

Hello and welcome once again to Abbey Medical Practice Autumn/Winter Newsletter. We hope you will find the content interesting as our goal is to keep you updated with what is happening both locally and further afield for veterans.

Abbey Medical Practice has clinicians and staff that can not only help but also understand the problems some of our veterans face and can point you in the right direction with other organisations that can help with getting you on the right track.

If we can be of any assistance please do not hesitate to call our Veteran Liaison Officer Sher George 01933 233200



Coffee Afternoon – Date ***at*******

We have been approached by one of our veterans and they have asked if we could host a coffee afternoon which would be an informal get together where you can meet other like-minded veterans for a light hearted chat and a cuppa. There will be newsletters and leaflets available but there will be no lectures, no talks, and nothing heavy. You won't be approached but we will have The Royal British Legion and ex - military clinicians in attendance if you feel you would like to discuss anything further.

We really do hope you can attend as this may become a regular get together, at another venue, for veterans in the area. So if you are able to come along can please let us know so that we are able to determine how many packets of biscuits are required 😊

Office for Veterans' Affairs

The Prime Minister has created a new Office for Veterans' Affairs to provide lifelong support to military personnel. Johnny Mercer MP, who himself did three tours of Afghanistan, has been appointed as one of those Minister's for Defence, People and Veterans. Oliver Dowden will work closely with Mr Mercer and the role will now be a joint Ministry of Defence and Cabinet Office position, in order to allow the Minister to direct the work of the new Office for Veterans' Affairs. The two ministers will share responsibility for veterans' affairs.

2)

SSAFA (Soldiers Sailors and Air Force Association)

For those who have served, including their families, within the military community, we are all aware of SSAFA especially when serving abroad. But do you know that now you are no longer serving they are still there to help provide much needed support.

SSAFA provides lifelong care for veterans and their families. So if you've ever served in the Royal Navy, the Royal Marines, the British Army or the Royal Air Force, they are there for you and your family when you need help, for life. That's for both Regulars and Reserves.

Their branches are local so help is always at hand with such things as:

- Debt
- Transition mentoring
- Buying household goods
- Support for offenders & ex-offenders
- Support with housing
- Support for homeless veterans

Northampton Branch: TA Centre, Clare Street, Northampton, NN1 3JQ

Tel No: 01604 603899

Veterans with Dogs – Helping you *lead* an independent life

This charity trains and provides assistance dogs for current and former members of the British armed forces with service related mental health conditions as evidence is emerging that demonstrates that there is improvement in anxiety, fear, depression and loneliness following animal assisted interventions.

Combat Stress has veterans, who along with their four legged friends attend treatment centres to show other vets, that are currently under treatment, what a difference the dogs have made to their lives. They are based in Devon, however the dogs are rehomed from nearer to home.

Basepoint Business Centre
Yeoford Way
Matford Park
Exeter EX2 8LB

Tel No: 01626 798030

3)

Royal British Legion

Abbey Medical Practice are delighted to be working closely with the local RBL in Wellingborough and the services that they offer is remarkable which can only be beneficial to veterans, within the locality.

The RBL Independent Living Service offers anybody who has served, is currently serving in the armed forces, a dependent, spouse, carer or partner of forces personnel a high quality, friendly and professional service to live safe and well at home. They can help with basic DIY such as changing a light bulb, mending a fence or installing grab rails to help with mobility and all they ask for is a donation , if at all possible.

They offer support face to face, over the telephone and email to help you work towards goals that are important to you. This means they could also help with:

- Specialist Information and Advice-About Independent Living Options
- Aids and Adaptations
- Assistance with Disabled Facilities Grants and Challenges
- Small maintenance jobs
- Home safety checks
- Winter warmth checks
- Help and support to navigate social services
- Help and support to challenge decisions
- Help to address isolation and loneliness
- Information on local services
- Setting up your own social groups
- Help to understand your rights and speak up

Call their friendly contact centre on: **0808 802 8080** 8am-8pm. 7 days a week

Hearing Loss

Working age veterans are 3.5 times more likely to suffer from hearing loss than the general population The Legion is working with audiologists across the UK to help Veterans and Reservists with hearing loss acquired during Service, whose wellbeing needs cannot be met through the NHS. If you suffer hearing loss or tinnitus they may be able to help you: rbl.org.uk/vetmedfunds or call 0808 802 8080

Befriending Service/Days Out

Some veterans are housebound or disabled and because of this they may be unable to socially interact so the RBL provide a 'befriending service' where you can have a visit to your home for a cuppa and a chat.

They also organise days out to the National Arboretum in Staffordshire (an Armed Forces memorial) which does have facilities for those who are disabled.

Holy Communion

The RBL are able to offer Holy Communion for veterans unable to leave their own home.

4)

TILS COFFEE MORNING'S

The Transitional Intervention and Liaison Service runs a fortnightly coffee morning, in Northampton, on a Monday from 10am at the Workbridge Café, St Andrews, Northampton, NN1 5DG for any veterans who want to pop in, meet people, play games or just have a cuppa and a chat.

For further information call: 01604 616305

The Final Word from one of our veterans

“From one Veteran to Another” by Anonymous

“I did nine and a half years’ service including Northern Ireland and the Falklands. Both tours fighting for people who didn’t want us there, in fact they hated us.

One morning I received a letter from Abbey Medical Centre, it was from someone named Sher George. I was low that day my thoughts took me to a dark place I know you all understand. I took a leap of faith, desperate for help. Sher not only helped me with medication, benefits and hours of listening to me she also found me Dr Ali whom I know saved my life. His commitment to me is never ending, a hero.

