

Armed Forces Directory of Support Gwent



**ARMED FORCES
COVENANT**

Disclaimer

The information provided in this book is designed to provide helpful information on the subjects discussed. Every attempt has been made to ensure the accuracy and reliability of the information provided. However, the information is provided "as is" and subject to change. The information provided was located from 'open sources' and assumes no responsibility for errors or omissions of the contents.

This booklet may contain links to external websites that are not provided or maintained by or in any way affiliated with any organisation. Please note it does not guaranteed the accuracy, relevance, timeliness, or completeness of any information on these external websites.



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Introduction

The vast majority of those leaving the Armed Forces go on to lead fulfilling and rewarding lives, which is a testament to their professionalism and resilience. However, for those who need help it is right that we step forward, create new opportunities, and remind them that they are not alone. Everybody across our society has a responsibility to make sure we protect those who protected us - Rt Hon Gavin Williamson CBE MP, Defence Secretary, 2018.

What is the Armed Forces Covenant?

The Armed Forces Covenant is a promise by the nation, ensuring that those who serve or have served in the armed forces – and their families – are treated fairly. Under the terms of the Covenant, Members of the Armed Forces, veterans and their families should face no disadvantage compared to other citizens in the provision of public and commercial services. Special consideration is appropriate in some cases, especially for those who have given most such as the injured and the bereaved. This commitment is made in recognition of the sacrifices the Armed Forces Community make on behalf of the country.

All serving personnel (regulars and reserves), veterans and their families are considered to be the Armed Forces Community.

The covenant is a national responsibility involving government, businesses, local authorities, charities and the public.' It focuses on helping members of the Armed Forces Community have the same access to government and commercial services and products as any other citizen. It covers such issues as healthcare; education; housing; benefits and tax; family life; transition and support after service.

The Armed Forces Covenant Report 2018 outlined a number of key advancements in the Government's existing approach to supporting Britain's military community.

However, A survey of 1,000 Armed Forces Individuals revealed that:

20% of Armed Forces respondents have been referred to between three and ten charities before finding support (1,000 surveyed).

45% were unsure where to get help.

54% found the sheer number of registered Armed Forces charities confusing. This directory is to be used as a guideline to the services available in the five county boroughs within Gwent.

For more information on the Covenant please visit:
www.armedforcescovenant.gov.uk

Part 01 > Local Support



1A Local Support

For further information about services in Gwent visit your local authority:

Blaenau Gwent County Borough Council

- ✉ Municipal Offices, Civic Centre, Ebbw Vale, Gwent, NP23 6XB
 - ☎ 01495311556
 - 👉 <https://www.blaenau-gwent.gov.uk/>
-

Caerphilly County Borough Council

- ✉ Tredomen Park, Ystrad Mynach, Hengoed, CF82 7PG
 - ☎ 01443815588
 - 👉 <https://www.caerphilly.gov.uk/>
-

Monmouthshire County Council

- ✉ County Hall, The Rhadyr, Usk, NP15 1GA
 - ☎ 01633644644
 - 👉 <https://www.monmouthshire.gov.uk/>
-

Newport City Council

- ✉ Civic Centre, Godfrey Road, Newport, NP20 4UR
 - ☎ 01633656656
 - 👉 <http://www.newport.gov.uk/>
-

Torfaen County Borough Council

- ✉ Civic Centre, Pontypool, NP4 6YB
 - ☎ 01495762200
 - 👉 <https://www.torfaen.gov.uk/>
-

Local Authority Armed Forces Support:

Lisa Rawlings - Regional Armed Forces Covenant Liaison Officer

- ✉ armedforces@caerphilly.gov.uk
- ☎ 01443 864447
- <http://www.caerphilly.gov.uk/armedforces>

Armed Forces Champions:

Blaenau Gwent – Cllr Brian Thomas

- <https://www.blaenau-gwent.gov.uk/en/council/partnerships/armed-forces-community-covenant/>

Caerphilly – Cllr Andrew Whitcombe

- ✉ armedforces@caerphilly.gov.uk
- <https://www.caerphilly.gov.uk/armedforces>

Monmouthshire – Cllr Laura Jones

- ✉ armedforces@monmouthshire.gov.uk
- <https://www.monmouthshire.gov.uk/armed-forces/>

Newport - Cllr Mark Spencer

- <http://www.newport.gov.uk/en/About-Newport/Armed-forces/Armed-forces.aspx>

Torfaen – Cllr Alan Jones

- ✉ armedforces@torfaen.gov.uk
- <https://www.torfaen.gov.uk/en/AboutTheCouncil/Armed-Forces-Community-Covenant/ArmedForcesCommunityCovenant.aspx>

Welsh Local Government Association

- <http://wlga.wales/welsh-local-authority-links>

1A > Local Support

Veterans' Gateway

The first point of contact for veterans seeking support

Veterans' Gateway is for any ex-service personnel and their families looking for advice or support – whatever they're dealing with.

We provide the first point of contact to a network of military and non-military partner organisations to help you find exactly what you need, when you need it – whether you're in the UK or overseas.

We cover seven key areas:

- > Housing
- > Employment
- > Finances
- > Living Independently
- > Mental Wellbeing
- > Physical Health
- > Family and Communities

For 24 Hour Support:

- ☎ Call: 0808 802 1212
- 📱 Text: 81212
- 🖱 Online: Veteransgateway.org.uk



Armed Forces Veterans Breakfast Clubs

Blaenau Gwent

Combined Armed Forces and Veterans Breakfast Club,
Brewers Fayre Victoria Park, Victoria Business Park, Waun-Lwyd, Ebbw Vale, NP23 8AN

Ray Taylor ☎ 07746 043666 Jim Warnock ☎ 07523 582945

Email: ✉ cafvinc@gmail.com

Fourth Saturday of each Month 09.30 onwards.

Caerphilly

Combined Armed Forces and Veterans Breakfast Club
Toby Carvery, Corbett Lane, Pwll-Y-Pant, Caerphilly, Gwent, CF83 3HX

☎ 029 2086 7049

Every Saturday.

Monmouthshire

Chepstow, Coach & Horses

☎ 07539268440

Email: ✉ Davefoxfordbrown@gmail.com

Meet 1st Saturday of the month from 09.30 am onwards.

Newport

Newport Armed Forces & Veterans Breakfast Club, The Potters Pub,
22-24 Upper Dock Street, Newport, NP20 1DL

Mark Hayden ☎ 01633 223311 (Venue's number)

Email: ✉ Newport_AFVBC@outlook.com

Meet 1st Saturday of the month from 9.00am onwards.

Torfaen

Torfaen Armed Forces & Veterans Breakfast Club,
The Crows Nest, Llangorse Road, Llanyravon, Cwmbran, NP44 8HU

Iain McGregor ☎ 07887 566048

Meet 2nd Saturday of the month from 9.00am onwards.

Change Step Wales

Change Step offers effective support for veterans in Wales - including dedicated services for those in crisis, older veterans, and people with mental health and substance misuse needs.

Drop ins

Caerphilly Coffee Morning is the first Tuesday every month from 1000hrs-1200hrs Cedar Tree.

Tredegar Coffee Morning is the 3rd Tuesday every month from 1000hrs-1200hrs in Tredegar Library.

Community Councils

County and county boroughs in Wales (also known as 'principal areas') are divided into community areas for which there may be an elected community council. A community council is a body corporate consisting of the chair and the community councillors. Community councillors are elected by the local government electors for the community and hold office for a term of 4 years. The chair is elected annually by the council from among the councillors.

Caerphilly Royal Welsh Veterans Association

We are a VETERANS group which meet the last Monday of every month at 1900 hrs. All arms are welcome, with lots going on so if you have a few hours to spare come along as there is lots going on.

Municipality Club, Market St, Caerphilly, CF83 1NX

Comrades of the Great War (Pontypool) Club

Date and times / location of meetings

Meetings held every 1st Tuesday of the month at 1930 and generally finish around 20:30. Please contact Secretary - Caroline Coombes for more information, we welcome new members Military / Ex- service men and civilian members.
Chairman - Bruce Kilshaw

Contact Details

Ms Caroline Coombes - Branch Secretary, Market St, Pontypool, Gwent NP4 6JN

☎ 01495 762093

📱 Mobile: 07871974023

✉ carolineclues62@gmail.com

Help For Heroes in Wales

Help for Heroes Community Recovery Team supports serving personnel, veterans and their loved ones who are wounded, injured and sick in Wales & Hereford. We work with local organisations and other charities partners to ensure that we can support those affected by their military service, across the country. Complimenting the facilities on offer at Help for Heroes national Recovery Centres, our expert team delivers tailored holistic support at accessible locations within the community.

 01443 808910

Twitter: @H4HWales **Facebook:** Help for Heroes Community Recovery Wales

<https://www.helpforheroes.org.uk/get-support/how-to-access-our-services/recovery-in-wales/>

Band of Brothers and Sisters Fellowship Hub, One-to-One Advice and Sports Recovery monthly sessions:

Newport Sports Village

2nd Tuesday of every month, 11.30 - 14.30

One-to-One Advice and model-making:

Treforest Help for Heroes Community Recovery Office

Fourth Tuesday of the month 10.30 - 13.30

Royal British Legion

Pop In Centres are the Legion's new High Street presence. Each centre offers a welcoming space for Service personnel, veterans and their families to get practical help and advice. You will also find representatives from Combat Stress and RFEA in some of the centres to help with your questions or needs.

Members of the public can find out about the wide range of services and community activities provided by the Legion.

Visitors to Pop In Centres can support the Legion by purchasing items from the Poppy Shop directly within the Centre. A wide selection of products from the Poppy Shop are available, including jewellery, home & gifts, collection pieces and seasonal products. You will be able to pick up your items right away avoiding online delivery charges.

Your local drop in: 18-19 High Street, Cardiff CF10 1PT
10am to 4pm, weekdays

Royal Navy Association

Chepstow & Districts

RNA Chepstow & District Branch, Conservative Club & RBL,

10 Moor Street, Chepstow, Gwent, NP16 5DD

Meetings:

We meet on the second Thursday of every month at 8pm. (Except August).

<https://www.royal-naval-association.co.uk/branches/no-07-area/chepstow-district/>

The Not Forgotten Association

The Not Forgotten Association provides recreational and entertainment opportunities to any serving man or woman who is wounded, injured or sick and any veteran of any age with a disability, illness or infirmity. Support is offered through a varied programme of tailored activities and events including Royal Parties, concerts, holidays, outings and the provision of televisions and TV Licences. Each of these activities is intended to restore confidence, enhance wellbeing, boost morale and improve the chances of the individual and their family to enjoy life.

🖱 **Website:** The Not Forgotten Association

✉ **Email:** info@nfassociation.org

☎ **Telephone:** 020 7730 2400

Armed Forces Bikers

The Armed Forces Bikers (AFB) is a United Kingdom based motorcycle charity which aims to assist former serving members of the armed forces in charitable need as a result of injury or other harmful experience suffered during their service, to resettle and rehabilitate into civilian life, also to relieve the needs of former members of the armed forces and their families.

Schools Admissions

School admissions and appeals code

The 'School admissions code' and the 'School admissions appeals code' have been produced by the Welsh Government and explain the statutory guidance that must be followed when allocating school places in all primary, secondary and middle schools. Relevant sections of the school admissions code have been extracted for ease of use.

<https://gov.wales/school-admissions-code>

Admissions criteria

When deciding upon admission we will consider each individual application received by the published closing date. Where the number of applications for admission exceeds the number of places available, places will be allocated applying our admission criteria.

Catchment areas

2.54 For children of UK Service personnel, admission authorities must treat a family moving to their area as meeting the residency criteria for the relevant school catchment area once proof of the posting has been provided, even if no address is currently established in that area.

Infant class size limit

3.45 Statutory limits on class sizes provide that when a single school teacher³² is present, and subject to certain limited exceptions (see below), infant classes (reception, Year 1 and Year 2) may not contain more than 30 pupils.

3.46 An admission authority can refuse to admit a child to a school where to do so would cause class size prejudice, that is to say, prejudice to efficient education or efficient use of resources as a result of the relevant measures that would be needed to comply with the duty to limit the size of infant classes. However, in relation to the reception year such prejudice can not be said to arise unless the schools admission number would be exceeded.

3.47 Whilst there is no legislation limiting Key Stage 2 classes to 30 or fewer this is the class size target for the Welsh Government.

3.48 Where certain types of children ("excepted pupils") cannot be provided with education at the school in another infant class in which the limit is not exceeded without relevant measures being taken which would prejudice efficient education or the efficient use of resources, those children are not to be counted for the purpose of ascertaining whether or not the limit of 30 pupils is exceeded.

Excepted children are:

1. Children whose statements of SEN specify that they should be educated at the school concerned, and who were admitted to the school outside a normal admission round.
2. Children who are looked after by local authorities (looked after children), or who have ceased to be looked after (previously looked after children) as a result of being adopted or being placed with a family or given a special guardian and are admitted to the school outside a normal admissions round.
3. Children initially refused admission to a school, but subsequently offered a place outside a normal admission round by direction of an admission appeal panel, or because the person responsible for making the original decision recognises that an error was made in implementing the school's admission arrangements.
4. Children admitted outside the normal admission round who:
 - the maintaining local authority confirmed cannot gain a place at any other suitable school within a reasonable distance of their home because they have moved into the area outside a normal admission round, or
 - they desire a religious education, or a Welsh speaking education and the school in question is the only suitable school within a reasonable distance.
5. Children who were admitted to the school outside the normal admission round after which the school has arranged its classes, and after the first day of the school year, the effect of which would mean that the school would have to take a relevant measure if such children were not excepted pupils.
6. Children of armed forces personnel who are admitted outside the normal admission round.
7. Children whose twin or other sibling from a multiple birth are admitted as non-excepted pupils, as the final pupil(s) allocated a place before the admission number is reached.
8. Children who are registered pupils at special schools, but who receive part of their education at a mainstream school.
9. Children with SEN who are normally educated in a special unit in a mainstream school, who receive part of their lessons in a non-special class.

3.49 Excepted pupils will remain so, once admitted, for the remainder of their time in an infant class or until class numbers fall back and they can be organised to comply with the infant class size limit. For example, because a non-excepted child leaves the class, an additional infant class is created, or an additional teacher is appointed, then that child ceases to be an excepted pupil. Classes must be organised so as to comply with the limit wherever possible.

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3.50 The exceptions in respect of previously looked after children, children of armed forces personnel and twins or other siblings from multiple births will apply in respect of admissions from 2014/15 school year. All other exceptions will apply from the 2013/14 school year.

Children of UK Service personnel and other Crown Servants (including diplomats) Pg 31.

3.65 Families of UK Service personnel and other Crown Servants are subject to frequent movement within the UK and from abroad, often at relatively short notice. School places must be allocated to children and their families in advance of the approaching school year if accompanied by an official Ministry of Defence (MOD) or Foreign and Commonwealth Office (FCO) letter declaring a return date. Children of UK Service Personnel may be given excepted status for infant class size purposes when admitted to a school outside the normal admission round.

3.66 Admission authorities must:

- Ensure that the needs of the children of these families are taken into account.
- Allocate a school place in advance, if the applicant would meet the criteria when they move to their destination.
- Invite a Service representative or representatives of other significant concentrations of Crown Servants to join the admission forum.
- Accept a Unit postal address for applications from service personnel in the absence of a new home postal address.

3.67 Admission authorities must not:

- Reserve places for blocks of these children, or
- Refuse a place to such a child because the family does not currently live in the LA area.

Blaenau Gwent

📍 <https://www.blaenau-gwent.gov.uk/resident/schools-learning/school-admissions/>

☎ 01495 355493 or ✉ schooladmissions@blaenau-gwent.gov.uk

Caerphilly

Children of UK service personnel will be treated as in catchment if their application form is accompanied by an official Ministry of Defence (MOD) letter declaring a definite return date and confirmation of the new address.

Pupils from outside the school's catchment area will be admitted in accordance with parental preference if the Admission Number of the school, class or unit has not been reached and, if selection is necessary, the criteria shown above will be used. Where parents have shared responsibility for a child, and the child lives with both parents for part of the week then the home address will be determined as the address where a child lives for the majority of the week (e.g. 3 out of the 5 school days). Parents will be required to provide documentary evidence to support the address they wish to be considered for allocation purposes.

📍 <https://www.caerphilly.gov.uk/Services/Schools-and-learning/Admissions-and-appeals>

Monmouthshire

Children of returning UK Service Personnel and other Crown Servants (including diplomats) moving to Monmouthshire will be determined as meeting the residency criteria for the relevant catchment school if their application form is accompanied by an official proof of posting declaring a definite return date with confirmation of the new address wherever possible.

Where the relevant catchment school has already met its admission number in the relevant year group at the time of application, the Local Authority will exceed the admission number.

📍 <https://www.monmouthshire.gov.uk/applying-for-a-school-place/>

Newport

The council will not normally exceed a school's admission number or breach the limitations imposed by statutory maximum infant class size (30), except:

- Where the application is for a child of armed forces personnel that are either serving or returning from service at the time the application is made, the council will admit the child to the school.

Where the relevant catchment school has already met its admission number in the relevant year group at the time of application, the Local Authority will exceed the admission number.

➤ <http://www.newport.gov.uk/en/Schools-Education/Schools/Apply-for-a-Place/Apply-for-a-Place.aspx>

Torfaen

Contact Details: The Admissions Team, Floor 4, Civic Centre, Pontypool, NP4 6YB
Admission and Transfer Manager - Kath Worwood

☎ 01495 766915 ✉ kath.worwood@torfaen.gov.uk

➤ www.torfaen.gov.uk/en/EducationLearning/SchoolsColleges/School-Admissions/School-admissions.aspx

Children's Education Advisory Service (CEAS)

Who are CEAS?

Children's Education Advisory Service (CEAS) is part of the MOD's Directorate Children and Young People (DCYP).

We are a tri-service organisation which supports operational effectiveness through the provision of support to Service and eligible MOD civilian families trying to secure appropriate educational provision for their children and young people.

Our priority is the educational well-being of the children and young people whose families we advise and guide. All advice we give is impartial, child-centred and focuses on the best interests of the individual.

The CEAS team is comprised of qualified teachers and experienced case advisors who can answer queries predominantly via email and telephone.

Whilst the education of children remains very much a parental responsibility, CEAS can advise, guide and support families to provide a high quality educational experience for their children, despite the challenges that Service life can present.

Being an outwardly facing arm of DCYP, the direct contact between parents and CEAS, alongside the management and resolution of casework, helps inform the continuous review and redevelopment of policy by the MOD and its partner organisations.

What can CEAS help families with?

CEAS provides authoritative, confidential, impartial advice to Service and eligible MOD civilian families on a wide range of educational issues including:

- Parental rights and responsibilities
- Children/ young person's rights and responsibilities
- Special Educational Needs and/or Disability
- School admissions and appeals
- Overseas education in non-MOD school areas
- Retention of quarters for educational purposes
- Continuity of Education Allowance

CEAS does not make decisions about a child/ young person's education; we advise families to allow them to make informed decisions for themselves.

How can you contact CEAS?

CEAS website is: <https://www.gov.uk/government/groups/the-childrens-education-advisory-service-ceas>

The most effective way to contact the CEAS team is via email. Emails are checked every working day and allocated to case workers to provide the required action.

 **CEAS helpline:** 01980 618244

 **DCYP-CEAS-Enquiries@mod.gov.uk**

Supporting Service Children in Education (SSCE) Cymru

SSCE Cymru is a Welsh Local Government Association (WLGA) project, initially funded by the Ministry of Defence (MOD) and now funded by the Welsh Government. The SSCE mission is to provide the best possible educational support to Service children, by ensuring education professionals understand the challenges that Service children may face. The SSCE Cymru mission involves three areas:

Knowledge and evidence

Conduct and commission research into the experiences of Service children in education - to help identify where they experience additional challenges. Use the findings of research to frame the focuses and work of SSCE Cymru.

Activity and resources

Working with schools, local authorities, charities and support organisations to produce resources that will help professionals support Service children throughout their education.

Impacting policy and systems

Work with Welsh Government to ensure the mission of SSCE Cymru is understood. Provide evidence to recognise the impact policy has on Service children.

Resources include:

Website – Primary source of information on all topics relating to supporting Service children in education.

Digital stories – Short videos produced by Storyworks UK after running workshops with Service children about their experiences and views on their lifestyle.

Films – Hearing from researchers, charities, support organisations, schools and Service children about various topics and examples of good practice.

Case studies – Working with schools that are proactive in supporting their Service children, to share information about what has worked for them.

Newsletters – Circulated every three months. Content provided by SSCE network of nearly 400 members.

Toolkits – For schools and for parents. Include information on the Welsh education system, the support available and case studies.

Service children – Mental Health & Wellbeing support in Wales – Provides advice on where and how schools, parents and Service children may be able to access support.

Resources include:

Data study (2015) – Undertaken by the Data Unit Wales, was commissioned to gather a baseline picture of the numbers of Service children in Primary and Secondary education and the level of understanding/provision of support in schools.

Service children with Additional Learning Needs (ALN) report – Exploring the challenges of identifying, assessing and implementing support for Service children with Additional Learning Needs in Wales. Examining the potential impacts the new ALN code of practice may have for Service children living in and moving into Wales.

The SSCE Cymru network:

The project has set up a virtual network to share news and updates relevant to schools, local authorities and support organisations working with Service children.

If you would like to join the network please visit:

Contact Details

✉ ssce@wlga.gov.uk

📍 <https://www.sscecymru.co.uk/contact-ssce>

📍 www.sscecymru.co.uk

📍 <https://www.sscecymru.co.uk/resources>

HMF Education Support – Newport City Council and Monmouthshire County Borough Council

An MOD ESF funded post to work with schools to raise awareness of the needs of service children and to help put in place the best possible effective interventions.

A newly appointed Partnership Officer (HMF Education Support) for Newport and Monmouthshire. This an MOD grant funded post, established to ensure that Service Children within our schools are not disadvantaged by mobility or deployment.

Part of the role involves working with schools to raise awareness of the needs of Service children and if needed provide advice and support to put in place the best possible interventions. This could include supporting schools to make successful bids to obtain grants for educational resources, running of clubs, ELSA and Thrive support. Signpost schools/families to additional support, arrange social opportunities for service families/children, work directly with children to provide a pastoral provision as required. Provide training within schools so there is ongoing support in the future so all Service children reach their full potential.

Emma Ashmead - HMF Policy, Partnership & Involvement,
People & Business Change, Newport City Council, Room 527,
Civic Centre Newport, South Wales, NP20 4UR

☎ (01633) 414625 ✉ Emma.Ashmead@newport.gov.uk

TGP Cymru

A leading independent Welsh children and families charity with projects across Wales offering advocacy, participation, counselling, family group meetings, restorative approaches and conflict resolution. They provide independent and confidential support to children, young people and families including those experiencing disabilities, emotional health needs and children seeking asylum.

One such project is the 'Restorative Approaches for Veterans and Families' service, where TGP Cymru work alongside the Veterans NHS Wales Service to support the families of veterans experiencing service-related mental health difficulties:

➤ <http://www.tgpcymru.org.uk/what-we-do/restorative-approaches-veterans-and-family-services/>

➤ <https://www.veteranswales.co.uk/>

Restorative Approaches Veteran and Families Service /
Gwasanaeth Dulliau Adferiol Gyn-filwyr au Teuluoedd,

Kiln House 3rd Floor/ Kiln House 3ydd Llawr, The Maltings/ Y Maltings,
East Tyndall Street/ Stryd Dwyrain Tyndall, Cardiff/ Caerdydd, CF24 5EA

✉ Tina.Foster@tgpcymru.org.uk

Royal British Legion

Children in Service families face some big challenges, such as emotional strain due to parents being deployed, frequent house moves and problems with admission into schools.

The Royal British Legion has explored these challenges and produced best practice guides looking at ways to support Service children in school. The guides share examples of good practice from across England and Wales, and recommend ways in which local authorities, schools and families themselves can improve Service children's experience in education.

The guides explore the adverse effects on a Service pupil's well-being and provide information on the extra funding available to Service children through the Education Support Fund and more.

➤ <https://www.britishlegion.org.uk/get-involved/campaign/support-for-service-children/>

Children and Young People

MEIC Cymru

Need information? Want advice? MEIC Cymru is a Wales based free advice and advocacy service. That can provide advice whatever the situation.

➤ <http://meiccymru.org/>

Military Kids Connect

An online forum for Armed Forces kids from across the world, with useful information, advice, games and more.

➤ <http://militarykidsconnect.dcoe.mil/>

Children's Commissioner Wales

Human rights support and advice for Children and Young People.

➤ <http://www.childcomwales.org.uk/>

Military Kids Club Heroes (MKC)

A peer mentoring initiative for Service children started in Plymouth, that has Kids Clubs around the UK, including Llantwit Major High School in the Vale of Glamorgan and Prendergast Primary in Haverfordwest.

➤ <http://www.plymouthcurriculum.swgfl.org.uk/hmsheroes/>

Little Troopers

Little Troopers is a registered charity supporting all children with parents serving in the British Armed Forces, regular or reserve. They provide fundamental resources, initiatives and events to ease and aid repeated separation periods aiming to keep parent and child connected.

➤ <http://www.littletroopers.net/>

Moving Schools Pack

A guide for parents on supporting your child when moving between schools and an activity pack to help children prepare for moving school.

➤ <https://www.gov.uk/government/publications/moving-school-packs>

Reading Force: a shared reading initiative for Forces families

Using books to bring Service children and families closer together. Their shared reading initiative encourages families to read, talk, and scrapbook about a book, improving communication and enriching relationships with books and each other.

➤ <http://www.readingforce.org.uk/>

Education Information

Child Education Advisory Service (CEAS)

Information and support to Service families and eligible MOD civilians on all aspects of the education of their children in the UK and overseas.

➤ <https://www.gov.uk/childrens-education-advisory-service>

Pupil Information Profile (PIP)

A transfer document which contains information that supports a young person's future learning. Schools are encouraged to use it as a helpful tool when the child is about to move to another school. It is intended to support continuous learning by identifying the pupil's current and future learning needs.

➤ <https://www.gov.uk/government/publications/pupil-information-profile-for-military-service-children>

ELSA

Emotional Literacy Support website with online resources for teachers and support staff.

➤ <http://www.elsa-support.co.uk/emotional-support-for-the-children-of-the-armed-forces/>

Estyn

Schools inspectorate for Wales.

➤ <http://www.estyn.gov.uk/>

Welsh Government Guidance on education

➤ <http://wales.gov.uk/topics/educationandskills/publications/guidance/?lang=en>

Wales School Admissions Code

➤ <http://wales.gov.uk/topics/educationandskills/schoolshome/admissions-and-appeals-code/?lang=en>

Service Children's Progression (SCiP) Alliance

UK-wide alliance leading on supporting service children into and through further and higher education.

➤ <https://www.scipalliance.org//>

SNAP Cymru

Provides information, advice and support for parents, children and young people who have, or may have, special educational needs or disabilities.

➤ <http://www.snapcymru.org/>

Royal Caledonian Educational Trust

Working to promote awareness of needs of Service Children in Scotland.

➤ <http://www.rcet.org.uk/>

Supporting Service Children in State Schools

Handbook produced for state schools in England, providing support and advice regarding Service Children.

➤ <https://www.gov.uk/government/publications/service-children-in-state-schools-handbook/service-children-in-state-schools-handbook-2013>

Families Advice

HIVE

An information network available to all members of the Service community. It serves both married and single personnel, together with their families, dependents and civilians employed by the Services.

➤ <https://www.army.mod.uk/personnel-and-welfare/hives/>

Hive Chepstow & Innsworth

➤ <http://chepstowhive.blogspot.co.uk/>

Hive St Athan

➤ <http://www.stathanhive.blogspot.co.uk/>

Ministry of Defence (MOD) – support services

A list of support services and advice for armed forces personnel, veterans and their families on UK government website.

➤ <https://www.gov.uk/browse/benefits/families/support-services-for-military-and-defence-personnel-and-their-families>

SSAFA - The Armed Forces Charity

Offering support and advice to serving and former armed forces personnel and their families.

➤ <https://www.ssafa.org.uk/>

Army Families Federation (AFF)

Supporting army families.

➤ <http://www.aff.org.uk/>

Royal Air Force Families' Federation (RAFFF)

Supporting RAF families.

➤ <http://www.raf-ff.org.uk/>

Naval Families Federation

Supporting Navy families.

➤ <http://www.nff.org.uk/>

The Royal British Legion

Helps the whole Armed Forces community through welfare, comradeship and representation as well as being the Nation's custodian of Remembrance.

➤ <https://www.britishlegion.org.uk/>

Veterans UK

Provides support and advice for armed forces veterans and their families.

➤ <http://www.veterans-uk.info/index.htm>

Counselling

UK wide directory of qualified counsellors and practical information, advice and support.

➤ <http://www.counselling-directory.org.uk/>

Samaritans

A confidential support line for anyone who needs someone to talk to or help and advice.

➤ <http://www.samaritans.org/>

Service children – Wellbeing and Mental Health support in Wales

There is no mental health support specifically tailored to or available for Service children in Wales. However, there are a number of organisations offering relevant support, and with a high level of focus currently on children and young peoples' mental health and wellbeing, there are processes and systems in place offering support to all children in Wales with their Mental Health and Wellbeing needs.

This document provides some information on what support is available and how to access it.

➤ https://www.sscecymru.co.uk/home.php?_dds=true&fileID=72&inline=true

Child and Adolescent Mental Health Services (CAMHS)

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing.

➤ <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>

➤ <http://www.nwssp.wales.nhs.uk/sitesplus/documents/1178/Welsh%20Health%20Building%20Note%2003-02%20CAHMSfinal.pdf>

In some areas, schools can refer children and young people to CAMHS and can indicate that the child is from a Service family to assist with the support being offered. If the CAMHS team is interested in having a better understanding of the experiences of a Service child to assist them in their support, they can visit ➤ www.sscecymru.co.uk or contact ✉ ssce@wlga.gov.uk

As part of the Armed Forces Covenant commitments, any time that is accrued on NHS waiting lists in one location should be considered when moving to a new area. It is advisable to get copies of any supporting medical evidence and treatment to pass onto the new health care professional/practitioner.

Aneurin Bevan University Health Board (ABUHB)

Serving personnel or veteran's children will receive fast track Mental Health Support via CAHMS via the referral process. Please let the team know they are a service child.

Local Authority Wellbeing Provision

Please visit your local authority website for details on the local provision in the following areas:

- **Independent Counselling Services** - including school and community based.
- **Education Welfare**
- **Education Psychology**
- **Behaviour Support**
- **Family Information Services (FIS)** - Provide free, impartial help, support and advice on a range of family issues including: Childcare and help with the costs of childcare, Health care, Education and Training, Leisure services and Finances.
- **Social Services**
- **Youth Services** - offering support/advocacy/preventative/early intervention services for Service young people aged 11-25.

Families First

Within each local area, the team will work with families to look at what is working well, to decide what help is needed for a family to thrive.

A family will complete a Joint Assessment Family Framework (JAFF) with the Families First team to identify appropriate support.

- 📌 <https://gov.wales/topics/people-and-communities/people/children-and-young-people/parenting-support-guidance/help/families-first/?lang=en>
- ✉ familiesfirst@gov.wales

MOD support

Children's Education Advisory Service (CEAS) – Information and support to Service families and eligible MOD civilians on all aspects of the education of their children in the UK and overseas.

📍 <https://www.gov.uk/childrens-education-advisory-service>

✉️ dcyp-ceas-enquiries@mod.uk ☎️ 01980 618244

Army Welfare Service – Intake & Assessment Team (IAT)

Personal support staff provide accessible, independent, confidential and professional specialist welfare services to serving soldiers and their families with any personal or family difficulty.

Services the team provides: Domestic Abuse, Child and Adult Safeguarding, Bereavement, Relationship difficulties, Stress and Anxiety management, Emotional Wellbeing, signposting.

☎️ 01904 882053 or 882054

British Army

Military personnel and their families in need of mental health support can call the 24-hour confidential Combat Stress helpline: ☎️ 0800 323 4444

Unit Welfare support

Get in touch with the local welfare support team to see if they can provide any advice or financial support to help access mental health services.

📍 AWS-HQ-IAT@mod.uk ☎️ 01904 882053 or 882054

Army:

Chepstow

📍 <https://chepstowhive.blogspot.com/>

✉️ chepstowhive@armymail.mod.uk ☎️ 01291 645354

St Athan

📍 <http://stathanhive.blogspot.com/>

✉️ stathanhive@armymail.mod.uk ☎️ 01446 798381

RAF:

RAF Valley

📍 <https://www.raf.mod.uk/our-organisation/stations/raf-valley/facilities/>

✉️ I.Bailey520@mod.gov.uk 📞 01407 762241

Special Education Needs support

SNAP Cymru – Provides information, advice and support for parents, children and young people who have, or may have, special educational needs or disabilities in Wales.

📍 <http://www.snapcymru.org/>

Wellbeing support

Dewis Cymru Information about well-being in Wales.

📍 <https://www.dewis.wales/home>

Disability support

Contact Providing support, advice and information for families with disabled children, no matter what their condition or disability.

📍 <https://contact.org.uk/wales>

Other Youth Support Services

Council for Wales of Voluntary Youth Service (CWVYS) Independent representative body for the voluntary youth work sector in Wales.

📍 <http://www.cwvys.org.uk/>

Meic

Helpline service for children and young people up to the age of 25 in Wales.

📍 <https://www.meiccymru.org/in-your-area/>

The Wave Project

Brings people together through surfing. Our evidence-based surf therapy programme is proven to help young people feel less anxious and more positive.

👉 <https://www.waveproject.co.uk/project-locations/wales/>

✉ info@waveproject.co.uk

Armed Forces charities and support organisations

SSAFA - The Armed Forces Charity Offering support and advice to serving and former armed forces personnel and their families.

👉 <https://www.ssafa.org.uk/>

Army Families Federation (AFF) Supporting army families.

👉 <http://www.aff.org.uk/>

Health & Additional Needs Specialist: ✉ additionalneeds@aff.org.uk

Royal Air Force Families' Federation (RAFFF) Supporting RAF families.

👉 <http://www.raf-ff.org.uk/>

Naval Families Federation Supporting Navy families.

👉 <http://www.nff.org.uk/>

Little Troopers Supporting all children with parents serving in the British Armed Forces, regular or reserve. They provide fundamental resources, initiatives and events to ease and aid repeated separation periods aiming to keep parent and child connected.

👉 <http://www.littletroopers.net/>

Resources

Forces Additional Needs and Disability Forum (FANDF) guide

👉 <https://www.ssafa.org.uk/forces-additional-needs-disability-forum>

Childcare

Talk childcare - The offer for Wales

Taking Wales Forward commits the Welsh Government to providing 30 hours a week of government-funded early education and childcare for working parents of three and four year olds, for up to 48 weeks of the year.

The childcare offer is currently available to eligible parents across the whole of the following local authorities:

- Blaenau Gwent County Borough Council
- Caerphilly County Borough Council
- Monmouthshire County Council
- Newport City Council
- Torfaen County Borough Council

If you have comments on the 🗨️ **#TalkChildcare** campaign, or on the offer itself, please get in touch with us through our ✉️ **TalkChildCare@gov.wales** or write to us at:

Childcare Offer Team,
Welsh Government,
Cathays Park,
2nd Floor North,
Cardiff,
CF10 3NQ.



What is early education?

Early education is delivered through Foundation Phase Nursery provision. It forms part of the wider statutory curriculum for 3 to 7 year olds in Wales and is based on the principle that early years' education provision should offer a sound foundation through a developmentally appropriate curriculum.

Who can have it?

All 3 and 4 year olds in Wales are entitled to access Foundation Phase Nursery Provision.

How many hours of early education can I have?

All parents are entitled to a minimum of 10 hours of early education per week. Some local authorities or schools will offer more. You can find out how many hours of early education you can access by contacting your Family Information Service.

Where can I access it?

Foundation Phase Nursery Provision is mainly by schools, but depending in your local authority you may be able to access early education in a childcare setting. Contact your Family Information Service for more information.

What is Childcare?

Childcare encompasses a wide range of different types of provision, including day-care, sessional care, play-groups and childminders. It is regulated by the Care Inspectorate Wales (CIW), or Ofsted if they are located in England.

Who can have it?

Eligible working parents in Wales are entitled to additional hours of childcare through the Offer. You can find out if you're eligible by contacting your Family Information Service.

How many hours of Childcare can I have?

A maximum of 20 hours per week, but it depends how much early education your local authority offers. All eligible parents will receive a combined total of 30 hours per week of early education and childcare.

Where can I access it?

With any childcare provider who has registered with CIW and has agreed to deliver the Offer.

ELCAS

The MOD's Enhanced Learning Credits Scheme (ELC) promotes lifelong learning amongst members of the Armed Forces. The scheme provides financial support in the form of a single up-front payment in each of a maximum of three separate financial years. You are reminded that ELC funding is only available for pursuit of higher level learning i.e. for courses that result in a nationally recognised qualification at Level three or above on the National Qualifications Framework (NQF) (England, Northern Ireland and Wales), a Level six or above on the Scottish Credit and Qualifications Framework (SCQF) or, if pursued overseas, an approved international equivalent qualification with an approved learning provider.

👉 <http://www.enhancedlearningcredits.com/>

Contact us:

📞 0845 3005179 (UK) 📞 0044 191 442 8196 (Overseas)

Call 09:00 – 17:00 Mon to Fri (exc. bank holidays)

✉ elcas@m-assessment.com

Careers Wales Support

Careers Wales is a Welsh Government owned organisation that has been tasked to deliver the Working Wales programme which involves the provision of careers advice, guidance and information for all people in Wales, (who are not in compulsory or Further Education).

Our vision is “for a Wales where individuals are inspired to take control of their careers.”

The benefits of careers guidance include; helping customers to improve their self-awareness, explore personal motivations, better understand the labour market, enhance customer’s ability to make informed decisions and provide practical advice when searching and applying for employment, learning and training opportunities. In summary, we help people to navigate their career paths.

We are also able to sign post customers to a variety of support and training programmes, such as the Welsh Government Redundancy Action Scheme, (ReAct), which is aimed at people who usually reside in Wales and are under threat of redundancy or have been made redundant in the last 3 months.

We offer our free services through a number of ways, including:

- A network of Careers Centres and community outreach venues across Wales.
- Our website, www.careerswales.com provides useful information and resources to help you plan your career journey, alongside tips to enhance your employability skills.
- Via our YouTube and Careers Wales TV channels.
- We can also provide information and advice over the phone and via our e mail and web chat services.

See the contact us section of the Careers Wales website,

➤ <http://www.careerswales.com/en/contact-us/> or call ☎ **0800 028 4844**

(if you are ringing from a mobile we will call you back for free).

You can also follow us on Facebook and Twitter.

➤ <https://www.facebook.com/careerswales> and

➤ <https://twitter.com/careerswales> We look forward to helping you.

The British Training Board

We are the degree and whole life development pathway specialists.

We recognise the skills you have gained in our armed forces and want to complement these qualities, as well as provide support to transfer your skills into the civilian workplace. We offer assistance through our programmes to all serving personnel and veterans and assist you in enhancing your careers both inside the wire and outside in the civilian world.

This includes providing support to veterans in the Criminal Justice System. The British Training Board is a Community Interest Company (CIC) committed to serving our Armed Forces and selected Public services from when they choose to serve, to when they leave, and beyond.

“YOUR SKILLS TRANSLATOR.”

Local College and Universities

Cardiff and Vale College

➤ <http://www.cavc.ac.uk/en/>

Cardiff Metropolitan University

➤ <https://www.cardiffmet.ac.uk/Pages/default.aspx>

Coleg Gwent

➤ <https://www.coleggwent.ac.uk/>

Coleg y Cymoedd

➤ <https://www.cymoedd.ac.uk/>

Open University in Wales

➤ <http://www.open.ac.uk/wales/en>

University of South Wales

➤ <https://www.southwales.ac.uk/>

How to capitalise on military talent

Inspire - Hire – Grow Employers' Toolkit

At a time of rising employment, employers are competing to find skilled and qualified candidates. A growing number of employers in Wales are capitalising on military talent to plug this skills gap as they represent a ready-made source of top talent which businesses can tap into with the right recruitment process. This is a simple guide to employing Armed Forces veterans and reservists in Wales. This toolkit was developed by Business in the Community (BITC) Cymru, on behalf of the Welsh Government.

👉 Website: <https://gov.wales/docs/dsjlg/publications/commsafety/181204-employers-toolkit-en.pdf>

Did You Know?

It is estimated the 82% of Service leavers who used the CTP in 2016/17 were employed within six months of leaving the Armed Forces, with a further 10% either in full time education, training or not actively looking for work. However, there is evidence of a veteran employment gap, with significant numbers of veterans without full or part time employment or not able to use the skills they have in their roles.

Welsh Government Employment Pathway

Welsh Government has produced an Employment Pathway which is employment support for Service Leavers and Veterans. This Pathway is designed to signpost and inform Service leavers and veterans of their options in finding employment that recognises their skills, to support financial security.

👉 <https://gov.wales/docs/dsjlg/publications/commsafety/181114-employment-pathway-en.pdf>

Working Wales

Welsh Working Wales will commence delivery in April 2019. The programme will consolidate Welsh Government's current suite of employability support to deliver a new joined-up approach to employability and skills support, designed to meet individuals' needs. The programme will support people of all ages to overcome any barriers they may have, in order to achieve and maintain good quality, sustainable employment. In February 2019 Welsh Government launched the Employment Advice Gateway which will be the entry point for referral onto the Working Wales programme and other employability programmes. Based on individuals' personal circumstances and aspirations, trained advisors will identify the most suitable support for that person. In agreement with the individual, advisors will then refer individuals to the most appropriate support; this could be to Working Wales, Communities for Work, or other interventions.

Career Transition Partnership

We are the official provider of Armed Forces resettlement

The Career Transition Partnership (CTP) is a partnering agreement between the Ministry of Defence and Right Management Ltd, who are global career development and outplacement specialists and part of the ManpowerGroup.

The CTP provides resettlement services for those leaving the Royal Navy, Army, Royal Air Force and Marines. Regardless of time served, all members of the Armed Forces can benefit from CTP support when leaving Service.

We also operate as an intermediary service for employers wishing to hire Service leavers. To date, we've assisted over 235,000 Service leavers with the transition to civilian life and supported thousands of organisations looking to employ ex-Service personnel. We look forward to helping you too.

Service leavers - how the CTP helps you

Depending on length of service, we offer free resettlement services to all ranks of the UK Armed Forces, including the Navy & Royal Marines, British Army and Royal Air Force – our aim is to help you make the transition as smooth as possible.

We're here to provide flexible support from two years before discharge, through to two years after. We'll give you all the tools you need to market yourself confidently to employers and to get the most out of life outside the forces.

RFEA Cardiff, Maindy Barracks, Cardiff, CF14 3YE

☎ Telephone: 02920 228842 ☎ 07852 287803 ☎ 0845 280 1717

✉ Email: resettlementinfo@ctp.org.uk 🖱 Website: www.ctp.org.uk/ctp

Hire a Hero

Hire a Hero supports Service Leavers and Veterans to make the successful transition into civilian life. Trained Hire a Hero staff, mentors and volunteers work with Service Leavers and Veterans to help them make the right choices through the transition period. The remit of Hire a Hero is to cover training, housing and care plans as well as employment for past, present and future service leavers. An ever-increasing network of supporters who have an understanding of these situations was put together to help run the charity.

☎ Telephone: 01495 366670

✉ Email: info@hireahero.org.uk

🖱 Website: www.hireaherouk.org

RFEA – The Forces Employment Charity

We provide employability and employment support to working age veterans in the UK. Current estimates are that one million working age veterans live in the UK. We know that unemployment rates for working age veterans are higher than for civilians.

We support veterans through life including those who have served for a short time and are in the 18-24 year old age range, through to older veterans. The over 50's are increasingly recognised as facing greater challenges in finding employment.

Our work includes early intervention, supporting veterans to find a new job, often when they have not succeeded in finding jobs through general civilian support. We prevent working age veterans from becoming long-term unemployed so that they can sustain an income and provide a stable life for themselves and their families.

We increasingly work with those who are unemployed, who face higher barriers to employment and have a longer journey back to work. To do this, we link with welfare, healthcare and housing charities as well as working with veterans in the criminal justice sector.

 Telephone: 0121 262 3058  Email: info@rfea.org.uk

The Poppy Factory

We believe that veterans should love the work they do, but for some, having a mental or physical health condition can make it tough to find and stay in work. That's why our award-winning employment service makes sure the veterans that we support find the right roles to suit their lifestyles and aspirations within their local community.

We provide one-to-one career planning advice and job searching support that includes linking with employers to find bespoke opportunities that match veteran's interests and motivations. As well as this, we give CV advice and interview guidance so veterans can highlight how all their skills and attributes can transfer to the civilian world. When veterans start new jobs, we are also there to give ongoing in-work support to both veteran and employer so the working relationship can thrive.

The service is available to veterans and reservists in England, Wales and Northern Ireland who meet the following criteria: have a physical or mental health condition that forms a barrier to employment (this does not need to have been developed during military service), are outside of the CTP period of 2 year post-service employment support and are currently unemployed.

 020 8940 3305

 Website: www.poppyfactory.org

 Email: admin@poppyfactory.org

20 Petersham Road, Richmond, TW10 6UR

CivvyStreet

CivvyStreet aims to provide support and mentoring for all those recently leaving, or about to leave, the forces who are looking for employment opportunities and a chance to redeploy the skills learned while serving.

CivvyStreet is for anyone who has served in the UK Armed Forces (regular or reserves). It is also for their widows, widowers, partners and dependants. Anyone with an Armed Forces connection can apply to become a registered and approved member of CivvyStreet. Membership is validated against Armed Forces number and branch.

Support includes:

A job board with jobs for Service leavers from employers who are actively seeking to recruit ex-Service personnel.

Access to courses to build skills and qualifications with advice on learning options and funding streams.

Online CV help and practical and tailored advice on finding employment.

Links to further advice and support, including appointments with careers advisors.

Find out more and register for CivvyStreet at:

📞 Telephone: 0800 0098015

✉ Email: info@civvystreet.org

🖱 Website: www.civvystreet.org

Help for Heroes

Help for Heroes offers the tools you need to get job ready and take your next steps. Career recovery is not about finding you a new job, but getting you ready for what's next. Help for Heroes' Career Recovery Service offers access to courses, qualifications, work experience, networking, training and volunteering to help you navigate your way through Civvy Street.

Setting up a business can be a challenge – the Help for Heroes Business Experience should help you decide whether self-employment is the right route for you.

The course is a 6-day programme spread over 2 months and run in partnership with X Forces. It covers all aspects of setting up and sustaining a profitable business. The Business Experience also comes with ongoing support as you venture into your new life in self-employment and access to apply for grant funding.

The Lifeworks Programme

Lifeworks is a fully funded 5 day course which provides ex-Service personnel with the tools to find and maintain a civilian job, appropriate for them. It focuses on coaching and support and is tailored to suit your individual needs.

Find out more about the Lifeworks Programme at:

➤ Website: www.rbli.co.uk/employment_solutions/lifeworks

Employment Services from the Officers' Association (OA)

The OA's Employment Department supports former officers to gain sustainable civilian employment. It provides tailored advice and targeted services to those seeking to enter the executive job market with a greater emphasis on networking and effective personal branding.

For more information on the events and support offered by the Officers' Association for former Officers visit:

➤ Website: www.officerassociation.org.uk/employment

Why Employ a Service Leaver?

Over 300 Service Leavers come on to the Welsh civilian job market through the Career Transition Partnership (CTP) each year. They include highly trained engineers, technicians, trainers, police, administrators, IT managers, drivers, chefs, nurses, pilots, experienced managers and communications experts. At a time of rising employment, employers are competing to find skilled and qualified candidates. A growing number of employers in Wales are capitalising on military talent to plug this skills gap as they represent a ready-made source of top talent which businesses can tap into with the right recruitment process.

So what is the benefit of employing a Reservist?

- Skills accrued from the Reserve service are transferrable and a tangible to Employers.
- Reservists are 'Go Getters' who balance their work commitments, personal life and their Reserve service.
- Accredited Forces-funded training can increase productivity in your workplace.
- Financial assistance is available to cover costs if your employee is mobilised.
- Corporate Social Responsibility – supporting the Forces Reserve contributes to defence and security of the UK.

Forces Families Jobs

An employment and training platform for Service spouses, partners and family members.

There are two main sections on Forces Families Jobs - 'Jobs' and 'Training and Career Development'.

The Jobs section will allow employers to advertise jobs suitable for family members of serving personnel, free of charge. All employers will be asked to identify how they are 'Forces friendly'. Spouses will be able to search for jobs in similar ways to many other job. However, uniquely, all employers have committed to support Forces families. This is important as 45% of spouses interviewed in the research undertaken by Warwickshire University felt they had been discriminated against due to their connection to the Services.

The training and career development section will bring together all the excellent existing initiatives available for serving families into one place, making it easier for spouses and partners to find. There will also be a section for training and courses that have been discounted specifically for Forces families.

Reserve Forces' & Cadets Association

RFCAs for Wales is an 'arms length body' of the Ministry of Defence (MoD), established by Act of Parliament and charged with giving advice and assistance to the Defence Council and to the Royal Navy, Army and Royal Air Force on matters that concern reserves and cadets in Wales.

Established in 1908 (as Territorial Associations), RFCAs were originally designed to provide local support to the Territorial Force in every county in the United Kingdom. Over 100 years later, the name has changed, the number of associations has drastically reduced but our dependency has grown to encompass reserves and cadets of all three services in Wales.

All RFCAs are central government bodies with Crown status and have constituted a Council of RFCAs (CRFCA) to provide central coordination at a national level.

Our primary tasks are:

- To provide advice and support on behalf of the volunteer reserve forces and cadets in Wales.
- To work with the chains of command of the three Services to deliver support to the reserves and cadets in Wales against Service Level Agreements.
- To establish and maintain links with the community and to deliver employer engagement on behalf of Defence in Wales.

- To deliver the volunteer estate in Wales through the maintenance and support of reserve training centres, cadet centres and training areas within which the reserves and cadets of all three services can conduct their activities.

👉 Website: <http://www.wales-rfca.org/>

Reserve Forces in Gwent

104th Regiment Royal Artillery

Army Reserve

104th Regiment Royal Artillery (the Welsh Borderers) is part of the Army Reserve which provides vital close combat support to the Regular Army and is one of 3 Royal Artillery Reserve Light Gun Regiments around the UK and the only Light Gun Regiment in Wales. The Regiment delivers as part of its ceremonial role, six Royal Salutes in Cardiff each year.

There are many opportunities for people to have a varied and interesting career in the Regiment, from a Gunner operating the L118 light gun, being a forward observer in the front line, observing enemy targets and bringing in fire support to being a communications specialist ensuring that everyone has the right information and communications around the battlefield. You can also join the regiment in non-artillery roles, you can be a Combat Medic, Human Resource Specialist, Logistics Specialist or Chef. The Army Reserve will help develop confidence, leadership and communication skills. It is a spare time or part time career which runs alongside your civilian career.

The Reserve selection criteria takes into account the value of professional qualifications, so a wide range of people are eligible to join, for most professions the maximum entry age is 50.

The Regiment has deployed Battery's and individuals to all theatres operationally, home and aboard, since its formation. These include Op TELIC and Op HERRICK in the middle East, Op TOSCA(UN Cyprus) Op ISMAY (NATO summit) and Op OLYMPICS (2012 Summer Olympics).

Annual training is varied and incorporates military and adventurous training as well as the opportunity for representative sports.

If you would like to do something that is different, which will have a unique opportunity to expand your existing skills and experience, or you are interested in finding out more then please telephone any member of the Recruiting Team or e-mail or search Army Reserve Jobs.

📞 Telephone: 01633 242628 or ✉ Email: 104RA-Recruiting@mod.gov.uk

203 (Welsh) Field Hospital

Army Medical Services Reserve

203 (Welsh) Field Hospital is part of the Army Medical Services (AMS) Reserve which provides vital support to the Regular Army and is one of 10 regionally recruited Field Hospitals around the UK.

We are looking for healthcare professionals drawn from most occupational areas throughout Wales who will have a unique opportunity to expand their existing skills and experience. The AMS Reserve will help develop confidence, leadership and communication skills. It is a spare time or part time career which runs alongside your NHS career. The AMS Reserve selection criteria takes into account the value of professional qualifications, so a wide range of people are eligible to join, for most professions the maximum entry age is 50 and for some specialisms up to 55. You can also join if you are studying to be a doctor, nurse or allied health professional.

The unit has deployed twice to Afghanistan in 2008 and 2013 and individuals have also deployed to Iraq, the Balkans and Sierra Leone.

Annual training is varied and incorporates military, military medical and adventurous training as well as the opportunity for representative sports. In the last few years the unit has been on its Annual Collective Training to Germany, the USA and Gibraltar.

If you are interested in finding out more then please telephone any member of the Recruiting Team or search Army Reserve Jobs.

☎ Telephone: 02920 562291 or

✉ Email: 203HOSP-Recruiting-0GroupMailbox@mod.gov.uk

Royal Monmouthshire Royal Engineers (Militia)

The senior Reserve Regiment of the British Army with unbroken service to the crown since 1539. The Regiment's current role is to provide formed groups of Combat Engineer Reservists for operations in the UK and abroad.

As Royal Engineers we train and are employed as Soldiers, Combat Engineers and Artisans helping all parts of the Armed Forces to Live, Move and Fight.

Who We Are

Originally an Infantry Militia charged with home defence, the Royal Monmouthshire Light Infantry became a Royal Engineer unit in 1896. The Royal Monmouthshire Royal Engineers (Militia) is therefore the only unit with two "Royals" in its title and the only Royal Engineer unit whose members wear the Prince of Wales Division cap-badge.

The Regimental Headquarters is based in the grounds of Monmouth Castle and at Vauxhall Camp, in Monmouth. The Regiment consists of three Field Squadrons of around 140 personnel based out of a number of Army Reserve Centres located in the West Midlands, South Wales, Bristol and the Channel Islands.

The Royal Monmouthshire Royal Engineers (Militia) Army Reserve Centres are in:

- 100 Field Squadron (Militia): Cwmbran, Cardiff and Bristol.
- 108 Field Squadron (Militia): Swansea.
- 225 Field Squadron (Militia): Oldbury, Stoke-on-Trent and Cannock.
- Jersey Field Squadron (Militia): St Helier Jersey and St Peter Port Guernsey.

What We Do

The Royal Monmouthshire Royal Engineers (Militia) is a Combat Engineer Regiment and as such we train as Soldiers, Combat Engineers and Artisans. Our role is to deploy teams from 3 to 140 strong on operations in the UK and abroad.

We train to deploy on operations to complete the following types of mission:

- Combat Engineer support.
- Infrastructure development.
- Contract management and on-site supervision of locally employed civilian workers.
- Facilities management of military engineer equipments.

The Regiment consists of personnel with a variety of skills but in all our people we develop what we call the Militia qualities, namely:

- Leadership.
- Common sense.
- Physical robustness.
- Self awareness.
- Technical ability.

Artisan Engineer Trades

We develop more technical engineering skills within the Regiment through:

1] Reserve Artisan Trade Courses

Reserve Artisan trade courses are available to all combat engineers within the Regiment who achieve a basic understanding and ability in a range of infrastructure focused skills.

2] Attending Regular Army Trade Courses

Those Reserve Soldiers who can spare the time and meet the entry standards can attend the Regular Soldier artisan courses listed below at the Royal School of Military Engineering in Chatham, Kent. The courses are accredited by the City and Guilds institute and vary in length depending upon the level of previous experience but can be up to 10 months.

Courses include:

- Carpenter and joiner
- Bricklayer and concreter
- Electrician
- Heating engineer and plumber
- Building and structural finisher

3] Complement Existing Civilian Trade Qualifications

Individuals qualified through a civilian institution in a relevant artisan trade can have their qualifications enhanced by attending discrete modules at the Royal School of Military Engineering in Chatham, Kent. Individuals serving with the Regiment are also encouraged to get their existing civilian qualifications endorsed to allow them to operate in a military environment.

How Do I Join?

You can join by contacting our Recruiting Team in any one of our Army Reserve Centres or by visiting a local Armed Forces Careers Office.

614 (County of Glamorgan) Squadron

Royal Auxiliary Air Force

614 Sqn is a General Service Support Sqn that is based in central Cardiff and is the only RAuxAF Sqn in Wales. It offers up to 20 different branches and trades on the Sqn itself and access to many more on other RAuxAF Sqns throughout the UK; all of which provide skills (such as communication, teamwork, management and leadership) that are transferable to other areas of life and which can enhance a person's primary career.

As part of No. 1 Gp, 614 Sqn's Reservists deliver operational output to directly support RAF operations on RAF Stations in the UK and at various locations abroad. Members of the Sqn also have the opportunity to participate in engagement activities at various ceremonial, PR and recruiting events across South Wales and beyond.

The great thing about being an RAF Reservist is that the work and training is designed to fit around a person's full-time career. As well as basic military and professional training, there are many opportunities for continued professional and personal development including role specific courses and Adventurous Training (AT). Our selection process takes due account of professional experience and qualifications, and with an upper age for entry of 55 years, we are here to support personnel through all aspects of their application.

RAF Reserves are expected to attend a minimum of 27 days per year and much of this is made up of trade and branch training, general Service training and AT that takes place over various weekends throughout the year. Personnel will also be expected to undertake a mobilisation of up to 6-months within their first 5 years on the Sqn, either in the UK or abroad.

If you wish to find out more then please telephone our Sqn Recruiters on

☎ 02920 428046 or contact RAF Careers staff on ☎ 0345 606 9069 or at

📍 www.raf.mod.uk/recruitment.

Job Centre Plus

As part of the Armed Forces Covenant, the Department for Work and Pensions (DWP) has initiatives that help current and former members of the armed forces and their families access Jobcentre Plus services.

This includes having an armed forces champion in every Jobcentre Plus district who ensures that we provide support that meets the needs of the armed forces community.

Armed forces champions in JCP

The armed forces champion focuses only on the Jobcentre Plus support available to:

- Service leavers.
- Serving personnel currently within their resettlement period.
- Spouses and civil partners of currently serving and ex-service personnel.

If you are having difficulty using our services please ask the Jobcentre Plus staff member that you are dealing with to speak to their Jobcentre Plus district armed forces champion.

The role of the armed forces champion is to:

- Develop and maintain joint working arrangements between Jobcentre Plus and the armed forces community in their Jobcentre Plus district.
- Provide information to Jobcentre Plus staff about specific armed forces initiatives.
- Provide an understanding of the issues the forces community face that can be a barrier to employment.
- Be the first point of contact for Jobcentre Plus staff and services welfare and families staff to advise on queries regarding individual armed forces cases - including serving personnel, their families and veterans.
- Focus specifically on the Jobcentre Plus support available to service leavers, those within their resettlement period and spouses and civil partners of currently serving and ex-service personnel – where necessary and appropriate, the champions will work to put support in place.

The champions work in partnership with the armed forces community and support organisations in their district, as well as local and national employers, to:

- Identify work trials.
- Employment opportunities.
- Support service leavers and their families.

Benefit Cap exemption

They also work to raise the profile of the service community in terms of the skills, knowledge and experience they can offer, and work with colleagues to ease some of the barriers to work being faced by service families.

The champion will tailor their activities to match the needs of the armed forces community in their district. This means some activities may differ from district to district. The role and responsibilities of the champion remain the same regardless of location.

The champions are not customer facing. This means a service leaver could not walk into their local Jobcentre Plus office and expect their local champion to be based in that office. Instead, the champions maintain close contact with Jobcentre Plus advisers who make them aware of armed forces issues and raise issues with the champion if the customer requests it. Each of the services has appointed points of contacts who form a link with the relevant champions within their area.

Members of the service community who wish to bring an issue to the attention of their local champion can do so either through their:

- Nominated service focal point.
- Local Jobcentre Plus office.

Jobcentre Plus and the Work Programme

All former service personnel have access to the full range of Jobcentre Plus services. As well as this, a person who has served in the armed forces for any day within the last 3 years can be considered for early access to the Work Programme.

- Employment and Support Allowance.
- Incapacity Benefit.
- Income Support.

Benefit cap exemption

Receipt of the following exempt a recipient and household from the benefit cap:

- Armed Forces Compensation Scheme Guaranteed Income Payments.
- War Pension Scheme payments.

Income-based Jobseeker's Allowance and 3 month residence requirement

Service personnel who have served abroad are exempt from the 3 month residence requirement for claims for income-based Jobseeker's Allowance on arrival in the UK. From October 2015, this exemption was extended to service spouses or partners and children aged up to 21 returning from overseas.

This means that service spouses and partners and their adult children will be treated in the same way as returning service personnel and will be able to claim income-based Jobseeker's Allowance immediately on arrival in the UK.

Armed forces spouse's information

Pre-2010 armed forces credits

Military spouses and civil partners reaching State Pension age from 6 April 2016 will be able to apply for new National Insurance credits. This covers periods from 1975 that they have spent accompanying the member of armed forces on postings outside the UK.

The credit will be administered by HM Revenue & Customs (HMRC) and help a person gain qualifying years that provide entitlement to the new State Pension. Read information about applying for the new credit.

National Insurance credits for spouses following a member of the armed forces overseas:

In April 2010, an award of Class 1 National Insurance credits was introduced for service spouses and civil partners to cover periods where they accompanied a member of the armed forces posted overseas. The credits help protect the eligibility of service spouses and civil partners to the State Pension and contribution-based working-age benefits.

Easing the contribution conditions for spouses and partners of service personnel accompanying on overseas posting.

In addition to the National Insurance credits award, an easement is in place to the first contribution condition for both:

- Contribution-based Jobseeker's Allowance (JSA (Cont)).
- Contribution-based Employment and Support Allowance (ESA (Cont)).

This is for the spouses and civil partners of service personnel who have accompanied their spouse or civil partner on a posting outside the UK.

This will help these spouses and civil partners to claim contribution-based Jobseeker's Allowance or contribution-based Employment and Support Allowance when they return to the UK.

Spouse and partner employment opportunities

The government is committed to providing appropriate support to the spouses or partners of service personnel. Partners of currently serving and ex-service personnel have access to the full range of Jobcentre Plus services. They can also be considered for early access to the Work Programme from 3 months into their claim for Jobseeker's Allowance.

Easing voluntary unemployment conditionality for spouses

It is Jobcentre Plus policy that spouses and partners of service personnel who leave employment to follow their partner will have 'just cause' for leaving that employment provided they did not leave earlier than was reasonably necessary in order to arrange the move. This means they should not be prevented from getting Jobseeker's Allowance (JSA) on the grounds of voluntary unemployment. Jobcentre Plus should consider each case on an individual basis using the relevant legislation and the information provided by the person claiming JSA.

Wounded, injured and sickness benefits

Access to benefits for medically discharged personnel

When a service medical board decides a severely disabled person can no longer be employed in the armed forces and should be discharged, DWP now uses the service medical board evidence to determine eligibility to Employment and Support Allowance (ESA) rather than conduct a face to face medical assessment.

Claims received from members of the armed forces who have been assessed by a Ministry of Defence (MOD) medical panel to be in their highest disability category are, wherever possible, assessed to consider whether the individual meets the limited capability for work-related activity criteria based on the MOD medical report (F Med 23) and without the need for a face-to-face assessment.

This applies to the initial Work Capability Assessment for the ESA claim made at the time of discharge. In these cases the individual will be placed in the ESA support group.

Armed Forces Independence Payment

On 8 April 2013 the Ministry of Defence (MOD) in conjunction with DWP introduced the Armed Forces Independence Payment (AFIP). This benefit is designed to:

- Provide financial support to service personnel and veterans who have been seriously injured as a result of service.
- Help cover the extra costs they may have received as a result of their injury.

AFIP eligibility is defined as those who have been awarded a Guaranteed Income Payment (GIP) of 50% or higher under the Armed Forces Compensation Scheme. DWP are responsible for making and maintaining payments. However, claimants for AFIP are required to submit a claim to Veterans UK. They will confirm eligibility with DWP who will put the payments in place.

Find more information about Jobcentre Plus services at:

www.gov.uk/browse/working and www.gov.uk/browse/benefits

Pensions

The Veterans Advisory and Pensions Committee (VA&PC) advises and liaises with Veterans, their families and relevant organisations on their needs, issues and concerns. VA&PC assists, raises awareness, acts as an advocate and provides governance to the Veterans' community. It champions the rights of Veterans and their families where there is injustice, inequality or a lack of fairness.

VAPCs are Advisory Non-Departmental Public Bodies. They work independently from the Ministry of Defence in support of the Veterans' Community.

Statutory Purpose of VAPCs

- Assistance to individual veterans.
- Create awareness of veterans' needs.
- Reviewing Government initiatives regarding the Veterans Community.
- Provide informed, factual and regional advice for Ministers.
- Independent responses to Veterans' needs and issues within their particular region.

You can contact VAPC by the following methods:

- ✉ Email: veterans-uk@mod.uk
- ☎ Free helpline telephone: UK only **0808 1914 2 18**
- ☎ Free helpline telephone: overseas **+44 1253 866 043**

Estimate your armed forces pension

You may be eligible for an armed forces pension if you're a current or former member of the armed forces.

- 👉 <https://www.gov.uk/armed-forces-pension-calculator>

You can use the contact detail below for help and information on your armed forces pension:

Armed forces pensions enquiries

Joint Personnel Administration Centre (JPAC),
Mail Point 480, Kentigern House, 65 Brown Street, Glasgow G2 8EX

- ☎ **0800 085 3600**
- ✉ dbp-pensionshelpdesk@dbspv.mod.uk

War Pension

There are a number of compensation schemes administered by Veterans UK on behalf of the Ministry of Defence available to serving and former serving personnel who are injured as a result of their service in the armed forces. The scheme that applies to each individual will depend on when and where you served and when you were injured.

■ The War Pensions Scheme (WPS).

Your claim can be considered under the WPS if you are no longer serving and your disablement was caused as a result of service in the armed forces before 6 April 2005.

■ The Armed Forces Compensation Scheme (AFCS).

You can claim under the AFCS where the illness or injury was caused as a result of service on or after 6 April 2005. You do not need to have left the armed forces before claiming.

■ The Criminal Injuries Compensation (Overseas) Scheme (CICO).

You can claim under the CICO if you or your eligible dependents are the innocent victim of a crime of violence while serving overseas.

Citizens Advice

We help people find a way forward

We can all face problems that seem complicated or intimidating. At Citizens Advice we believe no one should have to face these problems without good quality, independent advice. That's why we're here: to give people the knowledge and the confidence they need to find their way forward - whoever they are, and whatever their problem.

We give advice to millions of people

Our network of independent charities offers confidential advice online, over the phone, and in person, for free. When we say we're for everyone, we mean it. People rely on us because we're independent and totally impartial.

You can contact an adviser through our national phone service, Adviceline:

📞 **Adviceline:** 03444 77 20 20

📞 **Text relay:** 03444 111 445

Adviceline's available 9am to 5pm, Monday to Friday. It's usually busiest at the beginning and end of the day. If you call from a mobile, we'll ask you to enter a local landline number on your keypad. This can be any number - we only use it to send your call to a local adviser if one's available.

<https://www.citizensadvice.org.uk/wales/>

MoneyForce

MoneyForce is the official MOD channel for money advice for UK service personnel. The website provides easy online support for service personnel and their families, to help them make informed financial decisions and plan their finances better, both while they are in service and once they leave the armed forces.

MoneyForce provides information on:

- **Managing money:** useful information on borrowing, saving, budgeting and spending, as well as planning for the future.
- **Your career:** useful financial information about different stages of your military career, including pay and career structures, allowances, managing finance as you deploy, assignment in the UK or abroad and making plans for when you leave the service.
- **Life and family:** useful information on managing life's challenges, setting up home, marriage, divorce, children.
- **Managing crises:** useful information and guidance to help people through tough times, including debt and emotional issues, drug and alcohol problems as well as war pensions, compensation and bereavement.
- **Debt:** explains your options for getting out of debt and signposts to free, confidential help.
- **Tools:** a budget planner, a car cost calculator, a credit card calculator, a goal saving calculator as well as a home buying tool to help you make informed decisions and plan for the future; the MoneyFit Challenge takes you through various scenarios and gives you your own tailored action plan at the end.

MoneyForce is specifically designed for the armed forces, to give service personnel and their families useful information and tools in plain English to make informed financial decisions that will have a positive impact on their future.

Royal British Legion Support

The Legion provides specialist compensation advice, help with debt and emergency situations, and support you through grants and loans. We help to ease the burden of financial pressure for thousands of Service and ex-Service people every year.

The Legion's Benefits and Money Advice team can support you with your finances, including impartial and non-judgemental advice about how to maximise your income by claiming the benefits and tax credits you're entitled to.

Our advisers know how complex life in the Armed Forces can be and how a military life involves unique challenges that can lead to financial problems.

We understand the difficulties around moving regularly, loved ones being away, re-joining civilian life and coping with post-traumatic stress disorder.

We also know about the specific benefits available to our beneficiaries, and can advise on areas like War Pensions, the Armed Forces Compensation Scheme and disability claims and tribunals.

If you require assistance with money issues or support with benefits, call our contact centre on 0808 802 8080 and we will put you in touch with your local contact.

<https://www.britishlegion.org.uk/get-support/finance/debt-advice/>

📞 Benefits, Debt and Money Advice service Helpline: 0808 802 8080

SSAFA Support

If you have fallen behind on your bills, credit cards or other payments and you are struggling to get by or even at risk of losing your home, then your local SSAFA team can help you to get advice on dealing with your debt.

Our volunteers will let you know about qualified debt advisors working in your area although they cannot give advice themselves.

Once you have received specialist advice they can then look for ways to help with any priority debts – these are debts where you are at risk of losing your home or supplies of essentials such as gas or electricity.

<https://www.ssafa.org.uk/help-you/veterans/debt-advice>

📞 Helpline: 0800 731 4880

Armed Forces Covenant Fund Trust

The Armed Forces Covenant Fund Trust makes grants to support the Armed Forces Community.

We manage the grant programmes funded by the Covenant Fund. We also run wider funding programmes that support the Armed Forces Community.

The people who benefit from our grants are from the Armed Forces Community. This includes serving personnel, families, veterans and families of veterans. In some of our programmes, the wider community around a base or in an area with an Armed Forces population can also benefit; as we will support projects on one of our programmes that will help to encourage good relations between Armed Forces and civilian communities.

The popular Armed Forces Covenant Fund Local Grants Programme makes grants of up to £20,000 for projects that meet local needs, or help bring Armed Forces and civilian communities together.

We also run the Veterans Mental Health and Wellbeing Fund and the Veterans Community Centres Programme

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

✉ enquiries@covenantfund.org.uk

Priority healthcare treatment for veterans in Wales

UK veterans are entitled to priority access to NHS care for service related conditions. Ensure your records that are held with your GP indicate you have served in the Armed Forces.

If you're dissatisfied with the service you receive, talk to your GP or contact the Public Services Ombudsman.

Action on hearing Loss

Are you an older veteran living with hearing loss or tinnitus? We can offer practical support and information to help.

Our Aged Veterans project offers information and support to older veterans with hearing loss or tinnitus, and their families and carers, across England and Wales.

The project focuses on supporting veterans born before 1 January 1950, but we will assist all veterans who contact us.

Our aim is to help older veterans with hearing difficulties access local support services and, as a result, feel better able to connect with their families, friends and communities.

Contact Details

 02920 333 034 - Charis Moon

 charis.moon@hearingloss.org.uk

 @hearinglosscym

<https://www.actiononhearingloss.org.uk/how-we-help/support-and-care/support-for-veterans/>

Admiral Nurse Service

The Legion works with Dementia UK to provide Admiral Nurses - a service that supports the carers of our beneficiaries who have dementia. The focus of the service is to maintain independence and improve the quality of life for carers and families and to provide the practical advice they need.

Having launched in south Wales in September 2018 with two nurses covering the area Neath to Cardiff, the team has already doubled in size to 4, which has allowed the service to be expanded to cover Gwent.

What do Admiral Nurses Offer?

Our Admiral Nurses have the experience to facilitate the service every step of the way:

- Skilled assessments to determine the needs of family carers and the needs of the person with dementia.
- Information and practical advice for carers and their families on supporting those with dementia.
- To work with carers and families to provide emotional and psychological support throughout the caring journey.
- Advice on how to care for someone with dementia and help to develop skills to encourage positive approaches to living with dementia.
- To work together with other professionals and organisations to provide additional support if you need it.

Please note that Legion beneficiaries can be either the person with dementia or the carer.

General information on dementia services is available from our free online help service or you can contact the Legion's Admiral by calling our helpline on **0808 802 8080**.

The Legion runs four Care Homes with specialist dementia wings for long term residency or respite care. We can also provide a holiday at one of our Break Centres around the country for rest and relaxation for carers.

Blesma - The Limbless Veterans

Since 1932, we have been the only national Armed Forces Charity that supports limbless veterans for the duration of their lives.

Blesma, The Limbless Veterans helps all serving and ex-Service men and women who have lost limbs, or lost the use of limbs or eyes, to rebuild their lives by providing rehabilitation activities and welfare support.

We are the only national Service charity that supports limbless veterans for the duration of their lives, offering financial and emotional support to them and their families. Since WW1 we have worked tirelessly to guarantee that our limbless veterans are not failed, forgotten or left to fend for themselves.

Contact Details

Tom Hall, Blesma Support Officer.

Providing Welfare Support to Blesma Members, their families and widows.

☎ 0208 548 7098 📞 0778 0165085

✉ bsowest@blesma.org 🌐 <https://blesma.org/>

Blind Veterans

Blind Veterans UK helps 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.

Contact Details

Beth Lowden - Volunteer Coordinator (Community 5) Blind Veterans UK
Rebuilding lives after sight loss.

 07395 600 922

 beth.lowden@blindveterans.org.uk  blindveterans.org.uk

Care after combat

'Phoenix' is the name of the project to reduce the number of re-offending veterans released from prison.

During 2014, the Government undertook a review of Veterans within the Criminal Justice System published in December 2014 Veterans form the largest occupational group in prison. Project Phoenix was designed to specifically respond to the issues raised in the report...Project Phoenix (Phoenix) has been operational since May 2015.

Mentorship is introduced during the final 18-months of sentencing and continues following release, the latter, for a period of no less than 12-months. Inclusion criteria are Veterans in the final 18-months of sentencing.

All Care after Combat mentors have undergone formal training, initially validated by the National Offenders and Management Service (NOMS) and upgraded quarterly as part of their ongoing professional development. The results of the current mentoring intervention are remarkable with an absence of re-offending in the sample group.

2017/18 delivering a 96% success rate.

The key benefit of Project Phoenix is, of course, to the lives of the Veterans and their families, but there are also significant benefits to wider society, not least the financial savings of diverting them away from the criminal justice system.

First Contact

If you have a problem, call First Contact and one of our team will steer you in the right direction.

 0300 343 0255

Contact Details

Rob Nicholls, Regional Manager - Wales, Care after Combat Wales,
Suite 2F 2nd Floor The Post House, Adelaide Street, Swansea SA1 1SB

 07794201032

 robn@careaftercombat.org  www.careaftercombat.org

Change Step Wales

What is Change Step?

Change Step offers effective support for veterans in Wales - including dedicated services for those in crisis, older veterans, and people with mental health and substance misuse needs.

Our team of veteran peer mentors use their own experiences to help veterans confront challenges in their lives, and to navigate and engage with support services throughout Wales.

Who is Change Step for?

We help anyone who has been a member of the UK Armed Forces, full-time or reserve.

What does Change Step do?

We provide:

- Crisis peer mentoring for veterans who need urgent access to help in relation to mental health, substance misuse, and other issues.
- Dedicated mentoring for ex-forces personnel accessing treatment through Veterans NHS Wales - the first nationwide, joined-up mental health support of its type.
- Effective liaison between prisons, local authorities and statutory services to support veterans who are being transferred to a Welsh prison, or who are returning to live in Wales, as part of the SToMP project.
- Practical and direct support for older veterans, helping to tackle isolation in our communities.

Our team of veteran peer mentors use their own experiences to help veterans confront challenges in their lives, and to navigate and engage with support services throughout Wales

Contact Details

Beth Lowden - Volunteer Coordinator (Community 5) Blind Veterans UK
Rebuilding lives after sight loss

☎ 0300 777 2259

✉ ask@change-step.co.uk

🖱 www.changestepwales.co.uk

Combat Stress

The Combat Stress 24Hour Helpline is for the military community and their families. It can advise Veterans, serving personnel, reservists and their families, on issues from mental health to practical support..

Support

Specialising in the care of Veterans with Post Traumatic Stress Disorder, services are free of charge. A 24 hour confidential Helpline is also available for immediate support.

If you're a veteran, service personnel in need of help, or if you know someone who you think needs help, contact us any time on our free Helpline, text or email:

Contact Details

 **Helpline:** 0800 138 1619

 **Helpline text:** 07537 404719

 **Helpline email:** helpline@combatstress.org.uk

 www.combatstress.org.uk

Defence Transition Service

Defence Transition Service will deliver specialist support for serving personnel who are most likely to face challenges as they adjust to civilian life. These individuals will be offered unique solutions to the challenges they face, including help with housing or employment.

Contact Details

Andy Mansfield - Regional Manager – Midlands and South Wales.

SSAFA Forcesline

SSAFA Forcesline is a free and confidential telephone helpline and email service that provides support for servicing (regular and reserves) and ex-service men and women from the Armed Forces and for their families. As an independent charity, SSAFA is not part of the military chain of command.

Our team are here to listen and not to judge. We can give you factual information and 'signpost' ways forward to assist you.

We can also speak with you in confidence if you, or someone you know, are absent without leave (AWOL).

Forcesline freephone numbers

Forcesline can be accessed from anywhere in the world.
We are open 09:00 - 17:00, Monday to Friday.

 **0800 731 4880 - UK**

Our email service

Our email service operates in the same way as Forcesline.
We aim to send a full reply to your enquiry in 48 hours.

 **Contact us online**

Project 360

Project 360° is an innovative and extensive national partnership project in which Age Cymru is working alongside veteran's charity Woody's Lodge, and Age Alliance Wales members.

Former armed service personnel can have difficulties coping with civilian life and, in particular, accessing the health and social care they need to live a fulfilled life. Project 360° aims to ensure that services provided by Age Alliance Wales members are meeting the needs of older veterans, and that the right support is given to older veterans through a 360° provision. The project will also bring the combined services of Age Cymru and Age Alliance Wales to those veterans attending Woody's Lodge in an environment in which they feel comfortable and familiar, and develop a second facility in North Wales to replicate the same.

Eligibility

To be supported by the project you must have been a member of the UK armed services, reservists, or seen active service in the merchant navy for one day or more, and aged 65 or over. The project can also provide support and guidance for families and carers of eligible veterans.

 **<https://www.ageuk.org.uk/cymru/our-work/project-360/>**

Supporting the Transition of Military Personnel (SToMP)

Supporting Transition of Military Personnel (SToMP) was funded to design and deliver a whole system approach, coordinating a consistent service for ex-Armed Services Personnel (ASP) across Wales from police call out, through custody suites, court, probation, prison and resettlement into the community, which identifies ex-ASP and signposts them to specialist support services in order to meet individual needs.

SToMP is specifically designed to deploy combined public and voluntary sector resources to their best effect, integrating multi agency processes and service provision pathways and extending existing examples of good practice across Wales and beyond.

SToMP acts as the main point of contact for ex-ASP support services for criminal justice organisations, communicating information via a network of ex-ASP Champions and organisational newsletters and intranets.

Contact Details

Supporting Transition of Military Personnel (SToMP),
National Probation Service, Tremains House, Tremains Road, Bridgend, CF31 1TZ

☎ 02920 781818

📞 Helpline text: 07537 404719

✉ SToMP Mailbox: wales.stomp@probation.gsi.gov.uk

👉 <https://www.iomcymru.org.uk/SToMP/>

Scotty's Little Soldiers

Scotty's Little Soldiers provides support to children & young people (aged 0 to 25) who have suffered the loss of a parent serving in the British Armed Forces. Assistance is provided through four key programmes and includes respite breaks, group events, a range of development grants and bereavement support.

Contact Details

Supporting Transition of Military Personnel (SToMP),
National Probation Service, Tremains House, Tremains Road, Bridgend, CF31 1TZ

☎ 0800 092 8571

✉ members@scottyslittlesoldiers.co.uk

👉 Scotty's Little Soldiers

Veterans Wales NHS

Veterans' NHS Wales is a specialised, priority service for individuals who have served in the Armed Forces, at any time in their lives and who are experiencing mental health difficulties related specifically to their military service.

VNHSW in Aneurin Bevan University Health Board has experienced mental health clinicians (known as Veteran Therapists) with specialist expertise in military mental health problems. The team accepts referrals from health care staff, GP's and veteran charities. Importantly, the team accepts self-referrals from ex-service personnel. Please note, no mental health diagnosis is needed for referral, it is sufficient to know that there is a mental health problem related to military service.

To refer, please go to our website at www.veteranswales.co.uk and look under 'referrals' tab where there is an online self-referral form or printable paper referral form. Alternatively, telephone or email for further advice.

Appointments will be arranged as close to the veteran's home as possible in a suitable venue. The team offer five clinics within the Gwent Health Board area. Please look at our website for further information on clinic venues under 'Health Boards' then 'Aneurin Bevan'.

Following the assessment, the veteran may be offered psychological therapy by the Veteran Therapist and/ or referred on to other NHS teams or departments for further treatment. The Veteran Therapist will also refer to veteran charities for help with, for example, debt management, benefits and war pension/armed forces compensation claims as indicated. Please note, the service cannot provide a diagnosis for Armed Forces Compensation Scheme claims.

The service is not able to respond to emergency referrals. Veterans in crisis should contact their GP or the Out of Hours GP Service. There is a Psychiatrist on-call at all Accident and Emergency Units in District General Hospitals. Alternatively call the Mental Health Helpline for Wales (Community Advice Listening Line), this is a confidential listening and support service help line and is 24/7:

 **CALL - 0800 132 737 or text help to 81066**

If you would like to discuss a referral or require further information about the service, please contact the team on:

Contact Details

 **01873 735 240**

 **adminVnhsw.ABB@wales.nhs.uk**

There are many testimonials on our website. Don't suffer in silence, contact us now and we can try and help you get on with your life.

"One service across Wales working together to provide timely and accessible outpatient assessment, and psychological therapy for ex-service personnel, with a service related mental health difficulty"

Veterans UK – Veterans Welfare Service

Gives support to veterans and their dependents. The focus of the service is to provide assistance following a change in situation that may result in a welfare need, such as: Leaving the Services, Bereavement, Disablement, Changes affecting income or finance.

Welfare Manager – Michelle Williams covering Gwent & Forest of Dean (Nationwide cover by other Welfare Managers throughout the UK).

WVC Kidderminster, Army Reserve Centre, Birmingham Road, Kidderminster, DY10 2BY.

✉ Veterans-UK-VWS-Wales-Mid@mod.gov.uk

☎ 01562 825527 **National Helpline:** 0808 1914 218

The Warrior Programme

Our programme enables individuals to manage their emotions and to develop the resilience, focus and motivation to succeed in today's world. The programme has been developed over the last ten years to meet the demands and challenges experienced by past and present members of the armed forces and their families.

Sean Gane - Regional Co-ordinator (South Wales and South West)

✉ Sean.Gane@warriorprogramme.org.uk

➤ <https://warriorprogramme.org.uk/>

Loneliness & Social Isolation in the Armed Forces Community

The Legion's 2014 Household Survey of the ex-Service community found that 370,000 older veterans reported being lonely. Furthermore, over twice that number reported experiencing some relationship or isolation difficulty – equivalent to around 770,000 people. Despite these findings, research on loneliness and social isolation across the UK Armed Forces community remains scant.

The Legion's new report – Loneliness and social isolation in the Armed Forces community – explores these issues across the community, consisting of Serving personnel, veterans and family members. It explores how members of the community experience these issues, what are the unique triggers for this community, and what barriers exist to seeking support.

Key Findings

- 1 in 4 of survey respondents indicated that they feel lonely and socially isolated 'Always' or 'Often'
- Almost 70% agreed that loneliness and social isolation are issues in the Armed Forces community.
- Moving to a new area was the most common cause of social isolation amongst survey respondents.
- Exiting the Armed Forces was the most common cause of both loneliness and social isolation.

Findings from this research suggest that some elements of Forces lifestyle can increase vulnerability to loneliness and social isolation.

These include:

- Increased volume of transitions in the Forces.
- A culture of self-reliance and avoidance of 'weakness'.
- Long periods of separation from partner and family.
- Impact of injury and/or sudden discharge on career and family.

Woody's Lodge

Woody's Lodge is a social hub, which guides veterans to the help & support they need to re-engage with their families and communities. Our vision is to create an inviting meeting space for those who have served within the Armed Forces and Emergency Services, where they can receive expert support & advice as well as the chance to connect with new and old friends & family.

For more information, if you would like to visit us at Woody's Lodge or get involved in anyway, then please call or you can also email us.

Contact Details

☎ 01446 781792 (South Wales) or 01492 533954 (North Wales)

✉ support@woodyslodge.org

Woody's Lodge South Wales

Amelia Trust Farm, 5 Mile Lane, Walterston, Barry, CF62 3AS

☎ 01446 781 792

Woody's Lodge North Wales

Eirias Park, Abergele Road, Colwyn Bay, LL29 8BN

☎ 01492 533 954

Gwent Drug and Alcohol Service

GDAS can offer you a wide range of services to address your drug or alcohol use.

Engagement Service

This service can offer you the following:

- Harm reduction services: Naloxone, needle exchange, safer injecting advice, sexual health services, blood-borne virus testing & vaccination.
- Outreach services including home visits.
- Brief Interventions and advice for those not seeking structured treatment.
- Online resources and self help materials for those not wanting to access formal treatment.

Active Treatment Service

This service can offer you the following:

- Opiate substitute prescribing.
- Alcohol detoxification including home detox.
- Relapse Prevention prescriptions (Antabuse/Naltrexone/Campral).
- Tailor-made treatment packages for all illicit drugs and alcohol including legal highs and new psychoactive substances.
- Evidenced-based therapeutic Interventions (Behavioural Control Therapy, Controlled Drinking / Social Behaviour Network Therapy / Motivational Interviewing).
- Support and treatment for prescription drugs such as co codamol and tramadol.
- BBV/HIV testing & Vaccination.
- Complementary therapies.
- Group activities & Therapies.
- Health promotion including sexual health advice and contraception.

Recovery/Aftercare Services

This service can offer you the following:

- Intensive Aftercare support packages.
- Detoxification support.
- Structured Relapse Prevention.
- Referral into inpatient detoxification or stabilisation and residential rehabilitation.
- Comprehensive recovery service.
- Diversionary activities.
- Structured day care programme.
- Volunteering programme.
- Bibliotherapy Materials.
- Online recovery resources.
- Peer-led community hubs.
- Peer-Mentoring Support.
- Mutual Aid.
- Week-end and evening recovery events.

Criminal Justice Services

For those who are involved in the criminal justice system, we can offer the following:

- Drug and Alcohol Arrest Referral in Police Custody Suites.
- Integrated Offender Management.
- Probation Liaison Service.

Statutory Court Interventions:

- Drug Rehabilitation Requirement.
- Alcohol Treatment Requirement.
- Rehabilitation Activity Requirement.
- Prison Liaison, throughcare and referral Services.

Family & carer Support

We can also offer support to your friends, families and carers (see families section for more detail on types of support offered).

Research has shown that those people who involve their friends, families and carers in their treatment significantly increase their chances of sustained recovery. Wherever possible, we encourage you to involve your loved ones in your treatment and ongoing recovery.

GDAS operates from a wide variety of local bases throughout Gwent. We also operate within community venues and offer an outreach service.

For more information, contact one of our team on:

☎ 0333 999 35 77

✉ info@gdas.wales

Drink Line

Supports servicemen and women and civilians with drink, drug related issues.

Support

Drink Lines provides a confidential helpline (open MonFri 9 am 8 pm, weekends 11 am 4pm) that can help callers who are worried about their drinking and concerned family members of people who are drinking.

Contact details:

☎ 0800 917 8282 ☎ Helpline: 0300 123 1110

👉 www.patient.co.uk/support/Drinkline

Support Line

Offers confidential emotional support to children, young adults and adults by telephone, email and post.

Support

Support Line works with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self esteem to encourage healing, recovery and moving forward with life.

Contact details:

Support Line, PO Box 2860, Romford, Essex, RM7 1JA

☎ 01708765200

✉ info@supportline.org.uk

📍 www.supportline.org.uk

Meic Cymru

The helpline specialises in providing advocacy by directly supporting and empowering children and young people to self advocate, by referring them to appropriate face to face advocacy services, or by advocating on their behalf.

Support

Meic is a helpline for children and young people in Wales, up to age 25. They can be contacted 24 hours a day by telephone, instant message or text. The role of the helpline is to listen to children and young people, provide information on issues that affect them and support them to tell others their view, wishes and feelings.

Contact details:

☎ 0808 8023456

📍 www.meiccymru.org



Ways to Wellbeing

The Five Ways to Wellbeing are a wellbeing equivalent of 'five fruit and vegetables a day'. It is recommended that individuals build the Five Ways (which are described in the boxes below) into their daily lives to improve their wellbeing.



connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



be active...

Swap your inactive pursuits with active ones. Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



take notice...

Be curious. Catch sight of the beautiful. remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

What is social housing?

Local councils and housing associations offer affordable accommodation for rent, which is known as social housing. Applicants must join a waiting list to be considered, as social housing is often in high demand.

How to apply for social housing

You can apply to your local authority to register on their waiting list. Applicants with priority need may be placed higher on the list, and not everyone who applies will be eligible.

Priority need includes people who:

- Have served in the Armed Forces and are homeless after leaving Service.
- Have disabilities or medical conditions.
- Are homeless or in danger of becoming homeless.
- Are living in property that is unsafe or unfit.
- Need to be near family or carers.

National Housing Pathway for Ex-Service personnel

The National Housing Pathway for Ex-Service personnel is the Welsh Government's commitment to support former Armed Forces personnel obtain suitable accommodation, including access to local authority homelessness services. The Government's Package of Support outlines the support and services available to ex-Service personnel for housing, healthcare, employability, education and more.

Eligibility and priority for veterans

When joining a waiting list, veterans may be placed higher, depending on the council and availability of suitable homes. Visit Shelter Cymru's website for a list of priority need groups in Wales, and to see if you qualify under more than one group.

Blaenau Gwent County Borough Council

Housing Access delivers a frontline Housing Advice and Allocations Service ensuring appropriate assistance and support is provided to all households in need of accommodation.

Housing Access is responsible for the:

Management and administration of the Common Housing Register. The Housing Access Team deal with all waiting list/application queries in relation to social housing in Blaenau Gwent.

Provision of housing allocation advice and assistance - inputting data relating to individual housing applications.

Answering general queries by telephone, in writing, and in person. Verification of documents and application circumstances.

Assessments of incoming housing applications against the Blaenau Gwent Common Housing Register scheme, including decisions on eligibility in respect of immigration or anti social behavior.

Awarding immediate priority for emergency cases whose homes are damaged by flood, fire or other disaster where it is not possible to repair their existing accommodation.

Awarding priority for households who on police or social services advice must be moved immediately as a matter of urgency.

Awarding priority for households from outside the area where the Council owes another Local Authority or Housing Association a nomination to someone on an urgent reciprocal basis, such as where an application has had to be rehoused outside the area due to domestic violence.

Awarding priority to statutory homelessness cases owed a full homelessness duty by Blaenau Gwent County Borough Council.

Assessment of medical need, which is seriously affected by an individual's current housing or their home cannot be adapted due to ill health or disability.

Blaenau Gwent transferred all its stock to Tai Calon Community Housing in July 2010. Tai Calon Community Housing was set up specifically to own, manage and improve the former council homes.

The following registered Social Landlords are the providers of social housing in Blaenau Gwent:

** When applying please only submit one application, if you have additional applications with incorrect National Insurances Numbers these will be cancelled. If you have forgotten your reference number please contact the Housing Access Team 01495 356400 (opt 1)**

For further Information Contact:

Housing Access, Housing Advice Centre, 20 Church Street, Ebbw Vale, NP23 6BG

 01495 354600

 housing@blaenau-gwent.gov.uk

Caerphilly County Borough Council

Much of the social housing in the borough is in high demand and, depending on a range of factors including your housing preferences, you may experience a long wait before being made an offer of accommodation by one of the partner landlords. Other options may be available to help you find accommodation or help to resolve a problem you are currently experiencing with your current accommodation.

The Housing Options Wizard provides a range of information and advice, as well as useful contact details, which you may find helpful in finding accommodation or helping in solving problems that you may have with your accommodation.

Some of the options available include:

- Low cost homeownership & intermediate renting.
- Sheltered housing.
- Social housing.
- Accessible housing.
- Mortgage rescue.
- Private renting.
- Mutual exchanges.
- Adaptations.
- Overcrowding and disrepair.
- Housing related support.

If you would like to register for social housing in Caerphilly borough please complete the on-line application form or contact the Common Housing Register Assessment Team by email or telephone.

☎ 01443 873521 ✉ chr@caerphilly.gov.uk

If you need support with completing an on-line application or advice about the application process, please contact the Common Housing Register Assessment Team.

🖱 <https://www.homesearchcaerphilly.org/>

Monmouthshire County Borough Council

Monmouthshire Homesearch

Monmouthshire Home search is the housing association letting scheme, run in partnership with us. There is one application form you need to complete regardless of whom you wish to be re-housed by. To register, please visit the Monmouthshire Homesearch website. Your local library provides a free Internet service which you can use to complete your application. If you need help filling in the form or you need the form in large print, Braille or another language, please call.

Contact our Lettings Team:

☎ 0345 900 2956 *If calling from a mobile ring:* 📱 01495 767199

Please note calls to Monmouthshire Homesearch may be recorded for training and monitoring purposes.

✉ homesearch@monmouthshirehousing.co.uk

Opening Times:

Monday to Thursday 9.00 a.m. to 5.00 p.m.

Friday 9.00 a.m. to 4.30 p.m.

Monmouthshire Homesearch

Nant Y Pia House, Mamhilad Technology Park, Mamhilad, Monmouthshire, NP4 0JJ

Private Rented Accommodation

If you need accommodation quickly you will usually be able to get it sooner by finding Private Rented Accommodation. We may be able to help you with a bond through the Right Move Bond Scheme. Once you have found accommodation, you may be eligible for Housing Support.

Housing Associations

There are currently five Housing Associations in Monmouthshire; Monmouthshire Housing Association, Melin Homes Limited, Charter Housing Association, Muir Group and Aelwyd Housing Association.

Housing Benefit

If you need help paying your rent, you might be eligible for Housing Support or Housing Benefit.

Home Owners or First Time Buyers

We currently offer a few different schemes for first time buyers.

These include:

- Low Cost Home Ownership – This provides first time buyers the opportunity to purchase a home with up to 50% discount.
- New Build Home Buy – Get help to purchase a newly built property with a 30%, 40% or 50% equity loan.

Older Persons Accommodation

Older Persons Accommodation allows people to live independently in a safe and secure environment with support close at hand should it be needed.

Can I Get Help to Furnish My Property?

There are a few agencies that may be able to offer you good quality second hand furniture.

Newport City Council

Home Options Newport is open to anyone over the age of 16 who wishes to register their need for housing.

You should apply to go onto the Housing Register if:

- You wish to rent a Housing Association property in Newport.
- You are already a Housing Association tenant and wish to move.
- You are interested in help with purchasing a home under the Low Cost Home Ownership Scheme.
- You are looking for private rented accommodation.
- You are generally looking for alternative accommodation.

If you have served in or are leaving the UK armed forces, you may wish to register for social housing in Newport. You can also find information about private rented accommodation and support may be available to help you maintain a tenancy.

If you are interested in buying a property visit Home Options Newport or Forces Help to Buy. Read our information about low-cost home ownership. We can help if you are homeless or threatened with homelessness.

Torfaen County Borough Council

Following stock transfer the Council no longer manages any council houses, flats or sheltered housing complexes.

If you are looking for social rented accommodation in Torfaen, you need to register with Homeseeker.

Homeseeker is a common housing register for applicants who wish to rent properties from a registered social landlord Bron Afon, Melin Homes, Charter Housing, Hafod Housing Association and Linc Cymru.

For more information about Homeseeker or help with completing the registration form or applying for a property, please visit the Homeseeker website or contact the Homeseeker team directly on 01495 742409.

For more information on the Housing options and services available to you in Torfaen please visit Torfaen Homes.

Housing Associations operating in Gwent

Aelwyd Housing Association

Aelwyd is a Charitable Housing Association, with a Christian ethos, providing rented homes for people in housing need. Currently all of its properties are situated in South Wales, and the vast majority are flats for older people.

Bron Afon

Bron Afon is a social enterprise that is run by staff and members who love making a difference to people's lives. Their work covers construction, community regeneration, support and so much more. Bron Afon operates services and owns homes across the Torfaen County Borough. Bron Afon has around 8,000 affordable rented homes, 900 leasehold flats, 80 shared ownership flats and 800 flats in retirement housing. It has over 150 trained and skilled trades staff. Bron Afon plans to build 450 homes by 2023. They are currently (Jan 2018) working on eight building sites which will mean 95 new homes.

Charter Housing Association

We manage nearly 5,000 homes across Newport, Caerphilly, Torfaen and Monmouthshire. Our properties can be found in both urban and rural locations and vary from family homes and single person flats to retirement apartments.

We are committed to providing great service to our tenants, so they can enjoy and benefit from living in our homes. As well as helping to maintain your home, our experienced teams offer a wide range of services including money advice, IT training and parenting support.

You can also get involved in practical projects which help us improve our services and improve your community. We are part of the Pobl Group of companies.

Derwen Cymru

We provide dedicated housing to older persons and provide housing related support to residents who might need that additional help. We offer a variety of homes including Independent Living or Extra Care across Newport, Monmouthshire and Caerphilly.

Hafod Housing Association

Working throughout South Wales, we provide a wide range of housing, care and support services. In addition to providing high-quality affordable homes, we support people to maintain their independence and personal well-being for as long as possible either in their own homes, supported housing or in one of our residential care homes.

Linc Cymru

We specialise in the affordable housing, social care and health sectors in Wales. We provide homes, advice and services to our existing and prospective tenants across the social, intermediate and market rent sectors. Our extensive health, social care and support services help older and vulnerable people to live as independently as possible in their own homes or supported housing schemes. Our purpose built nursing homes provide high quality nursing care for people who have exhausted their ability to live independently. Our dedicated nursing and care staff have the skills to deliver person centred care to residents with complex needs including services for people with dementia.

Melin Homes Ltd

We are a housing association providing affordable homes for tenants in South East Wales. As a registered social landlord we work closely with local authorities and other partners to build thriving communities. Our mission is to make a positive impact on neighbourhoods by providing high-quality social housing to those who need it. We also give financial advice to our tenants and organise community events to enhance the lives of residents.

We have been around for ten years and were established as a non-profit social housing provider. As one of the major housing associations in Wales we now own and manage over 4,000 homes in Blaenau Gwent, Monmouthshire, Torfaen, Newport and Powys. We not only offer homes for rent but also properties for sale, which can be bought with the help of low-cost home ownership schemes. We help our residents all along the way and offer advice on both renting and buying properties.

Monmouthshire Housing Association

Monmouthshire Housing Association (MHA) Ltd was established on 21st January 2008 to receive the housing stock of Monmouthshire County Council (MCC) through a large scale voluntary transfer. The Association is a new Industrial and Provident Society (IPS), managed by a voluntary board and an executive management team.

MHA's main purpose is to provide and manage affordable homes in Monmouthshire for people who need them and to ensure all those homes meet the Welsh Housing Quality Standard and then are maintained at that standard. The Association manages and maintains around 3,600 homes and 270 leasehold properties, as well as large numbers of garages and other land around and within our estates.

Muir Group

We own and manage more than 5,500 homes across the country and provide a diverse range of housing solutions and associated services to meet the needs of existing and potential customers.

We were established in 1968 and formally registered as a housing association with the Housing Corporation (now the Homes and Communities Agency), the Registry of Friendly Societies and the National Housing Federation in 1976.

Newport City Homes

We provide homes and services to more than 10,000 residents, leaseholders and shared owners in the city of Newport. We are the largest social landlord in Newport, with 71% of the city's social housing stock. We have started to build our first homes in the city and have big ambitions for the future.

Tai Calon

Tai Calon Community Housing has more than 6,000 homes and we are the largest social housing landlord in the Blaenau Gwent County Borough. We began our life in July, 2010, after tenants of Blaenau Gwent County Borough Council voted for their homes to be transferred to a "not for profit" organisation.

Tai Calon is a community mutual organisation, a limited company and registered charity.

United Welsh

United Welsh is a registered social landlord operating under charitable rules. We are passionate about building homes, creating communities and transforming lives and we employ over 300 people.

We manage almost 6,000 homes across 11 local authorities and we have a new building programme that is worth around £21m each year.

Housing Support - Who can help?

Welsh Government Supporting People Programme

The Supporting People programme provides housing-related support to help vulnerable people to live as independently as possible.

The aims of the Supporting People Programme are:

- to help prevent and tackle homelessness.
- helping vulnerable people live as independently as possible.
- providing people with the help they need to live in their own homes, hostels, sheltered housing or other specialist housing.
- preventing problems in the first place or providing help as early as possible in order to reduce demand on other services such as health and social services.
- providing help to complement the personal or medical care that some people may need.
- ensuring quality services, which are delivered as efficiently and effectively as possible through joint working between organisations that plan and fund services and those that provide services.
- promoting equality and reducing inequalities.

Contact Details:

Blaenau Gwent Supporting People Team,
Social Services Directorate, Blaenau Gwent County Borough Council,
Anvil Court, Church Street, Abertillery NP13 1DB

☎ 01495 354681 / 01495 354683

✉ supporting.people@blaenau-gwent.gov.uk

Caerphilly Supporting People

Ty Penallta, Tredomen Park, Ystrad Mynach, Hengoed, CF82 7PG

☎ (01443) 864548

✉ supporting.people@blaenau-gwent.gov.uk

📱 Text HOUSUPPORT to: 81400

🖱 www.caerphilly.gov.uk/supportingpeople

Monmouthshire Supporting People

☎ 01633 740 730

✉ housingsupportservice2@monmouthshire.gov.uk

➤ <https://familypoint.cymru/monmouthshire/supporting-people-programme-monmouthshire/>

Newport Supporting People

☎ 01633 235201

✉ supporting.people@newport.gov.uk

➤ <http://www.newport.gov.uk/documents/Care-and-Support/Newport-Directory-of-Supporting-People-Services.pdf>

Torfaen Supporting People

☎ 01495 766949

✉ supporting.people@torfaen.gov.uk

➤ <https://www.torfaen.gov.uk/en/Housing/SupportedandShelteredHousing/Supportingpeople/Supporting-People.aspx>

Veterans' Gateway - Access to Housing Advice

The Veterans' Housing Advice service, initially provided by the Cobseo group of charities, and delivered by The Royal British Legion, Connect Assist and Shelter, has now been merged into Veterans' Gateway. The service is accessible 24/7 and supported by a resident housing specialist located at the Contact Centre.

The team aim to support veterans in finding, securing or maintaining accommodation by utilising the skills and resources of the Cobseo Housing Cluster, local authority contacts and other housing providers. Information can be accessed by telephone, email, live chat, social media, and on the website by visiting Veterans' Gateway/Self Help/Housing.

For more information, contact:

☎ 0808 802 1212 (Freephone 24/7)

✉ Via contact form

➤ **Veterans' Gateway/Self Help.** Please select housing to see all options.

Shelter Cymru

Shelter Cymru provides expert advice and support with accessing social housing. They offer assistance with applications and advice about priority need regarding your circumstances.

Contact them at:

☎ 0345 075 5005

📍 Shelter Cymru

Haig Housing

Haig Housing is the leading housing provider for ex-Service people and the strategic housing partner of Help for Heroes.

The main object of the Trust is to provide housing assistance to the Service and ex-Service community and this is delivered through various options including:

- General needs housing throughout the UK let to ex-Service people at affordable rent.
- Special needs housing to rent or part purchase through a shared ownership scheme aimed to help severely wounded and disabled Service and ex-Service people.
- Support offered includes Provision of general needs housing for rent throughout the UK. Housing advice, Property finding, negotiation, purchase advice, support and management.
- In some cases pre survey inspection and assistance with conveyance. Adaptation advice and delivery. Tailored housing solutions for individuals including adapted housing for disabled Service personnel. Shared Ownership Scheme.

Contact them at:

Alban Dobson House, Green Lane, Morden SM4 5NS

☎ 0208 685 5777

✉ enquiries@haighousing.org.uk

📍 <http://www.haighousing.org.uk>



Home for Veterans

Our Wales Homes for Veterans have been specifically created to help you overcome all kinds of crises: having served your country, sometimes the hardest part is waiting for you when you return home. Alabare will help you to gain the skills and confidence you need to move on to your own accommodation, work or training.

If you have served in the UK Armed Forces and are homeless, or you fear you could become homeless in the near future, and you are in need of support (perhaps due to depression, PTSD, ill health, unemployment, family breakdown or similar), then we may be able to help you. Whether you are of working age or 65+ we are here to offer you support.

When you move into any of our Veterans Homes, you become a part of our community support network, which you can always turn to for future advice.

- Quality accommodation.
- Key worker support.
- Signposting to health services and other agencies.
- Help accessing employment, training and voluntary work.
- Help with drug and alcohol issues.
- Move-on homes with a lower level of support as the next step towards independence.
- Volunteer befrienders ensuring continued support.

Contact them at:

- ☎ 07500 046026 Cardiff Homes for Veterans
- ☎ 01443 492976 Pontypridd Homes for Veterans
- ☎ 07813 969834 Swansea Homes for Veterans
- ☎ 07813 969834 Carmarthen Homes for Veterans
- ☎ 07500 047801 Conwy Homes for Veterans
- 📍 www.alabare.co.uk/theme/homes-for-veterans-wales



The Stoll Foundation

The Stoll Foundation provide affordable, high-quality housing and support services to over 600 people each year. Our work enables vulnerable and disabled Veterans to lead fulfilling, independent lives.

The Stoll Foundation house over 250 vulnerable and disabled Veterans across our four sites in London, as well as over 100 more every year across the UK through other housing providers. The Stoll Foundation also provide a wide range of support services and make a real difference to the lives of hundreds of ex-Service men and women.

Contact them at:

Stoll Foundation, 446 Fulham Road, London, SW6 1DT

☎ 020 7385 2110

✉ info@stoll.org.uk

🖱 www.stoll.org.uk



Solas Cymru

Our Services:

- We support people to break the cycle of homelessness.



We do this in a variety of ways:

- Accommodation Based Services in Newport, Caerphilly, Monmouthshire, Torfaen and Cardiff.
- Floating Support Services in Newport, Caerphilly, Monmouthshire, Cardiff and The Vale of Glamorgan.
- Specialist Young People's Services in Newport, Caerphilly, Monmouthshire and Torfaen.
- Alcohol and Treatment Services through our Footsteps to Recovery service in Cardiff and The Vale of Glamorgan.
- Family Support, through our Family Intervention Project and Women's Reunite Service.
- Psychology Service, our clinical psychology service provides support to people we support and staff teams across Solas services.
- Cre8 Opportunities, education, training, volunteering and Social Enterprise.
- Veteran Support in Newport.

Contact them at:

☎ 01633 664045 - Solas Cymru - Preventing Homelessness

✉ support@solas-cymru.co.uk

Forces Homes

Support to buy or rent houses for service personnel and exservicemen and women.

Support:

Forces Homes have experienced house associate mortgage advisors and solicitors who are familiar with dealing with service personnel and Long Service Advance of Pay (LSAP) or Forces Help to Buy. They arrange everything from start to finish, from your mortgage, property searches, legal work right through to completion.

- Floating Support Services in Newport, Caerphilly, Monmouthshire, Cardiff and The Vale of Glamorgan.
- Specialist Young People's Services in Newport, Caerphilly, Monmouthshire and Torfaen.
- Alcohol and Treatment Services through our Footsteps to Recovery service in Cardiff and The Vale of Glamorgan.
- Family Support, through our Family Intervention Project and Women's Reunite Service.
- Psychology Service, our clinical psychology service provides support to people we support and staff teams across Solas services.
- Cre8 Opportunities, education, training, volunteering and Social Enterprise.
- Veteran Support in Newport.

Contact them at:

Borough House Business Centre, Borough Road, Richmond, North Yorkshire, DL10 4SX

☎ 01748 821118

✉ enquiries@forceshomes.co.uk

👉 www.forceshomes.co.uk

Welsh Veterans Partnership

Welsh Veterans Partnership provides housing pathways and all round support for Veterans and their families using a **#whole_of_life_approach**

Contact them at:

Unit 12a, Greenway, Bedwas House Industrial Estate, Caerphilly, CF83 8DW

☎ 24 helpline: 07794 197 253 / 07378 639 383

👉 <http://www.welshveteranspartnership.org/index.html>

If you require our help, just call or email.
No information will be passed on to any third parties without your expressed permission.



BITE (BITE card)

A discount card which gives you discount when travelling by rail on all rail station brands.

Support

Discounts on rail station brands (i.e. station cafes) for all servicemen and women, veterans and families. Discount cards are free of charge.

Contact Details:

👉 www.bitecard.co.uk

Blue Light Card

The discount service for the Emergency Services, NHS and Armed Forces.

Support

Blue Light Card provides discounts online and on the high street through a physical Blue Light Card. Sign up for free.

Contact Details:

👉 <https://www.bluelightcard.co.uk/>

Defence Discount Service

The only official discount service for the Armed Forces and veterans community.

Support

Nationwide discounts on a wide variety of places such as car insurance, Vue cinema etc. Serving servicemen and women (including reservists) and their families can apply for a card. Veterans, cadets and bereaved families can also apply. There is a small fee for the discount card and members need to supply proof of their affiliation with the Armed Forces.

Contact Details:

👉 www.defencediscountservice.co.uk

DDS Cars

DDS Cars is an official car supplier for the Defence Discount Service, the Ministry of Defence's ONLY official discount service.

👉 <https://www.ddscars.co.uk/>

Forces Discount

Forces Discount offers companies an excellent platform to exhibit their deals, discounts and offers to the UK Armed Forces and Military communities. Forces Discount works directly with a range of businesses to bring you exclusive Military discounts for anything from your next holiday or day trip out, to a brand new car and insurance cover.

Support

Discounts are advertised on their website and must be printed for use. There is no joining fee and individuals do not receive a discount card. Discounts include Insurance, Holidays, theme parks and restaurants.

Contact Details:

✉ info@forcesdiscount.com

🖱 www.forcesdiscount.com

Holidays For Heroes (bereavement & injured veterans)

A nonprofit community support group dedicated to help relieve the pressures off service families who have been affected by injury and help the bereaved by organising everything from flights, to accommodation to provide a much needed break.

Support

Families provide Holidays for Heroes with a bit of time and they will provide you with a break away from it all. Holidays for Heroes Raise funds to cover flights, transfers, insurance, taxes and perhaps even a bit of spending money, work with the expatriate and holiday accommodation community, either gaining significant discounts or, as many do, managing their donation of a free week or three. Work with the Regimental and Corps family support and welfare officers, the Royal British Legion and Soldiers, Sailors, Airmen and Families Association to identify suitable cases, sort out the administration and generally make sure all they have to do is remember their toothbrushes.

Contact Details:

🖱 www.holidays4heroes.org

Tickets for Troops

Tickets for Troops provide free tickets to members of the Armed Forces for a variety of sporting, musical and cultural events. The service offers servicemen and women and those medically discharged from the forces since 2001, the well deserved opportunity to enjoy an event of their choice with their friends and families.

Support

Serving servicemen and women must have a valid MoD 90 (Service ID Card) and Service ID number to register and use the tickets available on this site. Additionally, if you claim a War Pension you are eligible to join.

Contact Details:

✉ info@ticketsfortroops.org.uk

🖱 www.ticketsfortroops.org.uk

Swimming

All 5 local authorities in Gwent provide free swimming during public sessions for serving member and veterans of the armed forces.

Terms and Conditions:

- Armed services serving personnel and veterans - anyone who is currently serving or has served in HM Armed Forces at any time (including National Servicemen, Regulars and Reserves).
- To register for free swimming, armed service personnel and veterans must produce a 'Defence Discount card and unique MOD ID number' or discharge papers.

WE SALUTE YOU!
Armed Forces Personnel & Veterans,
can now swim for FREE!
 Contact the Main Reception or call 01443 863072 for more details.

RYDYM YN EICH SALIWTIO!
 Gall personél y Lluoedd Arfog a hen filwyr, nawr nofio AM DDIM!
 Cysylltwch â'r Brif Fynedfa neu ffoniwch 01443 863072 am fwy o fanylion.

Caerphilly Council
 www.caerphilly.gov.uk

Part 02 > National Support >



Military Support

Royal Navy Support

Naval Families Federation (NFF)

The independent voice of the Royal Navy and Royal Marine Family. The NFF works with the Chain of Command, Service Providers and government.

Support

Information and guidance on Housing, Health & Additional Needs, Education & Childcare, Deployments. Guidance around Employment & Training.

Contact Details:

Castaway House, 311 Twyford Avenue, Portsmouth, Hampshire

 02392 654374  www.nff.org.uk

Royal Naval Benevolent Trust (RNBT)

The RNBT gives help, in cases of need, to serving and former Royal Naval ratings and Royal Marines other ranks. They also help their partners, children and some others connected with them. The beneficiaries are known collectively as The RNBT Family.

Support

Information and guidance on Housing, Health & Additional Needs, Education & Childcare, Deployments. Guidance around Employment & Training.

Contact Details:

The RNBT Headquarters Castaway House, 311 Twyford Avenue, Portsmouth

 023 9269 0112  rnbt@rnbt.org.uk  www.rnbt.org.uk

The White Ensign Association

The mission is to inform and provide guidance to all serving and former members of the Royal Navy, Royal Marines, Reserves and the dependants.

Support

Information and guidance on Housing, Health & Additional Needs, Education & Childcare, Deployments. Guidance around Employment, resettlement & Training.

Contact Details:

HMS Belfast, Tooley Street, London, SE1 2JH

☎ 020 7407 8658 ✉ office@whiteensign.co.uk 🖱 www.whiteensign.co.uk

Army

Army Benevolent Fund (ABF The Soldiers' Charity)

ABF The Soldiers' Charity are for soldiers, for life. They provide financial assistance to all soldiers and their families when in need. Even when a soldier leaves the Army they are still part of our family and eligible for help.

Support

Offers Care support and financial support. Provides guidance around careers and education.

Contact Details:

ABF The Soldiers' Charity, Mount barrow House, 620 Elizabeth Street, London, SW1W 9RB

☎ 0845 241 4820

✉ info@soldierscharity.org

🖱 www.soldierscharity.org

Army Families Federation (AFF)

The Army Families Federation (AFF) is the independent voice of Army families and works hard to improve the quality of life for Army families around the world on any aspect that is affected by the Army lifestyle. AFF is independent of the Army and offers confidential advice. We will deal with your enquiry without revealing your identity.

Support

Wales Coordinator visit serving families at the units at coffee mornings, group and events and attends local Covenant meetings. Regional Manager attend Regional Covenant Partnership meetings, Cross Party group and Armed Forces Expert Group meetings raising issues that affect serving personnel and their families living anywhere in Wales. Information and guidance around Housing, Health & Additional needs, Education & Childcare, Employment & Training.

02 National Support

Contact Details:

☎ 0752 749 2868 Wales & Borders Coordinator

✉ wales@aff.org.uk

Covering: Chepstow, Brecon, Haverfordwest, Hereford and St Athan
Annabel Ingram Regional Manager Scotland, Wales & NI

☎ 07585 333115

✉ rmscotwalesni@aff.org.uk

HIVE

The HIVE is an information network available to all members of the Service community. It serves both married and single personnel, together with their families, dependants and civilians employed by the services. Every main military base will have an allocated Hive centre.

Support

Information on relocation, local unit and civilian facilities places of interest, schools and further education, housing, healthcare facilities and information on employment and training opportunities.

Royal Navy Support

RAF Benevolent Fund

The RAF Benevolent provide a spectrum of services that range from an Airplay programme that supports children growing up on RAF stations to relationship support for RAF couples and respite breaks RAF families and veterans. They also support members of the Air Cadet Organisation (ACO) (including members of the Combined Cadet Force RAF component) if they are injured whilst on duty.

Support

Provides financial support that ranges from help with care home fees for veterans to living costs. Offers emotional support, including welfare breaks, and advice and advocacy.

Contact Details:

👉 <https://www.rafbf.org/?gclid=C06Pmsb8kcgCFWjmwgodlaAPIg>

RAF Families Federation

The RAF Families Federation is funded by the RAF but sits outside the Chain of Command as an independent organisation. They represent all RAF personnel, Regular, Reserve, single, married or in a partnership, together with your families.

Support

They provide a voice for the issues and concerns you have about life in the RAF. We also have direct access to senior RAF and Ministry of Defence staffs as well as Government Ministers.

Contact Details:

The RAF Families Federation , 1315 St Georges Road , Wittering, Peterborough, PE86DL

☎ 01780 781650 🖱 www.rafff.org.uk

Royal Air force Association

The RAF Association is committed to supporting the RAF Family, whether currently serving, or exserving, in a wide range of ways, delivering help and support where it is needed.

Support

Information and guidance around Housing, Health & Additional Needs, Education & Childcare, Employment & Training.

Contact Details:

The RAF Association, 117½ Loughborough Road, Leicester, LE4 5ND

☎ 0116 266 5224 🖱 www.rafa.org.uk

Veteran Support

Veterans Gateway

Veterans' Gateway is for any ex-service personnel and their families looking for advice or support – whatever they're dealing with. Provides the first point of contact to a network of military and non-military partner organisations to help you find exactly what you need, when you need it – whether you are in the UK or overseas.

Support covers the seven key areas:

- Housing
- Living independently
- Physical health
- Finances
- Mental wellbeing
- Employment
- Family and communities

☎ 0808 802 1212 - 24 hour helpline. 📱 Text: 81212

🖱 Veteransgateway.org.uk Live Chat available and online query form.

02 > National Support

Soldiers, Sailors & Airmen Families Association (SSAFA)

We want our Armed Forces (both Regular and Reserves), veterans and their families to know they can depend on SSAFA for support now and for the rest of their lives. Our values mean we are committed, practical and understanding.

Support

Provides guidance and support around housing, Armed forces transition support, Adoption, Additional needs and disabilities. Also provides Family support groups, Mentoring and Holidays and events for service children.

Contact Details:

The RAF Association, 117½ Loughborough Road, Leicester, LE4 5ND

☎ +44 (0) 207 463 9354 ✉ welfare@ssafa.org.uk 📍 www.ssafa.org.uk

The Royal British Legion

The Royal British Legion is the UK's leading armed forces charity and supports the whole Armed Forces community. The British Legion is the Nation's custodian of Remembrance and founder of the Poppy Appeal.

Support

Offers Emotional support, Financial support and comradeship. Also provides a live online chat service and a free of charge telephone helpline.

Contact Details:

The Royal British Legion, 199 Borough High Street, London, SE1 1AA

☎ UK: 0808 802 8080 ☎ Overseas: +44 (0)20 3376 8080

📍 www.britishlegion.org.uk

Blesma - The Limbless Veterans

Since 1932, we have been the only national Armed Forces Charity that supports limbless veterans for the duration of their lives. Blesma, The Limbless Veterans helps all serving and ex-Service men and women who have lost limbs, or lost the use of limbs or eyes, to rebuild their lives by providing rehabilitation activities and welfare support.

Contact Details:

Tom Hall, Blesma Support Officer. Providing Welfare Support to Blesma Members, their families and widows.

📍 <https://blesma.org/>

Part 03 > Useful Information >



ABF The Soldiers' Charity -

The national charity of the British Army. Here for soldiers, veterans, and their immediate families, for life.

Alabare – Homes for Veterans Wales -

Provides supported accommodation to British armed forces veterans who are homeless or at risk of becoming homeless.

Alcoholics Anonymous -

Support and advice on alcohol addiction.

Blesma -

Helps serving and ex-servicemen and women who have lost limbs, or lost the use of limbs or eyes, to rebuild their lives by providing rehabilitation activities and welfare support.

Blind Veterans UK -

Blind Veterans UK helps blind ex-service men and women lead independent and fulfilling lives.

Career Transition Partnership (CTP) -

Training courses, recruitment and career advice for service leavers undergoing resettlement.

Citizens Advice Bureau -

Free information and advice on legal, money and other related problems.

Combat Stress -

The UK's leading veterans' mental health charity.

Gamblers Anonymous -

Help for compulsive gamblers including a forum, chat room, literature and most importantly a meeting finder.

Help for Heroes -

Founded in 2007 to provide direct, practical support for wounded, injured and sick service personnel, veterans and their loved ones.

Hire a Hero -

Supports service leavers and veterans to make the successful transition into civilian life.

Jobcentre Plus -

Aims to help people of working age find employment in the UK.

Mind Cymru -

Can help if you are experiencing mental health problems or going through a difficult time in your life.

The Poppy Factory -

Supports ex-service men and women with health challenges into fulfilling employment.

RAFBF – Royal Air Force benevolent fund -

The RAF's leading welfare charity for serving and former members of the RAF, their partners and dependent children.

RFEA (the forces employment charity) -

Provides lifelong, life-changing support, jobs and training opportunities to service leavers and veterans.

Royal Air Forces Association -

A membership organisation and registered charity that provides welfare support to the RAF family.

Royal British Legion -

Lifelong support for serving men and women, veterans, and their families.

Veterans NHS Wales -

One service across Wales working to provide outpatient assessment and psychological therapy for ex-service personnel, with a service related mental health difficulty.

Veterans Welfare Service (VWS) -

Support to enable the transition from service to civilian life, assist bereaved families and respond to life events that present welfare needs.

Walking with the Wounded -

Supporting all veterans with injuries to gain skills and qualifications.

Women's Royal Naval Service Benevolent Trust -

Aims to provide relief in cases of necessity or distress among its members and their dependants. The Trust can also make grants for the education of members.

The Armed Forces Charities Portal -

Contains details of over 2,200 Armed Forces charities registered in the UK, including those that cater for the needs of Service and ex-Service personnel and their families, Armed Forces museums and heritage organisations, as well as Cadet Units and organisations. The site is relevant for anyone with an interest in Armed Forces charities, and anyone looking to find out how much and what type of support is available for potential beneficiaries.

