

Support available for Armed Forces veterans and their loved ones/carers

Useful information and websites:



<https://www.britishlegion.org.uk/>

The Royal British Legion provides lifelong support for the Armed Forces community - serving men and women, veterans, and their families. They can provide:

- Finance
- Respite
- Care
- Employment
- Recovery and so much more.



www.sussexarmedforcesnetwork.nhs.uk/about/the-covenants/

The principle behind the Covenant is that the Armed Forces Community should not face disadvantage because of its military experience. In some cases, such as the sick, injured or bereaved, this means giving special consideration to enable access to public or commercial services that civilians would not receive. The Covenant covers issues from housing and education to support after Service. It is crucial to the government that it, and the nation, recognises the unique and immense sacrifices the Armed Forces Community makes.



Combat Stress is the leading charity for veteran's mental health and where they can go for diagnosis and trauma therapy. However, they also have a website which is worth a look for partners/carers too and you can sign up for a newsletter: <https://www.combatstress.org.uk/>

- They also have a helpline that is open to all veterans and serving personnel, as well as families, friends and carers - If you're currently serving, or have served in the UK Armed Forces, you can call our 24-hour Helpline to talk about mental health. If you are a family member or carer worried about a loved one or need to talk to someone yourself, you can use it too.

Call: 0800 138 1619

Text: 07537 404 719

Email: helpline@combtstress.org.uk



- Help for Heroes is a charity that also provides a lot of support including supporting veterans finding employment, support for families to find housing and even financial support such as grants and respite weekends for family and carers. They organise all kinds of activities and trips that are quite often free and even holidays. There is a website that gives a lot of helpful information and advice - <https://www.helpforheroes.org.uk/> Join up as a member and they will send you and your veteran a brilliant welcome pack with Help for Hero hoodies, a bag and various free gifts.

Help for Heroes are also on Facebook so give them a 'like' so that you can follow all they do and offer.

- Once a member of help for Heroes by signing up online you can also become a part of Band of Sisters (which is a support group for loved ones of veterans and you will then be emailed about all the amazing holidays, days out and discounts that they provide as well as broadening your support network. The veteran themselves can also join and they become part of Band of Brothers and also receive emails about all that's on offer. Once a part of Band of Sisters online you can also join the Facebook page where the Sisters have their own private page to allow for chats to be confidential and your Band of Brother has no way of seeing what you may wish to discuss. It's so fantastic all the support on offer and they even send you out Christmas and birthday cards. Once you know your way around you will see that generally they refer to each group as Bobs (Band of Brothers) and Bos's (Band of Sisters).

Enter: *Help for Heroes Band of Sisters* into Facebook search bar and look out for this cover photo



Veterans UK



Veterans UK: contact us - 0808 1914 2 18

Help and support for veterans

War Pension Scheme

Armed Forces Compensation Scheme

Making a claim: forms

Armed forces pensions

Apply for medals or a veterans badge

How to get service records

Armed Forces Covenant

Veterans Advisory and Pensions Committees (VAPC)

Substance misuse issues and/or support with recovery:



Change Grow Live

East Sussex drug and alcohol recovery service (STAR) - Eastbourne & Hastings

EastSussex.star@cgl.org.uk

Contact us:

Tel: 0300 3038 160

Fax: 01323 465655

Thrift House

13 Wellington Place

Hastings

TN34 1NY

United Kingdom

Opening times:

Monday - Thursday: 8am - 8pm

Friday: 8am - 5pm

Saturday: 8am - 2pm



East Sussex Recovery Alliance

How to Join?

No Referral is necessary as we are an Open Access Project, People can JUST TURN UP, and Attend the Group's and Activities, run on the day.

If people are interested in receiving Recovery Coaching, by our trained Recovery Coaches, that have previous lived experience, this can be arranged by speaking with group facilitator's, or directly with the recovery coaching coordinator, or a member of staff.

What do we do?

East Sussex Recovery Alliance (ESRA) is a peer led Recovery community organisation (RCO) and now a Community interest company developed by several individuals in January 2012. Our members are made of people in recovery from substance misuse and alcohol problems or have been affected by someone else with these issues.

Overall aim

Our overall aim is to guide and support individuals and families that are in recovery from alcohol and substance abuse and want to make realistic changes in their lives,

We like to show that recovery is possible by offering peer led support groups, activities and recovery coaching to enable people to take positive steps with their lives and promote a healthier wellbeing.

Contact us:

ESRA – Hastings

ESRA - Eastbourne

Queens Apartments

Café North

5 Harold Place

5 North Street

Hastings

Eastbourne

Phone: 01424 435318

Phone: 07496644097

E-mail: info@esrauk.org

SSAFA:



<https://www.ssafa.org.uk/>

SSAFA can provide welfare advice and support, support groups, mentoring services and housing and there are 92 branches across the UK. Please visit the website to find the most local branch to you.

The Hastings branch of SSAFA can be found in the ESRA building in Hastings: please see above for address

Please contact Bernard Stonestreet at: hastings@ssafasussex.uk or: 07884263824

A fortnightly support group is held in ESRA for veterans called 99/100 group on Saturday mornings from 10am – 12pm

Discounts:



FREE OF CHARGE

Save £1000's online and in store and you can register free and start savings online straight away.

Please visit the website to register and apply for a discount card at: www.defencediscountservice.co.uk

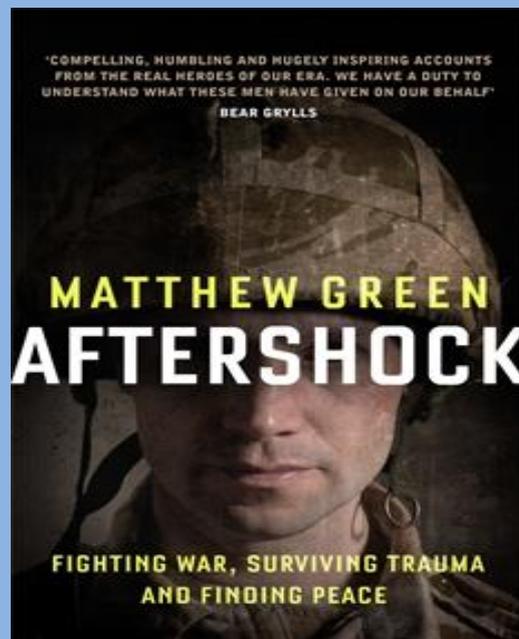
AND:

rewards for forces

Website to register: www.rewardsforforces.co.uk

BOOKS

There are a **lot** of really good books about PTSD out there that are really helpful and Amazon can really help you with this. The more you educate yourself about PTSD the easier it becomes to deal with it and it brings comfort when you realise that there are not the only one whose partner has these difficulties and quirks. If I could recommend just one book to read that will resonate with both veterans and their loved ones, it would be this one:



Each chapter has a story told by a different veteran or by their wife/partner and I was shocked to find that a couple of the women are women that I have chatted to on the PTSD Angels page on Facebook. You will understand why we call ourselves Angels and are proud of the huge sense of support and friendship that we are able to bring to each other, especially when we often don't feel able to talk to our non-angel friends and family.

I Had a Black Dog by Matthew Johnstone

Post Traumatic Stress Disorder: Malady or Myth? By Chris Brewin

The Veterans Survival Guide by Jimmy Johnson

Useful websites:



U.S. Department
of Veterans Affairs

PTSD: National Centre for PTSD: <https://www.ptsd.va.gov/index.asp> This website has everything you need to know about PTSD, what it is, what the symptoms are, how to support a loved one, support for children and much much more!

www.moodjuice.scot.nhs.uk

www.cci.health.wa.gov.au/resources/consumes.cfm

www.ntw.nhs.uk/pics/selfhelp

Support for PTSD

For partners/carers:

- On Facebook there is a particularly amazing support group called PTSD Angels. Supporting a loved one with PTSD can be really tough and often feels like there is no one who understands or that you can talk to. PTSD Angels all share their support, advice and experiences and it really helps to know that you are not alone. Whether you join the pages and just read about other people's situations or, pluck up the courage to reach out – you won't be sorry. There is a public page for general advice and a private group so that members can know that what they say is completely confidential.

In Facebook search bar type: Combat PTSD Angels – Public page and give it a 'like' to follow the group and see what is posted. From that page send a message and ask to be added to the private group – Combat PTSD Angels (Support Group). There are no real criteria other than to be a partner or carer of a veteran with PTSD and the admin are wonderful and friendly. Look out for this logo



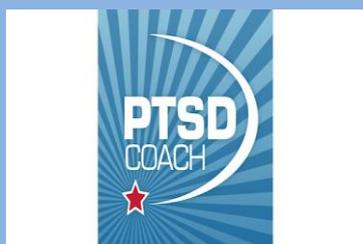
- Also on Facebook is:



- On iPhone and Samsung app stores there are some fantastic apps that are for PTSD. There is one for family members and one for the person suffering PTSD. They have a wealth of information and tips and techniques that are so helpful.

Look out for these logos:

For the sufferer



For the family

