

## VETERANS ACTIVITY CALENDAR JUNE 2024

BREAKFAST AND SOCIAL ACTIVITIES		
<p><b>First Saturday of the month</b> Next – 1st 10.00 for 10.15</p>	<p><b>East Lothian</b> <b>Veterans Breakfast Club</b> £5</p>	<p><b>British Legion, Rope Walk, Prestonpans, East Lothian EH32 9HL</b> <b>Facebook:</b> East Lothian Veterans Breakfast Club</p>
<p>See Facebook for any changes to regular dates and times</p>	<p><b>Midlothian</b> <b>Veterans Breakfast Club</b> £5</p>	<p><b>Elginhaugh Farm</b> <b>9 Gilmerton Road, Lasswade, EH18 1AZ</b> <b>Facebook:</b> Midlothian Armed Forces &amp; Veterans Breakfast Club</p>
<p><b>Last Saturday of the Month</b> Next – 29th 09:30-10:00</p>	<p><b>Edinburgh</b> <b>Veterans Breakfast Club</b> £5</p>	<p><b>Mid Yoken</b> <b>75 Craigmount Brae</b> <b>Edinburgh</b> <b>EH12 8XF</b> <b>Contact:</b> Gary Louttit 07876 356605 <b>Facebook:</b> Edinburgh Armed Forces &amp; Veterans Breakfast Club</p>
<p><b>Wednesday &amp; Thursday</b> 2pm - 3:30pm</p>	<p><b>Veterans Catch Up</b> Come for a brew and a catch up</p>	<p><b>VIP Lothian</b> First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA <b>Tel:</b> 0131 220 9920 <b>Email:</b> <a href="mailto:veterans.enquiries@nhslothian.scot.nhs.uk">veterans.enquiries@nhslothian.scot.nhs.uk</a></p>
<p><b>Times and dates vary. Contact LVC or see Facebook for more information</b></p>	<p><b>Lothians Veterans Centre</b>  Drop In Service  Over 50's Social Club <b>Wednesday's 10am-12pm.</b>  Bacon roll mornings – (Fridays <b>1030-1200)</b></p>	<p><b>LVC</b> 11 Eskdail Court Dalkeith, EH22 1AG <b>Contact: Pauline – 07443 878993, Kevin – 07745 585388, Eilidh- 07596321644</b> <b>Office:</b> 01316605537 <b>Email:</b> <a href="mailto:contact@lvc.scot">contact@lvc.scot</a> <b>Facebook:</b> @LothiansVets</p>
<p><b>Mondays</b> 1030 - 1230</p>	<p><b>MUSSELBURGH AND DISTRICT VETERANS (Drop in Group).</b> Time to talk and support each other. Free tea, coffee and biscuits. All veterans, families and carers welcome.</p>	<p><b>The Hollies Hub, 183 High Street, Musselburgh (fully Disabled access).</b>For enquiries call Karl Cleghorn <b>Phone:</b> 07977 544194</p>
<p><b>Wednesdays</b> 1800-2100</p>	<p><b>Veterans Community Cafe</b> "By veterans for veterans" Food and cakes available at no cost.</p>	<p><b>Stafford Centre</b> 103 Broughton Street, Edinburgh, EH1 3RZ <b>Contact:</b> Joe Sangster 07780614470</p>

Veterans Gateway: 0808 802 1212  
Samaritans: 116 123

Breathing Space: 0800 83 85 87

Forcesline: 0800 260 6767  
Combat Stress: 0800 138 1619

To have your events included, email [veterans.enquiries@nhslothian.scot.nhs.uk](mailto:veterans.enquiries@nhslothian.scot.nhs.uk)

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<p><b>Second Saturday of the Month</b> <b>Next – 8th</b> 0900 - 1130</p>	<p><b>Livingston</b> <b>Veterans Breakfast Club</b> £5</p>	<p><b>Chain Runner, Almondvale Way, Livingston, West Lothian, EH54 6GA</b> <b>Phone:</b> George Ross 07387299521 <b>Email:</b> <a href="mailto:livingstonafvbc@gmail.com">livingstonafvbc@gmail.com</a></p>
<p><b>Fighting with pride</b> Drop In <b>Contact V1P to book</b></p>	<p><b>Fighting with pride</b> <b>Come for a brew and a catch up.</b> FWP is a 'lived experience' LGBT+ charity, supporting those seeking help and a resource for those who seek to help them.</p>	<p><b>Website:</b> <a href="http://www.fightingwithpride.org.uk">www.fightingwithpride.org.uk</a> <b>Twitter:</b> @fightingwpride <b>Facebook:</b> @fightingwithpride undefined <b>email:</b> <a href="mailto:dougie.morgan@fightingwithpride.org.uk">dougie.morgan@fightingwithpride.org.uk</a></p>
<p><b>Monday 25<sup>th</sup> June</b> 1:30pm - 3pm <b>Contact V1P to book</b></p>	<p><b>V1P Lothian</b> <b>Veteran's Women's Drop-in.</b> Come for a brew and a catch up.</p>	<p><b>V1P Lothian</b> First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA <b>Tel:</b> 0131 220 9920 <b>Email:</b> <a href="mailto:veterans.enquiries@nhslothian.scot.nhs.uk">veterans.enquiries@nhslothian.scot.nhs.uk</a></p>

VETERANS ACTIVITY CALENDAR JUNE 2024

ACTIVITIES		
Specific times and dates vary contact for more information	<b>Stand Easy Productions / Hidden Route</b> (Free Drama Project suitable for Veterans and their families)	<b>Stand Easy Productions</b> <b>Website:</b> <a href="https://www.standeasyproductions.org/">https://www.standeasyproductions.org/</a> <b>Email:</b> markstandeasyproductions@gmail.com <b>Facebook:</b> Stand Easy Productions
This will be discussed with you once you have been referred in.	<b>HorseBack UK</b> (is a charity set up to empower service personnel & Veterans suffering from life-changing injuries and PTSD, and to aid them on their road to recovery)	<b>HorseBack UK</b> For further information or to apply for a course please contact Emma – <a href="mailto:emma@horseback.org.uk">emma@horseback.org.uk</a>
Times and dates vary. Contact or see website for more information	<b>Forces Of Nature</b> “Family friendly activities run alongside our established gardening project”	<b>Forces Of Nature</b> <a href="mailto:InfoForcesOfNature@sacro.org.uk">InfoForcesOfNature@sacro.org.uk</a> <b>Facebook:</b> @sacroForcesOfNature
Last Sunday of every Month	Who Dares Cares West Lothian Walk, Talk & Brew The Walk, Talk & Brew coordinator will meet with a group of people who maybe just want to clear their head, but have the support of our volunteers there to listen and offer advice. Check Facebook Group for Events.	<b>Who Dares Cares Contact:</b> George Ross <b>Mobile:</b> 07387299521 <b>Email:</b> <a href="mailto:wdc@who-dares-cares.com">wdc@who-dares-cares.com</a> <b>Facebook Group:</b> Walk_Talk_Brew <b>Twitter:</b> Walk_Talk_Brew
The 2 <sup>nd</sup> and 4 <sup>th</sup> Friday of every Month	<b>Veterans Archery</b> Between 11am to 3pm No charge	<b>Archers Hall</b> 66 Buccleuch Street, Edinburgh, EH8 9LR <b>Contact V1P for referral</b>

## VETERANS ACTIVITY CALENDAR JUNE 2024

ONLINE ACTIVITIES		
Anytime	<b>HeadFIT For Life</b> (HeadFIT is a mental health support website)	<b>HeadFIT</b> <a href="https://headfit.org/home/">HTTPS://HEADFIT.ORG/HOME/</a>
Times and dates vary. Contact or see website for more information	Photography Fitness & Yoga 1-2-1 Singing Sessions Art Class Guitar Lessons Theatre Development Workshop	<b>Soldiers' Arts Academy</b> Email: <a href="mailto:info@soldiersartsacademy.com">info@soldiersartsacademy.com</a> Facebook: Soldiers' Arts Academy CIC
Anytime	<b>Wellbeing Lothian</b> Information and tools to help with mental health and wellbeing.	<b>Wellbeing Lothian</b> <a href="http://www.wellbeinglothian.scot">www.wellbeinglothian.scot</a>
Contact for more information	<b>Wellbeing Coaching</b> <b>Lifestyle Management Course</b> <b>Mindfulness</b> <b>Physical Activity Support</b>	<b>Thistle Foundation</b> 13 Queens Walk, Edinburgh, EH16 4EA Contact: Ross Grieve Email: <a href="mailto:referrals@thistle.org.uk">referrals@thistle.org.uk</a>
Allocated when you sign up.	<b>Comradeship Circles</b> (Connect with a group of other armed forces veterans through a weekly phone call. Veterans aged 50+ or their partners)	<b>Age Scotland</b> To sign up or find out more information Telephone: 0800 12 44 222 Email: <a href="mailto:veteransproject@agescotland.org.uk">veteransproject@agescotland.org.uk</a>
Anytime	<b>Reading Force</b> FREE books and scrapbooks to families with children and grandchildren aged 0-18. Have fun sharing stories!	<b>Reading Force</b> <a href="https://www.readingforce.org.uk/join-reading-force/">https://www.readingforce.org.uk/join-reading-force/</a> (To apply please click the link above)
Anytime	<b>Togetherall</b> "Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing."	<b>Veterans can register for free at</b> <a href="https://togetherall.com">https://togetherall.com</a>

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SUPPORT SERVICES		
<p><b>Monday – Friday</b> 08:30 – 16:30</p>	<p><b>Veterans First Point Lothian</b></p>	<p><b>V1P Lothian</b> First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: <a href="mailto:veterans.enquiries@nhslothian.scot.nhs.uk">veterans.enquiries@nhslothian.scot.nhs.uk</a> Facebook: Veterans First Point Lothian</p>
<p><b>Monday - Friday</b> 10.00 - 1600</p>	<p><b>Lothians Veterans Centre</b></p>	<p><b>LVC</b> 11 Eskdail Court Dalkeith, EH22 1AG Contact: Pauline – 07443 878993, Kevin – 07745 585388, Eilidh- 07596321644 Office: 01316605537 Email: <a href="mailto:contact@lvc.scot">contact@lvc.scot</a> Facebook: @LothiansVets</p>
<p><b>Anytime</b></p>	<p><b>Combat Stress</b></p>	<p>If you need support please call <b>0800 138 1619</b> Serving personnel and their families can call <b>0800 323 4444.</b> You can also text on <b>07537 173683</b> or email <a href="mailto:helpline@combatstress.org.uk">helpline@combatstress.org.uk</a></p>
<p><b>Monday – Friday</b> 09.00 – 17.00</p>	<p><b>Poppyscotland</b> Poppyscotland supports the Armed Forces community in Scotland, including serving and ex-serving personnel and their families.</p>	<p><b>Poppyscotland</b> Telephone: 0131 550 1557/0808 802 8080 Email: <a href="mailto:info@britishlegion.org.uk">info@britishlegion.org.uk</a>. Website: <a href="http://www.poppyscotland.org.uk">www.poppyscotland.org.uk</a></p>
<p><b>As required</b></p>	<p><b>Venture Trust</b> Outdoor therapy Wellbeing Hub Employability Hub (Contact V1P for a referral)</p>	<p><b>V1P Lothian</b> First floor, Rothesay Wing, Erskine Edinburgh, 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: <a href="mailto:veterans.enquiries@nhslothian.scot.nhs.uk">veterans.enquiries@nhslothian.scot.nhs.uk</a></p>
<p><b>Monday-Friday</b> 09.00 – 17.00</p>	<p><b>Legion Scotland Veterans Community Support Service</b> (befriending support all over Scotland to veterans living with Isolation &amp; Loneliness)</p>	<p>Contact V1P for a referral or Directly <b>Tommy Douglas – 07535642950</b> Email: <a href="mailto:support@legionscotland.org.uk">support@legionscotland.org.uk</a></p>
<p><b>Monday – Friday</b> 09.00 – 17.00</p>	<p><b>Royal Air Forces Association</b> (Free online mental wellbeing training courses)</p>	<p><b>Royal Air Forces Association</b> Contact: 0131 225 5221 Facebook: RAF Association Website &amp; to Book online: <a href="https://findingittough.rafa.org.uk/">https://findingittough.rafa.org.uk/</a></p>

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<p><b>Monday-Friday</b> 08.30 – 16.00</p>	<p><b>Royal Navy &amp; Royal Marines Charity / Relate</b> (Free confidential relationship and Family Support)</p>	<p><b>Royal Navy &amp; Royal Marines Charity</b> <b>Contact:</b> 023 9298 1920 <b>Email:</b> <a href="mailto:support@rnrmc.org.uk">support@rnrmc.org.uk</a></p>
<p><b>As Required</b></p>	<p><b>The Royal Marines Charity Transition Support Officers</b> Offering support to vulnerable veterans and vulnerable service leavers.</p>	<p><b>Website:</b> <a href="http://Contact Us - RMA - The Royal Marines Charity (rma-trmc.org)">Contact Us - RMA - The Royal Marines Charity (rma-trmc.org)</a> <b>Call:</b> 0800 468 1664 <b>Email:</b> <a href="mailto:welfareteam@rma-trmc.org">welfareteam@rma-trmc.org</a></p>
<p><b>As Required</b></p>	<p><b>SSAFA</b> SSAFA can help provide practical, financial and emotional support for service personnel, veterans and their families.</p>	<p><b>Website:</b> <a href="http://Get help   SSAFA">Get help   SSAFA</a> <b>Call:</b> 0800 260 6767</p>
<p><b>As Required</b></p>	<p><b>HOMELESS VETERANS PROJECT</b> Assist Veterans who are homeless or at risk of becoming homeless.</p>	<p><b>Website:</b> <a href="http://www.homelessveteransproject.org">www.homelessveteransproject.org</a> <b>Call:</b> Alex/Donna on 07498378563/4 <b>Email:</b> <a href="mailto:homelessveteransproject1945@gmail.com">homelessveteransproject1945@gmail.com</a></p>
<p><b>As Required</b></p>	<p><b>RIVERSIDE, OP FORTITUDE</b> Support veterans at risk of or experiencing homelessness, supporting them either into suitable accommodation, or supporting them to maintain their current home. <b>(Contact V1P for referral)</b></p>	<p><b>Website:</b> <a href="http://Op FORTITUDE- Riverside Care and Support">Op FORTITUDE- Riverside Care and Support</a> <b>Call:</b> 08009520774</p>
<p><b>Anytime</b></p>	<p><b>Scottish Veterans Residences (SVR)</b> Providing accommodation and support to Veterans who are homeless, at risk of homelessness or in need. Our Residence in Edinburgh, Whitefoord House, is a registered Housing Support Service with 86 en-suite rooms and a full catering service.</p>	<p>Scottish Veterans Residences, Whitefoord House, 53 Canongate, Edinburgh EH8 8BS. Tel: 0131 556 6827 Email: <a href="mailto:info@svronline.org">info@svronline.org</a> Online referral form: <a href="https://www.svronline.org/housing-enquiry/">https://www.svronline.org/housing-enquiry/</a></p>

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### OTHER SUPPORT

<p><b>Online Group</b> <b>Every Wednesday</b> <b>and Sunday</b> 19.00 – 20.30</p> <p><b>Face to Face</b> <b>Meetings</b> <b>Tuesdays</b> 11.00</p>	<p><b>Veteran UK Smart Recovery Meeting</b> (Alcohol, Drugs, Gambling or online shopping) Online group and Face to Face Meetings now available.</p>	<p><b>Veteran UK SMART Recovery</b> Hub 11, St Andrews Street Dalkeith EH22 1AL <b>Contact:</b> 07498923309 <b>Email:</b> <a href="mailto:johnnya@smartrecovery.org.uk">johnnya@smartrecovery.org.uk</a></p> <p><b>Tuesdays meeting</b> - Whitefoord House, 61 Canongate, Edinburgh, EH8 8BS</p> <p><b>Wednesday 5<sup>th</sup> June - VIP Lothian</b> First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA</p>
<p><b>Monday to Friday</b> 9.00am – 5.00pm</p>	<p><b>Defence Medical Welfare Services</b> Providing support to any member of the veterans' community currently in hospital and due to be discharged back to the community. Can assist with appropriate adaptations to the home, housing and supported onward referral.</p>	<p><b>Defence Medical Welfare Services</b> <b>Tel:</b> 07789982621 <b>Email:</b> <a href="mailto:loth.veteransdmws@nhslothian.scot.nhs.uk">loth.veteransdmws@nhslothian.scot.nhs.uk</a></p>
<p><b>Everyday</b> (working day)</p>	<p><b>Who Dares Cares</b> The aim of our charity is to help support our Armed Forces, Emergency Services and Veterans including their Families and Dependants who are suffering from Post Traumatic Stress Disorder (PTSD)</p>	<p><b>Website:</b> Who Dares Cares <b>Email:</b> <a href="mailto:wdc@who-dares-cares.com">wdc@who-dares-cares.com</a> <b>Facebook:</b> Who Dares Cares <b>Twitter:</b> who_dares_cares <b>LinkedIn:</b> Who Dares Cares <b>Instagram:</b> whodarescares</p>
<p><b>Everyday</b> (working day)</p>	<p><b>Fares 4 Free</b> Providing transportation to access essential services and support people attending everyday events which reduce loneliness and isolation.</p>	<p><b>Fares 4 Free</b> <a href="http://www.Fares4free.org">www.Fares4free.org</a> <b>Contact:</b> 01412666000 <b>Facebook:</b> Fares4Free</p>
<p><b>Anytime</b></p>	<p><b>Supporting Wounded Veterans</b> Pain Management, Mentoring and mental health support available.</p>	<p><b>Supporting Wounded Veterans</b> To register for a course please click the link below and apply online <a href="http://www.supportingwoundedveterans.com">www.supportingwoundedveterans.com</a></p>

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<p><b>Monday – Friday</b> 09.00 – 17.00</p>	<p><b>Armed Services Advice Project (ASAP)</b></p> <p>The service is free, independent, impartial and confidential.</p>	<p>Citizens Advice - Armed Services Advice Project Edinburgh, Lothians and Borders Contact: 07857 145903 Email: <a href="mailto:asap@CABWestLothian.casonline.org.uk">asap@CABWestLothian.casonline.org.uk</a> or <a href="mailto:ASAP@cas.org.uk">ASAP@cas.org.uk</a> Website: <a href="http://www.adviceasap.org.uk">www.adviceasap.org.uk</a> National line to find local Citizens Advice Bureau – 0800 028 1456</p>
<p><b>As required</b></p>	<p><b>Housing Options Scotland</b> <b>Homeless Options Scotland</b></p> <p>Complete the “get help” form online.</p>	<p>The Melting Pot 15 Calton Road Edinburgh EH8 8DL <a href="https://housingoptionsscotland.org.uk">https://housingoptionsscotland.org.uk</a> Phone:0131 510 1567</p>
<p><b>Fortnightly</b> 10.00 – 15.00</p>	<p><b>Armed Services Advice Project (ASAP) Clinic</b></p> <p>Please contact V1P to make an appointment.</p>	<p><b>V1P Lothian</b> First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA <b>Tel:</b> 0131 220 9920 <b>Email:</b> <a href="mailto:veterans.enquiries@nhslothian.scot.nhs.uk">veterans.enquiries@nhslothian.scot.nhs.uk</a></p>
<p><b>Fortnightly</b> 10.00 – 12.00</p>	<p><b>Veterans UK Clinic</b></p> <p>Please contact V1P to make an appointment.</p>	<p><b>V1P Lothian</b> First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA <b>Tel:</b> 0131 220 9920 <b>Email:</b> <a href="mailto:veterans.enquiries@nhslothian.scot.nhs.uk">veterans.enquiries@nhslothian.scot.nhs.uk</a></p>
<p><b>Self Referral</b></p>	<p><b>The Forces Employment Charity</b> The Forces Employment Charity provides life-long, life-changing support, job opportunities, and training to Service leavers, veterans, reservists and their families, regardless of circumstances, rank, length of service, or reason for leaving..</p>	<p><b>The Forces Employment Charity</b></p> <p><b>Tel:</b> 0121 262 3058 <b>Website:</b> <a href="https://www.forcesemployment.org.uk">https://www.forcesemployment.org.uk</a></p>
<p><b>Anytime</b></p>	<p><b>Chris’s House</b></p> <p>Centre for Help, Response and Intervention Surrounding Suicide</p>	<p><b>Chris’s House</b> <b>Email:</b> <a href="mailto:info@chrisshouse.org">info@chrisshouse.org</a> <b>Telephone:</b> 01236766755 <b>Facebook:</b> <a href="https://www.facebook.com/chrisshouse.org">chrisshouse.org</a></p>
<p><b>As Required</b></p>	<p><b>Fighting with pride</b></p> <p>FWP is a ‘lived experience’ LGBT+ charity, supporting those seeking help and a resource for those who seek to help them.</p>	<p><b>Website:</b> <a href="http://www.fightingwithpride.org.uk">www.fightingwithpride.org.uk</a> <b>Twitter:</b> @fightingwpride <b>Facebook:</b> @fightingwithpride <b>email:</b> <a href="mailto:dougie.morgan@fightingwithpride.org.uk">dougie.morgan@fightingwithpride.org.uk</a></p>



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<b>As Required</b>	<p><b>Solicitors for the Armed Forces Community (Scotland)</b> Help to veterans with any legal enquiries.</p>	<p><b>Contact:</b> Lesley Stewart, Solicitor (former WRNS/RN) <b>Email:</b> <a href="mailto:SFAFCS@outlook.com">SFAFCS@outlook.com</a> or <b>Call:</b> 07905 798016</p>
<b>Anytime</b>	<p><b>Forces Manor</b> Accommodation for members of the British armed forces, Veterans and their families based in the Cairngorms National Park near Aviemore.</p>	<p>Address: PH21 1QD, Kingussie, Highland, Scotland, United Kingdom Tel: <a href="tel:07792125357">0779 212 5357</a> / <a href="tel:01540651588">01540 651 588</a> Email - <a href="mailto:info@forcesmanor.com">info@forcesmanor.com</a></p>
<b>Anytime</b>	<p><b>Veterans Housing Scotland</b> Veterans homes across the country <a href="https://www.vhscot.org.uk/applicant/">https://www.vhscot.org.uk/applicant/</a></p>	<p><b>Veterans Housing Scotland</b> To see if you meet the criteria contact <b>0131 557 1188</b> <a href="mailto:admin@vhscot.org.uk">admin@vhscot.org.uk</a></p>
<b>Monday-Friday</b> 09.00 – 17.00	<p><b>Rock 2 Recovery</b> (one to one coaching for veterans and affected family)</p>	<p><b>Contact V1P for a referral or Email:</b> <a href="mailto:support@rock2recovery.co.uk">support@rock2recovery.co.uk</a> Tel: 01395 220 072</p>
<b>Anytime</b>	<p><b>SACRO - Veterans Mentoring Service</b> Veterans in or at risk of becoming involved in the criminal justice system</p>	<p>Email <a href="mailto:veterans@sacro.org.uk">veterans@sacro.org.uk</a> Point of Contact is Andy Gray.</p>
<b>As Required</b>	<p><b>Forces Children Scotland</b> We are passionate about supporting children and young people from serving, reservist and veteran families across Scotland to realise their potential and thrive. It's something we have been doing for over two-hundred years.</p>	<p><b>Forces Children Scotland</b> 15 Hill Street, Edinburgh, EH2 3JP <a href="https://forceschildrenscotland.org.uk">https://forceschildrenscotland.org.uk</a> Tel: <a href="tel:01313227350">01313227350</a> Email: <a href="mailto:admin@forceschildrenscotland.org.uk">admin@forceschildrenscotland.org.uk</a> Twitter: <a href="https://twitter.com/forceschildscot">@forceschildscot</a> Facebook: <b>Forces Children Scotland</b></p>
<b>As Required</b>	<p><b>Shared Parenting Scotland</b> For us, shared parenting is where parents who live apart share the care and responsibilities for their children as equally as possible. Shared parenting takes a flexible, child-centred approach where the child's welfare and wellbeing are central to parenting.</p>	<p><b>Shared Parenting Scotland</b> 10 Palmerston Place, Edinburgh, EH12 5AA Telephone: <a href="tel:01315572440">0131 557 2440</a> Email: <a href="mailto:info@sharedparenting.scot">info@sharedparenting.scot</a></p>
<b>Self Referral</b>	<p><b>Veterans Tribe Scotland</b> Use many forms of creativity and wellbeing in there events and activities, helping Veterans and their family members maintain good mental and physical health and wellness</p>	<p><b>Veterans Tribe Scotland</b> <b>Website:</b> <a href="http://www.veterantribescotland.co.uk">www.veterantribescotland.co.uk</a></p>

## VETERANS ACTIVITY CALENDAR JUNE 2024

<p><b>Anytime</b></p>	<p><b>Models For Heroes</b> Providing Armed Forces, Veterans and Public Services with models tailored to their interests to support mental wellbeing.</p>	<p><b>Website:</b> <a href="#">Home &lt; Models for Heroes</a></p> <p><b>Email:</b> <a href="mailto:info@modelsforheroes.org.uk">info@modelsforheroes.org.uk</a></p>
<p><b>Anytime</b></p>	<p><b>Change Mental Health</b> We support and work with everyone, from those who are having a difficult time with their mental health to those who struggle to access services for a range of reasons. We work with people who experience significant mental health issues or illness such as schizophrenia or experience psychosis, and in hard-to-reach rural areas across Scotland.</p>	<p><b>Change Mental Health</b></p> <p>6 Newington Buisness Centre, Dalkeith Road Mews, Edinburgh, EH16 5GA <b>Information Line:</b> 0300 323 1545 <b>Office Number:</b> 0131 662 4359 <b>Website:</b> <a href="http://www.supportinmindscotland.org.uk">www.supportinmindscotland.org.uk</a> <b>Email:</b> <a href="mailto:info@supportinmindscotland.org.uk">info@supportinmindscotland.org.uk</a> <b>Twitter:</b> @suppinmindscom</p>
<p><b>Monday to Friday</b> 0900 - 1630</p>	<p><b>Help for Heroes</b> Help for Heroes is the leading Armed Forces and veterans' charity in the UK. With your support, we can help our veterans and their families live well after service.</p>	<p><b>Website</b> <a href="https://www.helpforheroes.org.uk/">https://www.helpforheroes.org.uk/</a> <b>E-mail</b> <a href="mailto:GetSupport@helpforheroes.org.uk">GetSupport@helpforheroes.org.uk</a> <b>Twitter</b> <a href="#">Help for Heroes (@HelpforHeroes) / Twitter</a></p>
<p><b>As Required</b></p>	<p><b>Veterans Chaplaincy Scotland</b> "A proactive service providing pastoral care to our veterans and their families promoting hope, healing and acceptance."</p>	<p><b>Call:</b> 07521 63 88 48 <b>Email:</b> <a href="mailto:vcs@wpcscotland.co.uk">vcs@wpcscotland.co.uk</a></p>
<p><b>As Required</b></p>	<p><b>CAPS Veteran Advocacy</b> CAPS Independent Advocacy is bringing together veterans interested in using their shared experiences to improve the services offered to military veterans and their families in Scotland.</p>	<p><b>For more information, contact:</b> <b>Email:</b> <a href="mailto:jessica@capsadvocacy.org">jessica@capsadvocacy.org</a></p>
<p><b>Monday – Friday</b> 0900 - 1630</p>	<p><b>UK Veterans Hearing Foundation</b> Charity dedicated to supporting veterans who suffer from hearing loss and associated tinnitus.</p>	<p><b>Telephone:</b> 01455 248900 <b>Email:</b> <a href="mailto:info@veteranshearing.org.uk">info@veteranshearing.org.uk</a></p>

VETERANS ACTIVITY CALENDAR JUNE 2024

FREE DOWNLOADABLE APPS		
	<b>Mood Coach</b>	Mood Coach is an app for Veterans, Service members and others to learn and practice behavioural activation
	<b>PTSD Coach</b>	PTSD Coach app provides you with education about PTSD. It was designed for those who have or may have Post Traumatic Stress Disorder.
	<b>Samaritans Veterans</b>	Samaritans Veterans app, Out to You, provides UK, Military Service Leavers and Veterans with Emotional health and well-being information, guidance and resources. Out to You is designed to give you the tools to identify and navigate the emotional health challenges experienced when transitioning out of the military and in your life beyond the forces.
	<b>Happify</b>	Happify is a science based activities and games app which can help you overcome negative thoughts, stress and life's challenges.
	<b>Self-Help for Anxiety Management</b>	Self-Help for Anxiety Management (SAM) is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.
	<b>Mind Shift</b>	Mind Shift is a totally free based anxiety tool which uses proven strategies based on Cognitive Behavioural Therapy (CBT).
	<b>Calm</b>	Calm app is for Sleep, Meditation and Relaxation. It is also the perfect mindfulness app for beginners but includes programmes for intermediate and advanced users.
	<b>Headspace</b>	Headspace is your guide to everyday mindfulness in just a few minutes a day.

Veterans Gateway: 0808 802 1212  
Samaritans: 116 123

Breathing Space: 0800 83 85 87

Forcesline: 0800 260 6767  
Combat Stress: 0800 138 1619

To have your events included, email [veterans.enquiries@nhslothian.scot.nhs.uk](mailto:veterans.enquiries@nhslothian.scot.nhs.uk)

# ***Veteran's Women's Drop-in***



***Tuesday 25<sup>th</sup> June***

***1:30pm – 3:00pm***

***Please note this is a safe, supportive space for female Veteran's of HM Armed Forces to come together as a community. It is available to Veteran's registered at Veterans First Point. If you are not registered, but would like to find out more - this is the perfect opportunity to come along.***

***Hope to see you soon...***

# FIGHTING WITH **PRIDE**

**Drop-in**

**Tuesday 16<sup>th</sup> July 2024**

**1:00pm – 2:30pm**



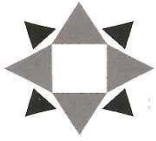
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# UK SMART Recovery®

Self-Management and Recovery Training

## SMART Recovery Programme

**Are compulsive or addictive behaviours  
causing you problems?**

**Do you want to learn about effectively  
managing your recovery?**

**SMART Recovery is a Programme where we help ourselves and each  
other recover from any kind of addictive behaviour**



V1P Lothian  
First floor, Rothesay Wing, Erskine,  
468 Gilmerton Road, Edinburgh,  
EH17 7SA

**Wednesday 5<sup>th</sup> June 10am -12pm**  
**Wednesday 3<sup>rd</sup> July 10am -12pm**

**Discover the Power of Choice!**

**[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)**

**0330 053 6022**



**SMART Veterans uses the SMART UK tools and programme to help enable and live a balanced life.**

**We are Veterans supporting those who currently serve or who have served our country in a military capacity.**

## Female Online Meeting

# Mondays - 1200-1330hrs

For further information and login details  
please contact:

[janinec@smartrecovery.org.uk](mailto:janinec@smartrecovery.org.uk) 07398 730840

[www.smartrecovery.org.uk/smart\\_veterans](http://www.smartrecovery.org.uk/smart_veterans)



**SMART** Recovery®

United Kingdom

Self-Management and Recovery Training



# Thistle Veterans

## Lifestyle Management Course

**Week 1** – Getting Started

**Week 2** – Sleep

**Week 3** – Stress and Anxiety

**Week 4** – Fatigue and Energy Levels

**Week 5** – Getting Active and Motivated

**Week 6** – Achieving Balance and Prioritising what's important

**Week 7** – Understanding Anger and Assertiveness

**Week 8** – Understanding Post Traumatic Stress

**Week 9** - Recovering from Relapse


**Week 10** – Looking Forward

Throughout there is a focus reflecting on "what's been better" and "how have you coped" to raise your awareness of your skills to make changes, cope and manage difficult life circumstances

**Course start date**  
Beginning on **Wednesday 26<sup>th</sup> June** 1300 - 1600 hours.  
This will run for 10 consecutive weeks.  
Erskine House, 468 Gilmerton Road, Edinburgh, EH17 7SA

**For more information or an informal chat contact:**  
lee.downie@thistle.org.uk 07771 097099  
Please mark 'Veterans' on the referral: referrals@thistle.org.uk

@thistlefoundation @thistlecharity @thistle\_foundation





## VETERANS ACTIVITY CALENDAR JUNE 2024



**MORE THAN A JOURNEY**

### Volunteer Outreach Support Driver

**Location / Travel Details:** We are looking for volunteers across Scotland to operate within their own cities, towns, and local communities.

**Flexibility and Commitment:** 4 hours per trip (Minimum 1 commitment per month)

**Expenses:** Mileage paid at £0.45 per mile and expenses covered.

**Essential Criteria:** Use of own car needed.

### Volunteer Role Description

#### What is the overall purpose of the role?

Fare4Free was formed in 2016 to:

- Provide transport solutions for the Armed Forces Community where public transport is unavailable or not suitable across Scotland.
- Reduce missed appointments and ensure the continuation of treatment plans.
- To increase wellbeing, reduce anxiety and encourage integration back into the community.

Our bespoke service provides a person-centred journey and is split into three categories:

- **Medical** - focusing on the beneficiaries' requirements while attending hospital, mental health, or therapeutic based appointments.
- **Wellbeing** - as we introduce our beneficiaries back into their local community and support them in the transition to start attending local activities, events, and volunteering opportunities.
- **Intelligent signposting and onward referrals** - to over 50 collaborative partners supporting with any additional needs from financial guidance, home adaptations and available statutory services.

The Volunteer Outreach Support Driver (VOSD) is at the heart of Fares4Free by making sure that our clients are where they need to be at the right time. They will be responsible for checking their vehicle before and after work and keeping it clean inside and out.

VOSDs are our designated area specialists who understand the communities they operate within fully and the wide range of services available to them. They are passionate about getting it right, are able communicators and focused on using their experience to connect people with the help that they need.

## VETERANS ACTIVITY CALENDAR JUNE 2024

### Key activities and responsibilities

- Be mobile phone literate or have a working knowledge of WhatsApp (or willing to be trained).
- Route planning and preparation to always arrive 15 mins early (as per company policy)
- Being the working face of Fares4Free building positive relationships with all partners and collaborators.
- Operating in accordance with policies and procedures.
- Responsible for understanding and identifying risk.
- Building rapport with clients and always ensuring customer satisfaction.
- Effective communications in a dynamic and quick changing environment.
- To always treat people with dignity and respect and promote ownership and empowerment.

Essential	Desirable
A full driver's licence and access to a car	Demonstrate an understanding of the military environment
Good interpersonal and communication skills	Experience of working in the community in a health and social care or welfare setting
The ability to work independently and as part of a team	An understanding of safeguarding or has received training in such
Good listening skills and knowing when to talk/and when not to talk to clients	
PVG clearance or agreement to such	

### Training and support available

- You will receive all the necessary training and support needed including:
  - The Legal Environment
  - The Identification, Assessment and Control of Hazards
  - Defensive Driving Standards and Lone Working
  - First Aid Awareness
  - Conflict Management and Workplace Stress
  - Manual Handling Awareness
  - Disability Awareness

### Volunteer recruitment process

- Completion of Fares4Free volunteer application form
- You are required to have membership of the PVG scheme. This will be free, and we will submit your application for you
- Volunteer interview with the Operations Manager
- Informal driving assessment

To apply please contact the Fares4Free Operations Manager via email at [volunteer@fares4free.org](mailto:volunteer@fares4free.org). Applications will be considered as they are submitted. Fares4Free reserve the right to close the application process early and feedback will only be provided to candidates who attend interviews.