

# VETERANS AND FAMILY HUB & ARMED FORCES COVENANT PARTNERSHIP



## Newsletter



01752 241057

VFHub@improvinglivesplymouth.org.uk



**April is the month of the military child.**

The Month of the Military Child (MotMC), in April, is a campaign to raise awareness about the important role Service children play in the Armed Forces community.

It is a time to recognise Armed Forces families and their children for the daily sacrifices they make and the challenges they overcome.

In the US, the MotMC has been around since 1986. In the UK it is still gathering momentum.

This year on 25th April is 'Purple Up! Day' to show your support for children growing up in Armed Forces families.

The Dandelion is known as the flower of the military child: Dandelions are hardy plants which put down strong roots almost anywhere the wind carries them. It's a survivor and blooms in a broad range of climates.

Military children may bloom wherever the wind takes them. They can have strong roots, planted swiftly and surely. They're often ready to fly in the breeze to new adventures, new lands and new friends.

For more information click [here](https://www.raf-ff.org.uk/education/month-of-the-military-child/)



### USEFUL CONTACTS

NHS Non-Emergency  
111

Police Non-Emergency  
101

South West Water  
0344 346 2020

British Gas (Emergency  
Number)  
0800 111 999

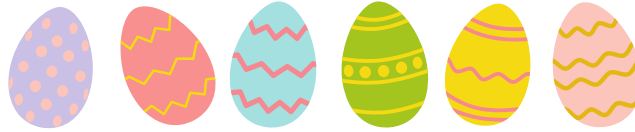
Western Power Distribution  
(Contact in the event of a power cut)  
0800 678 3105

Adult Social Care  
01752 306900

Livewell Plymouth  
mental health support (24  
hours)  
01752434922

First Response  
0800 9239323

Samaritans  
116 123



### Easter Scavenger Hunt

Saturday 5th April - Monday 21st April - Plymouth City Centre

The Easter Bunny has been busy leaving a trail for you to follow around Plymouth city centre. He has marked the locations using some well-known Easter items.

Find all 20 items on posters in city centre shop windows and collect your FREE chocolate treat from Marks and Spencer, Drake Circus Store. Pop in to each participating store to see what extra Easter activities they are offering.

### Dates

The Easter Scavenger Hunt takes place from Saturday 5 April to Monday 21 April. The deadline to submit online answers is Monday 28 April, with winners contacted by email on Friday 2 May.

### How to enter

Once you've found all 20 items, complete the online form [Here](#)

You can find the posters in shop windows until Sunday 21 April, but you will have until Sunday 28 April to enter your answers.

### Prizes

You could win one of 3 x £50 Smyths Toy Vouchers or a £20 TimberVault gift voucher.

### Trail Map

Check out the [Easter Scavenger Hunt Trail Map](#)



☎ 01752 241057    ✉ VFHub@improvinglivesplymouth.org.uk

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Rebalance • Reconnect • Reignite

Mental Resilience Course  
1/2/3 July 2024, Ivybridge, Devon



Warrior Equine's 3-day course has been specifically developed to help serving personnel and veterans who are suffering from the stresses caused by emotional trauma. The team have many years of experience working with the military community, partnering with veterans' organisations and Armed Forces Personnel Recovery Units.

The experience can be a powerful step in the recovery and mental wellbeing of those affected by issues such as post-traumatic stress and associated mental wellbeing concerns, including anger management, anxiety, stress triggers, inability to trust, social withdrawal and low self-esteem\*.

Our aim is to re-engage participants' confidence, sense of self-worth and reignite self-belief.

This is not a 'fluffy' pat-a-pony course but a highly effective and proven programme to aid the recovery journey of those who have suffered severe emotional trauma. Yes, we work with horses, but what we're really working with is people's mindsets. It's a proven methodology that can help make positive long-term changes to mental wellbeing.

**Criteria for nominations is serving personnel who are struggling with the effects of acute or chronic psychological trauma, as above\*.** There is no requirement for an interest in horses (!) and priority will be based on current mental wellbeing status and individuals' recovery pathway.

There is no riding and no previous experience of horses is necessary whatsoever. Participants will need to be physically mobile enough to walk for short periods (around 10 minutes) and be confident to change direction on a sandy/unlevel surface.

The innate ability of the horse to read and 'mirror' the actions of a human makes them a highly responsive teaching partner. Participants quickly learn to recognise their own emotional state, reflected by the actions of the horse. More importantly, they can then learn how to adjust their behaviours to create a calm, focussed state, and the beneficial effects of that on those around them.

These self-awareness skills empower the students to better manage and take back control of their emotions, especially when dealing with stressors and triggers.

Please contact the hub for details of how to request a place on this course, please note this course is for serving personal only.



☎ 01752 241057    ✉ VFHub@improvinglivesplymouth.org.uk

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### Changes to welfare benefits system.

We understand and have been receiving enquires regarding the purposed changes to the welfare system, we wanted to share with you an update we have received as below:



Department  
for Work &  
Pensions

### Package of reforms to overhaul the welfare system announced

This week DWP announced a package of reforms to overhaul the welfare system including:  
Ending reassessments for disabled people who will never be able to work and people with lifelong conditions to ensure they can live with dignity and security.  
Scrapping the Work Capability Assessment to end the process that drives people into dependency, delivering on the Government's manifesto commitment to reform or replace it.  
Providing improved employment support backed by £1 billion including new tailored support conversations for people on health and disability benefits to break down barriers and unlock work;  
and Legislating to protect those on health and disability benefits from reassessment or losing their payments if they take a chance on work.

To ensure the welfare system is available for those with the greatest needs now and in the future, the government has made decisions to improve its sustainability and protect those who need it most, including: Reintroducing reassessments for people on incapacity benefits who have the capability to work to ensure they have the right support and are not written off.  
Targeting Personal Independence Payments (PIP) for those with higher needs by changing the eligibility requirement to a minimum score of four on at least one of the daily living activities to receive the daily living element of the benefit, in addition to the existing eligibility criteria.  
Rebalancing payment levels in Universal Credit (UC) to improve the Standard Allowance.  
Consulting on delaying access to the health element of Universal Credit until someone is aged 22 and reinvesting savings into work support and training opportunities through the Youth Guarantee.

Please note there will be no immediate changes to PIP. Our intention is that the changes will apply to new claims and award reviews from 2026, subject to parliamentary approval.

If someone is getting PIP now and could be affected by the changes that are planned to the eligibility criteria, the changes will only apply at their next award review.

At the Veterans Hub, we will continue to assist with welfare benefit applications and support those making claims by helping them gather the necessary evidence. We understand how stressful and worrying this time can be for many of those we support.

Source: [https://news.dwp.gov.uk/dwplz/lz.aspx?](https://news.dwp.gov.uk/dwplz/lz.aspx?p1=MB4DUwODE4MTFTMTk0NDpDNkZFNDkxMTYONkYzOEMxNzQwMDg4RjRGOTdBNzQwOA%3d%3d-&CC=&p=0)

[p1=MB4DUwODE4MTFTMTk0NDpDNkZFNDkxMTYONkYzOEMxNzQwMDg4RjRGOTdBNzQwOA%3d%3d-&CC=&p=0](https://news.dwp.gov.uk/dwplz/lz.aspx?p1=MB4DUwODE4MTFTMTk0NDpDNkZFNDkxMTYONkYzOEMxNzQwMDg4RjRGOTdBNzQwOA%3d%3d-&CC=&p=0)

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[improvinglivesplymouth.org.uk](https://improvinglivesplymouth.org.uk)



JOIN US FOR VE-DAY 80  
FRIDAY 2ND MAY 12:30



# STREET PARTY

ST AUBYN HALL, STOKE

£12PP PRE BOOKING ESSENTIAL

DRESS CODE: RED WHITE AND BLUE

INCLUDES SANDWICHES CAKE

AND OTHER SWEET TREATS.

**\*\*Please check with hub staff regarding individual accessibility needs.**

We strive to make our events as inclusive as possible, though some venues may have limitations in accessibility.



## Unpaid Carers Group



**3rd April - EEH  
13:30 - 15:00**

Next month, we're excited to welcome Devon and Somerset Fire and Rescue Service, who will be joining us to provide essential advice on fire safety and protecting your home. As an unpaid carer, your safety and peace of mind are crucial, and this is a fantastic opportunity to learn valuable tips that could make a real difference. Don't miss out—come along and ensure your home is as safe as possible.



Contact 01752 241057 to book your place

## BLACKSMITHING FOR HEALTH



We are looking for veterans and people who have PTSD to attend free blacksmithing workshops designed to build communities and support positive mental health.



2025 groups start in January, March, April, June and August. Each course takes place weekly over 6 weeks.



The Crafts Workshop CIC, Unit 2, Riverside Business Park, New Passage Hill, Devonport, Plymouth, PL1 4SN



enquiries@thecraftworkshop.co.uk

Skills  
Launchpad  
Plymouth

## SKILLS SUPPORT FOR PLYMOUTH'S MILITARY COMMUNITY

### Are you:

- transitioning from HM Armed Forces and planning the next steps towards a career in Plymouth?
- a working-age veteran seeking employment in the city or retraining?
- a military family spouse, partner or young person seeking new opportunities?

We can help you connect with opportunities for skills, training, education, careers and jobs!

- Drop into Skills Launchpad Plymouth on the first floor of Barclays, Tuesdays, 10am to 2pm.
- Come along to Plymouth Veterans and Family Hub at Ernest English House on Buckwell Street, between 9.30am and 12.30pm on the last Thursday of the month.

Delivery with support from:



Skills  
Launchpad  
Plymouth

## CV WORKSHOP FOR HM ARMED FORCES

If you are preparing for your transition into civilian employment or are a veteran looking to change career or prepare for future employment, we can help!

Scan the QR code to book your space for this dedicated Armed Forces CV session which will be delivered by a veteran and RBG recruitment.



**WHEN:** Tuesday 13 May, 10am to 11.30am

**WHERE:** First floor of Barclays Bank in the city centre





APRIL 2025



VETERANS AND  
FAMILY HUB

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

**Armed Forces & Veterans Family Drop-in Hub**

Every 1st Thursday of the Month  
15.00 - 18.00

Come in and Grab a Brew  
@ Tamar View Community Resource Centre Annex  
Poole Park Rd, Barne Barton  
Plymouth, PL5 1DD

Promoted by FGCT Veterans Outreach

For more information Contact:  
Glenn at glenn.jordan@fgct.co.uk

Rank Foundation

4GCT FOUR GREENS COMMUNITY TRUST  
Helping people, changing lives



**Spring Wreath Workshop**

FRIDAY 4 TH APRIL 2025 1000 - 1500

Dartington Estate

Welcome Spring and new beginnings with a wreath making workshop. Relax and soak up the signs of Spring in a beautiful woodland, whilst crafting a spring wreath to take home.

Open to all female members of the Armed Forces community, including spouses. To book please contact Bernard: info@veteransoutdoors.org.uk

VETERANS OUTDOORS ARTEMIS



Aggie's Community Waves Plymouth

**Wavy Navy Tots**

Stay and Play for 0-5s for RN & RM Families  
Every Thursday - 0930-1100  
Royal Navy Community Centre - Crownhill, PL6 5BX

Mark.Jones@aggies.org.uk  
079 7764 1896  
www.facebook.com/AggiesCWPL



**VETERAN PT DAY**

SUNDAY, APRIL 6 2025 10:30 - 12:30

ATTENTION VETERANS AND SERVING MEMBERS!  
WE INVITE YOU TO JOIN US FOR A SPECIAL PHYS DAY AT OUR GYM.

NON MEMBERS  
**£10.00**  
50% OF PROCEEDS GO TO CHARITY



MEMBERS  
**FREE**  
£5 CHARITY DONATION

**YOUR COUNTRY NEEDS YOU**

TIME TO CONNECT WITH FELLOW VETERANS AND SERVING MEMBERS.  
A FOCUS ON MENTAL AND PHYSICAL RECOVERY.

**ROCK 2 RECOVERY**

@BODYWORLDPLYMOUTH 2025 #DEDICATEDANDDETERMINED



**Pride in Veterans Standard Organisation**

07/01/25-07/01/26

Working in partnership with Fighting With Pride, Improving Lives Plymouth is committed to providing inclusive and welcoming support to LGBT+ Veterans, serving personnel and their families.

**PRIDE IN VETERANS STANDARD**

FIGHTING WITH PRIDE

Caroline Paige MBE  
CEO Fighting With Pride

DAVID SMALL  
PVS Manager





APRIL 2025



VETERANS AND  
FAMILY HUB

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Four Greens  
EASTER *Craft* FAIR  
SUNDAY 13TH APRIL  
From 11.00 till 15.00

THERE WILL BE FOOD,  
EASTER BONNET COMPETITION,  
EASTER EGG HUNT,  
STALLS.

TO BOOK A TABLE CONTACT  
Sally: salwalker1967@yahoo.com  
15 Whiteleigh Green, PL5 4DD

4GCT FOUR GREENS COMMUNITY TRUST

**Female  
Veterans  
Stand  
Easy**

**Thursday 3rd April  
10.00 till 13.00  
Woodland Fort,  
Crownhill Road, PL5 3SQ**

**Open to all Female Veterans  
and Serving Female Personnel.**

Rank Foundation | HELP for HEROES | 4GCT | FOUR GREENS COMMUNITY TRUST

**Aggie's Community Waves Plymouth**

**APRIL**

Navy Navy Tots	Every Thursday
Walk & Talk	Every Wednesday
Easter Party	1st April
Messy Church	8th April
Kids Movie Afternoon	9th April
<i>Evening EVENT</i> Easter Center-Piece Crafting	11th April
Family Night - Easter Themed	14th April
Navy Geek	15th April
Dad & Me	26th April

☎ Letty.Jones@aggies.org.uk  
☎ 079 7764 1906  
f www.facebook.com/AggiesCWPL

**Aggie's Community Waves Plymouth**

**MOVIE AFTERNOON**

**Wednesday 9th April - 1400 - 1600**

**Radford Community Centre - PL9 9JL**

[www.aggies.org.uk/movie-afternoon](http://www.aggies.org.uk/movie-afternoon)

Suggested donation - £3

Children must be accompanied by an adult

☎ Letty.Jones@aggies.org.uk  
☎ 07977 641906  
f www.facebook.com/AggiesCWPL

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Are you caring for  
someone and  
worried about the  
cost of living?

Are you looking for  
ways to reduce  
energy bills, for  
you or the people  
you care for?

Do you need  
support with debt  
or other money  
concerns?



Carer Money Matters can help you  
with energy bills and other money  
matters.

We can help you make sure you're  
getting everything you, and the  
people you're caring for, are  
entitled to. So money doesn't have  
to be such a big worry.

Please get the help you need to help  
the people you care for.  
See how Carer Money Matters can  
help you.

**CARERS  
TRUST**



☎ 01752 201766  
✉ advice@improvinglivesplymouth.org.uk





**FIRST TUESDAY OF EVERY  
MONTH STARTING 5TH  
NOVEMBER 1300-16:00**

If you require support or advice  
come to the drop in clinic at the  
Woolwell centre.

Offering support for serving and  
Veterans plus their families.

Improving Lives is a charity  
organisation that is committed  
to enhancing Physical and  
mental health and wellbeing. We  
also help with sensory  
impairments and much much  
more.

The café will be open so grab a  
cuppa while you wait...

Telephone: 01752 241057

[www.improvinglivesplymouth.org.uk](http://www.improvinglivesplymouth.org.uk)





**Plymouth Veterans and  
Family Hub**  
in association with  
**WoollcombeYonge**  
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.

**WoollcombeYonge**  
Solicitors

**MENS SHED**  
Plymouth Veterans and Family Hub  
Ernest English House



**Calling all Male Veterans**

**2nd & 4th Wednesday of the month  
15:30 -18:30**

**What Is Mens Shed**  
Men's Shed allows Male Veterans to  
come together to share your  
experiences.

**Why Choose Us**

- ✓ Mens Shed Accredited
- ✓ Supported by the Royal  
British Legion
- ✓ No DIY skills needed,  
work on a project at you  
own pace learning from  
others in the group

Come and gain skills from other  
veterans and support your local  
Veterans Hub.

Supported by  
**ROYAL  
BRITISH  
LEGION**

Get in touch with us ☎ 01752 241057 ✉ vfhub@improvinglivesplymouth.org.uk

**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**



## What's On April

\*Tuesday 1st Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £3.00

\* Wednesday 2nd - Bingo, EEH 17:30 - 19:00

Thursday 3rd - Unpaid Carers Group, Fire & Safety Talk, EEH 13:30 - 15:00

\*Friday 4th - Brew and Banter- Union Rooms Wetherspoons 10:30 - 12:30

\* Saturday 5th - AFVBC Breakfast Club - Drakes Kitchen, UoP 9:00 - 11:00

\*Monday 7th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2.50

\*Tuesday 8th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £3.00

Wednesday 9th - Men's Shed at the Veterans Hub 15:00 -18:30

\*Friday 11th - Brew and Banter - Union Rooms Wetherspoons 10:30 - 12:30

\*\* Saturday 12th - Age UK Brunch - Age UK Mount Gould 10:00 - 12:00 £7.00

\*Monday 14th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2.50

\*Tuesday 15th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £3.00

\*\*Wednesday 16th - Fish & Chips, EEH Must be booked and paid in advance 17:00 - 18:30 £7.00

\*Friday 18th - NO Brew and Banter GOOD FRIDAY - Bank Holiday

\*Monday 21st - NO Age UK Walking Football EASTER MONDAY = Bank Holiday

\*Tuesday 22nd - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00 - £3.00

Wednesday 23rd - Men's Shed at the Veterans Hub 15:00 - 18:30

\*Friday 25th - Brew and Banter- Union Rooms Wetherspoons 10:30 - 12:30

\*Sunday 27th - Veterans Brunch - Age UK Mount Gould - 10:00 - 12:00 £7.00

\*Monday 28th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2.50

\*Tuesday 29th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £3.00

Wednesday 30th - Men's Shed at the Veterans Hub 15:00 -18:30