

# VETERANS AND FAMILY HUB NEWSLETTER

JUN 2023

ISSUE 87



☎ 01752 241057    ✉ VFHub@improvinglivesplymouth.org.uk

## King Charles III Coronation

Our Coronation party at The Copthorne Hotel was a great success. All participants were in fine voice as they sang along during our Compulsory sing song session.

The quiz went down a treat with a huge congratulations to the winner Lisa.

We managed to raise an impressive £259.50  
We hope you enjoyed it as much as we did.



## Plymouth 5K



Katie and Ellie ran the Plymouth 5km to raise money for the Veterans Hub on Sunday 14th March. Katie raised a very impressive £390 for the Hub, this will be used to support a summer activity. Well Done Ladies!

## 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

## History of Improving Lives Plymouth - Part of the city since 1907



### Veteran Support

- 1907 - 1921 : Plymouth Civic Guild of Help
- 1921 - 1959 : Plymouth Council of Social Service
- 1959 - 1973 : Plymouth Guild of Social Service
- 1973 - 1997 : Plymouth Guild of Community Services
- 1997 - 2005 : Plymouth Guild of Voluntary Services
- 2005 - 2017 : Plymouth Guild
- 2017 : Improving Lives Plymouth



Improving Lives Plymouth has been supporting Veterans since its conception! That's a whole 14 years before the Royal British Legion was founded.

In 1914 the Guild helped an Army Widow get a temporary grant of 2s.6D a week from the war office with the promise of a lifetime pension, this is just one story of many.

During the war years there was less poverty due to extra jobs in the Dockyard and elsewhere in the city following the enlistment of young men and the demand for guns and shells. The number of cases dealt with decreased because of the greater demand for labour but the variety of help was greater. The Guild consulted about "war baby's", a war wedding, a British refugee from Belgium, and an alien spy along with difficulties over separation amongst other things.

In 1919 despite the war being over, the main problem seemed to arise from delay in payment of allowances to discharged soldiers. The Guild set up a new Devonport District Committee and later in the year a Stonehouse Committee. More than £560 was given outright that equates to more than £48,850 by today's standard.

During 1939 -1945 the "War years" the Guild undertook the duties of the Citizens Advice Bureau and the Red Cross Postal Message Scheme. It helped in the work of the Lord Mayors Service Welfare Scheme and appointed a representative of the Soldiers' Sailors' and Airmen's Families Association more commonly known as SSAFA. During the air-raids the Guild helped and assisted at local food and shelter centres for people whose homes had been damaged or destroyed, they also administered grants for the Lord Mayors Relief Fund.

Post War case workers helped individuals with housing and family problems. Food gifts from overseas were distributed to the elderly, War widows with children and disabled Veterans.

Although time may have passed, our core values as a charity remain the same, we are here to serve and support the citizens of this wonderful city - Working with the Veteran Community is as important today as it has always been. Here's to the next 116 years!

JUN 2023



VETERANS AND  
FAMILY HUB

01752 241057

VFHub@improvinglivesplymouth.org.uk



PLYMOUTH  
ARMED FORCES DAY

SATURDAY 24 JUNE | PLYMOUTH HOE



Plymouth  
Britain's Ocean City

Join us at Plymouth Armed Forces Day - Saturday 24th June 2023!  
Find us in the Veterans Village



Plymouth Armed Forces Day, in association with Babcock, will be returning on Saturday 24 June 2023, with an exciting day for all the family to enjoy 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.

There will be activities for all the family to enjoy and get involved in, from exploring military vehicles and equipment, to tackling the Royal Marines challenging activities and the Army's weapon displays. Explore the dynamic displays in the Royal Navy Village and chat to the RAF recruitment teams to learn more about the wide range of careers on offer, from Aircrew to Chef! Look out for the brilliant displays from the Emergency Services too, who will be on-hand to chat to you and offer advice, as well as explaining how and when they use their emergency equipment.



In association with  
babcock™



WhatsOnPlymouth @AFDPlymouth PlymouthArmedForcesDay.co.uk

The Veterans Village will host lots of interesting and interactive displays, plus a wide range of charities and organisations offering information, support and advice, including training and recruitment opportunities for ex-Military Personnel.

Families can enjoy an exciting arena programme, plus bands, parades, live music and the awesome Junior Field Gun tournaments running throughout the day.

The day will finish with a free evening concert, offering an outstanding line-up of brilliant performances to dance and sing-a-long to, with the stunning backdrop of Plymouth Sound.

improvinglivesplymouth.org.uk



## Our Veteran Community.

### Cara Chell Podiatry

Plymouth Veterans and Family Hub had our first visit from Cara in May, this turned out to be a great success with all her clients saying how fabulous their feet felt after their treatment.

Our next podiatry session will be held on Tuesday 13th June at Ernest English House. The first available appointment is at 09:30 and at 30 minute intervals throughout the day until the last appointment at 13:30. These appointments are already booking up, so if you would like to see Cara, please call the hub on 01752 241057 - booking is essential.

Each appointment will last 30 minutes, during this time, Cara will assess you, discuss your concerns and treat you.

Cara can treat injuries to the feet and lower legs, as well as complications from ongoing health issues like diabetes.

These appointments are on a trial basis, so if you feel the service will benefit you, please use it so that we can gauge the requirement of this service. We're hoping these appointments will make taking care of yourself and your feet easy and hassle free, due to being in the same place each month.

We do expect demand to be high for the service, please book early to avoid disappointment.

After this visit, Cara will be joining us again on Tuesday 18th July.

**Plymouth Veterans and Family Hub / Improving Lives Plymouth do not endorse this service this is advertisement article.**

*Do you need to see a Podiatrist?*



My name is Cara, I am a HCPC (Health and Care Professionals Council) Podiatrist, with over 8 years experience in private practice.

If you are experiencing problems with your feet, you should always seek help.

**A Podiatrist can help with the following:**

- ☎ General Nail care
- ☎ Corns and Callus
- ☎ Verrucas
- ☎ Thickened Fungal Nails
- ☎ Diabetic assessments
- ☎ Biomechanical Assessments
- ☎ Insole Prescriptions
- ☎ And many other foot health related problems

Only

£30

Per appointment,  
Discounts for  
households available

I offer a professional treatment in the comfort of your own home, please feel free to message or call for more information.



**Cara Chell Podiatry (CH32873)**  
**Email: [ccpodiatry2015@hotmail.com](mailto:ccpodiatry2015@hotmail.com)**  
**Call/Text: 07557984053**



## National Carers Week 5-11 June 2023

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 COVID-19 pandemic had a monumental impact on unpaid carers' lives - not only because of the increased amount of care that many provided, but because of the far-reaching effect that providing this level of care has had on unpaid carers. Many people also took on new caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

And now, after three years caring through the pandemic, the cost of living crisis is causing further stress and hardship for carers, who were already dealing with the financial difficulties that often come with caring.

Carers need to be recognised for the difficulties they are experiencing, respected for all they are doing, provided with information, and given the support they need to care safely.

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. Caring's impact 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.

### Carers Week Activities

**Monday 5th June**

Picnic and quiz in Central Park : 11am-1pm SOLD OUT

Walk and Coffee at Saltram : 11am- 12:30

**Tuesday 6th June**

Crownhill Garden Centre Cream Tea: 1:30pm-3pm £5

Bingo and Cake British Legion Crownhill: 12-2:30pm £6

**Wednesday 7th June**

Mount Edgumbe Orangery Cream Tea: 11:30am-2pm £5

Drakes Island tour and breakfast bap: 10am-2:30pm £10 SOLD OUT

**Thursday 8th June**

Pasta Bar meal: 1-3:30pm £10

Drakes Island and breakfast bap: 10am-2:30pm £10 SOLD OUT

**Friday 8th June**

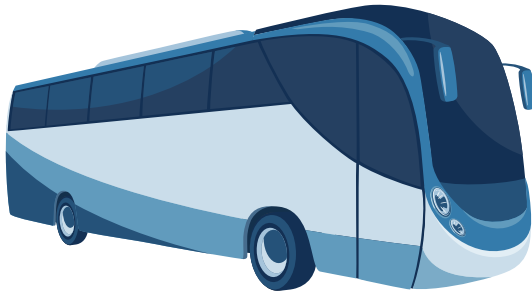
Bowling and Bella Italia meal: 10:30am-3pm £10

Tudor Rose cream tea c/o Wolverstans: 2-4pm

FOR MORE INFORMATION OR TO BOOK A PLACE, PLEASE CONTACT THE  
OFFICE ON :  
01752 201890

Improving Lives Plymouth will be running a whole host of events to celebrate and support unpaid carers throughout National Carers Week. The Veterans Hub will also be hosting a picnic on the normal group date - Thursday 1st June 2023. For more information contact us on 01752 241057

# Bristol Coach Trip



## Friday 15th September



Oakham Treasures is one of the largest privately owned museums of retail and farming history in the UK. Opened to the public for the very first time since July 2008, it has already become an award winning major attraction, and guarantees to give you an amazing and uplifting trip down memory lane.

Whether you are 8 or 80, you'll be fascinated by this vast and unique collection of memorabilia from the last century. There really is something for everybody, from the thousands of items in the historic stores, to the impressive display of vintage tractors and farm equipment.

Lunch is available to buy at the museum



With a Garden Center stop on the way home for tea and cake a voucher will be provided to the value of £5 towards this.

**£20pp** for Veterans and their Family  
**£23** for other service users.

**Call the hub to book a space on 01752 241057**

**From Milehouse Park and Ride at 08:50**  
**Return time approx 18:30.**

## Veterans Hub Bingo

**Plymouth Veterans  
& Family Hub**










Bingo is held on the first Wednesday of every month.  
Grab a cuppa sit back and enjoy!  
Eyes down for 18:00

**New Venue;**  
**Honicknowle Youth Centre,**  
**Honicknowle Green,**  
**PL5 3PX**

Parking on site / Fully accessible.  
Please do not arrive before 17:30  
Tea Coffee and Cake available (included in cost)  
3 Games for £1



Due to the continued and growing popularity of Veterans Bingo we have moved location to Honicknowle Green Youth Centre.

This building is fully accessible and has a car park with plenty of on street parking available. The time remains the same, 17:30 for eyes down at 18:00

Honicknowle Youth Center, Honicknowle Green, PL5 3PX.

## Brew and Banter

Brew and Banter has moved to new premises. We will meet at Wetherspoons Union Rooms, Union Street, every Friday at 10:30 - 12:00.

Breakfast baps are available, if you would like food, please contact the hub by midday Thursday to get your order in.

## Suggestions ?

Is there an event you would like the hub to facilitate? Are you wanting a choir, games evening, or puzzle library ? We welcome suggestions please email [vfhub@improvinglivesplymouth.org.uk](mailto:vfhub@improvinglivesplymouth.org.uk)

**Plymouth Veterans  
& Family Hub**



From **£3.70 pp**

**Brew and Banter**

Friday 2nd June - 10:30 - 12:00  
Friday 9th June - 10:30 - 12:00  
Friday 16th June - 10:30 - 12:00

**Union Rooms**

**Wetherspoons Union Street**

**Pre Booking essential**

01752 241057 /  
[vfhub@improvinglivesplymouth.org.uk](mailto:vfhub@improvinglivesplymouth.org.uk)

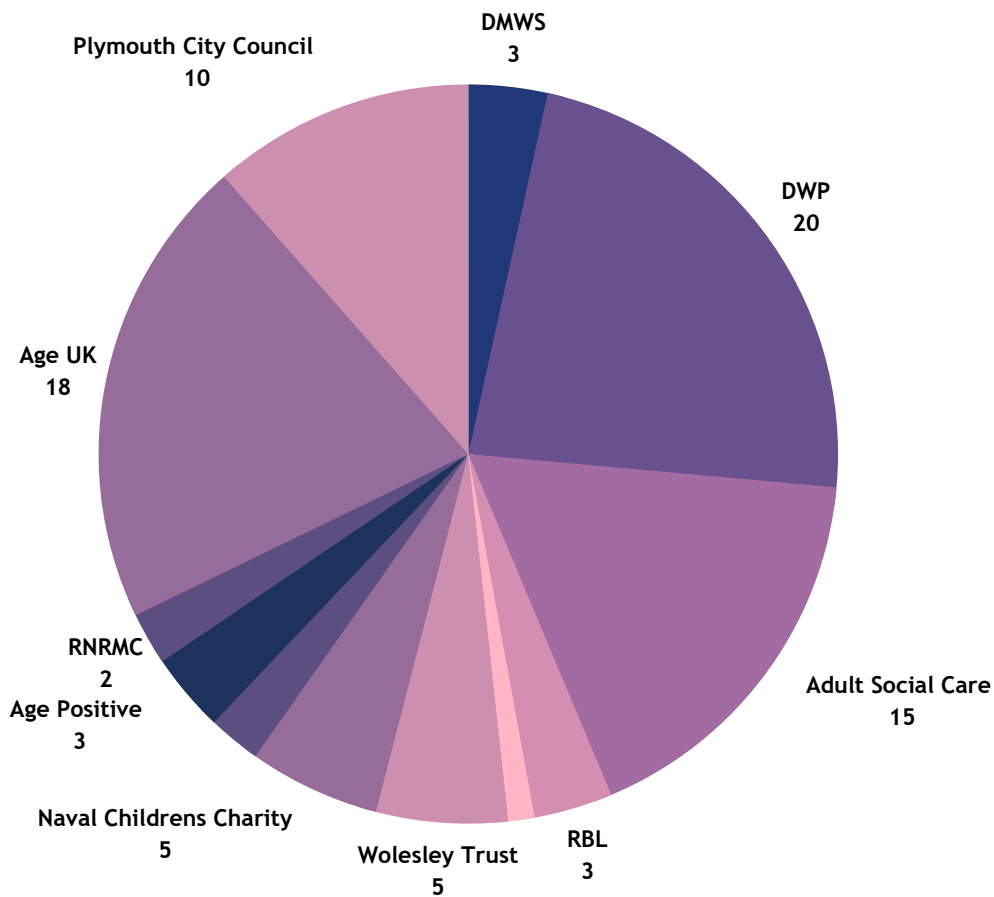





## Monthly Statistics

In May we supported 126 Veterans and Veteran Families. We helped 13 people with their welfare benefits. 67 people receive information and advice support. We helped to provide 13 welfare checks for those in need of telephone support. We also delivered group support activities that were attended 120 times by Veterans/Families.

## Referral pathways for May



The financial impact of benefit applications for May is £43,142



**Plymouth Youth Sailing**

## Veterans & Armed Forces Family Sailing

**Every Monday 17.30**

- All ability welcome
- Open to Veterans, Serving Personnel and there families.
- Meet at Mount Batten Centre

**Contact us for more info**

For More Info contact:  
plymouthyouthsailing@hotmail.co.uk  
glenn.jordan@fgct.co.uk  
or Find us on Facebook:  
Plymouth Veterans Sailing with PYS



**ENDEAVOUR PUNISHERS**

## Wheelchair Rugby

**Wednesday & Friday**

- Wednesday 12.30 - 14.30  
Chaddlewood Farm Community Centre, PL7 2XS.
- Friday 18.30 - 20.30  
Plymstock School, PL9 9AZ

**Contact us for more info**

For More Info contact:  
Roch@Team-Endeavour.com  
glenn.jordan@fgct.co.uk  
or Find us on Facebook:  
Team Endeavour Wheelchair Rugby  
Team Public Group



**ARMED FORCES VETERANS COMMUNITY ARGYLE COMMUNITY TRUST**

## Argyle Veterans Hub

**Friday 11.00 - 13.00**

- Central Park Bowls Pavilion.
- Variety of Sports and Activities.
- or just come along for a Free Brew, chat and the banter.

**Contact us for more info**

For More Info contact:  
will.hickey@pafc.co.uk  
glenn.jordan@fgct.co.uk  
or Find us on Facebook:  
Plymouth Argyle Community Trust - Veterans Community



**RADFORD**

## COFFEE MORNING

Every Friday Term Time 0930-1100

*Offering a space to gain support from RN FPS and other Service Families*

**Tea and Coffee available**

*Children are welcome please provide their snacks*

**£1.00 contribution**



☎ 01752 241057    ✉ VFHub@improvinglivesplymouth.org.uk



Age Positive Programme  
Supports over 65's to stay  
healthy and happy

# 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 - connecting the mind and body.'

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



**Where: Compton Church Hall**  
**When: Weekly Tuesdays**  
**10.30am-11.30am**  
**Cost: £3.50**

Find out more:  
anna.fox@improvinglivesplymouth.org.uk  
Or Call: 07305104006

# St Columba




**St Columba offer free quality coaching and training facilities in a friendly environment. New players welcome.**

**Plymouth Albion**  
**3G Pitch with Floodlights**  
**Every Wednesday (18:00 – 19:00)**

contact@stcolumbarugbyclub.co.uk  
f StColumbaTorpointRFC

## Warrior Equine Mental Resilience Course For Spouses



**Thursday 15th and Friday 16th June**  
**10:00 - 16:00**

We are extremely fortunate to have very limited availability on the above course which is run by Equine Warrior. This course is specifically for the spouses of Veterans or Serving Personnel. The two day course will help you;

- Learn New skills to help you take back control of your emotions
- Learn mental resilience techniques
- Understand the effects of body language and how to use that knowledge to positive effect on those around you
- Inspire self confidence and a positive mental mindset

If you are interested, please contact the Hub on  
01752 241057





## Plymouth Veterans & Family Hub



# BINGO

Bingo is held on the first Wednesday of every month.  
Grab a cuppa sit back and enjoy!  
Eyes down for 18:00

**New Venue;**  
**Honicknowle Youth Centre,**  
**Honicknowle Green,**  
**PL5 3PX**

Parking on site / Fully accessible.  
Please do not arrive before 17:30  
Tea Coffee and Cake available (included in cost)  
3 Games for £1



# MILITARY KIDS CLUB CHOIR

Thursday 15th June 1700  
Plymouth Council House  
For Ages 7-17

Join us for our first re-launched rehearsal  
All service & Veteran Families welcome  
Register an interest at:  
letty.jones@aggies.org.uk






with *Aggies*

Supported by the Royal British Legion

## HM Forces and Veterans Caravan Group

### Holiday Destinations





**Ashbourne**  
£30 a Night



**Paignton**  
£210-£275 a week

Contact  
Ashbourne - 07780863905  
Paignton - 07758885342

**By Veterans for Veterans**



## RN FPS Community Support CROWNHILL JUNIOR YOUTH GROUP

Crownhill Community Centre  
Crownhill Fort Road, Plymouth, PL6 5BX




# CROWNHILL COMMUNITY CENTRE JUNIOR YOUTH GROUP

6-12 YEARS  
EVERY WEDNESDAY DURING TERM TIME  
FUN ACTIVITIES • 1730-1900  
HEALTH INFORMATION • SNACKS

Limited numbers, please email:  
NAVYNPS-PEOPLESPT@RNFPSWEST@MOD.GOV.UK  
Bookings made on a weekly basis.  
Service families are a priority





## RN FPS Community Support CROWNHILL COFFEE MORNING

CROWNHILL COMMUNITY CENTRE  
Crownhill Fort Road, Plymouth, PL6 5BX




# CROWNHILL COFFEE MORNING

Every Tuesday Term Time 0930-1100  
Offering a space to gain support from  
RN FPS and other Service Families

**Tea and Coffee available**  
Children are welcome please provide their snacks

£1.00 contribution




## What's On June

Thursday 1st - Unpaid Carers Support Group - Ernest English House - 13:30 -15:00

\*\*Friday 2nd - Brew and Banter - Union Rooms Wetherspoons 10:30 -12:30 prices start at £2.20

\*Saturday 3rd - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00

\*Monday 5th - Walking Football - Harpers Football Centre (previously Goals) - 14:00 - 15:00 £2

\*Tuesday 6th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

Wednesday 7th - Bingo - Honicknowle Green Youth Centre - 17:30 for 18:00 start - £1

\*\*Friday 9th - Brew and Banter - Union Rooms Wetherspoons 10:30 -12:30 prices start at £2.20

\*Saturday 10th - Veterans Brunch - Age UK Mount Gould- 10:00 - 12:00- £5

\*Monday 12th - Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

\*\*Tuesday 13th - Visiting Podiatrist - Booking Essential - Ernest English House - 09:30 -13:30

\*Tuesday 13th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

\*\*Friday 16th - Brew and Banter -Union Rooms Wetherspoons 10:30 -12:30 prices start at £2.20

Saturday 17th - Armed Forces Breakfast Club- Drakes Kitchen- 09:00 -11:00

\*Monday 19th - Walking Football - Harpers Football Centre - 14:00 - 15:00 £2

\*Tuesday 20th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

\*\*Wednesday 21st - Fish and Chips evening - 17:00 - 19:30 - PVFH, Ernest English House - £5

\*\*Friday 23rd - Breakfast Brew and Banter - Union Rooms Wetherspoons 10:30-12:00 £3.70



Saturday 25th - Armed Forces Day - Plymouth Hoe



\*Sunday 25th - Veterans Brunch - Age UK Mount Gould - 10:00 - 12:00 - £5

\*Monday 26th - Walking Football - Harpers Football Centre - 14:00 - 15:00 - £2

\*Tuesday 30th - Veterans Sticky Bun Morning - Age UK Mount Gould 10:00 - 12:00- £2

\* Cost payable

\*\* Booking Required

