



## Community Resources for Veterans

Compiled by Tracey Towner 2018

Organisation	The Royal British Legion
Service description	The Royal British Legion provides lifelong support for the Armed Forces community - serving men and women, veterans, and their families. They can provide help finance, respite, care, employment and recovery
Contact details	<a href="https://www.britishlegion.org.uk/">https://www.britishlegion.org.uk/</a>

Organisation	Armed Forces Covenant
Service description	<p>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.</p> <p>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.</p>
Contact details	<a href="http://www.sussexarmedforcesnetwork.nhs.uk/about/the-covenants/">www.sussexarmedforcesnetwork.nhs.uk/about/the-covenants/</a>

Organisation	Combat Stress
Service description	<p>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: <a href="https://www.combatstress.org.uk/">https://www.combatstress.org.uk/</a></p> <p>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.</p>
Contact details	<p>Call: 0800 138 1619          Text: 07537 404 719          Email: <a href="mailto:helpline@combststress.org.uk">helpline@combststress.org.uk</a></p>



Organisation	Help for Heroes
Service description	<p>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.</p> <p>Join up as a member online and they will send you and your veteran a brilliant welcome pack with Help for Hero hoodies, a bag and various free gifts.</p>
Contact details	<a href="https://www.helpforheroes.org.uk/">https://www.helpforheroes.org.uk/</a>

Organisation	Band of Sisters
Service description	<p>Once a member of Help for Heroes, you can also become a part of Band of Sisters, which is a support group for loved ones of veterans. You will be emailed about all the amazing holidays, days out and discounts that they provide as well as broadening your support network.</p> <p>Once a part of Band of Sisters, you can also join the Sisters private Facebook for confidential chats.</p> <p>The veteran can also join and become part of Band of Brothers, and receive emails about the offers.</p> <p>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).</p>
Contact details	Via <a href="https://www.helpforheroes.org.uk/">https://www.helpforheroes.org.uk/</a>

Organisation	Veterans UK
Service description	<ul style="list-style-type: none"> <li>• War Pension Scheme</li> <li>• Armed Forces Compensation Scheme</li> <li>• Making a claim: forms</li> <li>• Armed forces pensions</li> <li>• Apply for medals or a veterans badge</li> <li>• How to get service records</li> <li>• Armed Forces Covenant</li> <li>• Veterans Advisory and Pensions Committees (VAPC)</li> </ul>
Contact details	0808 1914 2 18



Organisation	Change Grow Live (CGL). Also known as STAR.
Service description	Treatment for substance misuse. STAR is a drug and alcohol recovery service commissioned to work with people from the age of 18 upwards offering a range of services to achieve positive outcomes for all service users.
Contact details	<a href="mailto:eastsussex.star@cgl.org.uk">eastsussex.star@cgl.org.uk</a>

Organisation	SSAFA
Service description	SSAFA can provide welfare advice and support, support groups, mentoring services and housing. There are 92 branches across the UK. The Hastings branch of SSAFA is in the ESRA building at 5 Harold Place in Hastings. A fortnightly support group for veterans (called 99/100) is held on Saturday mornings from 10am – 12pm.
Contact details	<a href="https://www.ssafa.org.uk/">https://www.ssafa.org.uk/</a> Bernard Stonestreet at: <a href="mailto:hastings@ssafasussex.uk">hastings@ssafasussex.uk</a> or: 07884263824

Organisation	Defence Discount Service
Service description	Save £1000s online and in store and you can register free and start savings online straight away. Free.
Contact details	<a href="http://www.defencediscountservice.co.uk">www.defencediscountservice.co.uk</a>

Organisation	Rewards for Forces
Service description	This is a free discount service. Once you sign up, you are eligible for discounts of many products and services. It is worth knowing that there are a <i>lot</i> of great books about PTSD. Amazon is a good starting point. The more you educate yourself about PTSD the easier it becomes to deal with. It brings comfort when you realise that you are not the only one whose partner has difficulties and quirks. Especially recommended is Aftershock by Matthew Green.
Contact details	<a href="http://www.rewardsforforces.co.uk">www.rewardsforforces.co.uk</a>



Organisation	PTSD Angels
Service description	<p>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.</p> <p>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.</p> <p>There is a public page for general advice and a private group so that members can know that what they say is completely confidential.</p>
Contact details	Facebook

Organisation	The Ripple Pond
Service description	This is a network of self-help support groups for the family members of physically and emotionally injured service personnel and veterans.
Contact details	Facebook

Organisation	National Centre for PTSD
Service description	This website has everything you need to know about PTSD, including what it is, what the symptoms are, how to support a loved one, and support for children.
Contact details	<a href="https://www.ptsd.va.gov/index.asp">https://www.ptsd.va.gov/index.asp</a>

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

[www.cci.health.wa.gov.au/resources/consumes.cfm](http://www.cci.health.wa.gov.au/resources/consumes.cfm)

[www.ntw.nhs.uk/pics/selfhelp](http://www.ntw.nhs.uk/pics/selfhelp)