

VETERANS AND FAMILY HUB & ARMED FORCES COVENANT PARTNERSHIP



Newsletter



01752 241057

VFHub@improvinglivesplymouth.org.uk



SATURDAY 29 JUNE 2024 | PLYMOUTH HOE

Plymouth Armed Forces Day, in association with Babcock, will return on Saturday 29 June 2024, on Plymouth Hoe.

Armed Forces Day is a fantastic opportunity for everyone to come along and show their support for the men and women who make up the Armed Forces community from currently serving troops to reservists, veterans, cadets and their families.

This exciting family day is packed with displays, parades, military equipment to explore, a thrilling arena programme, live music and much more.

Air show timetable:

Watch the air display on Plymouth Armed Forces Day, flying over Plymouth Sound from 4pm.

4pm - Swordfish W5856



4.14pm - Wasp

4.30pm - RAF Battle of Britain Memorial Flight Spitfire Display

The Plymouth Armed Forces Day evening concert, sponsored by C&G Catering, starts at 5.30pm and runs until 10.30pm

Click for : Event Map



Access Information



Safety information



Food and Drink



How to get here



FAQ's

FAQ

USEFUL CONTACTS

NHS Non-Emergency - 111

Police Non-Emergency - 101

South West Water

0344 346 2020

British Gas (Emergency Number)

0800 111 999

Western Power Distribution

(Contact in the event of a power cut)

0800 678 3105

Adult Social Care

01752 306900

Livewell Plymouth mental health support

(24 hours)

01752434922

Veterans Gateway

0808 802 1212

Samaritans

116 123

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk



LIFE BEYOND THE MILITARY
OUTDOORS

HighGround's Vision is to be the leading organisation for the provision of land-based opportunities for all ex-military personnel and Reservists.

Military life teaches motivation, problem-solving, teamwork, resilience and adaptability in sometimes rough and often unfamiliar environments.

HighGround helps Service Leavers, Reservists and Veterans to work out what military skills and experience they have, how they will map into the land-based sector and how to access the many opportunities it offers for employment and self-employment.

HighGround has pioneered Rural Weeks as the place to start your Life Beyond the Military - Outdoors.

These are run as Virtual or in-person Residential weeks. The Virtual week is a more general overview, whereas the Residential gives a deeper look at the sector. It is possible to participate in both.



The Transforming Negative Transitions programme aims to develop new forms of support for service leavers under 30 who are due to leave or have left the Armed Forces within the last five years and are experiencing additional challenges which could lead to long term negative outcomes.

The programme consists of a mentoring, outdoor-focused approach which will lead these young service leavers into land-based employment complementing other forms of support on offer during and after transition.

The transformational change programme will provide a 5-day insight course at Bicton College in Devon, with a hands-on approach, for those wanting to explore the rural employment sector, followed by 1-2-1 mentoring for a minimum of 12 months and the opportunity for service leavers to re-engage with employment in the civilian world. For more information click [here](#).

The remaining dates for this year are:

Virtual Rural Week:	Rural Week (standard):	Rural Experience weeks (those you load on to)
9 - 11 Sept	9 - 14 June	21 - 26 July (Supporting Wounded Veterans)
18 - 20 Nov	29 Sept - 4 Oct	1st - 6 Sept (Supporting Wounded Veterans)
	24 - 29 Nov	



Information and image source: <https://highground-uk.org/>

WILD ABOUT FOOD?

Join our foraging and fermenting workshop to learn how to safely harvest nutritional food, in a calming and inspirational setting by the River Dart, near Totnes

Thursday 13th June 2024, 1000-1500

Exclusively for the female members of the Armed Forces Community (including spouses and family members)
Register at: info@veteransoutdoors.org.uk

BFRS SERVING THE ARMED FORCES COMMUNITY

Roadshow Career Event 2024

Plymouth
Crowne Plaza
Armada Way, Plymouth
PL1 2HD
Thursday 27th June
10:00hrs - 13:00hrs

EXCITING OPPORTUNITIES
Jobs, Training with Support for the Royal Navy, Army, RAF, Reserves, Veterans and Military Families

02476 939931
info@bfrss.org.uk
www.bfrs.org.uk
#BFRS #BFRSevents

WE'RE HIRING GROW TRAINEES



Do you have experience of homelessness, substance misuse, mental ill health, or the criminal justice system? Are you passionate about using your experience to help others?

Shelter Devon and Cornwall based in Plymouth

are looking for GROW Trainees. GROW Traineeships are paid placements offering training, support, and development.

We encourage anyone interested in applying to join one of our application sessions: **03/06/2024 10:30 –12:30 Ernest English House, Buckwell Street, Plymouth, PL1 2DA**

To book your place, please email or call: Katie_Sperring@Shelter.org.uk TEL: 07825 967579

To apply, visit: [Work for Shelter - Shelter England](#)

Get help online:
For information, advice and to access our emergency helpline, visit: england.shelter.org.uk/housing_advice
©Shelter, the National Campaign for Homeless People Limited 2021. Registered charity in England & Wales (263710) and Scotland (SC002327).

New date added!

Bee KEEPING

AT BUCKFAST ABBEY

Tuesday 11th June 2024

Meet 80,000 of the world's hardest workers..... and discover how they make honey.

6 places available on our next beekeeping workshop.

To register your interest contact Bernard: info@veteransoutdoors.org.uk

JUNE 2024



VETERANS AND FAMILY HUB

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

D-Day 80 Victory Ball

D-DAY 80
Victory Ball

Dress Code:
Mess Dress
Black Tie
★★★★★
£60pp or
£540 for a
table of 10

Arrival
Pimms
★★★★★
3 course
meal
★★★★★
Raffle and
Auction

7 JUNE 2024 • 18:30 - 23:59

Boringdon Park Golf Club, Plymouth

Hosted by the dazzling David Fitzgerald

Live music from The Hot House Combo!

Call today to book: 01752 241057
Email: vfhub@improvinglivesplymouth.org.uk

Plymouth Veterans and Family Hub along with Defence Medical Welfare service will be holding a Black Tie Ball in celebration of D-Day 80, tickets are priced at £60pp and include welcome drinks and live entertainment! We are happy to accept split payments towards your ball ticket.

We have live music from Hot House Combo

Tickets are limited so make sure to book early!

D-DAY 80
Victory Ball

★ ★ **Menu** ★ ★

Starters

Carrot and Coriander Soup, Chive Crème Fraîche
Ham-hock Terrine, Toasted Ciabatta, Dressed Leaves
Wild Mushroom and Mozerella Arancini, Roasted Beetroot,
Mixed Leaves

★ **Mains** ★

Pink Topside of Beef, Roast Potato, Gravy, Yorkshire Pudding
Roasted Chicken Breast, Asparagus, Chive Cream and Roast
Potatoes
Pan Seared Salmon with Herb Crumb, Dill Velouté, Crushed
Coriander, New Potatoes
Apricot and Spinach Tortellini, Garlic Croutons, Walnut Butter
Sauce

★ **Dessert** ★

Crème Brûlée, Shortbread and Raspberry Sorbet
Chocolate Brownie with Chantilly Cream
Warm Sticky Toffee Pudding with Vanilla Ice Cream



☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Reading Force

At Reading Force, we are passionate about using books to bring Forces children and families closer together. Our shared reading initiative encourages families to read, talk, and scrapbook about a book, improving communication and enriching relationships with books and each other - one page at a time.



Whether your family is at home together or apart because of deployment, training, or distance, reading the same book, talking about it and sharing your thoughts, and making a scrapbook is fun for everyone and will be a shared experience you will always remember. Reading Force is free for all Forces families, Reserves, Cadets, and Ex-Forces families. It is fun and easy to take part. Friends can participate too. For more information, click [here](#)



Book Club

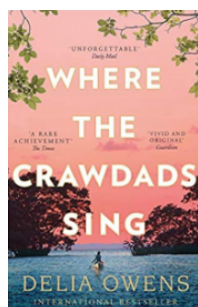
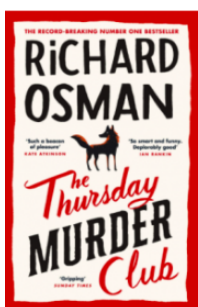
Thanks to a grant from the Armed Forces Covenant Fund Force for Change programme we are supporting book clubs to get up and running and are providing free copies of books for participants.

A book club can help people feel more part of their community and reduce feelings of isolation, whether held locally or online. Reading the same book can also connect people for longer than a telephone call or chat online.

While you are all reading the same book you can be thinking about how the rest of the group will react to the book. And the opportunity for a discussion can be really appreciated - everyone has common ground and the outcome can be both an interesting discussion and perhaps a perspective you had not thought of before.

Each member will get their first 3 books free, to help us on the way to getting our book club established.

Now is a great time to think about a new challenge and connect with your community through sharing books! Click one of the books below for a list of suggested reading. For more information, please call 01752 241057 or email vfhub@improvinglivesplymouth.org.uk



Information and image source: <https://www.readingforce.org.uk/>

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

On at ILP - Improving Lives Plymouth

ILP PRESENTS
MONEY INFORMATION CLINICS
ERNEST ENGLISH HOUSE, BUCKWELL STREET.

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MONEY INFORMATION CLINICS
ERNEST ENGLISH HOUSE, BUCKWELL STREET.

GOAL 1

BANK ACCOUNTS AND SAVINGS
WEDNESDAY 19TH JUNE 11:00 - 13:00

The importance of having a bank account. How to open an account. Meet with real bankers who will give specialist advice and support.



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GOAL 2

MASTERING BUDGETING
WEDNESDAY 26TH JUNE 11:00 - 13:00

The Importance and benefits of budgeting personal finances
 How to create a realistic and effective budget tailored to your situation.



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GOAL 3

HOME ENERGY
WEDNESDAY 3RD JULY 12:00 - 14:00

This session will cover topics such as, healthy home temperatures, priority services register, what to do if you go off supply, how to understand your bill meter reading and smart meters, dealing with damp and mould, energy saving advice, carbon monoxide awareness, what to do if you have energy debt and Other support available



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GOAL 4

NAVIGATING CHALLENGES
WEDNESDAY 10TH JULY 11:00 -13:30

Learn about common debt types and their impact, learn ways for prioritising and managing debts. Tips and advice with seeking professional advice and negotiating with creditor, learning safe way to borrow money, What is a credit union and how can they support me.



GOAL 4

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Learn about common debt types and their impact, learn ways for prioritising and managing debts. Tips and advice with seeking professional advice and negotiating with creditor, learning safe way to borrow money, What is a credit union and how can they support me.



☎ 01752 201766 🗣️ Ask reception at an ILP building
 ✉ ilp@improvinglivesplymouth.org.uk
 Free Light Lunch provided.

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 ✉ ilp@improvinglivesplymouth.org.uk
 Free Light Lunch provided.

COME AND TRY KAYAKING!

Come for a **free** kayaking session at Mount Batten Activity Centre! Led by a qualified instructor with all equipment provided for you.

Come and join us and also learn more about caring for our ocean.

Booking early is essential as places are limited!
 To book the session, Call 07305104006 or email wellbeinghub@improvinglivesplymouth.org.uk

Monday 3rd June
9:30am-11:30am
Mount Batten Activity Centre
PL9 9SJ

MEN'S COOKING SESSION

Come to our **FREE, MEN ONLY** sessions where you will cook a main meal and a dessert, then share lunch together.
 Learn cooking tips, brush up on your skills, save money, be inspired and learn to love cooking!

Mannamead Wellbeing Hub, 156 Mannamead Rd, PL3 5QL

10:00am - 2:30pm
24th July OR 7th August

These are one off sessions, book yourself into a session by contacting:
danny.phillips@improvinglivesplymouth.org.uk

Come try bellboating!

Bell boats are twin canoes which can hold 8-14 people and have someone steering at the helm. Come and join our **free** session and also learn more about caring for our ocean.

Qualified instructor present and all equipment is provided,
Booking is essential as spaces are limited.
 To book a space, call 07305104006 or email wellbeinghub@improvinglivesplymouth.org.uk

Monday 17th June
2pm-4pm
Mount Batten Activity Centre
PL9 9SJ

On at the Hub in June

Plymouth Veterans & Family Hub



BINGO

Bingo is held the first Wednesday of every month.
Grab a cuppa, sit back and enjoy.
Eyes down at 18:00

NEW From June
Ernest English House
Buckwell Street PL1 2DA

Please do not arrive before 17:30
Tea, coffee and biscuits available (included in cost)
4 Games suggested donation £2 pp

****Due to insurance purposes, unfortunately we can only accept service dogs in the venue****

Plymouth Veterans and Family Hub



Unpaid Carers Group

Do you have impeccable taste in food and drink?
Do you know your Pepsi from your Coca-Cola?
Are you a super taster or a non-taster?

Thursday 6th June - 13:30 -15:00
Ernest English House

This month's unpaid carers group will be enjoying a blind taste test to see if you really can tell the difference between brands and price. Come along and join us for a fun afternoon.

Do branded items taste better than cheaper options?
Are you in the habit of buying branded? Could you save money with no brand items?



Funded through **THE ARMED FORCES COVENANT FUND TRUST**



Cost of living **Help IN Plymouth**



Fish & Chips

Donation of **£7pp**


Third Wednesday of every month
17:00 - 19:30

Payment and food choice must be made at the time of booking



Bookings must be made before 7th of the month
Please call the Hub to book - 01752 241057

Plymouth Veterans and Family Hub



in association with **WoolcombeYonge Solicitors**

1st Thursday of each month
at Ernest English House

Free Legal Clinic

Covering the following areas,
Property (private buying and selling)
Commercial Property
Family Law
Collaborative Law
Mediation
Wills and Probate
Business Services
Crime
By appointment only

Please call the Veterans Hub on 01752 241057 to book your appointment.

WoolcombeYonge Solicitors

Plymouth Veterans & Family Hub



From **£4.00 pp**

Brew and Banter

Every Friday
10:30 - 12:30
Union Rooms
Wetherspoons Union Street

For more information call:
01752 241057 /
vfhub@improvinglivesplymouth.org.uk



Thanks to funding from **THE ARMED FORCES COVENANT FUND TRUST** 

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

CAKE
cancer awareness kindness & empathy

and a cuppa

Have you or someone you know been affected by cancer?

Join us for cake, a cuppa and a chance to chat to others.

Get access to practical help and support.

Want to get in touch call:
07421125651

Date: Monday 17th June Time: 1pm - 3pm
Location: Mount Wise Neighbourhood Centre
75 Clowance Street, Devonport,
Plymouth PL1 4LQ

Together, we can make a real impact!

Logos: PACMILLAN CANCER SUPPORT, ZEBRA collective, Plymouth ageUK, WolsleyTrust, NO ONE FACES CANCER ALONE

ZEBRA collective

Could this be me?

BE LIT AND SHINE
NO ONE FACES CANCER ALONE

Plymouth Cancer Champions Project

Creating Cancer Champions:

- Supporting people to use their own experience to help others
- Raise awareness of cancer to improve outcomes
- Help and support people at any stage of cancer
- Practical help getting online and accessing health services

For more information get in touch on:
07421125651

Logos: PACMILLAN CANCER SUPPORT, WolsleyTrust, ZEBRA collective, Plymouth ageUK

STRENGTH OF SPIRIT GAMES REHABILITATION TRIATHLON

Hosted by the Royal Navy

THUR 27 JUNE 2024
Plymouth Hoe, Devon

This is a tri-service adaptive event for personnel in recovery and veterans. Time for a challenge.

NOT SURE? Can you do a minimum of:

SIGN UP

- Swim 4 lengths of a pool.
- Ride 4 miles on a bike.
- 10 mins on a rowing machine.

With full & sprint distances & team relay option.

register: plymoutharmedforcesday.co.uk

ARMED FORCES VETERANS, RESERVISTS AND FAMILIES

FREE MONTHLY HUB

Support with Benefits, Debt, Health, Wellbeing, Housing and Employment. Come along for a brew and chat.

BODMIN
Every second Tuesday of the month
10:00-14:00
Court Room 2, Bodmin Town Council, Shire Hall, Mount Folly Square, Cornwall PL31 2DQ.

REDRUTH
Every last Wednesday of the month
10:00-14:00
Redruth Town Council, Redruth Civic Centre, Alma Place, Redruth, Cornwall TR15 2AT.

Smart Savings

For more information contact support@veteransregroup.co.uk, call 01872 703309 or message us on www.facebook.com/VeteransRegroup

Funded by: Army Benevolent Fund

Supporters: BODMIN, HILP FOR HEROES, HAMILTENS, ACTIVE PLUS, withyou, RECOVERY, WOUNDED, HEROES, HEROES

PLYMOUTH CITY COUNCIL AECOM THE ROYAL MARINES CHARITY FCA advice UK Clubm The Confederation of Service Charities VETERANS' GATEWAY ASDIC

Part of Plymouth's Armed Forces Day Celebrations



Men's Table Tennis for Mental Wellbeing

Time Every Thursday 1.30-2.30pm

Venue Plymouth and District Table Tennis Club, 11 Desborough Ln, Desborough Rd, St Judes, PL4 9PJ

Description Fun, casual drop-in table tennis session for men experiencing mental health problems, with our fantastic coach Martin, Tony and Russ. All abilities welcome - come along and give it a try!

This group is provided **FREE** by mental health charity Sport In Mind and Movember for the benefit of local people. Your local representative is Laura!

📱 @sportinmind ✉ info@sportinmind.org 🌐 www.sportinmind.org ☎ 07341267740



Table Tennis, badminton & Pickleball for Mental Wellbeing

Time Every Friday at 11.30-12.30PM

Venue Riverside Leisure Centre, Cowick St, Exeter EX4 1AF (in the main hall)

Description Fun, casual drop-in table tennis session for people experiencing mental health problems, with our fantastic coach Mike. All abilities welcome - come along and give it a try!

This group is provided **FREE** by mental health charity Sport In Mind for the benefit of local people. Your local representative is Laura!

📱 @sportinmind ✉ info@sportinmind.org 🌐 www.sportinmind.org ☎ 07341267740



Wellbeing Walk & Talk.

Jennycliff — Hooe Lake — Turnchapel
Wednesday 12 June 2024, 6pm — 8pm

Join our gentle 2.5-mile circular evening walk to enjoy the beautiful views and wildlife along the South West Coast Path.

Learn more and register:
www.devonmind.com/wellbeing



Understanding & Coping with Feelings of Anxiety.

Tuesday 18 June 2024, 12:30pm — 3:00pm
at Ernest English House, Plymouth

- What anxiety is and why we might experience these feelings
- Symptoms of anxiety and how these can affect us both physically and mentally
- How certain responses can be triggered
- Thinking traps
- Tools and tips

Learn more and register:
www.devonmind.com/courses

What's On June

*Saturday 1st - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00

*Monday 3rd - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 4th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

*Wednesday 5th - Bingo -Veterans Hub - Ernest English house- 17:30 - 19:00 - £2

Thursday 6th - Unpaid Carers Support group - Ernest English House - 13:30- 15:00

*Thursday 6th - Pie and Mash night - Tamar View Community centre - £2

*Friday 7th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

*Saturday 8th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £6

*Monday 10th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 11th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

*Friday 14th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

*Monday 17th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

*Tuesday 18th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

*Wednesday 19th - Fish and Chip Night at the Hub must be booked in advance 17:00 -19:00 -£7

*Friday 21st - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

*Tuesday 25th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

*Friday 28th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

Saturday 29th - Armed Forces Day - Plymouth Hoe - All Day



*Sunday 30th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £6

* Cost payable

** Booking Required

