

ARMED FORCES VETERAN FRIENDLY

We are proud to have become an armed forced Veteran Friendly Practice. If you served in the armed forces, if even for one day, there is a whole host of additional NHS services available to you. Please let us know so that we may send you the information and please see the links attached of the organizations that may be able to help you.

Services Supporting Veterans

- **Help for Heroes**
 - We provide recovery and support for the Armed Forces community whose lives are affected by their service, no matter when they served.”
 - www.helpforheroes.org.uk/get-support/
- **Forcesline** - 0800 7314880 (Monday – Friday 10.30 – 19.30) or by email
 - Free confidential helpline provides supportive, listening signposting service for serving personnel, Veterans and families.
- **Combat Stress** - 0800 138 1619 (available 24 hours) or by email
 - www.combatstress.org.uk/
 - Confidential and safe help and advice about Service-related mental health issues for the whole military community.
- **Big White Wall** (available 24 hours) www.bigwhitewall.com
 - Share what's troubling you anonymously, 24 hours a day, 7 days a week
 - Free for serving personnel, veterans, family members and carers.
- **Veterans Gateway**
 - “The first point of contact for veterans seeking support”- 0808 8021212
 - www.veteransgateway.org.uk
- **Veterans UK** – MoD/Government
 - Claims, pensions and service records - 0808 1914 2 18
 - <https://www.gov.uk/government/organisations/veterans-uk>
- **Veterans Outreach Support** – Drop In Centres
 - <http://www.vosuk.org/>
 - First Wednesday of every month from 2pm to 6pm in the Royal Maritime Club, Portsmouth
 - Third Wednesday of every month from 12pm to 4pm in the Riverside Centre, Newport, Isle of Wight.
- **Blesma** –
 - “Providing support to limbless and injured veterans for life”
 - Tel: 01480 469216
 - <https://blesma.org/>

- **Blind Veterans UK**
 - “helping ex-Service men and women of every generation rebuild their lives after sight loss. Since 1915 we’ve provided rehabilitation, training, practical advice and emotional support to tens of thousands of blind veterans.”
 - <https://www.blindveterans.org.uk/>
- **NHS Veterans Mental Health Services**
 - <https://www.nhs.uk/using-the-nhs/military-healthcare/nhs-mental-health-services-for-veterans/>
- **King Edward VII Veterans Pain Clinic**
 - <https://www.kingedwardvii.co.uk/the-charity/centre-for-veterans-health>
 - Free for veterans with a GP referral

Services Supporting Family Members

Support for Family Members of Injured, Wounded & Sick currently serving, reservist or veterans

- **The Ripple Pond:** www.theripplepond.org
Free to adult family members of all military personnel
- **The Big White Wall** www.bigwhitewall.com
Free to all military personnel & family members
- **The Long Boat Home** www.thelongboathome.co.uk
(National database for access to low cost counselling)
- **H4H Band of Sisters** www.helpforheroes.org.uk
- **SSAFA – Families of Injured Service Personnel (FISP)**
www.ssafasupportgroups.org.uk/fisp

Support for Parents of Serving Military Personnel – NOT injured

- **A Mum’s War (M.O.M.S.)**
This organisation offers a Facebook group for support of all (parents, grand-parents, parents-in-law and siblings) of those who are currently serving. Those interested in joining the group need to contact them, and an invitation to join the ‘secret’ group will be sent out.

These organisations will give information to ALL adult family members (including parents) of those who are currently serving:

- **Army Families Federation** www.aff.org.uk/
- **Naval Families Federation** www.nff.org.uk/
- **RAF Families Federation** www.raf-families-federation.org.uk/

Support for Children of Serving & Ex-Serving Military Personnel

Sometimes the support is not because a parent has been injured, but perhaps a parent is deployed, or about to be deployed and the child(ren) is anxious and in need of additional support.

- **Little Troopers** www.littletroopers.net
(formerly 'My Daddy's a Soldier' – this organisation is only for children of serving personnel)
- **Sailors' Children's Society** www.sailorschildren.org.uk
- **HMS Heroes** www.britishlegion.org.uk
(HMS Heroes & Service Pupils Champions run groups through schools – for more info contact RBL)
- **Spurgeons Young Carers** www.spurgeons.org.young-carers
- **NSPCC** www.nspcc.org.uk/
- **CAMHS**
- **Other Young Carers groups:** www.carersuk.org

www.childrensociety.org.uk/YoungCarers

- **Books (Niamh Finley-Howe)** "Mummy Why Does Daddy Cry?"
"So What, My Dad Has PTSD"
- Niamh also writes a blog: <http://notesfromniamh.weebly.com/>
(It may be useful to invite parents to read the blog before involving children).