

VETERANS AND FAMILY HUB & ARMED FORCES COVENANT PARTNERSHIP



Newsletter



01752 241057

VFHub@improvinglivesplymouth.org.uk



PLYMOUTH ARMED FORCES DAY



SATURDAY 28 JUNE 2025 | PLYMOUTH HOE

Plymouth Armed Forces Day, in association with Babcock, will return on Saturday 28 June 2025, 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.

A selection of events on the day:

11:00 - 11:15- Parade of standards - Veterans are invited to join this parade.

12:45-13:15 - Military wives Choir

15:00 - 15:30 - Armed Forces Choir

15:30 -16:00 - Team Endeavours Punishers Wheelchair Rugby Demonstration

16:00 - 16:45 - Air Demonstrations

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



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

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

What is Carers Week?

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.



The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

This year the theme is 'Caring About Equality' highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health. Far too often, carers of all-ages miss out on opportunities in their education, careers, or personal lives, just because of their caring role.

Who is a Carer?

A carer is anyone who looks after a family member or friend who has a disability, mental or physical illness, addiction, or who needs extra help as they grow older. The impact of caring on all aspects of life from relationships and health to finances and work can be significant. Whilst many feel that caring is one of the most important things they do, its challenges should not be underestimated. Caring without the right information and support can be tough. It is vitally important that we recognise the contribution carers make to their families and local communities, workplaces and society, and that they get the support they need.

The Veterans Hub team is dedicated to supporting unpaid carers. They can assist you in obtaining a statutory carer's assessment and, most importantly, they are there to listen, understand, and provide practical support tailored to your needs. Whether you're navigating the challenges of daily care or simply need someone to talk to, the team offers compassionate guidance and hands-on help every step of the way. Call the team on 01752 241057 vfhub@improvinglivesplymouth.org.uk

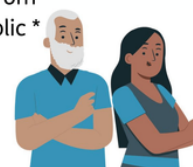
Carers want a fairer society:

“No carer should face discrimination of any kind due to the circumstances they find themselves in”

57%



carers say they needed better understanding and recognition of unpaid carers from the general public *



Source: <https://www.carersweek.org/about-carers-week/>

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**Armed Forces Veterans
Unpaid Carers
Pamper afternoon
with afternoon tea
Monday 9th June
13:00 - 16:30
£7 per head**



Call to book 01752 241057
limited spaces

Thanks to funding from



The most recent Census 2021 found that there are 5.8 million unpaid carers in the UK.

According to the Census 2021, the biggest proportion of people caring in England and Wales are from the 55-59 age group.



**Armed Forces Veterans
Unpaid Carers Meal
Buffet City**



**Lunch followed
by Bingo 4th June**
13:00 - 15:00 (Lunch)
18:00 - 19:30 (Bingo)
**£5 per head lunch
£2 Bingo**



Call to book 01752 241057
limited spaces

Thanks to funding from



1.7 million people in the UK are providing 50 or more hours of care per week.

The 2024 GP Patient survey in the UK found that 70% of carers said they had a long-term physical or mental health condition, disability or illness.

JUNE 2025



VETERANS AND
FAMILY HUB

☎ 01752 241057 ✉ VFHub@improvinglivesplymouth.org.uk

Empowering Veterans to thrive in
Workplace & Community
Email: info@vetconnectprogram.com
Web site: www.vetconnectprogram.com



Veteran Connection Programme (VCP) Participant Information A group of veterans and researchers from the University of Exeter have developed the Veteran Connection Programme (VCP), which is designed to help veterans manage the transition to civilian life, take control of their own well-being, and thrive going forward.

VCP is group-based and co-delivered by a trained veteran, aiming to help veterans develop the skills and cultivate the resources needed to find new and meaningful social groups and reconnect with old ones.

Currently we are seeking veterans from all cap badges and genders who have left the service in the last 6 years, willing to share their experiences (good and/or bad) and help us to adapt the programme to ensure its fit for purpose.

- Our next workshops will run over two days in the Southwest
- We will provide a small reimbursement for veteran participants
- Refreshments will be provided
- Workshop dates will be confirmed with participants once numbers are final Participation

It will involve:

- A one-hour individual induction
- Completion of the programme alongside veteran peers
- Some surveys
- An interview in which you can share your experience and provide feedback.

Participation is entirely voluntary, and your answers and feedback will be completely confidential.

If you are interested, or if someone you know may be interested in participating in this programme, please fill in or send over our participation form [here](#)



Veteran Connection Programme

Develop the skills to manage the transition to civilian life, take control of your wellbeing, and thrive

Have you left the Armed Forces in the last six years?
Do you live in the South West?

- VCP is open to service leavers from **all cap badges and genders**
- Participate in workshops with your peers, co-delivered by a trained veteran
- Share your experiences (good and/or bad)
- Learn how to build and maintain meaningful social group memberships
- Workshops run over two days in the South West
- We provide a small reimbursement for ex-forces participants
- Refreshments will be provided

For more information, scan the QR code below!

*"You'd see the look in their eye of...
'I'm not by myself anymore... I'm not abnormal. This is okay... They're not alone.'"*

✉ info@vetconnectprogram.com



Source: <https://www.vetconnectprogram.org/>

improvinglivesplymouth.org.uk

JUNE 2025



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SECURE FORESTS® 'A Force For Good'

We are trainers and consultants, who are military veterans and conservationists, dedicated to protecting our natural environment.

OPEN DAY

TUESDAY 1st JULY & TUESDAY 7th OCTOBER
09:30-12:00 (AM Slot) OR 13:30-16:00 (PM Slot)

We need skilled, self-reliant veterans and blue light services to seize this unique opportunity.

The course provides vocational skills and qualifications with possible career development in these areas:

- Gamekeeping and Wildlife Management
- Chainsaw and Cross Cutting
- Shotgun and Rifle Training and Safety
- Basic Forest and Tree Management
- A2 of C Drone Training and Licence
- Utility Task Vehicle (UTV)
- Tractor Driving
- Health and Safety
- First Aid Course
- Cornish Hedging
- Conservation Technologies

Contact us to book a place:

Mount Edgcumbe Country Park,
Cremyll, Torpoint, Cornwall,
PL10 1HZ

+44(0)1752 823 601
telmemore@secureforests.com

TINNITUS

REGISTERED
TINNITUS
SUPPORT GROUP



**"Come and join
our tinnitus
support group"**

Come along to a friendly atmosphere
and meet others living with tinnitus

Plymouth Tinnitus Peer Support Group

NEW VENUE!

10:30-12:30

Community Room Transit Way Tesco
PL5 3TW

Upcoming Dates :

6th June 2025, 1st August 2025, 3rd October 2025

For more information please contact Tinnitus UK Helpline

0800 018 0527 Monday – Friday, 10am-4pm or email

plymouthtinnitusgroup@gmail.com

£2.00



**Together we'll
silence tinnitus**

tinnitus.org.uk




**PIE & MASH
VETERANS SUPPER NIGHT
FUND RAISER**

**5TH JUNE 2025
FROM 18:00**

This Months Charity:
PLYMOUTH ARMED FORCES & VETERANS
BREAKFAST CLUB CIC

Tamar View Community Centre,
Miers Close,
Barne Barton, PL5 1DJ

**Recommended
Donation
£2.00**

EVERY FIRST THURSDAY OF THE MONTH

DEVON & CORNWALL
FOOD ACTION

Rank
Foundation

4GCT

FOUR GREENS
COMMUNITY TRUST
helping people, changing lives

HMLP for
HEROES



NAVAL SERVICE FAMILIES ROADSHOW

YOUR
FAMILY
ROADSHOW
EVENTS

Join us at the Families Roadshow!

A chance to connect, learn and be heard.
We are here to support you, answer your
questions and share valuable insights you
might not know. Whether it's for
information, advice or just a listening ear
— you are not alone.

Come along and see what is on offer.
Register your interest now using the QR
Code.

Informed. Supported. Stronger together.
When families thrive, so does the Royal
Navy.

SOUTHWEST
Mon 09 June – Crowmhill Centre 1530-1730
Tues 10 June – Radford Centre 1530-1730
Wed 11 June – Caldrose Community Centre 1600-
1800
Thurs 12 June – Tall Trees Community Centre 1500-
1800
SCOTLAND
Drumfreck Community Centre
Wed 25 June 1300-1500
Thurs 26 June 1800-2000
SOUTH CENTRAL
Tue 08 July – Crossley Centre
1800-1200
Wed 09 July – Phoenix Centre
1800-1930
Thurs 10 July – Cockleshell Centre
1000-1200

Click the link for
more information:
[Naval Service
Family Roadshow
Events 2025](#)

Contact us on:
[NAVYPEOPLE:
EngagementEvents
@mod.gov.uk](#)

improvinglivesplymouth.org.uk

☎ 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





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.

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

Why Choose Us

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

Supported by


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  

JUNE 2025



VETERANS AND
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VFHub@improvinglivesplymouth.org.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?

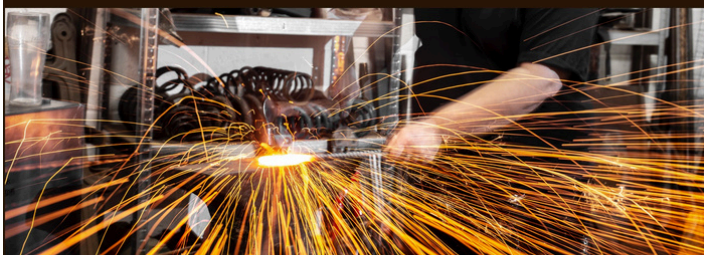
We can help you connect with opportunities for skills, training, education, careers and jobs!

- 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:



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@thecraftsworkshop.co.uk

BATTLING ON FRESH START PROJECT

Supporting Partners and Spouses of Serving & Reservist Personnel



We understand that partners/spouses face unique experiences in their personal, family and work lives.

ARE YOU NEW
TO THE AREA?

NEED HELP
MOVING FORWARD?

EXPLORING
WORK OPTIONS?

WANT TO MEET
LIKE-MINDED PEOPLE?

NEED FAMILY
SUPPORT?

We can support you!

We can help to: Identify your barriers and goals, build your confidence, gain connections and explore transferable skills.

We support partners/spouses across Plymouth and South-East Cornwall with one-to-one outreach and welcoming social spaces.

For more information, or to get involved, please contact Adam or Sarah:

Adam - adam@battling-on.com - 01579 384 798

Sarah - sarah@battling-on.com - 07470 586 956



Fresh Start is provided by Battling On and funded by The Armed Forces Covenant Fund Trust



THE ARMED FORCES
COVENANT FUND TRUST
Funded by HM Government



JUNE 2025



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**SENSORY SOLUTIONS
ESME'S FRIENDS SUPPORT GROUP**

THINK YOU ARE SEEING THINGS?

Did you know that visual hallucinations might be linked to your Sight loss? You might have Charles Bonnet Syndrome (CBS).

Join our new Esme's Friends telephone support group open to individuals with sight loss and visual hallucinations or their friends, family and supporting professionals.

**BIMONTHLY TELEPHONE SUPPORT GROUP
THURSDAY 1400-1500
CONTACT SENSORY SOLUTIONS
01752 201899**



Headway
PLYMOUTH
Improving life after brain injury

FREE

ACQUIRED BRAIN INJURY AWARENESS SESSIONS AT HEADWAY PLYMOUTH

The sessions will be led by
Penny Weekes HCPC 08060
(Clinical Specialist Occupational Therapist for people with Acquired Brain Injury and their Families)

BOOK NOW
01752 550559
ceo@headwayplymouth.org.uk
VISIT OUR WEBSITE
headwayplymouth.org.uk

**ABI AWARENESS SESSIONS:
ALL SESSIONS AT OUR CENTRE AT 14:30 FOR
1 HOUR**

Date	Topic
29th January 2025	An opportunity to meet others while we explore the functions of the brain and the effects of injury
26th February 2025	Understanding fatigue and managing energy levels post ABI
26th March 2025	Understanding and enhancing memory process & concentration skills
30th April 2025	Understanding and enhancing executive function skills
28th May 2025	Exploring the effects of ABI on families - a look at relationships, children etc
25th June 2025	The importance of social, leisure and purposeful activity in promoting recovery

TO BOOK, EMAIL US OR REGISTER
AT EVENTBRITE.COM

These are free sessions for those working with or coming into contact with those who may be affected by brain injury (health and adult social care professionals and students, those in the justice and welfare benefits system and our colleagues working in the voluntary, community and charity sector).
Headway Plymouth, Headway House, Devonport PL1 4RJ



**SERVING
THE ARMED FORCES
COMMUNITY**

JOBS > TRAINING > CAREER & CV SUPPORT

CAREERS FAIR 2025

Plymouth
Crowne Plaza, Armada Way PL1 2HU
Thursday 26th June
10.00hrs – 13.00hrs



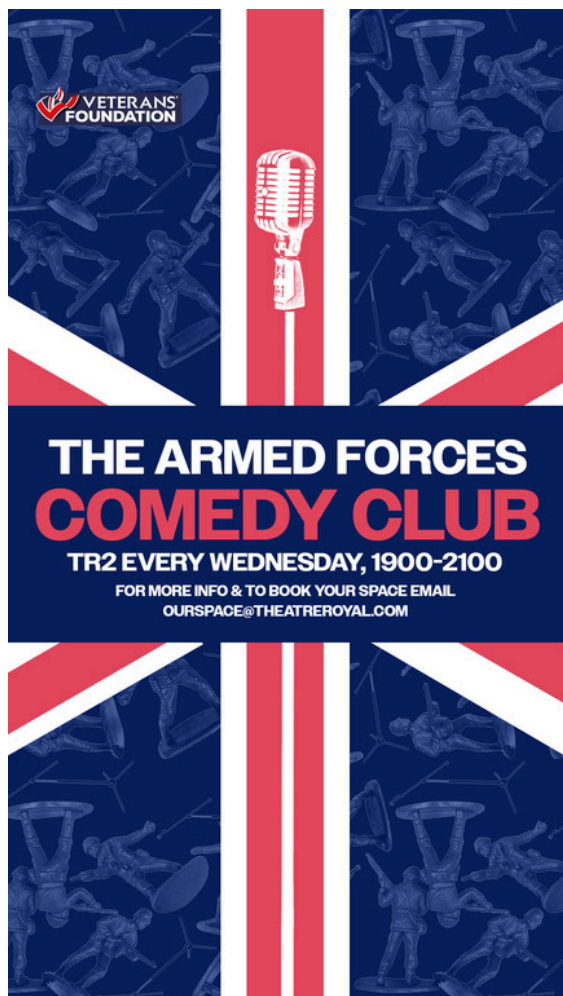
From Royal Navy - Leading Airman to Offshore Technical Director

02476 939931
info@bfrss.org.uk
www.bfrs.org.uk

#BFRS #BFRSevents

UK MOD © Crown copyright 2025

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Come and sing with us

Theatre Royal Plymouth Our Space is launching a new Armed Forces Choir with Welsh National Opera – and we want you to join!

Our first project will explore songs about the sea, inspired by WNO's new production of Benjamin Britten's opera, **Peter Grimes**, a story about a fisherman haunted by suspicion and rumours. Participants will have an opportunity to watch a performance of this opera, and the project will culminate in a choir show at Plymouth Armed Forces Day on **Saturday 28 June 2025**.



Plympton & District RBL Branch

working with **Plymouth Active**

Proudly Brings You

Veterans' Swimming Hour FREE

Plympton Pool, PL7 2AS

EVERY Monday 1430hrs – 1530



How do you book?

online at Plympton.info@plymouthactive.co.uk
Or phone 01752 348459

Changing Rooms will be open from 1400hrs ensuring maximum swim time.
Upon arrival please produce a Mod Form 100 (Veterans ID Card)
or your Old Mod Form 90 (Old ID Card)

Any Questions Please Contact the Branch Community Coordinator
at Plympton.bcc1@rbl.community

Charity No: 219279

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.



Caroline Paige MBE
CEO Fighting With Pride



Dave Small
PIVS Manager

What's On June

- *Monday 2nd- Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2.50
- *Tuesday 3rd - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £3.00
- * Wednesday 4th - Unpaid Carers Late Lunch Buffet City 13:00 - 15:00 £5.00
- * Wednesday 4th - Veterans Bingo, EEH 17:30 - 19:00 £2.00
- * Friday 6th - Brew and Banter- Union Rooms Wetherspoons 10:30 - 12:30
- * Saturday 7th - AFVBC Breakfast Club - Drakes Kitchen, UoP 9:00 - 11:00
- *Monday 9th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2.50
- * Tuesday 10th - Unpaid Carers Event, EEH 15:00 - 17:00
- *Tuesday 10th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £3.00
- Wednesday 11th - Men's Shed at the Veterans Hub 15:00 -18:30
- *Friday 13th - Brew and Banter - Union Rooms Wetherspoons 10:30 - 12:30
- ** Saturday 14th - Age UK Brunch - Age UK Mount Gould 10:00 - 12:00 £7.00
- *Monday 16th - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2.50
- *Tuesday 17th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £3.00
- **Wednesday 18th - Fish & Chips, EEH Must be booked and paid in advance 17:00 - 18:30 £7.00
- *Friday 20th - Brew and Banter- Union Rooms Wetherspoons 10:30 - 12:30
- * Saturday 21st - AFVBC Breakfast Club at the Billacombe
- *Monday 23rd - Age UK Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2.50
- *Tuesday 24th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00 £3.00
- Wednesday 25th - Men's Shed at the Veterans Hub 15:00 - 18:30
- Thursday 26th - RN/RMA Rehab Tri - Plymouth Hoe
- *Friday 27th - Brew and Banter- Union Rooms Wetherspoons 10:30 - 12:30
- Saturday 28th - Armed Forces Day - Plymouth Hoe
- **Sunday 29th - Veterans Brunch - Age UK Mount Gould - 10:00 - 12:00 £7.00

* Cost payable
** Booking Required

