
Sheffield Armed Forces Community Directory of Local Support



Photograph credit: Diana Parkhouse

Version 6 – November 2021



Disclaimer

Every effort has been made to ensure the accuracy and reliability of the information provided in this Directory. However, the information is provided “as is” and subject to change. The information was located from public sources and assumes no responsibility for errors or omissions of the contents.



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THE ARMED FORCES COVENANT

To those who proudly protect our nation, who do so with honour, courage, and commitment, the Armed Forces Covenant is the nation's commitment to you.

It is a pledge that together we acknowledge and understand that those who serve or who have served in the armed forces, and their families, should be treated with fairness and respect in the communities, economy and society they serve with their lives.

The Covenant focusses on helping members of the armed forces community have the same access to government and commercial services and products as any other citizen.

If you are a member of the armed forces, a veteran, or a family member, the Armed Forces Covenant offers a wide variety of support to ensure you are being treated fairly.

Local Armed Forces Covenant

We signed the Armed Forces Covenant in November 2011 (previously known as the Community Covenant). This Local Covenant complements the National Armed Forces Covenant and is a statement of mutual support between the civilian and local armed forces community. The armed forces community in Sheffield includes:

- all those who serve or have served in the British Royal Army, Royal Navy, Royal Air Force and Merchant Navy
- cadets and other training groups who aspire to serve their country in the future, including Air, Army and Sea Cadets as well as the Territorial Army
- reservists, veterans and those who care for, depend on and are close family members of those outlined above

People as young as 17 can be sent on active service so many veterans are younger than people realise, nearly a quarter of people seeking help from the Royal British Legion are under the age of 44.

The Armed Forces Covenant ensures that services:

- recognise the contribution made by the armed forces community
- remember the sacrifices made by members of the armed forces community
- share knowledge, experience and expertise to provide help and advice to members of the armed forces community
- encourage the integration from service life into civilian life



Delivery of the Covenant

Work in respect of supporting the armed forces community takes place at both a City and South Yorkshire wide level.

45 organisations in Sheffield have signed the Armed Forces Covenant and 116 across South Yorkshire.

The Sheffield Community Covenant Partnership Board is the main group taking forward work for the armed forces community and comprises representatives of Sheffield City Council, the Armed Forces and partners across the City. The Board is Chaired by the City Council's Armed Forces Champion, Councillor Tony Downing, and is administered by the City Council's Armed Forces Staff Lead, Paul Taylor.

The Board discusses a wide variety of topics but its primary focus is to enhance and join-up the services, organisations and resources that are available for members of the armed forces community in Sheffield.

In addition, there is the regional South Yorkshire Armed Forces Covenant Group that consists of the Armed Forces Champions and Armed Forces Staff Leads for the four South Yorkshire local authorities.

Useful links:

<https://www.armedforcescovenant.gov.uk/>

<https://www.sheffield.gov.uk/home/your-city-council/armed-forces.html>



INTRODUCTION

This is the 10th year of the Armed Forces Covenant and we continue to work together for the benefit of our armed forces community. This is highlighted by organisations continuing to sign up to the Covenant.

Welcome to the latest version of the Sheffield Armed Forces Community – Directory of Local Support. This contains useful information for those who are supporting the armed forces community in our city.

I would like to thank all those that have contributed to the updating of the Directory and Nick Wood at York St. John University for providing some of the national support information.

The Directory is signed off by the Sheffield Community Covenant Partnership Board and is available on our website at <https://www.sheffield.gov.uk/home/your-city-council/armed-forces>.

We intend to publish a revised version of the Directory each year. Please send any updates or amendments to Paul Taylor, Armed Forces Staff Lead (Email: paul.taylor@sheffield.gov.uk).



Cllr Tony Downing
(Armed Forces Champion and Chair of the Sheffield Community Covenant Partnership Board)



Part 1

Local Support



Telephone: 0114 250 2850 **Website:** www.ageuk.org.uk/sheffield/

All of Age UK Sheffield's services are accessible to veterans over the age of 50. Our Independent Living Co-ordinators (ILCs) have experience of delivering a service targeted at Veterans, aged 65 or over, in their home, to help them retain or regain their independence. ILCs use a wealth of knowledge to help customers to achieve their goals, assisting them to access services, resources, and local assets to enjoy independent living. It is a holistic service, addressing people's finances, money and consumer issues, housing-related issues, health-related issues and being linked to local groups, activities and contacts to prevent loneliness and social isolation.



We can help with:

- Home independence support
- Benefits checks
- Aids and adaptations at home
- Loneliness and isolation support
- Fuel poverty advice
- Help with simple tasks at home
- Insurance and mobility aids for older people



Citizens Advice Sheffield is here to help

For up to date information visit
www.citizensadvice.org.uk
You can reach us by telephone, text or email

Telephone Advice Line: Freephone 0808 278 7820

(Open Monday to Friday 10.00am - 4.00pm, except Bank Holidays)

Text: 07860 026 184

Email: getintouch@citizensadvice.org.uk

Language Line (for people with little or no English) - you can leave a message in your own language and one of our bi-lingual advisers will phone you back

Somali Line 0114 700 6896

Urdu/Punjabi Line 0114 700 6881

Arabic Line 0114 700 2345

(Open Monday to Friday 10.00am - 4.00pm, except Bank Holidays)

Consumer Service Helpline: 0808 223 1133

(Open Monday to Friday 9am-5pm, except Bank Holidays)

Help to Claim Universal Credit Helpline:

0800 144 8444

(Open Monday to Friday 8am-6pm, except Bank Holidays)

Sheffield Advocacy Hub: 0800 035 0396

(Open Monday to Friday 9am - 5pm, except Bank Holidays)





**WELCOME TO THE SHEFFIELD
EX SERVICES HOME MESS**

All Ex Service Personnel Welcome

What We Do

We are Ex-Service Veterans who foster comradeship within civil life. Our aim is to provide an informal and relaxed service in order that service leavers and veterans alike can be helped to access help and information. We can provide guidance to help available via the Sheffield Council Covenant, local and National Charities. Initial meetings with ex-service personnel are conducted by Veterans who understand the difficulties that can occur on returning to the community and, if necessary, can mentor individuals through the process of seeking a resolution to their concerns.

Do you...

- **Need Help?**
- **Need Support?**
- **Need Friendship?**
- **Need To Talk?**
- **Need A Comrade?**
- **Need Someone To Trust?**



We are here to help in whatever way we can for as long as required. We can put you in contact with help for Housing and health and a hundred charities nationwide.
Most importantly.... WELCOME HOME

Please feel free to contact us:

T:0114 2960400 / paddlercooper@blueyonder.co.uk

Registered Charity Number: 1161438



Anthony Cooper (Principal Trustee)
 Email: paddlercooper@blueyonder.co.uk
 Phone: 07943 643005

Adrian Simmons (Secretary)
 Email: adriansimmons49@outlook.com
 Phone: 07541 111502



Jobcentre Plus Services - Department For Work And Pensions

As part of the Armed Forces Covenant, the Department for Work and Pensions (DWP) has initiatives that help current and former Armed Forces personnel and families access Jobcentre Plus services.

This includes having an Armed Forces Champion in every Jobcentre Plus district who ensures that support is provided. The Armed Forces Champion in each district has specific responsibilities for supporting members of the Armed Forces Community.

This involves a frontline role supporting work coaches in case loading claimants with complex needs, supporting veterans into work and helping resolve complex issues.

Please email the area team that covers the whole of South Yorkshire at northcentral.armedforceschampions@dwp.gov.uk for any queries or referrals.

Further guidance and detail on Armed Forces access to Jobcentre Plus services is available at:-
<https://www.gov.uk/government/publications/jobcentre-plus-services-for-the-armed-forces-and-their-families/armed-forces-enhanced-access-to-jobcentre-plus-services-and-armed-forces-champions>

Useful link to information on the Armed Forces Covenant:

<https://www.gov.uk/government/collections/armed-forces-covenant-supporting-information>

Keeping Families in Mind

Support for military families



Keeping Families in Mind

Is an established and innovative service from Sheffield Mind, funded by the Ministry of Defence. It offers therapeutic support to the families of serving and veteran armed forces personnel.

We believe that family members are best able to support one another if they are able to access the help and support that they need.

"My therapist has been an absolute trooper and I would thoroughly recommend her to other families. She has given me the space and support I needed to heal, following some difficult times. I see more clearly what steps I need to take to help me move forward with more positivity. Thankyou very much for this support - a life saver"
- KFM client

Who We Support

Family Members
Our service is available to

- Anyone who has a family member currently serving in the Armed Forces
- Anyone who has a family member who is an Armed Forces Veteran

Family members include:

- Spouse/Partner
- Parent
- Child
- Sibling
- Carer

This service is available for family members over the age of 18 and applies to families of current and veteran personnel from all branches of the armed forces.



Living in South Yorkshire

We support family members living in South Yorkshire regardless of where their relative is currently living or stationed.

Our Offer

Counselling

We offer free, confidential counselling from a qualified (BACP registered) therapist. Available therapies:

- Individual talking therapy
- Couples therapy

The service is flexible in its delivery; we can see people in our offices throughout South Yorkshire, at community venues or visit people in their homes. We also offer telephone counselling and video counselling via zoom.

Activity groups

We run monthly groups across South Yorkshire. Our activity groups encourage peer support, provide people with the space to talk and be heard as well as to listen to others, and opportunities to learn a new skill. Groups are open to families.

Training

We offer a course to military families on 'Supporting someone with PTSD' at different times throughout the year. Visit our website for dates.

Contact Us

For further information, please contact us:

Sheffield Mind
The Wellbeing Centre
110 Sharrow Lane
Sheffield
S11 8AL

Phone: 07900 743930

Email: kfm@sheffieldmind.co.uk

Web: www.sheffieldmind.co.uk/KFM

Registered Charity No. 276108

Follow us on Facebook and Twitter



Keeping Families in Mind has been generously funded by the Armed Forces Covenant Fund.

Our work is entirely independent of the Ministry of Defence or any aspect of the armed forces.

About Sheffield mind

Sheffield Mind believes that good mental health is fundamental to living a healthy and fulfilling life and to having positive relationships with those around us.

We also believe that everyone can do a lot to improve their mental health and we promote self-help and empowerment as a route to prevention and recovery.

By providing support tailored to individual need we can help people overcome their difficulties, become more emotionally resilient and more able to cope positively in the future.





**PROJECT
NOVA**
IN PARTNERSHIP WITH
WALKING WITH THE WOUNDED | RFEA

Have you
served in
HM Forces?



Project Nova supports those who have served in HM Armed Forces who may be vulnerable, socially isolated or need support to live a law-abiding life. We also support Merchant Navy personnel who served in operational theatres alongside HM Forces.

Our team understands life in the Armed Forces and the challenges that veterans face when their military service ends. We work with a large network of organisations providing veterans with specialist support, including health, housing and employment.



After leaving the Army I found it difficult to adjust to civilian life. Project Nova has been superb, liaising with the court and the NHS. I can't thank them enough.



TERENCE,
EX-ROYAL REGIMENT OF FUSILIERS

Delivered by:



Call us on: **0800 917 7299**
Or email us at: **info.nst@projectnova.org.uk**
WWW.PROJECTNOVA.ORG.UK



RFEA IS A REGISTERED CHARITY IN ENGLAND & WALES - CHARITY NO. 1061212. REGISTERED CHARITY IN SCOTLAND - CHARITY NO. SC099262.
WALKING WITH THE WOUNDED IS A REGISTERED CHARITY IN ENGLAND & WALES - CHARITY NO. 1153387.



Sheffield and District Joint Council of Ex-Service Associations

The Sheffield and District Joint Council of Ex-Service Associations presents a unified voice in all matters affecting ex-service associations and organises the ex-service side of both the Veterans Parade in June and the Remembrance Parade in November in Sheffield.

Meetings:

Meetings are held at 7.30 p.m. on the 2nd Thursday of each month at:

The Veterans Room
Farm Road Sports and Social Club
Farm Road
Sheffield
S2 2TP

Contacts:

Chairman – Pat Davey
Email: patdaveychairmanjointcouncil@gmail.com
Telephone: 0114 247 4203

Vice Chairman – Bob Scott
Email: rgvscot@aim.com
Telephone: 0114 265 6182



Are you seeking rehousing?

Do you know you can register with Sheffield City Council to apply to join our Housing Register?

Once you have joined our Housing Register you start building up your waiting time whilst you are still serving so you can use this to bid for available accommodation at a later date.

All our available accommodation is advertised on our Sheffield Property Shop website. You can view this accommodation which includes both Council and some Housing Association properties in Sheffield.

You only need to apply once to be considered by most social landlords in City of Sheffield.

It only takes about 15 minutes to register your details online. You can do this by following the link below.

<http://www.sheffieldpropertyshop.org.uk/>

Sheffield City Council also awards an additional preference to people who have an assessed urgent housing need who fall within one of the following categories:

- People who are serving in the regular forces and are suffering from a serious injury, illness or disability which is attributable (wholly or partly) to their service.
- People who have formerly served in the regular forces.
- People who have recently ceased or will cease to be entitled to reside in accommodation provided by the Ministry of Defence following the death of that person's spouse or civil partner who has served in the regular forces and whose death was attributable (wholly or partly) to that service.
- People who are serving or have served in the reserve forces and are suffering from a serious injury, illness or disability which is attributable (wholly or partly) to the person's service.

If you meet any of the above criteria, we will give you this additional preference by backdating your effective date of your priority to the date that you or your spouse/civil partner entered the forces.

Have you previously served in the armed forces?

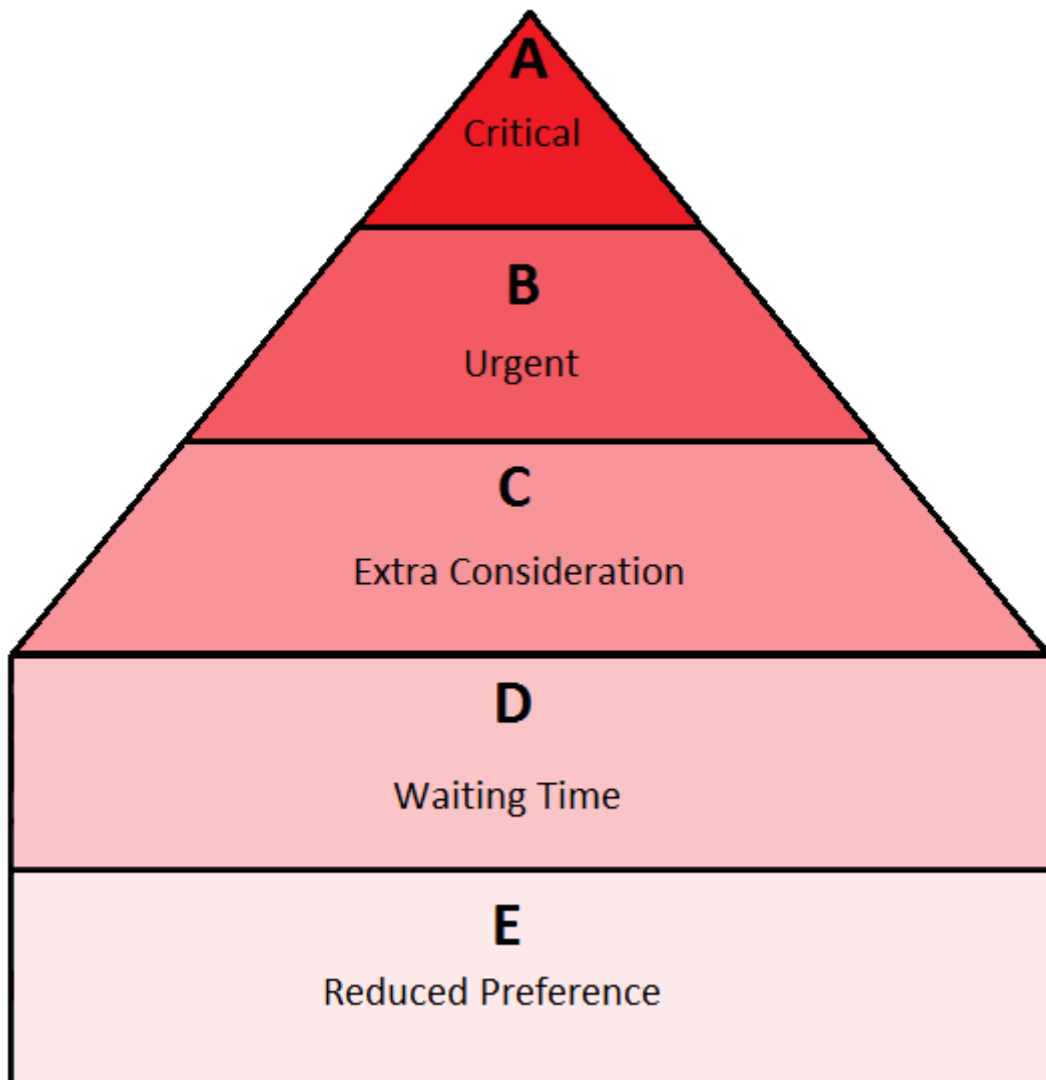
Do you know you can register with Sheffield City Council to apply to be placed on our Housing Register? If we decide to award you with a priority, we will backdate this priority to include the time you served in the Armed Forces.

I.e. if you served in the Armed Forces for 3 years and get a priority today, then your priority start date would be 1 day + 3 years.



A priority could be awarded if you have suffered from a serious injury, illness or disability which is attributable (wholly or partly) to their service. There are 5 bands, 3 of which are priority bands and are listed in the table below:

Sheffield City Council operates a banding system with five different banding groups. The band you are placed in will depend on your individual circumstances and level of need. The bands are detailed below.



- **Band A** - Very few customers will meet the criteria to be placed in this band. Customers in Band A will have a critical need to be re-housed as a result of their circumstances and therefore have a priority award. Three out of four properties advertised will be offered to customers in Band A first.
- **Band B** - Customers in Band B will have an urgent need to be re-housed as a result of their circumstances and therefore have a priority award. Properties will be offered to Band B customers after those in Band A.
- **Band C** - Customers in Band C will have circumstances that require extra consideration and therefore have a priority award. Properties will be offered to



Band C customers after those in Band B.

- **Band D** - Band D is for customers with waiting time. The majority of customers will sit in this band. Band D customers will be offered available properties after those in Band C.

Properties advertised with a preference to 'Waiting Time' will be offered directly to applicants in Band D. These properties will be one out of every four advertised.

- **Band E** - If a customer has caused unacceptable behaviour, we may decide not to make them an offer of accommodation. Customers will be notified if this applies to them. Band E customers will be offered available properties after those in Band D. Applicants can be placed in Band E for any of the following reasons:
 - They don't have a local connection to Sheffield.
 - They have refused three property offers in Band D.
 - They or a member of their household have displayed unacceptable behaviour.

You might also be interested in the homes we offer through our **First Come First Served** scheme. These properties have usually been advertised through the bidding system but received no eligible bids. Where this happens, we will make them available on a first come first served basis. These properties can include studios, bedsits, one-bedroom flats and Bungalows and two- and three-bedroom properties.

The properties are located throughout the City and can be provided by the Council or Housing Associations. Properties are offered to the first person on the housing register who places a bid and meets the minimum letting criteria.

More details are available here:

<https://www.sheffieldpropertyshop.org.uk/content/Information/FirstComeFirstserved>

The latest version of our Allocations Policy can be viewed on the link below

<https://www.sheffieldpropertyshop.org.uk/Data/Pub/PublicWebsite/ImageLibrary/Allocation%20Policy.pdf>

For more information, please email sheffieldpropertyshop.org.uk or call 0114 2930000 and ask for the Property Shop.

Useful link: <https://www.citizensadvice.org.uk/benefits/armed-forces-and-veterans/>

Sheffield Mental Health Guide

Local support for when you're feeling low.

Visit the Sheffield Mental Health Guide for local services, activities and support. Information to help people with depression, anxiety and low moods.

Website: <https://www.sheffieldmentalhealth.co.uk/>

Sheffield Veterans Breakfast Club

Veterans Helping Veterans



WHAT WE DO .

Once a month on a Saturday we meet up, eat breakfast together, make new friends, indulge in banter, reminisce about old times and support each other as and when needed.

INTRESTED ?

All we ask is that you have a uniform service history

Just contact us on the number in the blue box, Email address or send us a Facebook request.

No fees, No obligation come join us today!

HOW THE VETERANS BREAKFAST CLUB CAME ABOUT,

The very first veteran breakfast club came about by accident when an ex sapper Dereck Hardman who had started his own limo business began visiting a garage in his home town of hull in 2007 meeting another ex service man over breakfast and a chat. This is were the concept of the breakfast club for those who had served began.

Now up and down the country and even abroad breakfast clubs are now being set up as a result of ex service personal wanting to provide support in their communities,

WHO WE ARE.

The Sheffield Breakfast Club is

A tri service group for HMF veterans, those currently serving and family members who want to come along we currently meet once a month,

We have 103 members to date and are continuing to grow.

Any one who as a service background is welcome to join

SHEFFIELD BREAKFAST CLUB
WWW.FACEBOOK.COM

Contact :Paul oldfield

Mobile 07872860473

EMAIL:
Paul_Oldfield@sky.com

Or michelle_oldfield@gmail.com

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

Lifelong support
for our Forces
and their families

Soldiers, Sailors, Airmen and Families Association (SSAFA)

SSAFA is a national charity helping those who serve in the armed forces, those who used to serve and their families. Home visits by arrangement.

Who to contact:

Name: Vanessa Brennan
Appointment: Divisional Secretary
Telephone: 07483 214925
E-mail: vanessa.brennan@syorks.ssafa.org.uk
Website: <https://www.ssafa.org.uk/>

Office address:

Sheffield: Endcliffe Hall, Endcliffe Vale Road, Sheffield S10 3EU
Rotherham: SSAFA South Yorkshire, McKay VC Barracks, Fitzwilliam Road, Rotherham S65 1SH

HELP BEYOND THE FRONTLINE

Young and old alike, anyone who has ever served in our Forces is eligible for SSAFA's support.

IF YOU'RE SERVING

Our community volunteers provide practical support to serving members of the Forces and their families on bases at home and overseas. From a friendly chat to assistance during operational deployment, we're here to help.

IF YOU USED TO SERVE

Our teams of trained volunteers provide practical and emotional support to veterans and their families, whether they served as a Regular or Reserve. We have a network of local branches, which means that help and advice is always close at hand.

OUR SPECIALIST SERVICES

We always work hard to meet the specific needs of the Forces family. Our specialist services include:

Housing. Our houses range from homes from home for families of the wounded, through to our care home for veterans.

Support Groups. Our groups provide support for families coming to terms with loss or injury.

Adoption. Our registered Adoption Agency is here to help serving families.

Additional Needs and Disability. We provide advice and practical help for families, including our children's adventure short breaks.

Forcesline. Our specially trained staff offer a listening ear so you can talk to us about whatever is concerning you.



South Yorkshire

POLICE

South Yorkshire Police is a proud member of the Armed Forces Covenant, having been awarded a Gold Award as part of the Defence Employer Recognition Scheme in 2021 in recognition for the force's commitment to supporting the armed forces community.

We endeavour to deliver this commitment by offering support for veterans and their families when in crisis, signposting to support services, and undertaking positive engagement with the military community of South Yorkshire through our partnership with Project Nova.

We also offer employment opportunities for veterans returning to civilian life. Keep an eye on our website for news about our recruitment opportunities.

<https://www.southyorks.police.uk/>

If you need to contact us, call 101, report to us through our online reporting portal on our website or call 999 in an emergency.

You can also receive the latest news and updates from our officers by signing up to SYP Alerts at <https://www.sypalerts.co.uk/>



Sparkle Sheffield Service Children and Families Support Provision



When people choose to serve in our armed forces, it's not just a day job. It's a way of life that affects the whole family.

Children of veterans and those still serving face a unique set of challenges. This is magnified for Service families who have a Disabled child.

When parents/carers are in the military, they may not live in places, they are stationed and even if they do, this may have incurred a relocation to a strange place. Sometimes parents/carers don't go on business trips, they're deployed. Many also return home with both visible and invisible wounds of war.

Every Service family with a Disabled child has a story and a unique set of circumstances, and there are many ways we in Sparkle Sheffield support them, through our Advocacy and representational support in regard to their Disabled child's and their family SEND needs and requirements, providing information, guidance and advice, access to leisure and recreational activities, access to support groups, mentoring, support with adjustments and transitions and so much more Sparkle Sheffield was started and developed by parents/carers of Disabled children, including parents/carers connected to military services.

Contact Details for Sparkle Sheffield are: -

Sparkle Sheffield

Tel: 0114 386 3313

Email: info@sparklesheffield.co.uk



YOUR SKILLS YOUR FUTURE OUR SUPPORT

One-to-one
jobs support
in your area



Employment support for veterans with health conditions.

Ex-Forces job seekers with health conditions can access FREE one-to-one employment support from The Poppy Factory.

Working closely with partners and employers in your area, we'll help build your confidence, skills and experience and find the right job opportunities.

- Have you served for one day or more in the Armed Forces or Reserves?**
- Do you consider yourself to have a mental or physical health condition?**
This does not need to be linked to your time in service.
- Are you unemployed and thinking about moving back into work?**
We may also be able to help if you are at risk of redundancy, absent through long-term sickness, or your role negatively impacts your health.

If so, please ask about our one-to-one employment support.

WE HELP WITH:
CV WRITING
JOB SEARCH
TRAINING SUPPORT
NEW OPPORTUNITIES
INTERVIEW PREPARATION
OVERCOMING BARRIERS
IN-WORK SUPPORT



You can send an email,
call us or register online:
support@poppyfactory.org
020 8939 1837
poppyfactory.org/register

"In the civilian world I didn't have many options. My adviser at The Poppy Factory was really helpful, always taking the time to listen carefully and understand.

Work has given me a sense of purpose.
For me, the goal is to keep active
and keep my mind busy."

Norris, Afghanistan veteran



Registered Charity No. 225348

Visit poppyfactory.org



WWTW - Walking With The Wounded

Established in 2010, Walking With The Wounded, a military charity for ex-military in the UK, supports a pathway for disadvantaged veterans to re-integrate back into society and sustain their independence. At the heart of this journey is employment.

We recognise the inherent skills of our armed service personnel and want to complement these qualities, as well as provide support to transfer their skills into the civilian workplace. We offer assistance through our programmes to those vulnerable veterans who have been physically, mentally or socially disadvantaged by their service and assist them in sustaining their independence through new sustainable careers outside of the military. This includes providing support to homeless veterans and veterans in the Criminal Justice System, areas which are too often ignored.

The outcome? Sustainable employment and independence for them and their families.

WWTW supports three key areas for the most vulnerable veterans, enabling our service users to live an independent & successful life:

1. Employment
2. Wellbeing and mental health
3. Care Coordination

We have two Hubs – Manchester and Gateshead – supporting our service provision in the North East and North West. Other staff are located throughout the UK and work in collaboration with other agencies. We work in partnership with the NHS, local agencies, police custody suites, other veteran charities, and local authorities.

Our support activities include:

- 121 mental health therapy (CBT/EMDR) through a network of accredited therapists - allocating a therapist within an average of 7 days and 4 miles.
- 121 Employment Support using IPS methodology.
- Provision of accommodation and support with the development and navigation of veteran friendly accommodation pathways.
- Navigation of specialist services, such as alcohol addiction services.
- Specialist support for those referred via police custody to lead a crime free life.
- Family support for those who are suffering as a result of their partners' needs.

For the small but significant minority of ex-service men and women who do not have a successful transition to civilian life, WWTW provides high-intensity support to help them regain their independence and thrive.

Website: <https://walkingwiththewounded.org.uk/>

Telephone: 01263 863 900

Email: info@wwtw.org.uk



Asking the Veteran Question

Have you served in the British Armed Forces? Answer – Yes

Criteria: A veteran is someone who has served at least 1 day in the UK Armed Forces or served in the free Polish UK forces during World War 2 or served as a merchant seaman in support of British Military Operations.

The Well Being Officer Service – Created to ensure that all residents of Doncaster have access to support, guidance and advice and to maximise the individual's independence within the community regardless of any medical condition, physical disability, or mental health difficulty.

- www.doncaster.gov.uk/services/get-involved/wellbeing Tel: 01302 736000

Veteran Support Web Page – Information about the support and services available for the Doncaster Armed Forces Community.

- www.doncaster.gov.uk/services/adult-social-care/support-for-our-armed-forces-community
Tel: 01302 735600

Mental Health Support – Veteran prioritised assessment and support

- RDaSH – Veterans' IAPT (Improving Access to Psychological Therapies) – Tel: 01302 565650 or 01302 565556
<https://iapt.rdash.nhs.uk/about-doncaster-iapt/specialist-groups/veterans/>
- Veterans' Mental Health Transition, Intervention and Liaison Service (TILS) - Tel: 01482 335479

Housing & Homeless

- St Leger Homes Tel: 01302 862862 www.stlegerhomes.co.uk
- Homeless Tel: 01302 323444 (24/7)

Seeking Comradeship – The Royal British Legion (local branch), SSAFA

- <http://branches.britishlegion.org.uk/branches/doncaster>
Tel: 0808 8028080 (free on mobile) 7 days a week, 8 am – 8 pm



EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2016
Proudly supporting those who serve.

Doncaster Council hope this information is useful but we cannot guarantee its accuracy and is not responsible for the content or services provided by the organisations on this list. Produced by the Wellbeing Team, Doncaster Council



Barnsley Council

Details of the support available for our armed forces community.

Website: <https://www.barnsley.gov.uk/services/community-and-volunteering/armed-forces/armed-forces-covenant>

Rotherham Council

Details of the support available for our armed forces community.

Website: <https://www.rotherham.gov.uk/armed-forces>



Part 2

National Support



SUPPORT AVAILABLE TO SERVING AND EX ARMED FORCES COMMUNITIES

Cobseo

Cobseo, as the Confederation of Service Charities, provides a single point of contact for interaction with Government, including local government and the Devolved Administrations; with the Royal Household; with the Private Sector; and, of course, with other members of the Armed Forces Community. This allows Cobseo Members to interact with all interested parties and especially to cooperate and collaborate with others in order to provide the best possible level of support to beneficiaries.

Telephone: 0207 811 3200

Email: enquiries@cobseo.org.uk

Website: <https://www.cobseo.org.uk/>

Defence Transition Services (MOD)

Defence Transition Services (DTS) is run by the MOD's Veterans UK. It exists to provide information and support for those service leavers and their families who are most likely to face challenges as they leave the armed forces and adjust to civilian life.

DTS deliver a full range of transition support for you, as a service leaver or family member, working directly with you to provide tailored information and guidance. DTS will facilitate access to the support you need, whether that be from other government departments, local authorities, the NHS or trusted charities.

DTS can help with issues and provide support and guidance on subjects such as:

- Health
- Accommodation
- Relocation
- Drugs and Alcohol misuse
- Finance and Debt
- Benefits
- Children, family & relationships
- Training & employment
- Supporting agencies

How we help you

If you are a service leaver, who is recognised by their unit as someone who may need extra support on leaving the armed forces, beyond that which is already provided by Defence and the Royal Navy, Army or Royal Air Force, you can be



referred to DTS. As a service leaver or family member, you can also self-refer to DTS. DTS clients may also be referred to us by Defence contractors, such as the Career Transition Partnership (CTP) or by third parties, such as charities or local authorities who have been approached for help.

DTS works with you on a one to one basis, building a trusted relationship in order to fully understand your needs, coordinate the right sources of information and simplify your access to the support you need.

There are two ways to make contact with DTS if you, or someone you know, might benefit from our support:

1. Complete an in-service referral (DTRP Form 1)
2. A self or third-party referral. (DTRP Form 2)

Website: <https://www.gov.uk/guidance/help-and-support-for-service-leavers-and-their-families>

Email: DBSVets-DTS-Central@mod.gov.uk

Royal British Legion

The Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families. And we're not going anywhere.

We support serving and ex-serving personnel all year round, every day of the week. Our support starts after one day of service and continues through life, long after service is over.

From providing expert advice and guidance, to recovery and rehabilitation, through to transitioning to civilian life – we can be by their side every step of the way. And it's not just members of the Armed Forces but their families too.

If there is ever a reason we can't help, our vast network will mean that we know someone who can.

Telephone: 0808 802 8080 (8 am to 8 pm 7 days a week)


Website: <https://www.britishlegion.org.uk/>

Veterans' Gateway

Veterans' Gateway is the first point of contact for veterans seeking support. We put veterans and their families in touch with the organisations best placed to help with the advice and support they need.

There is a huge network of organisations supporting the Armed Forces community, so finding the right one for your needs can be tricky. We make it quick and easy by being your first point of contact for whatever support you need, whether you are based in the UK or abroad.

Many of our team are veterans themselves so they understand the issues that



people face after leaving the Armed Forces. They work with people on a one-to-one basis, connecting them with the right support as soon as possible.

Veterans' Gateway also has an extensive Self-Help service, allowing veterans to search for help and advice independently on a range of issues such as housing, employment and finance.

Telephone: 0808 802 1212

Text: 81212

Website: <https://www.veteransgateway.org.uk>

Veterans UK (MOD)

Veterans UK is part of the Ministry of Defence (MOD) and administers the armed forces pension schemes and compensation payments for those injured or bereaved through service. We help ex-service personnel get appropriate support from government, local authorities, independent bodies and the charity sector.

We provide free support for veterans and their families, including a helpline, Veterans Welfare Service, Defence Transition Services and injury/bereavement compensation scheme payments.

Freephone: 0808 1914 218

Email: veterans-uk@mod.gov.uk

Website: <https://www.gov.uk/government/organisations/veterans-uk>

Veterans Welfare Service (MOD)

The Veterans Welfare Service provides a professional help and advice service to veterans or anyone supporting a veteran, their families and dependants.

How we can help

We make it easier for you to access the help and services you need by providing advice and support:

- through either telephone contact or, if needed, during a home visit
- with the transition from service to civilian life
- to bereaved families
- if there are changes in disablement
- with any life event that needs welfare assistance
- with any forms and help completing them if needed.

There are 4 Veterans Welfare Centres providing advice and support across the UK:

Centurion (London, SE and SW England)

Telephone: 02392 702232

Email: Veterans-UK-VWS-South@mod.gov.uk



Kidderminster (South and Central Wales, Midlands and East England)

Telephone: 01562 825527

Email: Veterans-UK-VWS-Wales-Mid@mod.gov.uk

Norcross (NW England, Yorkshire and Humber, North Wales and IOM)

Telephone: 01253 333494

Email: Veterans-UK-VWS-North@mod.gov.uk

Glasgow (Scotland, NE England, NI and ROI)

Telephone: 0141 2242709

Email: Veterans-UK-VWS-Scot-NI@mod.gov.uk

Veterans UK helpline (Normal Service: 8.00 am to 5.00 pm, Monday to Friday)

Freephone (UK only): 0808 1914 218

Telephone (overseas): +44 1253 866 043

Email: veterans-uk@mod.gov.uk

Website: <https://www.gov.uk/guidance/veterans-welfare-service>



EMPLOYMENT, EDUCATION AND SKILLS

British Forces Resettlement Services

British Forces Resettlement Services is a Community Interest Company, a Social Enterprise that was created to work in support of the Armed Forces Community. We support them by working with companies across the UK that are looking to hire, re-train and offer career advice to the Armed Forces Community.

We continue to host successful National Employment & Careers Fairs, Company Recruitment Days across the country and various online packages. Our aim is to continuously introduce the Armed Forces Community to companies and try to ensure they are fully aware of the benefits of employing from this community. For us it is to ensure the Armed Forces Community are not disadvantaged due to their service.

Telephone: 02476 939931

Email: info@bfrss.org.uk

Website: <https://www.bfrss.org.uk/>

Career Transition Partnership

The Career Transition Partnership (CTP) is the Ministry of Defence working with Right Management. We are proud to be the official provider of resettlement and have supported leavers of the Armed Forces for over 20 years, as they transition from the military into civilian life.

There are huge benefits from registering and accessing the wealth of support we offer, from career transition guidance, skills workshops, vocational training and routes to employment.

We also operate as an intermediary service for employers wishing to hire Service leavers.

Telephone: 0121 236 0058

Email: RightJobSupport@ctp.org.uk

Website: <https://www.ctp.org.uk>

Easy Resettlement Magazine

Easy Resettlement magazine was formed for the sole purpose of giving service leavers the assistance, help, support and advice they required when making the transition back to civilian life.

The Easy Resettlement team are either Ex-forces themselves or have been working in the forces market due to family members currently serving. This makes us fully



aware of the trials and tribulations that occur when leaving service and becoming a civilian.

Our main aim is to make the process as easy as possible by offering advice from organisations such as ELCAS and the Career Transition Partnership (CTP) about your entitlements. We further explore the employment and training options, some of which are obvious, but also the areas that you may not have considered, but which would complement the transferable skills you already have gained whilst in service.

The magazines are distributed free of charge to ALL service leavers focusing not only on the Army but also the Navy, RAF and Royal Marines. We cover all topics on resettlement and believe our magazine will benefit you in your resettlement regardless of your sex, age or rank. You can pick up a copy from any resettlement or education centre, or HIVES, libraries and officers mess rooms. Alternatively have each issue sent to your email address by visiting our subscription page.

Telephone: 01733 202977

Mobile: 07825 212157

Email: james@easyresettlement.co.uk

Website: <http://www.easyresettlement.com/>

Enhanced Learning Credits Scheme

The MOD's Enhanced Learning Credits Scheme (ELC) promotes lifelong learning amongst members of the Armed Forces.

The scheme provides financial support in each of a maximum of three separate financial years for higher level learning of a nationally recognised qualification at Level three or above or, if pursued overseas, an approved international equivalent qualification with an approved learning provider.

Telephone: 0845 3005179

Email: elcas@m-assessment.com

Website: <https://www.enhancedlearningcredits.com>

Forces Families Jobs

Recent Tri-Service research conducted by Warwick Institute for Employment Research resulted in a key recommendation, the need to create a central portal for employment and training opportunities for military spouses and family members.

We know that being a military family member often means moving with your service person, gaps in your CV and regularly changing jobs and/or career. We also know you have a wealth of knowledge, skills, expertise and work ethic to share with employers!

We have ensured that all employers who advertise on our site have signed the Armed Forces Covenant. You can find their profiles within the 'Employers Directory' section, where they explain their individual commitment to being forces family friendly.



The website also showcases a range of training and career development opportunities for forces family members.

Who is eligible to use the site?

- Spouses and partners of currently serving and reserve personnel, and adult children (aged 18-25).
- Spouses and partners of service personnel who have left the Armed Forces within the last 12 months and adult children (aged 18-25).
- Bereaved spouses and partners for up to two years post service and adult children (aged 18-25).

Email: help@forcesfamiliesjobs.co.uk

Website: <https://www.forcesfamiliesjobs.co.uk>

Future for Heroes

F4H is a charitable organisation designed specifically to offer support to service leavers and veterans. Formed in 2008, the charity was originally called Remount, using the strap line 'the future for heroes'.

F4H's aim is to help leavers and veterans to realise their ambitions and build a successful life or a second career on their retirement from the forces. We engage our delegates to reflect on their experiences, skills and knowledge, to consider the options available to them in new and liberating ways and to focus on achieving sustainable change.

Our programme helps individuals improve self-esteem as well as reacquire previously attained skills and self-assurance.

Our courses are designed to tackle such life-affirming issues and we work with our delegates to set them on the journey to a positive and successful future. Mentoring is available to those that may wish it for up to 12 months or such time that it may not be required further.

Telephone: 01452 505 686

Email: j.paton@f4h.org.uk

Website: <https://www.f4h.org.uk>

HighGround

We are a young charity formed in 2013 to assist in the transition from military to civilian life. Our vision is to be the leading organisation for the provision of land-based opportunities for all ex-military personnel and Reservists.

Telephone: 07951 495 272

Email: anna@highground-uk.org

Website: <https://highground-uk.org>



JobOppO

JobOppO was founded by Ex-Military, to serve Ex-Military. It doesn't matter whether you left yesterday or 20 years ago, after serving 2 days or 22 years – JobOppO is here to help YOU!

We've been where you are now. We know first-hand that the transition from 'Military life to Civilian life' is often not an easy one. The thought of settling into a 9-5 after serving our country was daunting, to say the least. But, it didn't have to be that way - and that's why our founder set up JobOppO.

Partnering with global brands and SMEs, JobOppO grew from an idea into a thriving, online platform which exclusively supports the Ex-Military community in the UK. We connect the Ex-Military community to jobs across a range of sectors in the UK - with one big difference. Every single job we list on our platform is exclusively for people like YOU.

Telephone: 0333 242 3857

Email: info@joboppo.co.uk

Website: <https://www.joboppo.co.uk/>

LifeWorks (Royal British Legion Industries)

LifeWorks is a 4-5 day course, at no cost to the participant, which equips veterans with the tools to get into and maintain a civilian job that is appropriate for them.

It is available to anyone who has been in the Armed Forces, regardless of when and how long they served for. Courses are held throughout the year across the UK.

Telephone: 0800 319 6844

Email: lifeworks@rbli.co.uk

Website: <https://wearelifeworks.org.uk/veterans>

LifeWorks Families (Royal British Legion Industries)

LifeWorks Families is a support service, at no cost to the participant, to help military families get the job they want. It is available to the immediate family of any veteran or serving member of the British Armed Forces.


Telephone: 0800 319 6844

Email: lifeworks@rbli.co.uk

Website: <https://www.wearelifeworks.org.uk/families/>

Pathfinder Magazine

Pathfinder International magazine has been distributed by the Ministry of Defence to personnel leaving the Armed Forces each and every month since 1991 and is a vital source of information for resettling servicemen and women.



Telephone: 0191 442 0198
Email: pathfinder@balticpublications.co.uk
Website: <https://pathfinderinternational.co.uk/>

The Poppy Factory

The Poppy Factory supports veterans with health conditions on their journey into employment, helping them overcome any barriers.

Four out of five of the veterans we work with report a mental health condition. Whatever their situation, and whatever they are going through, our employment team is on hand to offer one-to-one support.

Our service is veteran-centred and helps ex-Forces job seekers of all ages. The people we support move into a diverse range of jobs across many different sectors, from logistics and construction to the charity sector and health care.

The Poppy Factory has been supporting veterans with health conditions for nearly 100 years. We continue to stand by them on their journey into employment and beyond.

To register for support for information about our employment service, please visit <https://www.poppyfactory.org/are-you-looking-for-work/>

Telephone: 020 8940 3305
Email: support@poppyfactory.org
Website: <https://www.poppyfactory.org>

Recruit for Spouses

Recruit for Spouses (RfS) is an independent social enterprise dedicated to supporting, championing and finding gainful employment for an untapped talent pool of spouses and partners to members of our Armed Forces.

We work to overcome outdated perceptions about mobility and suitability and provide the tools for spouses to return to the workplace and excel in their chosen path. We provide unparalleled understanding and support of the employment situation of military spouses and provide a supportive community for spouses to get back into the workplace.

The RfS Career Academy aids the spouse to prepare for their journey back into work by providing tools such as coaching and mentoring, CV workshops and Interview techniques. These free to use resources help people to focus on what they want to achieve and increase their confidence in going out to get it.

For businesses who value hard work, commitment and productivity, we provide them with viable candidates for many different roles.

Telephone: 0333 2020 996



Email: info@recruitforspouses.co.uk
Website: <https://recruitforspouses.co.uk>

RFEA – The Forces Employment Charity

RFEA The Forces Employment Charity exists to provide life-long, life-changing support, job opportunities, and training to service leavers, veterans, reservists and their families, irrespective of circumstances, rank, length of service, or reason for leaving.

Founded in 1885 and operating across the UK, we have the specialist knowledge and understanding to bridge the gap between military life and civilian employment. We work in partnership with other organisations and employers who, like us, respect and value the unique qualities and abilities of all those who have served.

Telephone: 0121 262 3058
Email: info@rfea.org.uk
Website: <https://www.rfea.org.uk>

Step Into Health (NHS)

Developed in conjunction with The Royal Foundation and Walking With The Wounded, Step into Health provides a dedicated pathway for the Armed Forces community to access the numerous career opportunities available in the NHS.

Step into Health is open to all service leavers, reservists, veterans, Cadet Force Adult Volunteers and the families of all of these.

Through Step into Health, members of the Armed Forces community can connect to NHS organisations to set up training opportunities, clinical and general work placements, insight days and receive application support. The programme provides a dedicated pathway into a career in the NHS.

Register for Step Into Health: <https://login.militarystepintohealth.nhs.uk/>
Website: <https://www.militarystepintohealth.nhs.uk/>

Transition Force

Transition Force is a BT Group-wide external mentoring programme that supports armed forces leavers, veterans and their families in their transition to civilian employment.

Website: <https://www.bt.com/about/transition-force>



QUEST

Quest online is a leading informational website for serving personnel and Armed Forces leavers, covering Enhanced Learning Credits (ELC) and other funding options, higher education courses, training courses, careers, ex-military recruitment and transition support.

Telephone: 01763 268120

Email: info@questonline.co.uk

Website: <https://www.questonline.co.uk/>

X-Forces Enterprise

X-Forces Enterprise (XFE) is a Community Interest Company that nurtures entrepreneurial ambition and enterprise skills specifically within the military community. Over the last eight years (as of November 2021) we have supported over 2,1344 businesses start-ups and supported many more through peer-to-peer support, we have helped beneficiaries access over £25.1 million in Start-up Funds and we have delivered over 42,000 hours of training.

We help anyone in the Armed Forces Community: service leavers, Veterans, reservists, Cadets and family members.

Telephone: 0800 3689533

Email: info@x-forces.com

Website: <https://www.x-forces.com/>



FAMILIES

The Alexander Duckham Memorial Schools Trust

The Trust aims to promote the education and welfare of children of members, and former members, of the RAF who are in need of financial assistance.

Telephone: 0208 7880559

Email: admin@admst.org.uk

Website: www.admst.org.uk

Army Families Federation

The Army Families Federation (AFF) is the independent voice of army families and works hard to improve the quality of life for Army families around the world – on any aspect that is affected by the Army lifestyle. AFF is independent of the Army and offers confidential advice. We will deal with your enquiry without revealing your identity.

AFF is often pivotal in achieving improvements for Army families such as changes to Government and military policy and changes to how things are provided for families. AFF does not do this by itself; our role is to highlight problems to the chain of command or service providers, and to work with them and other agencies to improve the support they provide to Service families.

AFF also provides a signposting service to help you find the right person to speak to, as well as providing useful information for Army families through its website and magazine, Army&You.

Telephone: 01264 554004

Email: contact@aff.org.uk

Website: <https://aff.org.uk/>

Army Widows' Association

The Army Widows' Association was formed by widows in 2004. We are a volunteer run organisation and charity. Our aim is to offer comfort, support and friendship to the widows and widowers of service men and women.

We aim to offer help on your terms when you need it. We know that despite all the love and support from family and friends, widows/widowers can feel very alone. All the members have lost their husbands, wives or partners, under a variety of different circumstances, and are able to offer support and sympathy to those who have been recently widowed.



The Association is totally independent, and run by our members, although it does work closely with the MOD and the Army Welfare Policy Branch. We have received support from the Army Benevolent Fund and are in contact with many other service-related charities.

Telephone: 0300 666 0136

Email: info@armywidows.org.uk

Website: <https://www.armywidows.org.uk/>

For the Fallen

If you are affected by military suicide, join with us here at For The Fallen CIC. We know what you are going through. Together we can overcome and you will find people through our organisation who understand you and will be able to advise and support you in the hardest of times.

We do what we do so that other families of the fallen are not alone in their hour of need but also to make permanent changes to the way serving and veteran HM Armed Forces personnel are treated.

Email: info@forthefallen.co.uk

Website: <https://forthefallen.co.uk/>

Help for Heroes Band of Brothers

The Help for Heroes Band of Brothers is a network open to Veterans, Service Personnel and those who have served alongside our Armed Forces who have been wounded, injured or sick during, or as a result of, their Service and resulting in an ongoing need for support.

Membership offers the opportunity to become part of a group that provides mutual support and a sense of belonging alongside others with shared experiences. Any sense of social isolation is reduced by accessing events and opportunities organised and run by our network of passionate Regional Coordinators who cover every part of the UK providing a listening ear, advice and some laughs in a safe, non-judgemental environment.

It offers a gateway into the wider recovery provision, and alongside that support, there is the opportunity to make new friends as an individual or with your family. Membership is free, confidential and comes with some amazing benefits and opportunities.

Telephone: 01980 844388

Email: getsupport@helpforheroes.org.uk

Website: <https://www.helpforheroes.org.uk/get-support/fellowship-groups/band-of-brothers/>



Help for Heroes Band of Sisters

The Help for Heroes Band of Sisters is open to both men and women and offers fellowship, support and a listening ear to the loved ones of our Heroes.

Our Band of Sisters fellowship is open to close family members (including partners who have been together for over 12 months or are living together) of Armed Forces veterans and service personnel who have been physically or psychologically wounded as a result of their service.

Membership offers the opportunity to become part of a group that provides mutual support and a sense of belonging alongside others with shared experiences for both men and women over 18 years of age. Any sense of social isolation is reduced by accessing events and opportunities organised and run by our network of passionate Regional Coordinators who cover every part of the UK providing a listening ear, advice and some laughs in a safe, non-judgemental environment.

It offers a gateway into the wider recovery provision, and alongside that support there is the opportunity to make new friends as an individual or with your family. Membership is free, confidential and comes with some amazing benefits and opportunities.

Telephone: 01980 844388

Email: getsupport@helpforheroes.org.uk

Website: <https://www.helpforheroes.org.uk/get-support/fellowship-groups/band-of-sisters/>

Naval Families Federation

Our vision is for all Naval Service families to be able to have their views heard by those in positions of power, feel valued and be treated with fairness and respect and thrive in their communities of choice.

Sometimes it can be difficult to find the help, support or advice you need. That's why we're here. Our website has the answers to questions we're often asked. But if you need something else, our friendly team is ready to help, or to introduce you to someone else who can.

We're a totally confidential service, we understand the challenges of Navy life but aren't a formal part of the Naval Service.

Whether you need help with schools, where you live or work, your finances, your future, a posting overseas, relationships or your health, our concern is always for you, our Naval Service family.

Telephone: 02392 654374

Email: contactus@nff.org.uk

Website: <https://nff.org.uk>



The Ripple Pond

A UK wide self-help support network for the adult family members of British Service Personnel and Veterans.

The Ripple Pond was set up to help to reduce isolation and enable mutual support, to provide a community where members can receive a sense of belonging, connection and safety and give trust and investment over time.

Our peer support service will connect you, virtually or face-to-face, with a network of Forces families, who'll offer you genuine support and understanding. We work alongside lots of other organisations and charities and have a range of trusted parties that we can signpost you to for specific support.

Telephone: 0333 900 1028

Email: help@theripplepond.org

Web: <https://theripplepond.org/>

Royal Air Force Families Federation

The RAF Families Federation provides an independent voice for all personnel (single, married or in a partnership) and all of your families. We provide a confidential signposting service for specific information, support and help and ensure you are talking to the right people and asking the right questions.

We work hard with a multitude of organisations and agencies – from the NHS to the big banks – to ensure that you and your family are treated fairly and that you do not face disadvantage because of the unique nature of service life.

Telephone: 01780 781650

Email: enquiries@raf-ff.org.uk

Website: www.raf-ff.org.uk

RAF Widows' Association

The RAF Widows' Association (RAFWA) is a national charity for those people whose spouse or partner served in the RAF; or those who themselves serve or served and whose spouse or partner died whilst they were serving.

The Association is run by a network of volunteers who themselves are RAF widows and widowers, so they do really understand what the members are going through.

The RAFWA was founded in 1992 and aims to provide friendship, practical and emotional support to men and women – married or not, with or without children, whatever their sexual orientation as they adjust to life after the death of their spouse or partner.

Telephone: 0870 5143 901

Email: raf.widows@gmail.com

Website: <https://www.rafbf.org/raf-widows>



Royal Navy & Royal Marines Charity

The Royal Navy and Royal Marines Charity is the principal charity of the Royal Navy. We exist to support sailors, marines and their families for life. Beneficiaries lie at the heart of the Royal Navy and Royal Marines Charity's purpose; it is our duty to remain focused on their needs. Since 2007, we have funded projects and facilities that boost morale for those who serve today.

Telephone: 023 9387 1520

Email: theteam@nrmmc.org.uk

Website: <https://www.nrmmc.org.uk>

Scotty's Little Soldiers

Scotty's Little Soldiers is a charity dedicated to supporting children & young people who have experienced the death of a parent who served in the British Armed Forces.

At Scotty's we provide help and support to bereaved military children and young people aged 0-25, through our four Family Programmes: Smiles, Support, Strides and Springboard.

Telephone: 0800 092 8571

Email: hello@scottyslittlesoldiers.co.uk

Website: <https://www.scottyslittlesoldiers.co.uk>

The War Widows' Association

The War Widows' Association is the United Kingdom's leading representative organisation for widows and widowers of Armed Forces Personnel where death has been caused by or hastened by service. Three core values: Campaign – Care – Remembrance.

The War Widows' Association is a membership organisation; a Full member is anyone who meets the criteria of war widow war widower irrespective of the age, rank, service of the deceased or marital status. Regional organisers throughout the UK arrange meetings in their area and maintain contact with members locally.

Telephone: 0845 2412 189

Email: info@warwidows.org.uk

Website: <https://www.warwidows.org.uk>



HEALTH AND MENTAL HEALTH

Blesma, The Limbless Veterans

We help all wounded servicemen and women who have lost limbs, the use of limbs or eyes, to rebuild their lives by providing rehabilitation activities and welfare support. Blesma campaigns for our veteran's rights and looks after individuals and their families by offering a comprehensive grants and welfare system. Rehabilitation, support, counselling and care are the four principle foundations of our organisation.

Telephone: 020 8590 1124

Email: info@blesma.org

Address: Blesma, The Limbless Veterans, 115 New London Road, Chelmsford Essex CM2 0QT

Website: <https://blesma.org>

Blind Veterans UK

We are here to support anyone who has served in the Armed Forces, or who has done National Service, and who is now living with significant sight loss. We help blind ex-Service men and women lead independent and fulfilling lives by supporting them with our in-depth expertise, experience and full range of services.

Telephone: 0800 389 7979

Website: <https://www.blindveterans.org.uk>

Cassiobury Court

Cassiobury Court offers free help and advice for veterans who suffer with addiction and mental health problems.

Freephone: 0800 001 4070

Telephone: 01923 369 161


Email: info@cassioburycourt.com

Website: <https://cassioburycourt.com/armed-forces-drug-alcohol-rehabilitation-veterans/>

Combat Stress

We are the UK's leading charity for Veterans' mental health. For over a century, we've helped former servicemen and women with mental health problems such as post-traumatic stress disorder (PTSD), anxiety and depression.

Today we provide specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues. The work we do is life-changing and often lifesaving. No one else does what we do.



If you're currently serving or have served in the UK Armed Forces, you can call Combat Stress' 24-hour mental health helpline.

24 hour helpline:

Veterans and their families can call 0800 138 1619

Serving personnel and their families can call 0800 323 4444

Text: 07537 173683

Email: helpline@combatstress.org.uk

Website: <https://combatstress.org.uk>

Online Self-Help Resources

Our self-help guides have been developed by the specialist mental health clinicians working at Combat Stress in collaboration with veterans. The series has been specifically designed to provide guidance and support to former servicemen and women experiencing mental health issues.

Website: <https://selfhelp.combatstress.org.uk>

Peer Support Service

Our Peer Support Service is led by veterans for veterans. It brings former servicemen and women together to share their experiences of mental health issues and receive support and understanding from others who've walked a similar path. The service is run by veterans who have all received treatment from Combat Stress. To find out more about our Peer Support Service and how to access it:

24 Hour helpline: 0800 138 1619

Text: 07537 404719

Email: helpline@combatstress.org.uk

Website: <https://combatstress.org.uk/get-help/how-we-help/peer-support>

Trauma-Focussed Therapy

We offer trauma-focused therapy through our six-week residential Intensive Treatment Programme. Our specialist clinical teams use Cognitive Behavioural Therapy (CBT).

24 Hour helpline: 0800 138 1619

Text: 07537 404719

Email: helpline@combatstress.org.uk

Website: <https://combatstress.org.uk/get-help/how-we-help/treatment-programmes>

Combat Stress – Veterans' Substance Misuse Service

We know it can be difficult to ask for help. Our specialist substance misuse teams can give you advice on how and where to get help with alcohol or drug problems.

When you contact us we'll arrange to meet you. We'll talk about your current circumstances and what you can do to improve your situation. We'll help you access specialist services in your local area so that you can manage your addiction.

We can also help you access services related to mental health, housing, criminal justice, employment and benefits, education and training and healthcare.



Free 24-hour helpline: 0800 138 1619

Website: <https://combatstress.org.uk/get-help/how-we-help/substance-misuse>

Contact (Collaborating for Military Mental Health)

Contact is a collaboration of military charities working with the NHS and the MOD. The aim of the group is to help members of the Armed Forces community access mental health and wellbeing support. This should be the most suitable and best possible support for each individual, when they need it.

Email: anna.owen@contactarmedforces.org.uk

Website: <https://www.contactarmedforces.co.uk>

Defence Medical Welfare Service (DMWS)

We are an independent charity providing medical welfare to the armed forces, veterans, NHS staff, emergency services and their immediate family when they are receiving treatment in hospital. Our practical and emotional support ensures that no one goes through the worry of illness or injury alone.

We work with patients when their medical needs are being met but when other issues, problems or social influences may be distracting them from their recovery. Our support is person centred and tailored to the individual. Whether it be a life-threatening injury sustained by a soldier, or a housing crisis for a military veteran, PTSD diagnosis for an NHS hospital worker, a police officer returning to work after a traumatic incident; we help navigate the healthcare pathway, unlocking the solutions to improve wellbeing and support recovery. Our comprehensive and confidential medical welfare service supports patients, their immediate family as well as to their primary care givers and healthcare professionals. We operate in hospitals and recovery centres across the UK and Cyprus.

Referral contact:

Telephone: 0800 999 3697

Email: referrals@dmws.org.uk

General enquiry contact:

Telephone: 01264 774 000

Email: info@dmws.org.uk

Website: <https://dmws.org.uk>

Head Start: Walking with the Wounded

Head Start provides 1-2-1 private therapy for ex-service personnel with mild to moderate mental health difficulties such as depression, anxiety, PTSD and adjustment disorder.

Therapy is provided via face-to-face and digital sessions. Evidence-based talking therapies including cognitive behavioural therapy (CBT) and Eye Movement



Desensitisation Reprocessing (EMDR) are delivered by accredited private therapists within the ex-service personnel's local community.

The NHS is central to ex-service personnel receiving support with their mental health and Head Start are referral partners with the NHS specific veteran teams, therefore these teams should be contacted in the first instance. However, where the NHS has been accessed and treatment is unavailable or there are long waiting times, Head Start can offer its private therapy support. All referrals to Head Start are to be received from healthcare professionals, including those in other military charities and the MoD Department of Community Mental Health (DCMH) teams and NHS teams.

If you are a healthcare professional considering a referral to Head Start, please email headstart@wwtw.org.uk

Contact Head Start (working hours are Monday to Friday, 9 am to 5 pm):

Telephone: 01263 863906

Email: headstart@wwtw.org.uk

Website: <https://walkingwiththewounded.org.uk/headstart>

Help for Heroes Hidden Wounds

The Help for Heroes Hidden Wounds service can support you if you are ex-service personnel or a family member who is living with anxiety, depression, anger or wishing to change your drinking habits.

We know many Veterans are struggling with their mental health have never accessed support before. If you are the loved one of a Veteran who hasn't reached out, particularly if you are worried about the impact of your Veteran's mental health on your own wellbeing, we're here to offer free and confidential advice. Support is delivered by phone, Skype or face to face.

Telephone: 0808 2020 144


Email: hidden.wounds@helpforheroes.org.uk

Website: <https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/hidden-wounds-service/>

PTSD Resolution

PTSD Resolution helps ex-service men and women who have mental health problems, including post-traumatic stress disorder, following service in the UK armed forces. The service is available to all veterans of the UK armed services, TA, reservists and their dependents.

We are an independent charity that aims to work with the people other services do not reach or have not been able to help. We work in prisons, for example, and we are generally able to work with traumatised people who have alcohol and drug problems, provided they are able to engage in therapy.



The programme involves a series of one-hour therapy sessions on a one-to-one, out-patient basis, to relieve veterans of disabling symptoms. A single course of therapy is generally all that's required.

Telephone: 0300 302 0551

Email: contact@ptsdresolution.org

Website: <https://ptsdresolution.org/>

STAND TO (Derbyshire Alcohol Advisory Service/Derbyshire Recovery Partnership)

STAND TO is an alcohol service dedicated to Derbyshire's Ex-Forces community.

Whether you were Regular or Reserve forces, served 22 years or 22 days (or less!) STAND TO are here to help. We cover the whole of Derbyshire (with the exception of Derby City).

Our dedicated, experienced and highly trained staff (most of whom have direct experience of the Armed Forces) have a particular awareness of the issues veterans and their families may experience. We acknowledge, understand and appreciate the sacrifices that ex-forces personnel and their families have made.

We understand some of the challenges individuals may face in admitting their alcohol use is a problem and the conflict often felt in asking for support. We work closely with other organisations in the local area to deliver a comprehensive service for those affected by alcohol misuse.

Telephone: 01246 206 514

Email: info@daas.uk.com

Website: <https://daas.uk.com/stand-to-ex-forces.html>

Togetherall (formally Big White Wall)

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. This service is free to serving armed forces personnel, veterans and their families.

Join Togetherall by accessing the UK Armed Forces community link at:

<https://account.v2.togetherall.com/register>

Email: theteam@togetherall.com

Website: <https://togetherall.com/en-gb/>

Tom Harrison House

Tom Harrison House provides a specialist addiction recovery programme for UK Armed Forces veterans and emergency services personnel. Our bespoke 12-week residential programme is designed specifically for those who have served and who may struggle to engage with mainstream, civilian rehabilitation services.



The programme is grounded in a supportive community of people with shared experiences and includes a range of therapeutic groups and activities to help restore our clients' physical, emotional and psychological wellbeing. Our individualised, trauma-informed approach addresses the unique needs of ex-service personnel and is the first of its kind in the UK.

Telephone: 0151 909 8481

Email: info@tomharrisonhouse.org.uk

Website: <https://tomharrisonhouse.org.uk>

We Are With You – Armed Forces Community Programme

Our Armed Forces Community programme (formerly 'Right Turn') provides specialist support for military veterans and their families who have substance misuse issues, helping them to lead fulfilling lives that are not hindered by addiction.

It does this by acknowledging the specific experiences of people in the armed forces community, capitalising on the strengths of military identity and using this to enhance their recovery. Our model looks at veterans' issues in the context of their whole life, rather than focusing only on their drug or alcohol use.

This programme is embedded in With You services nationally, through a network of trained leads and staff. Support includes specialist one-to-one treatment, peer recovery groups and social activities to build trust and develop positive support networks. The programme also signposts veterans to other services they may need, such as mental health, bereavement counselling or housing support.

To find out more about the programme contact:

Kelly Major, Armed Forces Community Coordinator – telephone 07970 660022

Website: <https://www.wearewithyou.org.uk/who-we-are/our-programmes/>



GP's Guidance

PDF Guide - Meeting the Healthcare Needs of Veterans:

<http://www.rcgp.org.uk/policy/rcgp-policy-areas/~media/Files/Policy/A-Z-policy/Veterans.ashx>

Registering with a GP

If you've left the military, it's important to register with an NHS GP and tell them that you've served in the armed forces so you can access dedicated services for veterans. Ensure that they enter Military Veteran into your medical records.

Website: <https://www.rcgp.org.uk/clinical-and-research/resources/a-to-z-clinical-resources/veteran-friendly-gp-practices.aspx>

Secondary Healthcare

When visiting a hospital ensure that your GP has referred you and added military veteran to your referral for care. At the hospital look for a Veteran Aware accredited hospital and inform them that you are a military veteran so that it can be recorded on your hospital records.

Website: <https://veteranaware.nhs.uk/>

Priority Healthcare for Veterans

From 1 January 2008, all veterans should receive priority access to NHS secondary care for any conditions which are likely to be related to their service, subject to the clinical needs of all patients. The current NHS Operating Framework states "The existing arrangements for giving priority access to veterans for service-related conditions, subject to clinical need, is an issue that all PCTs and providers should now be delivering for all referrals".


Website: <https://www.nhs.uk/nhs-services/armed-forces-and-veterans-healthcare/veterans-nhs-mental-health-services/>

Op Courage: The Veterans Mental Health and Wellbeing Service

If you or someone you know is struggling with their mental health or wellbeing, expert help is available from Op COURAGE: The Veterans Mental Health and Wellbeing Service.

It does not matter if you're due to leave the armed forces, just left the armed forces or left many years ago. Op COURAGE are here to help and understand the courage it takes to speak to someone.

When you contact Op COURAGE, you'll speak to people who:

- 
1. understand the armed forces and military life
 2. are either from the armed forces community or highly experienced in working with serving personnel, reservists, veterans, and their families
 3. will work with you to make sure you get the right type of specialist care, support, and treatment

You can contact the service yourself or ask your GP, a charity or someone else, such as a family member or friend, to do this for you.

North of England

Call 0800 652 2867 or email VTILS@cntw.nhs.uk

The Op COURAGE urgent care and support service is accessible by healthcare referral only.

The Midlands

Call 0300 323 0137 or email mevs.mhm@nhs.net

Includes the Op COURAGE urgent care and support service for The Midlands.

East of England

Call 0300 323 0137 or email mevs.mhm@nhs.net

The urgent care and support service is currently provided by other NHS services, as detailed below.

London

Call 020 3317 6818 or email cim-tr.veteranstilservice-lse@nhs.net

Includes the Op COURAGE urgent care and support service.

South East England

For services in Sussex, Surrey or Kent, call 020 3317 6818 or email cim-tr.veteranstilservice-lse@nhs.net

For services in Hampshire, the Isle of Wight, Berkshire, Oxfordshire or Buckinghamshire, call 0300 365 2000 or email gateway@berkshire.nhs.uk

For the Op COURAGE urgent care and support service, call 02394 387 924 or email snhs.veteranshis.se@nhs.net

South West England

Call 0300 365 2000 or email gateway@berkshire.nhs.uk

The urgent care and support service is currently provided by other NHS services, as detailed below.

If you're still serving, you can also call the military mental health helpline on 0800 323 4444

<https://www.nhs.uk/nhs-services/armed-forces-and-veterans-healthcare/veterans-nhs-mental-health-services/>



NHS Veterans Mental Health Transition, Intervention and Liaison Service (TIL)

Armed forces personnel approaching discharge can now get treatment and support at NHS veterans' mental health services and thereafter into their civilian life, whether this is months or years later. Known as the Transition, Intervention and Liaison (TIL) Veterans' Mental Health Service, the following providers have been appointed to deliver it under a three year contract:

1. Avon and Wiltshire Mental Health Partnership NHS Trust (covering Buckinghamshire, Oxfordshire, Berkshire, Hampshire, Isle of Wight and the South West of England)

Telephone: 0300 365 0300

2. Camden and Islington NHS Foundation Trust (covering South East of England and London)

Tel: 020 3317 6818

3. Coventry and Warwickshire Partnership NHS Trust (covering the Midlands and East of England)

Tel: 0300 323 0137

4. Northumberland, Tyne and Wear NHS Foundation Trust (covering the North of England)

Tel: 0191 441 5974

To access these services, you must meet the following criteria:

- be a resident in England
- have served in the UK armed forces for a full day
- be registered with a GP practice in England or be willing to register with a GP
- be able to provide your military service number or another form of acceptable proof of eligibility.

NHS Veterans' Trauma Network

The Major Trauma Network comprises 22 major trauma centres that act as hubs for trauma; ten of which have been designated as veterans' trauma centres (VTCs) to co-ordinate veteran trauma care. These centres are located in: **Plymouth, Oxford, London (three centres), Birmingham, Nottingham, Liverpool, Leeds and Middlesbrough.**

The VTN will only deal with problems related to a veteran's time in service. There will be no 'fast-track' treatment of veterans over other NHS patients. A veteran will be prioritised on clinical basis only, just as any other NHS patient.

The veteran's GP can email a referral to a central email address

england.veteranstraumanetwork@nhs.net



A patient review will be organised at the most convenient VTC. Following this, a personalised treatment plan is developed and provided by a specialist team of military and civilian experts in trauma. It is recognised that major trauma has a significant impact on families and carers, which is also considered in the package of care offered.

The network currently only covers England as the devolved nations of Scotland, Wales and Northern Ireland have not commissioned major trauma networks yet.



HOUSING

Alabaré: Homes for Veterans

Alabaré's Homes for Veterans provides supported accommodation to British Armed Forces Veterans who are homeless or at risk of becoming homeless. We believe no Veteran should be forced to sleep on the streets.

We provide dedicated support to Veterans across England and Wales - specifically Wiltshire, Hampshire, Gloucestershire, Devon and Dorset as well as North and South Wales.

If you have served in the UK Armed Forces and are homeless, or you fear you could become homeless in the near future, and you are in need of support (perhaps due to depression, PTSD, ill health, unemployment, family breakdown or similar) then we may be able to help you.

Telephone: 01722 322 882

Email: veterans@alabare.co.uk

Website: <https://www.alabare.co.uk/veterans>

The Beacon Catterick

The Beacon offers supported housing to single veterans who are homeless or at risk of homelessness and who have support needs. Based at Catterick Garrison, our team understands the unique needs of veterans transitioning into civilian life. A friendly, warm, safe supportive base, it offers a beacon of hope to veterans of all ages.

The Beacon understands the complex needs specific to veterans, from Post-Traumatic Stress Disorder to substance or alcohol misuse. We help you address any needs you may have, and give you the tools to increase your independence, confidence and well-being. Our motto is 'Stronger Together'. We work with you in your transition to Civvy Street and support your goals and ambitions.

Telephone: 01748 833797 01748 872940 01748 830191

Email: spaces@riverside.org.uk

Website: https://www.riverside.org.uk/in-your-neighbourhood/north-yorkshire/care-and-support/the_beacon/

Broughton House

To meet the ever-changing needs of the entire armed forces community throughout every stage of their life we believe that all veterans and their families should live with support, friendship and dignity.



The strength of Broughton House has been the quality of nursing and residential care provided for aged veterans in a safe and supportive environment.

Contact Us

Broughton House
Park Lane
Salford
M7 4JD

Telephone: 0161 740 2737

Email: info@broughtonhouse.com

Website: <https://www.broughtonhouse.com/>

Armed Forces Support Hub

The Broughton House 'Armed Forces Support Hub' is here for former members of the Armed Forces and their families in Greater Manchester. In strategic partnership with Forces Support we will support you from transition, every step of the way. Whatever your age, Service or circumstances they matter not, we are here to help. Our intent is to support you throughout your journey with our services or coordinate with our partners.

We can help with:

- Counselling/Therapy, for individuals or couples, regarding issues such as depression, anxiety, bereavement/loss or difficult relationships.
- Welfare Support for issues concerning housing, benefits, employment, training and compensation.

If you would like one of our support team to assist you please:

Telephone: 0161 464 9521

Email: hub.support@broughtonhouse.com

Citizens Advice

Housing options for people leaving the Armed Forces, veterans and their families.

Website: <https://www.citizensadvice.org.uk/housing/housing-options-for-people-leaving-the-armed-forces-veterans-and-their-families/>

Erskine

Erskine cares for over 1,000 residents each year in Scotland; our homes provide veterans with the companionship of like-minded people. Erskine not only cares for our veterans – we care about them.

Telephone: 0141 812 1100

Email: enquiries@erskine.org.uk

Website: <https://www.erskine.org.uk>



First Choice Housing Association

First Choice Housing Association provides quality accommodation solutions for people with disabilities, veterans and additional complex needs across Wales and Shropshire.

We aim to be the provider of choice for local authorities to deliver well-designed homes in which people with a range of specialist needs, disabilities and veterans can lead fulfilling lives.

Telephone: 02920 703 758

Email: customerservices@fcha.org.uk

Website: <http://www.fcha.org.uk>

HAIG Housing

The object of Haig Housing is to provide housing assistance to ex-Service people and/or their dependants. Currently this is achieved by letting general needs homes at affordable rents to the ex-Service community and providing tailored housing solutions to suit the individual needs of severely wounded and disabled Veterans. Haig Housing also offers a wide range of housing advice to the Service community and is the Strategic Housing Partner of Help for Heroes.

The Trust has over 1,500 properties throughout the UK which are a mix of family-sized houses, flats, maisonettes and bungalows, built mostly in the 1930s, 1950s and 1990s. The properties are generally on small, well-managed estates ranging in size from six houses up to the largest estate in Morden of over 270 homes. These are located in over 50 different local authorities. Some are subject to the nomination rights of the original Service or regimental organisations which donated the funds for the building. The properties in Jersey are subject to residential qualification for the States of Jersey.

Telephone: 020 8685 5777

Email: enquiries@haighousing.org.uk

Website: <https://www.haighousing.org.uk/>

Help 4 Homeless Veterans

We support former members of HM Forces (Veterans) facing homelessness.

HELP 4 HOMELESS VETERANS charity is based in South Yorkshire and the majority of our work is here in the North of England. When possible we will attempt to assist veterans elsewhere too but they should also seek advice through the Veterans' Gateway on alternative support groups in other areas that may be better placed with local networks to assist them.

Telephone: 07305 260 798

Email: ceohelp4homelessveterans@gmail.com

Website: <https://help4homelessveterans.org/>



Launchpad

Launchpad provides accommodation and support to help veterans make a successful transition from military to civilian life. In some cases, they need time to stabilise their lives before tackling training and job hunting but Launchpad offers the veterans that opportunity.

Our Locations:

Avondale House, Byker Estate, Newcastle-Upon-Tyne

Telephone: 0191 265 7039

Email: newcastle@veteranslaunchpad.org.uk

Speke House, Speke, Liverpool

Telephone: 0151 425 3886

Email: liverpool@veteranslaunchpad.org.uk

General Enquiries:

Telephone: 0300 1111 238

Email: enquiries@veteranslaunchpad.org.uk

Website: <https://veteranslaunchpad.org.uk>

The Single Persons Accommodation Centre for the Ex Services (SPACES)

The Single Persons Accommodation Centre for the Ex Services (SPACES) is a housing advice and placement service for veterans. SPACES targets the most vulnerable of Service leavers, regardless of rank, length of service, or reason for discharge.

SPACES is unique in providing a national network of supported housing options for veterans who have a range of needs. Our links with many other veterans' charities and housing providers means that we can match you with the most appropriate accommodation offer – whether that is independent housing or high levels of support within Riverside's own accommodation services.

Telephone: 01748 833797 01748 872940 01748 830191

Email: spaces@riverside.org.uk

Website: <https://www.riverside.org.uk/care-and-support/veterans/spaces/>

Stoll Foundation

We provide affordable, high-quality housing and support services to enable vulnerable and disabled Veterans to lead fulfilling, independent lives.

Some Veterans struggle to adapt to civilian life when they leave the Armed Forces. At Stoll we support the most vulnerable Veterans by assessing an individual's needs and then arranging appropriate support. This can include a new affordable home to rent, developing people's skills to enable a Veteran to get a job and supporting



people's health needs. Once a Veteran is living independently, on firm foundations, we support them as they move on from Stoll and always encourage this where possible.

We provide over 250 Stoll affordable homes for vulnerable Veterans to rent, currently operate four schemes in West London and are building 34 new homes in the garrison town of Aldershot.

Veterans' Nomination Scheme

We arrange accommodation for people leaving the Armed Forces and Veterans. We work with housing associations and local authorities across the country to find appropriate accommodation, mainly for single Veterans. We have arranged a home for over 404 Veterans in this way.

Meeting People's Health Needs

We work in partnership with leading providers of drug and alcohol and mental health services to the Veterans community and we can provide access to these and a wide range of other support services.

Telephone: 020 7385 2110

Email: info@stoll.org.uk

Website: <https://www.stoll.org.uk>

Veterans Aid

In general terms all the charity's activities revolve around helping ex-servicemen and women in crisis. Specifically, it deals with all the factors that contribute to crisis – significantly those leading to homelessness. Because homelessness is both a cause and effect, Veterans Aid activities are diverse. The endgame is always to enable sustainable, independent living but the interventions necessary to achieve this can involve days, weeks, months – or even years of investment.

First actions might be the provision of food, new clothing and shelter. Subsequent interventions might involve prolonged periods of counselling, drink/drug rehabilitation and medical treatment. Further support frequently involves education, retraining or the acquisition of a new skill. Help is given to identify employment opportunities and, when they are deemed ready, individuals are helped to move into new homes – furnished and decorated by Veterans Aid.

Freephone: 0800 012 6867

Landline: 0207 828 2468

Website: <https://veterans-aid.net>



OTHER SUPPORT

Fighting With Pride

Fighting With Pride (FWP) is a new military charity, created on the 20th anniversary of the complete lifting of the ban on LGBT+ service – the ‘gay ban’.

We are here to support LGBT+ Veterans, serving personnel and their families, particularly those who were affected by the ‘gay ban’, ultimately lifted on 12th January 2000. Before then, thousands of LGBT+ service personnel were removed or forced from service and abandoned, after serving with pride. In the years ahead it is our aim to restore the military covenant and bring this community back into the military family.

We are working with Veteran supporting organisations to build capacity for LGBT+ Veteran support, to recognise their service and help resolve the challenges they face in their lives beyond military service.

FWP is a ‘lived experience’ LGBT+ charity, supporting those seeking help and a resource for those who seek to help them.

Email: info@fightingwithpride.org.uk

Webpage: <https://www.fightingwithpride.org.uk/>

Forces in Mind Trust

The aim of the Forces in Mind Trust is to provide an evidence base that will influence and underpin policy making and service delivery in order to enable ex-Service personnel and their families to transition into successful and fulfilled civilian lives.

Website: <https://www.fim-trust.org>

Project NOVA (RFEA)

Supporting vulnerable veterans at risk of offending

For most veterans, the transition to civilian life is usually successful. Sadly, for some, the transition can be less smooth and factors such as housing problems and homelessness, debt, health issues e.g., mental illness and PTSD, or drug and alcohol misuse, can lead some veterans to be at risk of offending, or experiencing vulnerabilities.

The Ministry of Justice and Her Majesties Inspector of Prisons estimate that between 4% and 6% of the Prison Population is made up of veterans. Whilst Veteran’s offending can be for a range of offences, Veteran offending is over-represented in violent crimes, including domestic violence and sex offences.



These offences have a very significant impact on families and communities, so finding a way to effectively support veterans in the Criminal Justice System to enable them to reduce their offending is vital.

South Yorkshire Police has been working with Project Nova (delivered in partnership between RFEA – The Forces Employment Charity and Walking with The Wounded) to offer help to those who have been arrested and enter Police Custody. Project Nova also supports Veterans who have self-referred or been referred by specialist Police teams/ other statutory organisations, because they are at risk of arrest or identified as vulnerable.

The unique initiative improves the lives of ex-Forces personnel by preventing them from reaching the point of arrest, tackling root-cause issues head-on and helping them to live law abiding lives.

To find out if someone is eligible for support, they should be asked “Have you ever served in Her Majesty’s Armed Forces?”. Veterans may be suspicious of why they are being asked that question, so it is helpful to follow the question immediately by clarifying with the following statement “If you have served in Her Majesty’s Armed Forces, under the Armed Forces Covenant we may be able to refer you to specialist support.” This will offer assurance to the veteran that disclosing this information is of benefit to them.

Upon receiving a referral, Project Nova co-ordinators undertake a holistic needs assessment to establish what support is required by the individual, followed by emotional and practical support offered through a network of services, statutory organisations, and charities. Project Nova co-ordinators understand the experiences of ex-servicemen and women both during and after their military careers – empathy which gives veterans the strength they need to make positive changes to their lives.

Elaine Mason Project Nova coordinator says: “Ex-Servicemen and women can be reluctant to engage with mainstream support, as they do not feel that their life experience is well understood. With the support of **South Yorkshire Police and other agencies** we can improve the lives of veterans by preventing them from reaching the point of arrest, by tackling the social issues at the root cause of social unrest. This will, in turn, improve the lives of everyone in the **South Yorkshire** area, and beyond, by reducing veteran offending.”

To make a Project Nova referral, consent should be obtained from the individual and then contact the Project Nova team, either by phone (0800 917 7299) or email (info.nst@rfea.cjsm.net).

For more information visit: www.projectnova.org.uk

Areas of Operation: South Yorkshire and Humberside, the North East, North West, Midlands, South West and East of England.

Central Support:

Telephone: 0800 9177 299

Email: info.nst@projectnova.org.uk

Website: www.projectnova.org.uk



Salute Her (Forward Assist)

Forward Assist recognise that women veterans are a hidden, marginalised and frequently ignored and forgotten population.

We are actively campaigning for gender specific mental health support services for women who were harassed and sexually abused during military service. Salute Her aim to ensure that all 'Women Veterans' have a choice in both service design and delivery. Team Salute Her are the only UK 'gender specific' support service, to offer, tri-service, trauma informed, mental health therapy and interventions for survivors of in-service sexual abuse. We also provide, needs led wrap around holistic care to women service personnel and veterans in a single sex environment. We know from research in the USA that multiple traumas contribute to suicidal ideation, suicide attempts, or death by suicide in women veterans.

During 2021 and beyond, Salute Her will design and deliver a bespoke veteran family friendly support service specifically for single mothers and their children.

Telephone: 0191 250 4877

Email: admin@forward-assist.com

Website: <https://www.forward-assist.com/salute-her>

SSAFA - Veterans in the Criminal Justice System

The SSAFA VCJS Support Service is committed to giving veterans and their families a service that delivers. Our aim is to ensure that we offer a recognised and consistent service nationwide whilst meeting our five strategic objectives: effective support, awareness and understanding, sustainable resource, and collaborative working.

It is vital that the service we provide within the Criminal Justice System has a proactive approach and supports all of the Armed Forces community, no matter what the circumstances.

Our network of in-reach volunteers provides advice and information - not only to those in custody, on probation or in the community, but also to their families. The support offered is non-judgemental and holistic and includes:

- Practical and emotional support
- Signposting to services
- Financial support
- Family support
- Travel assistance
- Accommodation

Telephone: 020 7463 9337

Email: VCJS.SupportServices@ssafa.org.uk

Website: <https://www.ssafa.org.uk/get-help/veterans-in-the-criminal-justice-system>



The Warrior Programme

Our programme enables individuals to manage their emotions and to develop the resilience, focus and motivation to succeed in today's world. The programme has been developed over the last ten years to meet the demands and challenges experienced by past and present members of the armed forces and their families.

Telephone: 0808 801 0898

Email: enquires@warriorprogramme.org.uk

Website: <https://www.warriorprogramme.org.uk/>



WELFARE AND FINANCE

ABF The Soldiers' Charity

ABF The Soldiers' Charity is the Army's national charity, here for soldiers, former soldiers and their families for life.

All soldiers, veterans and their immediate families should have the opportunity to avoid hardship and enjoy independence and dignity.

From helping wounded soldiers to adapt to life after service, to assisting elderly veterans to keep their independence, we're here for the Army family when they need us. We offer support in six key areas: independent living, elderly care, education and employability, mental fitness, families and housing.

Telephone: 020 7901 8900

Email: supportercare@soldierscharity.org

Website: <https://soldierscharity.org>

Army Central Fund

The ACF is the British Army's own grant-making charity. We award funding to projects and activities that contribute to the well-being of serving soldiers and their families. We work closely with the Army and with our partner charities to optimise impact.

Email: grants@armycentralfund.org.uk

Website: <https://www.armycentralfund.org.uk>

Association of Wrens and Women of the Royal Naval Services

The object of the Association is to celebrate our past achievements, preserve our history, foster friendship and bind together in practical comradeship all who have served or are still serving.

Telephone: 02392 725141

Email: office@wrens.org.uk

Website: <https://wrens.org.uk>

Citizens Advice

If you serve in the Armed Forces - or used to - this information is for you and your family. Find out about help you can get in the UK and abroad, including help with education and travel costs.



Weblink: <https://www.citizensadvice.org.uk/benefits/armed-forces-and-veterans/>

Defence Discount Service

The only official MOD discount service for members of the Armed Forces, Veterans and Armed Forces Community.

Telephone: 01509 233446

Website: <https://www.defencediscountservice.co.uk>

Greenwich Hospital

The Hospital provides charitable support including annuities, sheltered housing and education to serving and retired personnel of the Royal Navy and Royal Marines and their dependents.

Telephone: 020 7396 0150

Email: enquiries@grenhosp.org.uk

Website: <https://www.grenhosp.org.uk>

Forces Pension Society

Our Pension Advisory Service exists to help Members get the most from their Armed Forces Pensions. We campaign to resolve unfairness within the Armed Forces Pension Schemes.

Telephone: 020 7820 9988

Email: memsec@forpen.co.uk

Website: <https://forcespensionsociety.org>

Royal Air Forces Association

We're the charity that supports the RAF community. We're here to give friendship, help and support.

Welfare is at the absolute heart of the Royal Air Forces Association. Our reason for existing is as a member-led welfare charity. By association, everyone in the organisation from fundraiser to member to welfare officer or case worker is a part of the welfare chain.

The real help that we give to real people – the core of the welfare work that the RAF Association so successfully delivers is making a real difference to the lives of those in the RAF family who find themselves in times of need.

Telephone: 0800 0182 361

Email: enquiries@rafa.org.uk

Website: <https://rafa.org.uk>



Royal Air Force Benevolent Fund

The RAF Benevolent Fund is the RAF's leading welfare charity with a proud tradition of looking after its own. We provide a range of support to RAF veterans and serving personnel and their families which includes financial help, support with housing, benefits advice and mental wellbeing support.

Telephone: 0300 102 1919

Email: mail@rafbf.org.uk

Website: <https://www.rafbf.org>

Royal Naval Benevolent Trust

The RNBT provides financial assistance and support to Royal Navy and Royal Marines personnel and their families in times of need.

We assist thousands of people in The RNBT Family who are in need. Our aim is to help them enjoy a reasonable quality of life mainly by providing wide ranging financial assistance. We also care for older people in our own Care Home and Almshouse.

Telephone: 02392 690112

Email: rnbt@rnbt.org.uk

Website: <https://www.rnbt.org.uk>

South Atlantic Medal Association (82)

The South Atlantic Medal (1982) is the official name of the medal awarded to almost 30,000 service men and women - and civilians - who took part in the campaign to liberate the Falkland Islands in 1982. SAMA (82) is a Falkland Veteran's Charity.

The main purposes of SAMA (82) are simply stated. We intend to maintain and promote a sense of pride and comradeship among all veterans of the South Atlantic campaign, and to keep them in touch with each other, in a manner which respects both individual privacy and personal requirements.

We also wish to establish and maintain contact with other organisations involved in the welfare of the Armed Forces and ensure that due consideration is given to the interests of South Atlantic veterans.

SAMA (82) will also investigate for consideration, by an appropriate organisation, any case of hardship or distress amongst South Atlantic veterans in which direct financial assistance is sought or recommended.

Telephone: 01495 741592

Email: sama@sama82.org.uk

Website: <https://sama82.org.uk>



Suez Veterans Association

An Association for all those that served in the British Armed Forces and the civilian support units in the Suez Canal zone of Egypt.

Website: www.suezveteransassociation.org.uk

Support Our Paras

A charity which supports The Parachute Regiment and Airborne Forces through the welfare of veterans, serving soldiers and their families and through the maintenance of its regimental efficiency, ethos, spirit and heritage.

Telephone: 01206 817074

Email: secretary@supportourparas.org

Website: <https://supportourparas.org>



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