

Veteran's Newsletter

Abbey Medical Practice is housed within the Mannock Medical Centre, named after the World War 1 fighter ace and Wellingborough resident, Major Mick Mannock VC & DSO, who was a sufferer of a condition now known as PTSD (Post Traumatic Stress Disorder). It seems only fitting to announce that we are now known as a Veteran Champion which means that we are able to aid and support any veteran, who was a regular or reservist in HM Forces, through any medical difficulty that is service related. Whether you have found the transition into Civvie Street a struggle or you are facing physical and/or psychological issues due to active service we have access to not only NHS facilities, that are geared up to help you, but also independent organisations (such as The Royal British Legion, SSAFA, Combat Stress and Walking with the Wounded) that work closely with professionally trained personnel.

As well as having an 'in house' Veteran Liaison Officer all our GPs and members of staff recognise and understand the importance of making sure that you receive the correct assistance whilst practising empathy, understanding and confidentiality at all times. And, in addition to this, if you have a family member or carer who is worried about a loved one and you are suffering yourself, we are here to help you too.....**no one need suffer in silence anymore.**

"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, my hero.

The veteran's team do what they say and more and I know it's hard for us to ask for help or ever admit we need it.

From one veteran to another this team works and cares about us. Please give them a chance to help you"

Walking with the Wounded-Walking Home for Christmas Campaign December 2016

Walking with the Wounded's campaign, in aid of homeless and vulnerable veterans, helps them to reintegrate into society and lead an independent life, through employment and support, took place one cold and frosty morning just before Christmas. Fifteen members of staff, and one veteran, took part in a sponsored walk around Stanwick Lakes and altogether they raised a fantastic £1,333 after, collectively, walking ninety miles. Well done!

HSJ Awards November 2016

The Health Service Journal awards took place in London in November 2016. These awards are in recognition of achievements, within the NHS, and are a prestigious accolade in British healthcare. So you can imagine our delight when, alongside the Nene Clinical Commissioning Group, we were acknowledged with a nomination for the hard work we do with the veterans within our practice and is a true testament of our commitment to our patients.

Care Quality Commissioning Group

With the HSJ Awards in mind this brings us to our recent inspection in November 2016, by the CQC which regulate and inspect the health & social care services in England. Overall we received an evaluation of good, which we were extremely pleased with and for our work within the mental health sector, including veterans, our rating was **outstanding**. The report is available online at

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Royal British Legion - Wellingborough

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.

Independent Living and Handy Van Service

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 and offers 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.

Whether you were a regular or a reservist we here at Abbey want you to know that we are here if