also reaches out to veterans through many of its other projects and services:

Alabaré's Wiltshire Drop In Centres in Salisbury and Trowbridge provide a vital front line service to homeless and vulnerable adults, offering hot food and drink, showers, washing facilities and a clothing and sleeping bag service. From here, veterans can be signposted to other relevant services and support.

But it is not just about putting a roof over people's heads; Alabaré believes that equipping clients with the skills they need to manage a tenancy is fundamental to preventing eviction and avoiding homelessness. Alabaré Home and Money Programme is a series of workshops focusing on tenancy and housing related issues - special funding has now been secured to roll this out across Salisbury Plain, specifically targeting those leaving

"When I was in prison I was approached by VIPA, the Veterans in Prison Association. They put me in touch with Alabaré and they said I could move in on my release date.

Moving into the house has been great. I was expecting a hostel but it's really nice and the staff are really helpful. This time next year I hope to be on a course and have a job and my own house."

**Alabaré Weymouth Home for Veterans resident**



Home comforts at the Weymouth house

the Armed Forces. **Veterans WORLD** will report on the workshops in a future issue.

Alabaré recognises the need to support veterans and is committed to expanding its Veterans' Programme accordingly. They have a dedicated Project Development Manager in place, a post created with funding from the MOD's Veterans Challenge Fund.

Alabaré Christian Care and Support is a charity that works with homeless and vulnerable people. They have more than 40 projects across Wiltshire, Hampshire, Plymouth, Bournemouth, Devon, Dorset, Bristol and North Somerset providing a range of services including drop-in centres, supported accommodation and advice and training.

## Contacts

To find out more about how Alabaré can support veterans then visit [www.alabare.co.uk](http://www.alabare.co.uk) or contact Project Development Manager David Millward on 01722 322882.

## Tackling Homelessness

In June 2010, a Ministerial Working Group on Preventing and Tackling Homelessness was established, recognising that the issue of homelessness, and the multiple needs of homeless people, are cross-government in nature.

The Working Group aims to resolve the cross departmental policy issues that contribute to homelessness, and that cannot be resolved by one department working alone. This includes pro-actively sharing information and avoiding the unintended consequences of a policy that can lead to increased numbers of homeless people. A Shared Priorities Strategy Document is now being developed in which government departments will agree the measures they will undertake to tackle and prevent homelessness.

The Group is chaired by the Minister for the Department for Communities and Local Government, it includes Ministerial representatives from the Ministry of Defence, the Department of Health, the Department for Work and Pensions, the Ministry of Justice, the Department for Education, the Department for Business Innovation and Skills and the Home Office.

# The Sir Oswald Stoll Foundation

Innovation and collaboration in housing and helping Veterans.



**During the First World War, theatre impresario Oswald Stoll resolved to provide housing and help for**

**wounded and disabled men and women who served their country. That work continues today with the Sir Oswald Stoll Foundation housing and providing support to around 250 ex-Service personnel and their families on three sites across West London. Although based in London, their residents can come from anywhere. One was even homeless in Rome before he came to the Foundation!**

THE Sir Oswald Stoll Foundation prides itself on its collaborative approach and working with many partners enables them to provide several innovative projects which help the residents to live as independently as possible, some of which are described below.



Harry Powell, one of the Pryors Bank Apprentices hard at work in the kitchen

The Foundation's flagship project is the catering apprenticeship scheme which was masterminded by Foundation resident, ex-Household Cavalry (Life Guard), Bob Barrett. He set up the

Beef Kitchen, a mobile catering business managed and staffed by residents to sell food to passing Chelsea fans on match day. This has evolved to include a café near Putney Bridge - Pryors Bank - which has now become more of a formal event location, thanks in no small part to a generous donation from singing sensations The Soldiers. The apprentices are funded by The Royal British Legion and work towards their Level 2 NVQ qualification which will then help them go into long-term employment in the catering industry. Not only do they work at Pryors Bank and the Beef Kitchen but they also work in a West End restaurant. The project has won several awards for its innovative approach.



The Soldiers help out at Pryors Bank

## Identifying opportunities

Where possible, the Foundation involves residents in the delivery of its projects. Another resident, Ken Lukoviak, an ex-Para and Northern Ireland and Falklands Veteran, now works with the Health and Wellbeing Manager to identify work opportunities for fellow residents and to help them through the process. His post is funded by The Poppy Factory which in turn sees the immense value in encouraging disabled people back to the work place.



Ken Lukoviak, who helps fellow residents get back to work

## New partnership

The newest project involves working with a partner organisation SPEAR (a charity working with homeless people in and around Richmond) to provide an outreach service so that the Foundation's support team can make contact with and help ex-Service personnel in the wider community. Currently, the Foundation's Outreach worker is funded by ABF The Soldiers Charity with SPEAR's post funded by The Royal British Legion. Their aim is simple, to ensure that those who need it get all possible advice and support appropriate to their needs.

## Contacts

For housing or support information:  
call 020 7385 2110,  
email [info@oswaldstoll.org.uk](mailto:info@oswaldstoll.org.uk)  
or visit Website: [www.oswaldstoll.org.uk](http://www.oswaldstoll.org.uk)

The establishment of the Group clearly demonstrates the seriousness with which the issue is taken. The Group recognises and acknowledges the important role that voluntary and community sector organisations like Alabaré and Sir Oswald Stoll Foundation play in tackling homelessness, particularly among ex-Service personnel . . .



# DRIVERS ONLY

*“I think this is a fantastic idea. As racing drivers we experience these speeds all the time. For injured personnel and veterans to have the same opportunities is brilliant.”*

Formula 3 ace  
James Cole

Sapper Ash Hall injured by an IED in July 2010, only five months later he enjoyed the thrill of karting with hand controls

# Ticket to ride

karts help wounded troops hit the track



Double amputee Guardsman in a very impressive fullthrottle overtaking manoeuvre on a bend

**Injured personnel and veterans are being given a ticket to the fast lane by a new karting enterprise aimed at offering adrenalin-fuelled action on the track.**

KART FORCE will see drivers racing to the chequered flag with specially-adapted hand controls that allow people with the most serious injuries to compete on a level playing field with their colleagues, friends and families.

The scheme is the brainchild of ex-Serviceman David Player and his business partner Phil Armes, who hope to stage race sessions at tracks across the country.

"We designed these hand controls so we could set up team events for people with different levels of injury," David, a former Royal Engineer explained.

"We had to come up with a system that can fit into as many karts as possible.

"We are now planning a number of casual tester days and we want people to come forward and say they are interested.

"For example, if we get ten people in the Kent area showing an interest we can come down and put something on for them.

"This is an opportunity for them to try something they probably thought they would never do again, and they are on a totally level playing field.

"They can come and have a look and if they like it they can take it up as a proper sport."

Kart Force has been supported by a £25,000 grant from ABF The Soldiers' Charity, money that has paid for 30 sets of the unique controls to be built.

The system is compatible with all major karts, meaning they can be transported to different centres for race days, where injured personnel and veterans can go head-to-head with their friends.

Once the initiative is fully up and running, Kart Force hopes to stage regimental events as well as international challenges involving injured personnel from the UK, USA, Canada, Russia, France and Israel. They also believe there is scope for an Inter-Services competition.

David said: "The response so far has been fantastic. We are now encouraging people to contact us so we can really start to move things forward."

Kart Force was launched at the Whilton Mill track in Northamptonshire where Formula Three ace James Cole put the new controls through their paces on the circuit.

"The kart has a very good feel, the throttle is very responsive and the brakes are great as well," he explained. "It does have a different style to normal karts due to the handle bars. When your mind is used to

something [the steering wheel] it takes a while to adjust, but after a few laps on the track it was great. "

"I think this is a fantastic idea. As racing drivers we experience these speeds all the time. For injured personnel and veterans to have the same opportunities is brilliant."

## How does it work?

- The steering wheel is replaced with a system similar to the handlebars on a motorcycle so the kart can be driven one-handed.
- The throttle cable can be attached to either side of the handlebars, meaning someone who has had an amputation is able to race.
- A hydraulic braking system can also be switched from left to right, depending on driver specification.
- The Kart Force controls allow injured personnel to race against their colleagues

## Contacts

Any injured or disabled veteran can contact Kart Force whether they were injured in or after Service  
For further information on KartForce call 0118 983 6092 visit [www.kartforce.org](http://www.kartforce.org)

**Editors Note: This article was originally published in the *Soldier* magazine.**

# New advice service reaping success for Scottish veterans

Since launching last July, ASAP has helped over 270 clients with more than 700 issues



**The Armed Services Advice Project (ASAP) has been created to be a focal point for the Armed Forces Community in Scotland for access to advice, information and support.**

It provides help on a range of issues including benefits, debt, and housing, and has links with many organisations serving the Armed Forces Community.

ASAP is provided by the Scottish Citizens Advice Bureau Service, a highly trusted network with decades of experience delivering a free, independent, confidential and impartial advice and information service to the general public.

ASAP is available to support Serving and ex-Serving personnel, both Regular and Reserve, and their families. It also offers support to members of the Merchant Navy who have served in a commercial vessel in support of legally defined UK military operations and their families.

The project is funded by: Poppyscotland, the Royal Air Force Benevolent Fund, The Maritime Charities Funding Group, ABF the Soldiers' Charity, Soldiers, Sailors, Airmen and Families Association – Forces Help (SSAFA Forces Help), The Robertson Trust and Turn2us.



Richard Lord, Regional Support Officer for the Lanarkshire region, referred to in the case study



ASAP provides help on a range of issues including benefits, debt, and housing

## ASAP in action - Working with project partners to support clients

The Secretary of the local SSAFA branch in Motherwell and Wishaw referred a client, a veteran with a number of years' service, to the local ASAP Regional Support Officer.

The client's wife is severely disabled and requires full-time care from her husband. Approximately two years ago, they applied for Attendance Allowance, but were unsuccessful.

Following discussions with the SSAFA Branch Secretary, arrangements were made for the ASAP Regional Support Officer to meet with the clients and assist them in completing a fresh application. The application was then submitted to the Department of Work and Pensions before Christmas 2010.

As a result, in January this year, the client was awarded High Rate Attendance Allowance of £71.40 a week, backdated to 18 October 2010.

The client was pleased with this result, thanking SSAFA for referring them to ASAP, saying "I am deeply appreciative of your kindness and patience". He also thanked the Regional Support Officer for his patience and assistance with the forms.

## Contacts

To access the service call the helpline, covering all of Scotland on 0845 231 0300, email [ASAP@citizensadvisedirect.org.uk](mailto:ASAP@citizensadvisedirect.org.uk), or call in to your local Citizens Advice Bureau.

You can also find further information at [www.cas.org.uk](http://www.cas.org.uk)

# Doing Life Differently

New toolkits available to support disabled veterans live independently

Written by and for people living with ill-health, injury or disability, the **Doing Life Differently** series looks at new ways of progressing careers, managing money and getting the best from Information Technology (IT).

DOING LIFE DIFFERENTLY is a series of three publications produced by the Royal Association for Disability Rights (Radar). Each publication is a toolkit packed with advice from people living with ill-health, injury or disability, to help others take control of their lives and make the most of new opportunities.

Radar is the Royal Association for Disability Rights. It is a pan-disability organisation led by people with lived experience of disability or health conditions. Its vision is a just and equal society whose strength is human difference and their mission is to enable individuals, networks and policy-makers to do things differently – and better. Radar work with them in broad partnerships to have the widest impact. Designing disability in to business, products and policies from the outset results in better workplaces and services for all. Radar has the solutions that can make Britain work better for everyone.

*“Doing Work Differently is straight talking, informative and written as if it were your mate, someone that cares.” Darren, 43, Dudley*

The three publications currently in the series are:

## Doing Work Differently (DWD)

Exploring practical solutions to real questions related to work, DWD offers positive, simple solutions. DWD provides real life examples from people who have found work, new ways of doing their current job, or a new career. DWD can help the reader overcome barriers associated with work, suggesting where to seek advice, and showing how small adjustments such as flexible hours can make a big difference.

## Doing Money Differently (DMD)

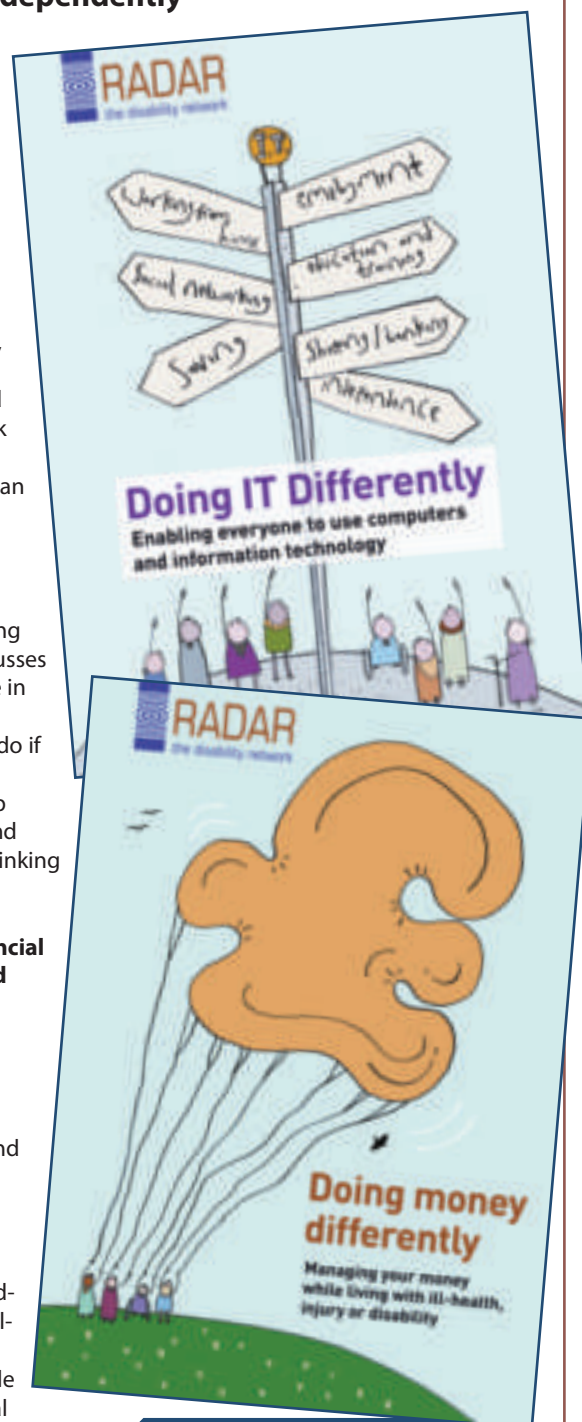
Exploring new ways of making, saving and looking after money, DMD discusses ways of assessing a person's income in relation to their costs. It deals with where to keep money, and what to do if they are in debt. Based on personal experiences, DMD is a toolkit to help people understand money better and reduce the amount of time spent thinking and worrying about it.

**Radar is not qualified to give financial advice and this publication should only be seen as a money toolkit.**

## Doing IT Differently (DITD)

DITD can help the reader choose a computer, adapt it to their needs, and find ways to take advantage of new technologies. It looks at what help and options are available to make computers more accessible, such as affordable voice recognition or mind-mapping software, and contains real-life examples of how people have overcome IT barriers with very simple solutions. DITD can help make a real difference to life at home and work.

Radar is now working on the fourth publication - Doing Careers Differently.



## Contacts

The publications can be downloaded free of charge from [www.radar.org.uk](http://www.radar.org.uk)  
For more information on the Doing Life Differently series call  
0207 250 3222 or  
e-mail [radar@radar.org.uk](mailto:radar@radar.org.uk)



# Family Activity Breaks (FAB) for bereaved Service families

## FAB Camps helping to bring smiles back to bereaved children



Amanda Brumpton (centre) interviewed by Radio 5 Live Presenter Lesley Ashmall (left), also pictured Captain Karen Tait, FAB

**FAB is an activity based holiday for bereaved military families supported by an MOD volunteer scheme. It's a non-publicly funded, tri-Service charitable initiative in partnership with the Youth Hostel Association (YHA).**

FAMILIES are provided with an adventurous holiday experience within a safe and nurturing environment in order to encourage self-confidence, resilience and peer support while having fun. It provides an opportunity for the military community to offer practical and emotional support to bereaved families in times of need. Any military family where a child aged



For Amy and Connor, FAB gave them chance to talk about their dad with other children who understood their loss.

under 19 years of age (in exceptional circumstances older participants will be considered) has been bereaved by the loss of a loved one who was serving in the Armed Forces is eligible to participate in FAB. Full details on eligibility are available on the website.

FAB relies on volunteers from all three Services and MOD Civil Servants. Without the volunteers FAB would not exist. To apply or find out more details visit the website.

### Making a difference

Amanda Brumpton attended a FAB Camp with her two children, Amy and Connor:

“The FAB Camp meant we could feel like a normal family again with people who understand because they’re going through the same awful experience, but that gave us a bond and hopefully lasting friendships so we can continue to support each other as we did that week.

“To meet widows my age was so helpful, as widows are so often thought of as old ladies who have raised their children but we’re suddenly left with grieving children to raise alone. To spend time with people in the same situation was invaluable, to realise you’re not alone, that the other mums feel guilty too when they can’t split

themselves into two parents, and that you’re not a terrible mum when you still shout at your children after all they’ve been through. We sat and shared our stories, we cried and laughed together, but it was definitely not a sad week.

“To look at us on our days out, or sat sharing a bottle of wine at night I don’t think you could have guessed why we were there. We raised a few curious eyebrows as we wandered around Flamingo Land in our bright orange tee shirts, but what a fantastic feeling it was to be part of such an amazing group.

“You could also see this in the children too, to be able to play with and talk to other children who had also lost their dads, other children who understood. It was wonderful to see my daughter smile again and make friends, hear my son talk to people about his dad. And what an amazing feeling to hear your children laugh out loud again.

*“We arrived a sad, broken family who’d lost their smiles, and laughed our way through a week of fun”*

“We arrived a sad, broken family who’d lost their smiles, and laughed our way through a week of fun, I went from someone who had lost all her confidence to going on live radio, and the last night when we all celebrated our week, showed how far we’d all come and gave us a glimpse of hope for a future.

“We made amazing friends and fantastic memories which I didn’t think we’d ever do again it was truly a FAB week, and we can’t wait for the next one.”

### Contacts

For further information visit [www.fabcamps.org.uk](http://www.fabcamps.org.uk) to find out about applying for a FAB camp or volunteering.

See page 22 for further details on the website

# SPVA News

The regular feature providing you with updates from the Service Personnel and Veterans Agency

## Defence Minister visits the Agency

IN January The Minister for Defence Personnel, Welfare and Veterans, Andrew Robathan MP, paid tribute to staff working in support of the Armed Forces in Afghanistan during a visit to the SPVA offices at Imjin Barracks, near Gloucester .



Lt Col (Rtd) Peter Lockyer (Left) with Andrew Robathan MP (right) at the SPVA Medal Office at Imjin Barracks

The Minister visited the Agency's Medal Office which over the last year has issued some 44,000 medals to Service personnel and veterans. He saw at first hand the research necessary to confirm entitlement, as well as the preparation, engraving, cleaning and dispatch of medals to their rightful recipients.



Andrew Robathan MP (right) and Lt Col (Rtd) Peter Lockyer watch a medal being engraved

The Minister also visited SPVA's Joint Casualty and Compassionate Centre (JCCC) and talked to personnel dealing with some of the 90,000 calls the centre receives each year. The JCCC's

operations room receives information on all UK Armed Forces casualties (both injuries and deaths) from around the world, including operations in Afghanistan, and ensures the families of those involved are quickly informed and offered appropriate support. Where death has occurred, JCCC staff also support the families of those involved by providing advice on funeral entitlements, arranging the marking of Service graves and assisting the executor with resolution of the deceased's estate.

Mr Robathan also saw how the JCCC authorises and arranges immediate travel back to the UK for servicemen and women in the event of a family crisis such as the sudden hospitalisation of an immediate family member.

## Ilford Park - Retaining a Pole position in Devon

The Service Personnel and Veterans Agency released the fourth in its series of videos highlighting a variety of items of interest to the service and veterans community.

In the latest edition of *'Veterans Today'*, presenter Don Goldie takes viewers on a tour of Ilford Park Polish Home.

Situated just a few miles from Newton Abbot in Devon, the home provides residential and nursing care for those who qualify for admission under the 1947 Polish Resettlement Act.

This historic establishment, administered by SPVA, has been home to a thriving Polish community for over 60 years. The home was founded as a result of a promise made by Winston Churchill to the Polish people during the Second World War.

## Update of the Veterans Welfare Centre rollout

Last year, saw the roll-out of the five new Veterans Welfare Centres completed. The Veterans Welfare Service provides one-to-one advice and support to Veterans across the UK. Around 13,000 home visits are undertaken each year.

The service provides advice on many topics with the most common being finances, benefits, accommodation, social services and dealing with disability issues.

In the latest SPVA podcast release, Clare Ellis interviews Alan Mayers, Officer in Charge of the Veterans Welfare Service, about the work of the Veterans Welfare Centres based across the UK.

All SPVA social media products can be found on the social media hub, visit: [www.veterans-uk.info](http://www.veterans-uk.info)

The contact details for each office are:

### Norcross (based near Blackpool)

Tel 01253 333494

Email [SPVA-VWSNorcross@mod.uk](mailto:SPVA-VWSNorcross@mod.uk)

### Kidderminster (based in Worcester)

Tel 01562 825527

Email [SPVA-VWSKidderminster@mod.uk](mailto:SPVA-VWSKidderminster@mod.uk)

### Centurion (based in Gosport)

Tel 02392 702232

Email [SPVAVWSCENTURION@SPVA.mod.uk](mailto:SPVAVWSCENTURION@SPVA.mod.uk)

### Imjin (based in Gloucester)

Tel 01452 510825

Email [Vws-innsworth@spva.mod.uk](mailto:Vws-innsworth@spva.mod.uk)

### Glasgow

Tel 0141 2242709

Email [VWS-Glasgow@spva.mod.uk](mailto:VWS-Glasgow@spva.mod.uk)

## Contacts

If you are supporting a veteran and need further advice, contact our Welfare Service to see if we can help too.

To locate your nearest Veterans Welfare Centre call our freephone helpline **0800 169 2277**.



# Veterans World Noticeboard

## Poppyscotland website revamped



**Poppyscotland, the charity that supports ex-Service people and their families living in Scotland, has relaunched its website, featuring new and exciting ways to engage with supporters all year round.**

UNVEILED in time for the 2010 Scottish Poppy Appeal, [www.poppyscotland.org.uk](http://www.poppyscotland.org.uk) boasts a completely new design with a fresh, vibrant layout and easy navigation. The site also features exciting opportunities to engage with the public through social media, such as Facebook, Twitter and YouTube. The Facebook page

allows Poppyscotland to communicate directly with supporters through daily posts and is proving extremely popular, attracting almost 6,000 followers over the past few months. An online shop enables supporters to purchase from a new range of branded merchandise and show their support all year round, while the Poppyscotland blog aims to generate discussion and interaction.

The charity's two main activities, charitable services and fundraising, appear in two distinct areas on the website to help users find information relevant to them, as well as offering easy

ways for individuals to get in touch. The Get Help section highlights the year-round work Poppyscotland carries out in support of veterans, from providing direct financial support to individuals to giving grants to organisations that deliver specialist services to veterans. The Get Involved section offers an opportunity for supporters to engage with the charity all year round, through volunteering, donating, attending an event or creating their own events.

### Contacts

To find out more; visit [www.poppyscotland.org.uk](http://www.poppyscotland.org.uk) where you can also access all their social media links.

Poppyscotland provides year-round support to ex-Service men, women and their families living in Scotland. Money raised through the Scottish Poppy Appeal and year-round fund-raising events and activities is used to provide support in the following ways:

Direct financial assistance to individuals, through one-off and annual grants, helping to meet immediate financial need. Last year Poppyscotland gave a total of £791,930 to 1,400 people. Grants to organisations that deliver specialist services to veterans, such as Combat Stress and Erskine. Last year, Poppyscotland gave over £1 million to 13 organisations.

## FAB new website



In January, Families' Activity Breaks (FAB) launched their new website and 2011 holiday application forms (FAB 11) for both families and volunteers.

The family friendly website – [www.fabcamps.org.uk](http://www.fabcamps.org.uk) – contains many features including how to get involved, and access to their online shop. See the feature on FAB in page 20



# ADVERTISE YOUR EVENT FOR FREE

## SPVA Veterans UK National Calendar of events



The National Veterans Events Calendar holds details of events to be held across the UK, from reunions to advice days, Armed Forces Day to air shows.

It is a free service. Simply complete and submit an online application form; the details will then be entered on to the calendar.

The National Calendar can be found at:  
[www.veterans-uk.info](http://www.veterans-uk.info)

If you don't have access to the Internet and wish to submit an event please call 0800 169 2277 and provide details.



Two supporters at last year's national event at Cardiff. Where will you be on Armed Forces Day? See page 11