

Support for Veterans

List of organisations who are able to support Veterans

A veteran is defined as someone who has served for at least one day in the UK armed forces (as a regular or reservist)

Does the surgery know that you are a veteran?

Please speak to our reception team and register as a veteran today!

This Directory of services has been put together to support you and your family, or you can be asked to be referred to our Veterans champion who may be able to help you access support and advice when you need it.

Your veteran champion is Michael Pritchard (Social Prescriber)

**Royal British Legion** <https://www.britishlegion.org.uk/>

Offer a wide range of support for Veterans including:

* Telephone Buddies
* Independent Living services
* Recovery services
* Financial support including:
  + - Benefits, debt and money advice
    - Grants
    - Independent Inquest Advice
* Housing Support
* Employment Advice

Call the helpline on 0808 802 8080 8am-8pm 7 days a week.

**SSAFA (the armed forces charity)** <https://www.ssafa.org.uk>

Offer a wide range of support for veterans including:

* Joining Civvy Street
* Welfare services to the family
* Physical and emotional support to older veterans
* Welfare and benefits advice
* Support with bereavement, injury or any forms of stress
* Disability support
* Gurkha services

Call the Walsall office on 020 4566 9116

**Help for Heroes** [**www.helpforheroes.org.uk**](http://www.helpforheroes.org.uk)

Offer a wide range of support for veterans including:

* Mental health and wellbeing
* Sports and Social activities
* Welfare services
* Physical health
* Grants

Call the main office on 0300 303 9888 9am-5pm Monday to Friday

**Thistle Foundation** [**www.thistle.org.uk**](http://www.thistle.org.uk)

Offer a wide range of support for veterans including:

* Personalised support
* Lifestyle management courses
* Referring onto other organisations who can support you

Call the main office on 0131 661 3366

**Veterans Outreach Support** [**www.vosuk.org**](http://www.vosuk.org)

Offer a wide range of support for veterans including:

* Welfare support
* Wellbeing activities
* Mental health support

Call the main office on 02392 731 767

**Walsall Council** [Help for the Armed Forces Community | Walsall Council](https://go.walsall.gov.uk/people-and-communities/community-standards-and-strategies/help-armed-forces-community)

Offer a wide range of support for veterans including:

* Delivering the Armed Forces Covenant
* Armed Forces Veterans card
* Support to find housing
* Support with training and finding employment
* Discounts on leisure activities
* Legal advice

**Armed Forces and Veterans Breakfast Clubs**

Offer a supportive and friendly haven for veterans in the Walsall area.

Meet First Saturday of the month 9am onwards

Bentley Green Table Table, Bentley Road, Walsall, WS2 0WB

Telephone 01922 724485 for more details.

**The Poppy factory** [**www.poppyfactory.org**](http://www.poppyfactory.org)

Help veterans and their families on their journey towards employment.

Contact 0208 940 3305 or email [support@poppyfactory.org](mailto:support@poppyfactory.org)

Professional referrals can be made to the **Navigator service**.

The service helps veterans to improve their health, wellbeing, motivation and confidence. <https://www.poppyfactory.org/navigatorreferral/>

**The Beacon Walsall -** [The Beacon - Walsall - Drug & Alcohol Service](https://www.changegrowlive.org/the-beacon-walsall)

Support with drug and alcohol misuse and Employment support

Call 01922 669840 to speak to a worker.

**Combat Stress** [Get Help - Info 2 | Combat Stress](https://combatstress.org.uk/get-help)

24 Hour confidential mental health helpline

Tel 0800 138 1619

**Hope4U** [What we do | HOPE 4U](https://www.hope4u.co.uk/what-we-do)

Offer support with:

* Utility companies
* Money Management
* Energy efficiency
* Employability
* Benefit calculator

Contact them on 0330 320 2140

**Aquarius Gambling service -** [Adult Gambling Support Service | Have a Gambling Problem?](https://aquarius.org.uk/our-services/adult-services/gambling/)

The service supports people over the age of 18 who have a gambling addiction. They offer either one to one support or group support sessions.

Contact 0121 622 8181

**Tought Enough to Care – All veteran wellbeing project -** [All-Veteran Wellbeing Project – Tough Enough To Care](https://toughenoughtocare.help/training/all-veteran-wellbeing-project/)

Programme to support veterans with mental health and wellbeing. This includes:

* Mental helath awareness training sessions
* 12 week programme to increase emotional resilience and personal empowerment
* Regular Peer support groups
* Access to local networks of veteran ambassadors.

Registration is on the website link above.

**Albare -** [Alabaré Homes For Veterans - Supporting Homeless Veterans](https://alabare.co.uk/what-we-do/veterans/)

Albare Homes for Veterans provides supported accomodation to British Forces veterans who are homeless or at risk of homelessness. Support includes help with mental wellbeing and support accessing future employment.

Referrals can be made by calling 01722 322882

**RAF Benevolent Fund -** p[Support for RAF Personnel & Veterans | RAF Benevolent Fund](https://www.rafbf.org/get-support)

The RAF benevolent fund can support in many ways, these include:

* Financial support
* Benefits advice
* Emotional wellbeing support
* Counselling services
* Telephone friendship groups
* Care costs

Helpline number 0300 102 1919

**Army veterans -** [Veteran Support | The British Army](https://www.army.mod.uk/support-and-training/veterans/)

The Army will support veteran sin the following ways:

* Transition to civilian life – this could include:
* Lifeskills

Click on the link above to find out more information.

**RAF Families Federation -** [Support for RAF personnel and families < RAF Families Federation](https://www.raf-ff.org.uk/)

The RAF Families Federation will support the following ways:

* Housing
* Money
* Healthcare
* Employment and Training
* Education and childcare

Contact number 01780 781650

**Op Courage veterans mental health service -** [Op COURAGE | The Veterans Mental Health and Wellbeing Service](https://www.opcouragemidlands.nhs.uk/)

Op COURAGE is the veterans mental health and wellbeing service offered by the NHS. They offer specialist care and support for:

* Those due to leave the armed forces
* Reservists
* Those that have already left the forces

You can self-refer or be referred by health professionals by calling 0300 323 0137

There is also an emotional support line available on 0300 323 0139

**Associations of Wrens -** [Home - Association of Wrens](https://wrens.org.uk/)

The association of Wrens was formed in 1920 and is available to support those who wish to keep in touch with friends and colleagues from service days.

They offer Events and per group meetings.

More information can be found on the website link above.

**BLESMA – the limbless veterans -** [Vanessa Lucas | Blesma | Support Officers](https://blesma.org/get-support/blesma-support-officers/vanessa-lucas-bso/)

Support for veterans who have lost limbs.

There are local Support officers who will work with you to get the support you need.

They can be contacted on 07825536363 or by email [bsomid@blesma.org](mailto:bsomid@blesma.org)

**Blind veterans UK -** [Blind Veterans UK, Rebuilding lives after sight loss - Blind Veterans UK](https://www.blindveterans.org.uk/)

Blind veterans UK support vision impaired ex-service men and women to rebuild their lives after sight loss.

They provide the following:

* Rehabilitation
* Training
* Practical advice
* Emotional support

There is an on line application form for accessing their support.

**Fighting with Pride -** [Fighting With Pride: The LGBT+ Military Charity](https://www.fightingwithpride.org.uk/)

Fighting with pride offer support to LGBT+ veterans. They offer health and wellbeing support to the service personnel and their families.

Contact them on 0203 981 3810