

# Veterans & Family Hub Newsletter



Issue 79 - October 2022

## Do you need IT support ?

We are pleased to be able to offer a 5 week iPad / digital support class starting on Tuesday 8th November 13:00 - 15:00 for 5 weeks at The Veterans hub at Ernest English house, this course is available to anyone that feels they would like to learn new skills in a relaxed environment , you can sign up by calling the hub on 01752 241057—places are limited so this will be filled on a first come basis.

## Derriford Hospital

The amazing team from DMWS - Defence Medical Welfare have been working hard at to ensure Veterans are identified when admitted to the hospital, this can lead to additional support services being available, please ensure if you are at the hospital that you are marked as a Veteran, this should add a poppy to your hospital notes. Rachel and Matt are on hand to support any veteran or serving member of HM Forces while in the hospital and can be reached on :

Mobile: 07795677351 / 07785614831 Email: [mjackson@dmws.org.uk](mailto:mjackson@dmws.org.uk) / [rhembury@dmws.org.uk](mailto:rhembury@dmws.org.uk) Web: [www.dmws.org.uk](http://www.dmws.org.uk)

## Carers Rights Day 2022

Our Dedicated Carers team are once again holding a Carers Rights day event, our first since COVID. This year the event will take place on Friday 25th November from 11:00 - 14:00 at Crown Plaza Hotel, we welcome anyone that is an unpaid carer to join us at this event, lots of supportive information will be available, this will include A vision zone section, Vaccination station, hearing aid services, veteran support services plus many more.

To find out more about the support that is available to unpaid carers please [click here.](#)

### 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

☎ 01752306900 (out of hours)

#### Livewell Plymouth

mental health support service (24 hours)

☎ 01752434922

#### Veterans Gateway

☎ 0808 802 1212

#### Samaritans

☎ 116 123

# Improving Lives Plymouth.

## Active for All

Active for all is another project that sits under Improving Lives Plymouth.

Active for All is a service which supports and promotes physical activity for adults (18+) with disabilities and long-term health conditions. The main service user groups we work with are adults with mental health support needs and/ or learning disabilities.

The aim of Active for All is to improve health and well-being by helping people find something active they can do regularly and enjoy.

### Regular Community Activities



#### Basketball

We support the delivery of a weekly basketball session in partnership with Plymouth Life Centre. The sessions are run by a qualified coach and run every Thursday from 1pm - 2pm (please contact us for the current cost) All abilities welcome. No experience needed, just enthusiasm!

Booking essential

#### Boccia

Boccia is a boules-type game which is designed for people of all physical abilities to be able to participate in. The aim is to get your balls as close to the white 'jack' ball as you can. The balls can be released in a variety of ways depending on the person's ability; balls can be thrown, kicked, pushed off the lap or even released with assistance from a ramp.

Boccia sessions run every Monday, 11.00am - 12.00pm and Wednesday, 10.30am – 11.30am at the Life Centre. The cost is £2.50 per session and is open for people who want to play Boccia just for fun or brush up on your skills. Booking essential!

For most information on the weekly time table please [click here](#).



#### Buddy Service.

Would you like to join a gym or start a physical activity but feel you need a little extra support with building confidence?

If so then maybe the Active for All Buddy Service could help.

The Active for All Buddy Service is a short term stepping stone to help people who suffer from low level mental health problems to access activities in the community. We can provide a volunteer buddy to accompany someone for the first few sessions to help build the confidence needed to sustain the activity independently.

If you are interested in our activities, please call Active for All on 01752 201891 or [Click Here](#).

# Remembrance with the community.

## Hero Hunt

As remembrance approaches we are very keen to support the education of the next generation with what remembrance is all about.

We have teamed up with 1st Crownhill Beavers to take part in a hero hunt and hope this will become an annual event. The idea is we have a list of names of those who have paid the ultimate sacrifice and who's names are listed on the war memorial on Plymouth Hoe. We hope some of our veterans will join us to help the Beavers find the name of their named hero. This will all be followed by Hot Chocolate and cake at Plymouth Veterans and family Hub. If you would like to take part in this please call the hub so that we can ensure we have enough cake for everyone !

## A Gift to remember.

With great thanks to a team of crocheting experts, we have been able to leave 130 poppies dedicated to those who lost their lives and are remembered across our city. Each poppy comes with a card dedicated to a service man or woman with the information on where their name can be found, these poppies are being left across the city for the public to find, we also have some for sale at the hub for £2 each. If you are lucky enough to find one of these please share this on our [Facebook page](#).



## 13th November - Remembrance Sunday.

We will be meeting on the Hoe at 10:30 by the Hoe café and will stand together for the remembrance service for those who wish to join us. For more information about remembrance Sunday [click here](#).

## A Poem – The Inquisitive Child

Why are they selling poppies, Mummy? Selling poppies in town today.  
The poppies, child, are flowers of love. For the men who marched away.  
But why have they chosen a poppy, Mummy? Why not a beautiful rose?  
Because my child, men fought and died in the fields where the poppies grow.  
But why are the poppies so red, Mummy? Why are the poppies so red?  
Red is the colour of blood, my child. The blood that our soldiers shed.  
The heart of the poppy is black, Mummy. Why does it have to be black?  
Black, my child, is the symbol of grief. For the men who never came back.  
But why, Mummy are you crying so? Your tears are giving you pain.  
My tears are my fears for you my child. For the world is forgetting again.



Author unknown

## Remembrance resources for Children.

The Royal British legion have put together the following resources for children, [please click here](#).

# How did we support you? October 2022



# NEW Evening Support Hubs

We are pleased to announce we are working with a collaboration of Service/Veteran charities to bring you an exciting new development in the way that support is delivered.

We have teamed up with Four Greens Community Hub, Chaddlewood Farm Community Centre, Help for Heroes and many others to bring you evening drop in hubs.

They will take place on the 2<sup>nd</sup> Thursday of the month between 1500-1900 at Chaddlewood Community Centre, The 3<sup>rd</sup> Wednesday of the month between 0900-1900 at Ernest English house – with a focus on different topics from 16:00- 19:00 and the last Wednesday of the month between 1600-2000 at Four Greens.

The idea of the hubs is to have as many organisations as possible present so that a member of the Armed Forces Community (both serving and veteran, as well as families) can come to the hubs and see what support is available and access it, as well as having a brew and biscuit.

We feel this is a positive step in the right direction for the Armed Forces Community here in Plymouth and hopefully it will be a great success. Any thoughts and feedback (both good and bad) are welcomed as the hubs take shape over the next few months.



**ARMED FORCES  
COMMUNITY  
OUTREACH HUBS**



**Are you a Veteran in need of  
Support?  
Fancy a Brew and a biscuit ?**

Starting in November

**2nd Thursday of the month - 15:00- 19:00  
Chaddlewood Farm Community Centre.**

**3rd Wednesday of the month- 09:00 - 19:00  
Plymouth Veterans and Family Hub, Ernest English house.**

**Last Wednesday of the month - 16:00 - 20:00  
Four Greens Community Hub.**



**Supporting Veterans  
and serving members  
of H.M Forces  
and their families.**

Brought to you by a collaboration of Military charities  
from across the city of Plymouth.

# Christmas Activities



Our December events are proving very popular, please book before its to late. Many activities are already fully booked.

If you would like to book on to any of the below please call 01752 241057.

We are able to spread payments for these events, and have some complimentary places available.



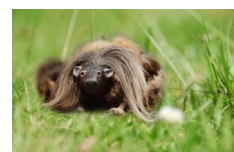
**Thursday December 1st - Carers Christmas Craft session EEH £2.50 per person**

**Wednesday 7th December Bingo at Dunelm 17.45 -19:00 £1 pp**

**Friday 9th December - Plymouth Veterans and Family Hub Christmas Carol service at Emmanuel Church 18:30 - 21:00 (please bring a donation for provide Devon)**

**Friday 16th December Festive Brew and Banter - Dress code Christmas Jumpers this will include a Christmas Breakfast - 11:00 - 13:00 £10 pp**

**Friday 27th January - Burns Night and Quiz - £25 pp this includes either a whiskey to address the haggis or a soft drink as well as a two course, preordered, table service evening meal. Tartan optional!**



# Veteran Support



## Mindful Art Club



Taster session

Wednesday 16<sup>th</sup> November

10.00am – 11.30am

No talent? No experience? No problem!

Mindful Art Club is for fun and relaxation. Do you remember when you enjoyed art as a child, without judging your ability or results? This easy-going art session will help you to deal with anxiety, stress and daily worries.

Friendly and informal.

Hosted by local artists Peggy Melmoth and Emma Sprawson.

Mannamead Wellbeing Hub,  
156 Mannamead Road, Plymouth,  
PL3 5QL

Find out more and BOOK YOUR PLACE:

[www.mindfulartclub.co.uk](http://www.mindfulartclub.co.uk)  
[www.facebook.com/](https://www.facebook.com/)

Email: [anna.fox@improvinglivesplymouth.org.uk](mailto:anna.fox@improvinglivesplymouth.org.uk)

Or Call: 07305104006



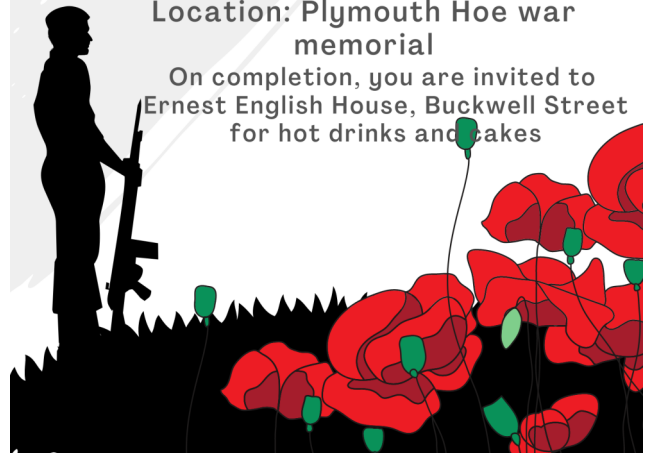
**1st Crownhill Beavers** would like you to join them as they pay their respects to our military, past and present, for a small Remembrance Ceremony and a

## HERO HUNT

Thursday 10th November 2022 - 16:45

Location: Plymouth Hoe war memorial

On completion, you are invited to Ernest English House, Buckwell Street for hot drinks and cakes



## Living with persistent pain can be difficult

Attend our FREE Virtual Veteran Pain Management Programme (PMP) to learn strategies to manage your pain effectively.

Rated twice as OUTSTANDING by the Care Quality Commission (CQC) our programme is tailored to support veterans and provide you with practical strategies to improve your quality of life.

Attend virtually for ten days over nine months (access to Zoom necessary), and gain confidence in managing your pain.

Spaces are limited and a GP referral along with Proof of Service must be submitted before assessment to join the programme.

For more information or to refer yourself contact:

Caroline Dunne  
Email: [carolinedunne@kingedwardvii.co.uk](mailto:carolinedunne@kingedwardvii.co.uk)  
Tel: 0207 467 4370  
[www.kingedwardvii.co.uk](http://www.kingedwardvii.co.uk)



CENTRE FOR VETERANS' HEALTH  
KING EDWARD VI'S HOSPITAL

## BURNS NIGHT & QUIZ



27TH JAN 2023

2 course table service

Fabulous prizes to be won

Meal + Whiskey/Soft Drink provided

£25 PER PERSON

Please call the hub on 01752 241057 to book your place

Teams of 8 for quiz



# Other Support and activities

Defence Medical Welfare Service

# Charity Ball

BORINGDON PARK GOLF CLUB,  
PLYMOUTH PL7 4QG  
SATURDAY 10TH JUNE 2023  
6:00 PM - 1:00 AM

HOSTED BY BBC RADIO DEVON'S DAVID FITZGERALD  
PERFORMANCES FROM THE PLYMOUTH MILITARY WIVES CHOIR  
3 COURSE MEAL & DISCO  
AUCTION & RAFFLE  
DRESS - BLACK TIE

TICKETS: £55 PER PERSON

VISIT : <https://dmwscharityball.eventbrite.co.uk>

Military Wives Choir - Registered charity in England and Wales (1148302) & Scotland (SC045217)

DMWS - Registered charity in England and Wales (1087210) & Scotland (SC045460)



Plymouth Age UK  
LOVE LATER LIFE

## DEMENTIA AWARENESS WORKSHOP

LEARNING FROM LIVING WITH DEMENTIA

**Free Training**

- Co-produced by people living with dementia
- Fun, interactive and thought provoking
- Support your commitment to awareness
- Modified to suit your group or organisation

Find out more

Tuesday 13<sup>th</sup> December 2022 10am-4pm

Mannamead Wellbeing Hub

156 Mannamead Rd, Mannamead, Plymouth, PL3 5QL

CONTACT: Danny Phillips.[improvinglivesplymouth.org.uk](mailto:improvinglivesplymouth.org.uk) or text on: 07305006511

[www.ageuk.org.uk/plymouth](http://www.ageuk.org.uk/plymouth)

01752 256020

Find out more about Age UK Plymouth's Dementia Awareness Training:  
[Tammy.Walker@ageukplymouth.org.uk](mailto:Tammy.Walker@ageukplymouth.org.uk)



Registered charity number 389820. Company number 1439907.



REMEMBRANCE FESTIVAL 2022

PLYMOUTH CITY GUILDHALL FRIDAY 11<sup>th</sup> NOVEMBER

6.45pm for 7.30 START.

PRESENTED BY  
THE FEDERATION OF  
PLYMOUTH & DISTRICT EX SERVICES ASSOCIATIONS



<p>Tickets On Sale From The Following –</p> <p><a href="http://www.theticketstore.co.uk">www.theticketstore.co.uk</a></p> <p>Or</p> <p>Visit the Pavilions 1 hour before Any Event</p> <p>Or</p> <p>In Person At The Treasury Bar &amp; Restaurant</p> <p>On</p> <p>The Following Dates -</p> <p>October - Wednesday 19<sup>th</sup>, 26<sup>th</sup></p> <p>Saturday 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> October</p> <p>November - Wednesday 2<sup>nd</sup> &amp; Saturday 5<sup>th</sup></p>	<p>Ticket Cost - £10.00 + £1.50 Booking Fee &amp; £2.50 Transaction Fee</p> <p>Includes A Programme And A Flag</p> <p>Supporting Veterans &amp; All Branches Of The Armed Forces</p>
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The Band of His Majesty's Royal Marines Plymouth & Drumhead Service  
Ocean City Sounds Chorus. Plymouth Military Wives Choir.  
Plymouth Pipe Band. Montpelier School Choir.



## 265 PORT SQUADRON, 165 PORT & MARITIME REGIMENT, ROYAL LOGSITIC CORPS

265 Port Squadron RLC are the Army Reserve Port & Maritime experts. We specialise in moving stores and equipment from ship to shore, utilising our fleet of landing craft and other vessels to operate anywhere in the world and wherever it is needed. We will give you the opportunity to do something different whilst getting paid to train in your spare time, learn new skills whilst gaining specialist qualifications, meet new friends and earn an annual tax-free bounty. Come along on a Tuesday evening between 19:30 - 21:30 hours or just give us a call to arrange a visit.



### OPPORTUNITIES

- Port Operator
- Mariner
- Chef
- HR Specialist
- Marine Engineer
- Driver
- Combat Medical Technician

### CONTACT US

Address:  
Derriford Army Reserve Centre,  
Breet Road,  
Derriford,  
Plymouth,  
Devon,  
PL6 5EW

Email:  
[john.cragg269@mod.gov.uk](mailto:john.cragg269@mod.gov.uk)  
Tel: 01752 835805

SEARCH  
ARMY RESERVE



ARMY  
BE THE BEST



# Other information.

26  
NOV

1ST CROWN HILL  
SCOUT GROUP

Christmas Fair

11-2

LOCAL TRADERS,  
GAMES,

FOOD

& MULLED WINE

CRAFTS

& FESTIVE RAFFLE

ENDEAVOUR HALL,  
1ST CROWN HILL SCOUT HUT,  
28 DAYTON CLOSE, PL5 3AN



Age Positive Programme

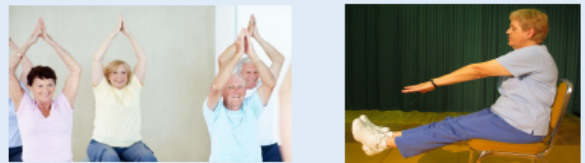
Supporting over 65s at risk of social isolation and/or frailty



Free Taster Session:

## Gentle Tai Chi

'Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.'



As part of 'Age Positive' Programme, this class is specifically for those seeking a gentle class to improve; strength, balance and flexibility. The class will focus on more seated movements for gentle exercise.

Where: Compton Church Hall

When: Tuesday 11th October

10.30-11.30

Find out more and to [book a place](#):

Email: [anna.fox@improvinglivesplymouth.org.uk](mailto:anna.fox@improvinglivesplymouth.org.uk)

Or Call: 01752-201900 or 07305104006



## carers RIGHTS DAY

Join us for this annual event where you'll learn what your rights are as a carer!

For more information  
call 01752 201890



FRIDAY 25TH NOV, 2022  
CROWNE PLAZA HOTEL  
11AM - 2PM

THIS MONTH ON ZOOM

Creative Forces Wednesday [CLICK HERE](#)



Friday 9th December 18:30 - 21:00

PLYMOUTH VETERANS & FAMILY  
HUB

Christmas  
CAROL SERVICE



Emmanuel Church, 1 Compton  
Avenue, Plymouth, PL3 5BZ

To book tickets please call the hub on  
01752 241057

# What's on

## October/ November

### 2022



1st - Sticky Bun Morning - Age UK Mount Gould - 10:00

2nd - Creative Forces - Zoom - 10:00

2nd - Bingo - Dunelm £1 pp- 17:45

3rd - Carers Support Group - Ernest English House 13:00 - 14:30

4th - Brew and Banter - Copthorne Hotel - 10:30

5th - Armed Forces Breakfast Club at Drakes Kitchen - 09:00

8th - Sticky Bun Morning - Age UK Mount Gould - 10:00

9th - Creative Forces - Zoom - 10:00

9th - Tri Service Veterans Lunch - Derriford Army Reserve Centre - 12:00-14:00 \*\*

10th - Hero Hunt with 1st Crownhill Beavers - Plymouth Hoe War Memorial - 16:45\*

12th - A.F Veterans Brunch, The William & Patricia Venton Centre £5 - 10:00

15th - Sticky Bun Morning - Age UK Mount Gould - 10:00

16th - Creative Forces - Zoom - 10:00

18th - Brew and Banter - Copthorne Hotel - 10:30

22nd - Sticky Bun Morning - Age UK Mount Gould - 10:00

23rd - Creative Forces - Zoom - 10:00

26th - A.F Veterans Brunch, The William Venton Centre £5 - 10:00

29th - Sticky Bun Morning - Age UK Mount Gould - 10:00

30th - Creative Forces - Zoom - 10:00

1st December - Carers Christmas Craft Session - Ernest English House 13:00 - 14:30  
- £2.50 pp

2nd December - Bath Christmas Market - Fully Booked

7th December - Christmas Bingo Dunelm - 17:45 £1pp

Booking Required - Please contact the hub if you're interested in attending

**\*\* Booking Required - Please contact: [kate.hughes@rnrmc.org.uk](mailto:kate.hughes@rnrmc.org.uk)**