



SHV&F-LP

Surrey Heath Veterans & Families – Listening Project

e:mail: surreyheath.veterans@yahoo.com

www.shvflp.org.uk



Tuesday 14th August 2018

SHV&F-LP supports our Armed Forces by putting Veterans & Families first, throughout Surrey, Berkshire, Hampshire, and the UK.



At 10:45am this month, we give a warm welcome to our guest speaker Karen Ginn an employment advisor, from Richmond Fellowship.

As an Employment Advisor for Richmond Fellowship, Karen assists service users in sourcing appropriate work experience placements and paid work opportunities with local organisations/ employers and provide person centered advice & guidance to clients to enable them to move into suitable and sustainable work and or learning opportunities.

For more than 55 years they have pioneered and practiced a belief in social inclusion and recovery. They believe that mental health is everyone's business and that we are all dependent on each other to a greater or lesser degree for our mental wellbeing. Richmond Fellowship believe that recovery is a journey, and is different for each person. While there is no single definition of recovery, the achievement of the best possible quality of life for each individual lies at the heart of this journey. Visit their website: www.richmondfellowship.org.uk

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Our veterans Well-Being group will be covering 'unhelpful thinking styles' and how the way we think affects our mood.

- Veterans' talking point
- NO appointment needed
- Run by Veterans for Veterans supported by qualified practitioners: TalkPlus
- Walk-in's welcome

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GRAB A SNACK, & COME ON BACK IT'S..... TIME FOR HOT-TOPICS

Best wishes to our Candy Crush Catering Crew.



Follow-up to last month's "Call for families to claim their sailor ancestors. Archaeologists have appealed for the descendants of sailors buried in a military cemetery in Plymouth to claim their remains before the area is developed."

They have carried out excavations on an adjacent site a couple of years ago, and have archaeologically excavated the remains of approximately 450 sailors and marines from the time of Nelson. These brave men showed evidence for injuries in battle, widespread diseases of the time such as scurvy as well as contemporary medical practises, such as craniotomies. Unfortunately, as they were ordinary seamen they were left with no grave markers or headstones, so sadly it is very unlikely that we will be able to name any individual.

For further information you can contact Charlotte Coles one of the archaeologists involved: ccoles@acarchaeology.co.uk or write to her at the postal address: 4 Halthaies Workshop, Bradninch, Nr Exeter, Devon. EX5 4LQ.

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Be part of exploring the LIFE and VOICE of

YOUNG CARERS OF VETERANS WITH MENTAL HEALTH ISSUES.

A PHD RESEARCH PROJECT BY PAUL WATSON

WHEN:
June 2018 – Dec 2018

WHERE:
Face-2-Face
or
Online

FEATURING HEADLINE ACT: YOU

IF YOU WANT TO TAKE PART SPEAK TO YOUR PARENTS & GET IN TOUCH...

P.WATSON@NORTHUMBRIA.AC.UK

ARE YOU BETWEEN: 11-18 YEARS OLD?

IS YOUR PARENT A MILITARY VETERAN WITH MENTAL HEALTH ISSUES?

ARE YOU WILLING 2 UNDERTAKE A YOUNG CARERS ASSESSMENT?

Want to tell *YOUR* story of being a young carer of a military veteran?

BENEFITING YOU and YOUNG CARERS LIKE YOU!

SPONSORS
Northumbria University.

Ethical approval has been obtained for this project.

Paul Watson - Post Graduate Researcher - Military Young Carers Northumbria Veterans Hub, Northumbria University, Newcastle upon Tyne.

Paul is currently undertaking some research and would like to recruit young people in veteran families, who potentially are providing care for their parent.

This research intends to explore how veteran (parental) common mental health issue – depression, anxiety, adjustment disorder and or

Post-Traumatic Stress Disorder (PTSD), affects the emotional health of a young carer, and the impact the role of being a young carer and the previous mentioned mental health conditions have on the relationship to their parent; placing the young carer at the centre of the research.

For the purpose of his research, a young carer of a military veteran, is defined as: (adapted from the Children and Family Act 2014) “is someone between the ages of 5-18 years of age, who helps to look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem and holds veteran status”.

WHY THIS RESEARCH IS VITAL:

Studies from the USA show that children and young people of service personnel suffer psychological effects of parental deployment. Additionally, children and young people may also struggle to cope with the reintegration of their parent. Moreover, there is no current academic research (in the USA or UK) that shows the impact military mental health has on children and young people as carers within their family, during and post service.

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With an increase of veterans seeking support for their mental health it is vital that those within their homes also gain the right support, yet we don't really understand what that support should look like, as we are yet to hear their stories. Paul's research is designed to address this issue, and give young carers in veteran families a voice, in the hope to change policy and service provision. If you would be interested in participating you can email Paul Watson: P.Watson@northumbria.ac.uk

You can follow SHV&F-LP on: -



www.linkedin.com/in/surrey-heath-veterans-families-lp



www.facebook.com/surreyheath.veterans



@SHVeterans

afterthemilitary

Some of you may have noticed Matt Sheerin is the Director of After the Military – “Building a Bridge to a New Career,” visiting SHV&F-LP.

In summary After the Military is a company specialising in the following;

- Helping people understand the best ways to look for a job
- To make good career choices in the today's job market
- To assist in getting people the ideal job for them after the military
- Supporting them in the early stages of a new job and in an unfamiliar work environment

If you would be interested in finding out more information, visit the website: www.afterthemilitary.co.uk

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INVITATION

PLEASE JOIN US FOR THE
ASDIC CONFERENCE 2018

Tuesday 13 November 2018.
1030 - 1700
Northern Design Centre,
Gateshead, Abbott's Hill,
Tyne and Wear . NE8 3DF



Attendance by invitation only
Plenty of time to Network
Refreshments and lunch provided

There is no charge but space is limited, so book
early!

Please respond by email by
Friday 26 October 2018.
sarah.clewes@asdic.org.uk (07462) 376850

Association of ex-Service Drop-In
Centres (ASDIC)

ANNUAL CONFERENCE at

NORTHERN DESIGN CENTRE, GATESHEAD

Abbott's Hill, Gateshead, Tyne and Wear,
NE8 3DF

Tuesday 13th November 2018

By kind permission of the University of
Northumbria

If you would like further information
please email: sarah.clewes@asdic.org.uk



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Your experience of accessibility when using ships wanted:

The Maritime & Coastguard Agency (MCA) is the regulatory body for the maritime passenger rights legislation. This legislation provides certain rights as to the assistance that is to be provided to disabled passengers and those of reduced mobility who travel by ship.

The MCA, as part of the Inclusive Transport Strategy recently announced by Government, are now conducting a survey to gather information as to general awareness by disabled passengers of their rights and the effectiveness of the assistance provided. The survey closes 31 October 2018.

REF: <https://www.smartsurvey.co.uk/s/MCA-Disabled-Passenger-Survey/>

HOT OFF THE PRESS

I am delighted to let you know that Aldershot Library are going to start holding a coffee morning, once a month for veterans and their families. The first one is going to take place this week on 8th August.

FIND YOUR PLACE AT THE LIBRARY
Veteran's coffee morning at Aldershot Library
Every 2nd Wednesday of the month
10.30-11.30am
Dates as follow

August 8 th	September 12 th
October 10 th	November 14 th
December 12 th	January 9 th 2019
February 13 th	March 13 th
April 10 th	May 8 th
June 12 th	July 10 th

Drop in session.
Small donation for refreshments.
Aldershot.library@hants.gov.uk
01252 322560
www.hants.gov.uk/library

Hampshire County Council
www.hants.gov.uk

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NO Appointment Needed –
Tailor Made Advice & Support For You



The Ripple Pond



VULNERABLE
VETERANS
UNITED KINGDOM

the warrior programme



We look forward to seeing you on
Tuesday 14th August 2018

Tea, Coffee, Juice as well as a selection of
daily newspapers available.

Call-in and find out what's NEW in the
Veterans' Community...

Open 10:00am-1:00pm

All information correct at the time of going to press & PDF

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