



## Newsletter



📞 01752 241057

✉ VFHub@improvinglivesplymouth.org.uk

## ONE YOU PLYMOUTH

Are you looking for ways to change your life to be healthier and happier? We're here to help!

You can make small changes that will have a huge impact on your life with the help of our full team of NHS professionals. As you transition into a healthier lifestyle, we will provide you with ongoing support, tools, and encouragement every step of the way, therefore benefiting you as well as your family and friends.

Making healthier choices today could lead to a better quality of life and even prevent diseases like type 2 diabetes, cancer, and heart disease. Your risk of stroke, dementia, disability, or frailty in later years will also be reduced.

Additionally, we provide workplace health with [Wellbeing at Work](#) and [Breastfeeding Support](#) in Plymouth.

Working together with the NHS to improve your health, One You Plymouth are providing free NHS Health checks to individuals between the ages of 40 and 74 living in Plymouth. If you are eligible and haven't had a health check in the past 5 years, we run Health Check clinics in various locations across Plymouth.

It's never been easier to get checked, book your health check with us today. [Book Here](#)



source : <https://www.oneyouplymouth.co.uk/>

### 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

MAR 2024



VETERANS AND  
FAMILY HUB

☎ 01752 241057    ✉ VFHub@improvinglivesplymouth.org.uk

# D-Day 80 Victory Ball

D-Day 80 Year Celebration

# Victory Ball

7th June 2024  
Boringdon Park Golf Club, Plymouth, PL7 4GQ  
18:30 - 00:00

Hosted by the dazzling David Fitzgerald  
Arrival Pimm's  
3 Course Meal & Dance  
Auction & Raffle  
Black Tie & Mess Dress

Call today to book : 01752 241 057    Tickets: £60 Per Person  
Email: vfhub@improvinglivesplymouth.org.uk

Improving Lives Plymouth Veteran and family hub England Reg. Charity No. 1066776    DMWS: Reg Charity in England and Wales (1087210) & Scotland (SC045460)

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!

# Victory Ball Menu

## Starters

- Carrot and Coriander soup, Chive Crème
- Fresh Ham-hock tarrine, toasted ciabatta, dressed leaves
- Wild Mushroom and Mozzarella Arancini, Roasted Beetroot, Mixed Leaf.

## Mains

- Pink Topside of beef, Roast Potato, Gravy, Yorkshire pudding.
- Roasted Chicken Breast, asparagus, chive cream and Roast potato.
- Pan seared Salmon, herb crumb, Dill velouté, crushed coriander new potatoes.
- Apricot & Spinach Tortellini, Garlic Croutons, Walnut butter sauce.

## Dessert

- Crème Brulé, Short bread and Raspberry Sorbet.
- Chocolate Brownie, with Chantilly Cream.
- Warm Sticky Toffee Pudding, with Vanilla Ice Cream.



# Saturday 29th June 2024

## We are counting down to Armed Forces Day 2024

Come along and show your support!

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.



**We need your support !**



We have already applied for our stand at Armed Forces Day and are looking for a team of volunteers to support us on the day. This could be a shift on our stand, talking to the public about the support available through the hub, or bringing us cakes to keep us going! Please let the hub know if you would be able to help [vfhub@improvinglivesplymouth.org.uk](mailto:vfhub@improvinglivesplymouth.org.uk)

## Armed Forces Flag Raising Ceremony

The Armed Forces Flag will be raised outside the Plymouth Guildhall on Monday 24 June 2024, at 10am at a formal ceremony, marking the start of Armed Forces Week. The flag will fly in Plymouth all week in celebration of our military personnel, past and present.



## Universal Credit - Managed Migration



### What is Universal Credit?



Universal Credit (UC) is a means-tested benefit that has been introduced to gradually replace the following benefits: • Working Tax Credits • Child Tax Credits • Housing Benefit • Income Support • Income-based Job Seekers Allowance • Income-related Employment and Support Allowance The DWP will notify everyone who is claiming these old benefits that they will need to make a claim for Universal Credit. This process is called managed migration

### What is managed Migration?

Managed migration is what happens if the Department for Work and Pensions (DWP) tells you that your current benefits will stop soon and you need to apply for Universal Credit (UC) instead. The DWP will send you a letter telling you to apply for Universal Credit within 3 months. This letter is called a migration notice. This will happen gradually so you might be told to move to UC at different times from people you know, depending on where you live and which benefits you are claiming. Managed migration is already happening across the country. It will happen in Devon and Cornwall from January 2024, starting with people who are claiming Working Tax Credits and/or Child Tax Credits.

### Do I have to move to Universal Credit?

The DWP are planning to phase out the old benefits system by 2029. People on Working Tax Credits and Child Tax Credits will be notified first. The DWP will then gradually inform people claiming other old benefits when it is time for them to move to Universal Credit. You can stay on your current benefits for now, unless: • you get a letter from the DWP telling you to claim Universal Credit by a certain date. • your situation changes in certain ways - for example, separating from a partner or moving to a different council area may trigger the move to UC. You can choose to move to Universal Credit at any time. However, if you apply before you receive the letter from DWP, you will not be eligible for transitional protection

For more information please [click here](#)

Or phone Citizens Advice Help to Claim Team on 0800 144 8 444



# Save the date.....

This summer, The Royal Navy will be hosting an adaptive triathlon event open to all serving tri-service personnel in recovery (Injured or illness), and medically discharged veterans. The Rehabilitation Triathlon 2024 will once again be delivered in association with Plymouth City Council, sponsored by TRMC/RMA and AECOM, and hosted on the historic Plymouth Hoe on **Thursday 27 June 24.**

It is expected that 200 participants from the UK Tri-Services and Veterans will attend this event, along with International teams from the United States Marine Corps' and Royal Netherlands Marine Corps

The event will have full and sprint distances with participants competing in 6 different categories dependent upon the nature of injury and their physical ability. A team relay (2/3 competitors) event is also available over the full distance.

### Sprint Distance:

- Pool Swim - 200 metres
- Bike - 6.6 km
- Row - 2.5 km

### Full Distance:

- Pool Swim - 400 metres
- Bike - 13.2 km
- Row - 5 km

Sign Up - The Eventbrite page is live, please apply for free [here](#)

OR Search

Rehabilitation Triathlon  
(Location 'Plymouth')



**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](https://plymoutharmedforcesday.co.uk)



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## Plymouth's Dental Taskforce working towards three key priorities.

Plymouth's Dental Taskforce has agreed the three key priorities that it will collectively work towards to improve NHS dental provision for local residents.

The taskforce was created last year in response to the city's growing dental crisis, which has seen over 22,000 Plymouth residents join the waiting list for an NHS dentist.

The cross-party group includes representatives from Plymouth City Council, NHS Devon, Peninsula Dental Social Enterprise (PDSE), Livewell Southwest and University Hospitals Plymouth NHS Trust as well as the city's three MPs.

The taskforce has agreed to focus on three key priorities:

- Deliver a new dental facility in the city centre run by the Peninsula Dental School which is aligned to the oral health needs in the city.
- Provide additional funding to Plymouth City Council to enable it to enhance the oral health improvement offer available in the city, to help prevent dental health issues.
- Use some of Plymouth's annual NHS dental underspend to commission new services for high priority groups and those who don't have access to an NHS dentist.

Since June 2023 the taskforce has been working to deliver improvements, such as a new scheme by PDSE to provide NHS dental appointments to primary school children. It will now focus on campaigning for and delivering these three priorities.

Councillor Mary Aspinall, Cabinet Member for Health and Adult Social Care and Chair of the Taskforce said: "There is still a huge amount of work to be done in Plymouth and so we will keep campaigning for better outcomes for our residents. At the moment the situation is only getting worse. There are thousands of people still waiting for an NHS dentist and we believe this is just the tip of the iceberg, because it doesn't capture the number of people who don't have an NHS dentist but haven't joined the waiting list, or who have simply given up and had to pay private dental fees.

"We will be focusing on our three key priorities over the coming months and particularly hope that we can utilise the local dental underspend for the benefit of local residents that are most desperately in need of dental care. For more information [click here](#)



source : <https://www.plymouth.gov.uk/plymouths-dental-taskforce-working-towards-three-key-priorities>

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# On at the Hub in March

**BAKE & BANTER**  
**FREE**  
**COOKERY WORKSHOPS FOR VETERANS**

8th February 12.30pm - 3pm  
 14th March 10am - 1pm

VETERAN'S HUB, ERNEST ENGLISH HOUSE,  
 BUCKWELL STREET, PLYMOUTH, PL1 2DA

Exclusively for veterans, the Bake and Banter programme is a great opportunity to brush up on those essential cookery skills while having a good old banter with like-minded individuals. During our hands-on cooking workshops we will be covering nutrition, menu planning, budgeting, recipe alternatives, shopping and storing food. A delicious meal will be provided (& cooked by you).

If you are interested in attending, you can either:  
 call us on: 07818 450968  
 or email us at: info@foodisfun.org.uk

Places are limited & offered on a first come, first served basis.





## Unpaid Carers Group goes to...



**BUFFET CITY**  
**BUFFET CITY**  
**BUFFET CITY**  
 4th April 2024  
 13:30 - 15:00

1 St Andrews Cross Roundabout,  
 Plymouth  
 PL1 1DN

Cost (payable in advance) £7.50ph  
 last date to book 25th March

Please call 01752 241057 or email  
 vfhub@improvinglivesplymouth.org.uk



**Podiatry**  
**Appointments**  
 at  
**Ernest English House**

Next available appointment  
 Tuesday 12th December

Call the Hub on 01752 241057 to book

**£30pp**





**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 **£3.90 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




☎ 01752 241057    ✉ VFHub@improvinglivesplymouth.org.uk

Skills Launchpad Plymouth presents  
**BEHIND-THE-SCENES:**  
 Careers in construction and the built environment

Take part in a tour of the construction work taking place "behind the wall" of Devonport Dockyard which is undergoing a significant investment in infrastructure to support the forward demands of the Royal Navy.

You will have the chance to meet and hear from a variety of contractors and consultants who are involved in the various live projects and the roles and careers that are available to those looking to transition from the military.

When: Monday 4 March, 12noon to 2pm  
 Where: Devonport Dockyard, PL2 2BG  
 To book, email [skillslaunchpad@plymouth.gov.uk](mailto:skillslaunchpad@plymouth.gov.uk)

Places limited, first come first served.  
 Entry subject to security clearance.

**Build confidence and skills...**  
 Our dedicated staff will help you overcome anything you feel is holding you back. It could be...

- Upskill through work trials and work tasters
- Training, skills and vocational qualifications (including digital support)
- Confidence, health and wellbeing

Help with: **CV & INTERVIEWS** **DIGITAL** **Your new job...**  
 FEELING GOOD **WORKWEAR** Once you've started work, we'll help you settle and progress in your new role, and stay in regular contact.  
 ANXIETY **JOB SEARCH** HOUSING

Check if Pioneer is right for you...  
 To find out more or for a friendly, no-obligation chat, [pioneer@seetecplus.co.uk](http://pioneer@seetecplus.co.uk) | [seetecplus.co.uk](http://seetecplus.co.uk)

Pioneer is a voluntary programme delivered by Seetec Plus in Plymouth, Bournemouth, Swindon, Bristol and Southampton.

Joining WHP - Pioneer is subject to eligibility checks which our friendly local team will assist you fully with.

This flyer is available in different formats

Work & Health Programme  
**Seetec PLUS**

I got the job! Now I've found my purpose and have money to spend too.

**Are you currently OUT OF WORK?**

Our Work & Health Programme - Pioneer service will help you move into work quickly, so you can live the life you choose. We'll get to know your strengths, aspirations and together, we'll help you find the right job.

- Apply for jobs straight away
- Connect with employers in your local community
- Specialist help to overcome any challenges

Travel costs reimbursed

@SeetecPlus



Events  
 2024

Updated Jan 2024

- Saturday 03 February 10-12 noon**  
 Breakfast : The Anchorage in Plymstock
- Saturday 17 February 9-11am**  
 Breakfast at Drakes Kitchen, Plymouth University
- Saturday 02 & 16 March 9-11am**  
 Breakfast at Drakes Kitchen, Plymouth University
- Saturday 06 & 20 April 9-11am**  
 Breakfast at Drakes Kitchen, Plymouth University
- Saturday 04 May - Cancelled - Bank Holiday Weekend**
- Saturday 18 May 9-11am**  
 Breakfast at Drakes Kitchen, Plymouth University
- Saturday 1 & 15 June 9-11am**  
 Breakfast at Drakes Kitchen, Plymouth University
- Saturday 6 & 20 July 9-11am**  
 Breakfast at Drakes Kitchen, Plymouth University
- July - Dinner Dance - TBC**
- Saturday 3 & 17 August 9-11am**  
 Breakfast at Drakes Kitchen, Plymouth University
- Saturday 7 September 9-11am**  
 Breakfast at Drakes Kitchen, Plymouth University
- Saturday 21 September**  
 Breakfast Venue to be confirmed

Any questions, please contact us:  
 07568 148685  
[PlymouthVeteransBreakfastClub@outlook.com](mailto:PlymouthVeteransBreakfastClub@outlook.com)



**Veteran or service leaver in Plymouth?**  
 Your new career in construction awaits

Join the Building Heroes fully funded 5-week Level 1 Construction Skills (includes CSCS)  
 Brickwork • Plastering • Plumbing • Carpentry • Joinery • Tiling • Painting and Decorating  
 Job opportunities available

**DATES**  
 08/01/24 - 09/02/24  
 26/02/24 - 29/03/24  
 22/04/24 - 24/05/24  
 10/06/24 - 12/07/24  
 09/09/24 - 11/10/24  
 04/11/24 - 06/12/24

Apply: [www.buildingheroes.org.uk](http://www.buildingheroes.org.uk)  
 YOUR LEARNING DESTINATION OF CHOICE

**A Military Veteran in the family?**

EMOTIONAL AWARENESS AND UNDERSTANDING FOR SPOUSES, PARTNERS AND CARERS.

**Friday 22nd March, 1000-1500**

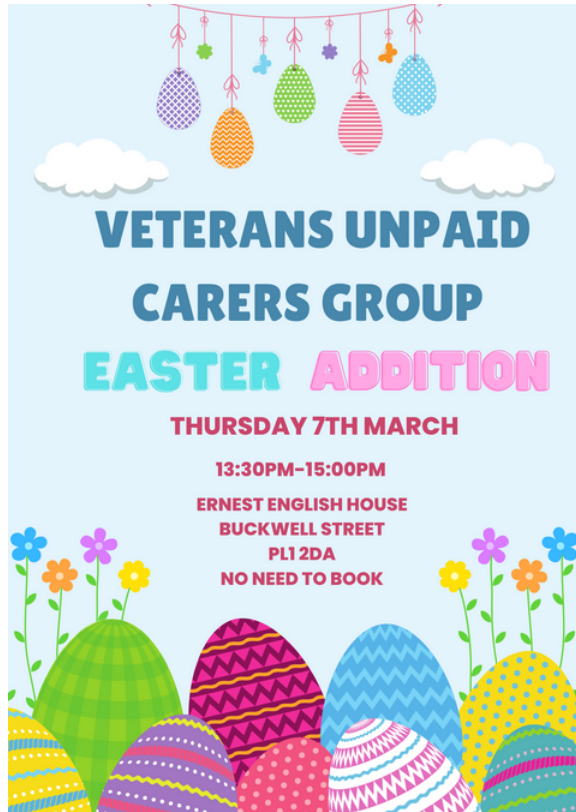
A UNIQUE, ONE DAY COURSE TO HELP FAMILIES UNDERSTAND THE ANXIETY, ANGER AND OTHER EMOTIONAL FRUSTRATIONS THAT CAN IMPACT MILITARY VETERANS.

PENTILLIE CASTLE, SALTASH, PL12 6QD

COURSE OPEN TO COUPLES AND/OR PARTNERS & SPOUSES WHO WISH TO ATTEND ALONE.

To register contact Bernard: [info@veteransoutdoors.org.uk](mailto:info@veteransoutdoors.org.uk)





**VETERANS UNPAID CARERS GROUP**  
**EASTER ADDITION**  
**THURSDAY 7TH MARCH**  
**13:30PM-15:00PM**  
**ERNEST ENGLISH HOUSE**  
**BUCKWELL STREET**  
**PL1 2DA**  
**NO NEED TO BOOK**



**Mental Health Courses & Workshops!**

**Understanding & Coping with Feelings of Anxiety.**  
 Tuesday 13 February, 10am – 12:30pm  
 at Ernest English House, Plymouth

**Mindful Movement.**  
 Tuesdays 20 February – 26 March, 1:30pm – 2:30pm  
 at Central Park Community Sports Hub, Plymouth

**Putting Yourself First: Understanding Self-Care.**  
 Mondays from 4 March – 25 March, 10am – 12noon  
 at Ernest English House, Plymouth

**Trauma, Shame & Self-Care.**  
 Tuesday 5 March, 10am – 4pm  
 at Ernest English House, Plymouth

**Learn more and register:**  
[www.devonmind.com/courses](http://www.devonmind.com/courses)

**RN FPS Community Support**  
**LET'S TALK TEETH**

Crownhill Community Centre  
 Fort Road, Plymouth, PL6 5BX




**Let's Talk Teeth**

MILITARY & PEOPLE SUPPORT

A member of the DCHP Dental Department will provide support and advice around dental care for children including Q&A and SEND information

**Friday 1st March**  
**1300-1500**



Crownhill Community Centre,  
 Fort Road, PL6 5BX



**ARE YOU UK EX-SERVICE PERSONNEL?**  
**PARTICIPANTS NEEDED**

Are you above 18?  
 Did you serve in the UK Armed Forces for at least 2 years?



**Then this could be the study for you!**

We want to hear about your experience of leaving the military and transitioning to civilian life. You can help us develop our understanding of transition experiences and potentially inform services how to better support veterans throughout their transition to civilian life.

**What's involved?**

You will be asked to complete an online survey estimated to last 70 minutes where you will write responses to four questions, related to how transitioning from the military to civilian life has been for you. Questions will explore the impact transitioning has on relationships, mental health, etc. You will also be asked to answer some short demographic questions about yourself.

**Contact us!**

To participate or if you have any questions, contact us at:  
[vetwrite@kcl.ac.uk](mailto:vetwrite@kcl.ac.uk)



This study is being run by King's Centre for Military Health Research (King's College London). The PI's are Alexandria Smith and Rafiyah Khan. Ethical clearance has been granted by King's College Research Ethics Committee (Ref: MRSU-23/24-40002).

## What's On March

\*Friday 1st - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

Saturday 2nd - Armed Forces Breakfast Club - The Anchorage, Billacombe Road - 09:00 -11:00

\*Monday 4th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

\*Tuesday 5th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

Wednesday 6th - Bingo - Honicknowle Youth Centre - 17:30 - 19:00 - £2

Thursday 7th - Unpaid Carers Support group - Veterans Hub 13:30- 15:00

\*Friday 8th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

\*Saturday 9th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £6

\*Monday 11th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

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

\*Friday 15th - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

\*Saturday 16th - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00

\*Monday 18th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

\*\*Tuesday 19th - Podiatrist - EEH - By appointment

\*Tuesday 19th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

\*\*Wednesday 20th Fish and Chips evening - 17:00 - 19:30 - Vets Hub, must book by 16/3 - £7

\*Friday 22nd - Brew and Banter - Union Rooms Wetherspoons - 10:30 - 12:30

\*Sunday 24th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £6

\*Monday 25th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

\*Tuesday 26th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2.50

\*Friday 29th - No Brew and Banter - Good Friday

\* Cost payable

\*\* Booking Required

