

Veterans Calendar

July 2024



VETERANS ACTIVITY CALENDAR JULY 2024

BREAKFAST AND SOCIAL ACTIVITIES		
<p>First Saturday of the month Next – 6th 10.00 for 10.15</p>	<p>East Lothian Veterans Breakfast Club £5</p>	<p>British Legion, Rope Walk, Prestonpans, East Lothian EH32 9HL Facebook: East Lothian Veterans Breakfast Club</p>
<p>See Facebook for any changes to regular dates and times</p>	<p>Midlothian Veterans Breakfast Club £5</p>	<p>Elginhaugh Farm 9 Gilmerton Road, Lasswade, EH18 1AZ Facebook: Midlothian Armed Forces & Veterans Breakfast Club</p>
<p>Last Saturday of the Month Next – 27th 09:30-10:00</p>	<p>Edinburgh Veterans Breakfast Club £5</p>	<p>Mid Yoken 75 Craigmount Brae Edinburgh EH12 8XF Contact: Gary Louttit 07876 356605 Facebook: Edinburgh Armed Forces & Veterans Breakfast Club</p>
<p>Wednesday & Thursday 2pm - 3:30pm</p>	<p>Veterans Catch Up Come for a brew and a catch up</p>	<p>V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk</p>
<p>Times and dates vary. Contact LVC or see Facebook for more information</p>	<p>Lothians Veterans Centre Drop In Service Over 50's Social Club Wednesday's 10am-12pm. Bacon roll mornings – (Fridays 1030-1200)</p>	<p>LVC 11 Eskdail Court Dalkeith, EH22 1AG Contact: Pauline – 07443 878993, Kevin – 07745 585388, Eilidh- 07596321644 Office: 01316605537 Email: contact@lvc.scot Facebook: @LothiansVets</p>
<p>Mondays 1030 - 1230</p>	<p>MUSSELBURGH AND DISTRICT VETERANS (Drop in Group). Time to talk and support each other. Free tea, coffee and biscuits. All veterans, families and carers welcome.</p>	<p>The Hollies Hub, 183 High Street, Musselburgh (fully Disabled access). For enquiries call Karl Cleghorn Phone: 07977 544194</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

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<p>Wednesdays 1800-2100</p>	<p>Veterans Community Cafe "By veterans for veterans" Food and cakes available at no cost.</p>	<p>Stafford Centre 103 Broughton Street, Edinburgh, EH1 3RZ Contact: Joe Sangster 07780614470</p>
<p>Second Saturday of the Month Next – 13th 0900 - 1130</p>	<p>Livingston Veterans Breakfast Club £5</p>	<p>Chain Runner, Almondvale Way, Livingston, West Lothian, EH54 6GA Phone: George Ross 07387299521 Email: livingstonafvbc@gmail.com</p>
<p>Fighting with pride Drop In Contact V1P to book</p>	<p>Fighting with pride Come for a brew and a catch up. FWP is a 'lived experience' LGBT+ charity, supporting those seeking help and a resource for those who seek to help them.</p>	<p>Website: www.fightingwithpride.org.uk Twitter: @fightingwpride Facebook: @fightingwithpride email: dougie.morgan@fightingwithpride.org.uk</p>
<p>Monday 22nd July 1:30pm - 3pm Contact V1P to book</p>	<p>V1P Lothian Veteran's Women's Drop-in. Come for a brew and a catch up.</p>	<p>V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk</p>

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ACTIVITIES		
Specific times and dates vary contact for more information	Stand Easy Productions / Hidden Route (Free Drama Project suitable for Veterans and their families)	Stand Easy Productions Website: https://www.standeasyproductions.org/ Email: markstandeasyproductions@gmail.com Facebook: Stand Easy Productions
This will be discussed with you once you have been referred in.	HorseBack UK (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)	HorseBack UK For further information or to apply for a course please contact Emma – emma@horseback.org.uk
Times and dates vary. Contact or see website for more information	Forces Of Nature “Family friendly activities run alongside our established gardening project”	Forces Of Nature InfoForcesOfNature@sacro.org.uk Facebook: @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.	Who Dares Cares Contact: George Ross Mobile: 07387299521 Email: wdc@who-dares-cares.com Facebook Group: Walk_Talk_Brew Twitter: Walk_Talk_Brew
The 2 nd and 4 th Friday of every Month	Veterans Archery Between 11am to 3pm No charge	Archers Hall 66 Buccleuch Street, Edinburgh, EH8 9LR Contact V1P for referral

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

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SUPPORT SERVICES		
<p>Monday – Friday 08:30 – 16:30</p>	<p>Veterans First Point Lothian</p>	<p>V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk Facebook: Veterans First Point Lothian</p>
<p>Monday - Friday 10.00 - 1600</p>	<p>Lothians Veterans Centre</p>	<p>LVC 11 Eskdail Court Dalkeith, EH22 1AG Contact: Pauline – 07443 878993, Kevin – 07745 585388, Eilidh- 07596321644 Office: 01316605537 Email: contact@lvc.scot Facebook: @LothiansVets</p>
<p>Anytime</p>	<p>Combat Stress</p>	<p>If you need support please call 0800 138 1619 Serving personnel and their families can call 0800 323 4444. You can also text on 07537 173683 or email helpline@combatstress.org.uk</p>
<p>Monday – Friday 09.00 – 17.00</p>	<p>Poppyscotland Poppyscotland supports the Armed Forces community in Scotland, including serving and ex-serving personnel and their families.</p>	<p>Poppyscotland Telephone: 0131 550 1557/0808 802 8080 Email: info@britishlegion.org.uk. Website: www.poppyscotland.org.uk</p>
<p>As required</p>	<p>Venture Trust Outdoor therapy Wellbeing Hub Employability Hub (Contact V1P for a referral)</p>	<p>V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh, 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk</p>
<p>Monday-Friday 09.00 – 17.00</p>	<p>Legion Scotland Veterans Community Support Service (befriending support all over Scotland to veterans living with Isolation & Loneliness)</p>	<p>Contact V1P for a referral or Directly Tommy Douglas – 07535642950 Email: support@legionscotland.org.uk</p>
<p>09.00 – 17.00 Excluding weekends and bank holidays</p>	<p>Royal Air Forces Association (Free online mental wellbeing training courses)</p>	<p>Royal Air Forces Association Contact: 0800 018 2361 Facebook: RAF Association Website & to Book online: https://findingittough.rafa.org.uk/</p>

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<p>Monday-Friday 08.30 – 16.00</p>	<p>Royal Navy & Royal Marines Charity / Relate (Free confidential relationship and Family Support)</p>	<p>Royal Navy & Royal Marines Charity Contact: 023 9298 1920 Email: support@rnrmc.org.uk</p>
<p>As Required</p>	<p>The Royal Marines Charity Transition Support Officers Offering support to vulnerable veterans and vulnerable service leavers.</p>	<p>Website: Contact Us - RMA - The Royal Marines Charity (rma-trmc.org) Call: 0800 468 1664 Email: welfareteam@rma-trmc.org</p>
<p>As Required</p>	<p>SSAFA SSAFA can help provide practical, financial and emotional support for service personnel, veterans and their families.</p>	<p>Website: Get help SSAFA Call: 0800 260 6767</p>
<p>As Required</p>	<p>HOMELESS VETERANS PROJECT Assist Veterans who are homeless or at risk of becoming homeless.</p>	<p>Website: www.homelessveteransproject.org Call: Alex/Donna on 07498378563/4 Email: homelessveteransproject1945@gmail.com</p>
<p>As Required</p>	<p>RIVERSIDE, OP FORTITUDE Support veterans at risk of or experiencing homelessness, supporting them either into suitable accommodation, or supporting them to maintain their current home. (Contact V1P for referral)</p>	<p>Website: Op FORTITUDE- Riverside Care and Support Call: 08009520774</p>
<p>Anytime</p>	<p>Scottish Veterans Residences (SVR) 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: info@svronline.org Online referral form: https://www.svronline.org/housing-enquiry/</p>

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OTHER SUPPORT

<p>Online Group Every Wednesday and Sunday 19.00 – 20.30</p> <p>Face to Face Meetings Tuesdays 11.00</p>	<p>Veteran UK Smart Recovery Meeting (Alcohol, Drugs, Gambling or online shopping) Online group and Face to Face Meetings now available.</p>	<p>Veteran UK SMART Recovery Hub 11, St Andrews Street Dalkeith EH22 1AL Contact: 07498923309 Email: johnnya@smartrecovery.org.uk</p> <p>Tuesdays meeting - Whitefoord House, 61 Canongate, Edinburgh, EH8 8BS</p> <p>Wednesday 5th June - V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA</p>
<p>Monday to Friday 9.00am – 5.00pm</p>	<p>Defence Medical Welfare Services 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>Defence Medical Welfare Services Tel: 07789982621 Email: loth.veteransdmws@nhslothian.scot.nhs.uk</p>
<p>Everyday (working day)</p>	<p>Who Dares Cares 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>Website: Who Dares Cares Email: wdc@who-dares-cares.com Facebook: Who Dares Cares Twitter: who_dares_cares LinkedIn: Who Dares Cares Instagram: whodarescares</p>
<p>Everyday (working day)</p>	<p>Fares 4 Free Providing transportation to access essential services and support people attending everyday events which reduce loneliness and isolation.</p>	<p>Fares 4 Free www.Fares4free.org Contact: 01412666000 Facebook: Fares4Free</p>
<p>Anytime</p>	<p>Supporting Wounded Veterans Pain Management, Mentoring and mental health support available.</p>	<p>Supporting Wounded Veterans To register for a course please click the link below and apply online www.supportingwoundedveterans.com</p>

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<p>Monday – Friday 09.00 – 17.00</p>	<p>Armed Services Advice Project (ASAP) The service is free, independent, impartial and confidential.</p>	<p>Citizens Advice - Armed Services Advice Project Edinburgh, Lothians and Borders Contact: 07857 145903 Email: asap@CABWestLothian.casonline.org.uk or ASAP@cas.org.uk Website: www.adviceasap.org.uk National line to find local Citizens Advice Bureau – 0800 028 1456</p>
<p>As required</p>	<p>Housing Options Scotland Homeless Options Scotland Complete the “get help” form online.</p>	<p>The Melting Pot 15 Calton Road Edinburgh EH8 8DL https://housingoptionsscotland.org.uk Phone:0131 510 1567</p>
<p>Fortnightly 10.00 – 15.00</p>	<p>Armed Services Advice Project (ASAP) Clinic Please contact V1P to make an appointment.</p>	<p>V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk</p>
<p>Fortnightly 10.00 – 12.00</p>	<p>Veterans UK Clinic Please contact V1P to make an appointment.</p>	<p>V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk</p>
<p>Self Referral</p>	<p>The Forces Employment Charity 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>The Forces Employment Charity Tel: 0121 262 3058 Website: https://www.forcesemployment.org.uk</p>
<p>Anytime</p>	<p>Chris’s House Centre for Help, Response and Intervention Surrounding Suicide</p>	<p>Chris’s House Email: info@chrisshouse.org Telephone: 01236766755 Facebook: chrisshouse.org</p>

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<p>As Required</p>	<p>Fighting with pride FWP is a 'lived experience' LGBT+ charity, supporting those seeking help and a resource for those who seek to help them.</p>	<p>Website: www.fightingwithpride.org.uk Twitter: @fightingwpride Facebook: @fightingwithpride email: dougie.morgan@fightingwithpride.org.uk</p>
<p>As Required</p>	<p>Solicitors for the Armed Forces Community (Scotland) Help to veterans with any legal enquiries.</p>	<p>Contact: Lesley Stewart, Solicitor (former WRNS/RN) Email: SFAFCS@outlook.com or Call: 07905 798016</p>
<p>Anytime</p>	<p>Forces Manor 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: 0779 212 5357 / 01540 651 588 Email - info@forcesmanor.com</p>
<p>Anytime</p>	<p>Veterans Housing Scotland Veterans homes across the country https://www.vhscot.org.uk/applicant/</p>	<p>Veterans Housing Scotland To see if you meet the criteria contact 0131 557 1188 admin@vhscot.org.uk</p>
<p>Monday-Friday 09.00 – 17.00</p>	<p>Rock 2 Recovery (one to one coaching for veterans and affected family)</p>	<p>Contact V1P for a referral or Email: support@rock2recovery.co.uk Tel: 01395 220 072</p>
<p>Anytime</p>	<p>SACRO - Veterans Mentoring Service Veterans in or at risk of becoming involved in the criminal justice system</p>	<p>Email veterans@sacro.org.uk Point of Contact is Andy Gray.</p>
<p>As Required</p>	<p>Forces Children Scotland 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>Forces Children Scotland 15 Hill Street, Edinburgh, EH2 3JP https://forceschildrenscotland.org.uk Tel: 01313227350 Email: admin@forceschildrenscotland.org.uk Twitter: @forceschildscot Facebook: Forces Children Scotland</p>

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<p>As Required</p>	<p>Shared Parenting Scotland 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>Shared Parenting Scotland 10 Palmerston Place, Edinburgh, EH12 5AA Telephone: 0131 557 2440 Email: info@sharedparenting.scot</p>
<p>Self Referral</p>	<p>Veterans Tribe Scotland 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>Veterans Tribe Scotland Website: www.veterantribescotland.co.uk</p>
<p>Anytime</p>	<p>Models For Heroes Providing Armed Forces, Veterans and Public Services with models tailored to their interests to support mental wellbeing.</p>	<p>Website: Home < Models for Heroes Email: info@modelsforheroes.org.uk</p>
<p>Anytime</p>	<p>Change Mental Health 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>Change Mental Health 6 Newington Buisness Centre, Dalkeith Road Mews, Edinburgh, EH16 5GA Information Line: 0300 323 1545 Office Number: 0131 662 4359 Website: www.supportinmindscotland.org.uk Email: info@supportinmindscotland.org.uk Twitter: @suppinmindscom</p>
<p>Monday to Friday 0900 - 1630</p>	<p>Help for Heroes 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>Website https://www.helpforheroes.org.uk/ E-mail GetSupport@helpforheroes.org.uk Twitter Help for Heroes (@HelpforHeroes) / Twitter</p>
<p>As Required</p>	<p>Veterans Chaplaincy Scotland "A proactive service providing pastoral care to our veterans and their families promoting hope, healing and acceptance."</p>	<p>Call: 07521 63 88 48 Email: vcs@wpccotland.co.uk</p>

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<p>As Required</p>	<p>CAPS Veteran Advocacy 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>For more information, contact: Email: jessica@capsadvocacy.org</p>
<p>Monday – Friday 0900 - 1630</p>	<p>UK Veterans Hearing Foundation Charity dedicated to supporting veterans who suffer from hearing loss and associated tinnitus.</p>	<p>Telephone: 01455 248900 Email: info@veteranshearing.org.uk</p>
<p>Anytime</p>	<p>RCA Trust RCA Trust are the main support provider for gambling-related harms in Scotland.</p>	<p>Call: 0141 887 0880 Email: info@rcatrust.org.uk</p>

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FREE DOWNLOADABLE APPS		
	Mood Coach	Mood Coach is an app for Veterans, Service members and others to learn and practice behavioural activation
	PTSD Coach	PTSD Coach app provides you with education about PTSD. It was designed for those who have or may have Post Traumatic Stress Disorder.
	Samaritans Veterans	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.
	Happify	Happify is a science based activities and games app which can help you overcome negative thoughts, stress and life's challenges.
	Self-Help for Anxiety Management	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.
	Mind Shift	Mind Shift is a totally free based anxiety tool which uses proven strategies based on Cognitive Behavioural Therapy (CBT).
	Calm	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.
	Headspace	Headspace is your guide to everyday mindfulness in just a few minutes a day.

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Veteran's Women's Drop-in



Monday^{22nd} July

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 16th July 2024

1:00pm – 2:30pm



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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 07398 730840

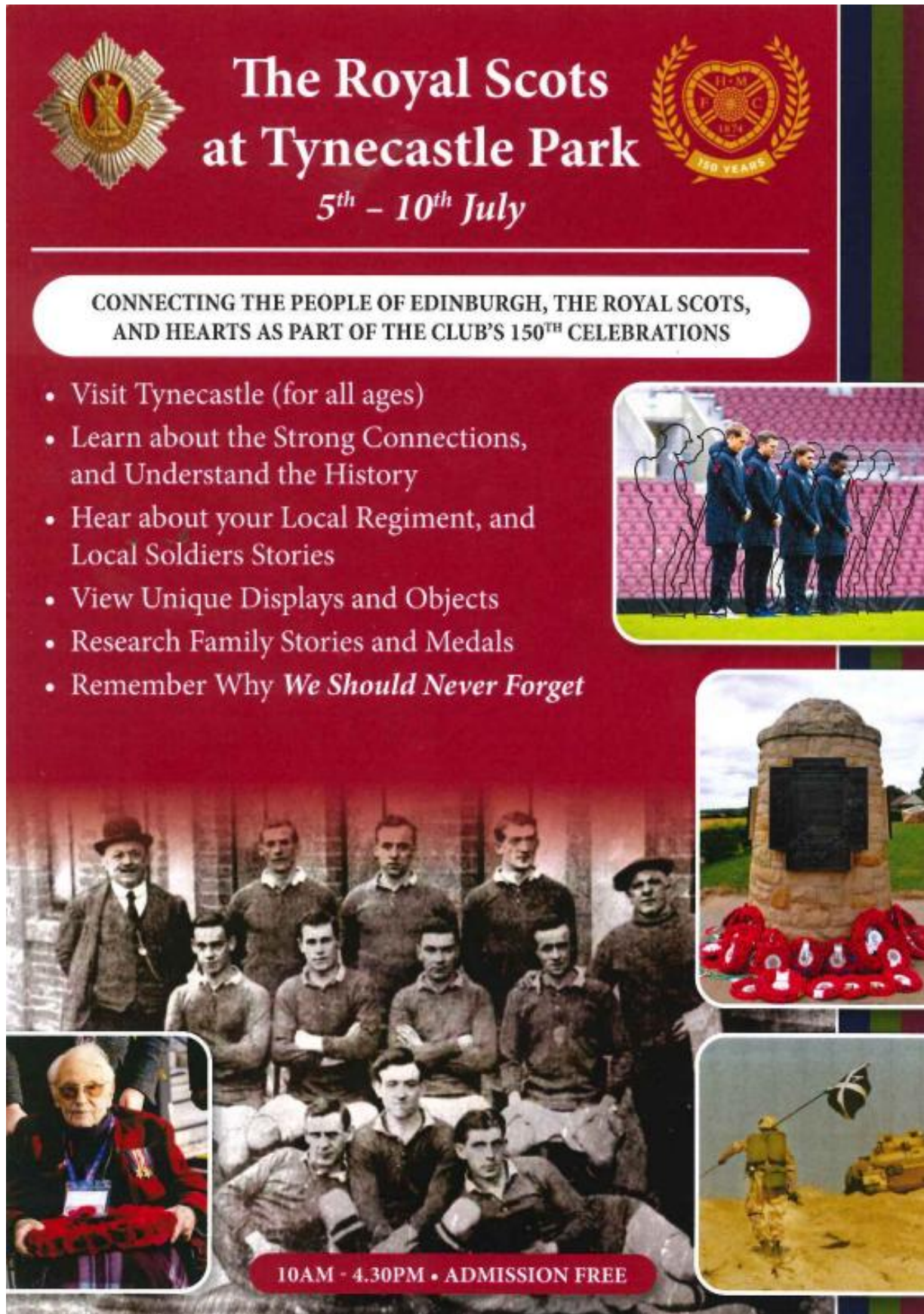
www.smartrecovery.org.uk/smart_veterans



SMART Recovery®

United Kingdom

Self-Management and Recovery Training



**The Royal Scots
at Tynecastle Park**
5th – 10th July

CONNECTING THE PEOPLE OF EDINBURGH, THE ROYAL SCOTS,
AND HEARTS AS PART OF THE CLUB'S 150TH CELEBRATIONS

- Visit Tynecastle (for all ages)
- Learn about the Strong Connections, and Understand the History
- Hear about your Local Regiment, and Local Soldiers Stories
- View Unique Displays and Objects
- Research Family Stories and Medals
- Remember Why *We Should Never Forget*

10AM - 4.30PM • ADMISSION FREE

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‘BATTLING the ODDS’

ARMED FORCES GAMBLING SUPPORT NETWORK






- Veterans are 8 times more likely to suffer gambling harms
- Up to 5% of RAF personnel believe gambling is an issue for them
- Members of the Armed Forces may relate to risk taking situations differently than the general public
- Traumatic events are key links to gambling related harm



Developing understanding and knowledge regarding gambling related harms within the armed forces community through the 'Bet You Can Help' FREE training programme.



Opportunity to protect those working in the Armed Forces community. The Workplace Charter supports the community in developing a positive culture in gambling harms conversation reducing stigma, creating system change and promoting interventions at the earliest opportunity.



Working to reduce the stigma of gambling harms across the armed forces community and in doing so promote a culture that encourages access to appropriate specialist support.

Striving to increase the numbers of members of the armed forces community, at risk of, or experiencing gambling related harms in receiving an intervention at the earliest opportunity. Assisting individuals towards professional support and access to specialist provision throughout the National Gambling Support Network.



CONTACT:

-  RCA Trust
-  0141 887 0880
-  info@rcatrust.org.uk











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