

VETERANS ACTIVITY CALENDAR DECEMBER 2023

SUPPORT SERVICES		
Monday – Friday 08:30 – 16:30	Veterans First Point Lothian	V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk Facebook: Veterans First Point Lothian
Monday - Friday 10.00 - 1600	Lothians Veterans Centre	LVC 11 Eskdaill Court Dalkeith, EH22 1AG Contact: Pauline – 07443 878993, Kevin – 07745 585388, Eilidh- 07596321644 Office: 01316605537 Email: contact@lvc.scot Facebook: @LothiansVets
Monday – Friday 09.00 – 17.00	Poppyscotland Poppyscotland supports the Armed Forces community in Scotland, including serving and ex-serving personnel and their families.	Poppyscotland Telephone: 0131 550 1557/0808 802 8080 Email: info@britishlegion.org.uk Website: www.poppyscotland.org.uk
As required	Venture Trust Outdoor therapy Wellbeing Hub Employability Hub (Contact V1P for a referral)	V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh, 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk
Monday-Friday 09.00 – 17.00	Legion Scotland Veterans Community Support Service (befriending support all over Scotland to veterans living with Isolation & Loneliness)	Contact V1P for a referral or Directly Tommy Douglas – 07535642950 Email: support@legionscotland.org.uk
Monday – Friday 09.00 – 17.00	Royal Air Forces Association (Free online mental wellbeing training courses)	Royal Air Forces Association Contact: 0131 225 5221 Facebook: RAF Association Website & to Book online: https://findingittough.rafa.org.uk/
Monday-Friday 08.30 – 16.00	Royal Navy & Royal Marines Charity / Relate (Free confidential relationship and Family Support)	Royal Navy & Royal Marines Charity Contact: 023 9298 1920 Email: support@rnrmc.org.uk

Veterans Gateway: 0808 802 1212
Samaritans: 116 123

Breathing Space: 0800 83 85 87

Forcesline: 0800 260 6767
Combat Stress: 0800 138 1619

To have your events included, email veterans.enquiries@nhslothian.scot.nhs.uk

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As Required	The Royal Marines Charity Transition Support Officers Offering support to vulnerable veterans and vulnerable service leavers.	Website: Contact Us - RMA - The Royal Marines Charity (rma-trmc.org) Call: 0800 468 1664 Email: welfareteam@rma-trmc.org
As Required	SSAFA SSAFA can help provide practical, financial and emotional support for service personnel, veterans and their families.	Website: Get help SSAFA Call: 0800 260 6767
As Required	HOMELESS VETERANS PROJECT Assist Veterans who are homeless or at risk of becoming homeless.	Website: www.homelessveteransproject.org Call: Alex/Donna on 07498378563/4 Email: homelessveteransproject1945@gmail.com

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OTHER SUPPORT

<p>Online Group Every Wednesday and Sunday 19.00 – 20.30</p> <p>Face to Face Meetings Tuesdays 11.00</p>	<p>Veteran UK Smart Recovery Meeting (Alcohol, Drugs, Gambling or online shopping) Online group and Face to Face Meetings now available.</p>	<p>Veteran UK SMART Recovery Hub 11, St Andrews Street Dalkeith EH22 1AL Contact: 07498923309 Email: johnnya@smartrecovery.org.uk</p> <p>Tuesdays meeting - Whitefoord House, 61 Canongate, Edinburgh, EH8 8BS</p>
<p>Monday to Friday 9.00am – 5.00pm</p>	<p>Defence Medical Welfare Services</p> <p>Providing support to any member of the veterans' community currently in hospital and due to be discharged back to the community. Can assist with appropriate adaptations to the home, housing and supported onward referral.</p>	<p>Defence Medical Welfare Services Tel: 07789982621 Email: loth.veteransdmws@nhslothian.scot.nhs.uk</p>
<p>Everyday (working day)</p>	<p>Who Dares Cares</p> <p>The aim of our charity is to help support our Armed Forces, Emergency Services and Veterans including their Families and Dependants who are suffering from Post Traumatic Stress Disorder (PTSD)</p>	<p>Website: Who Dares Cares Email: wdc@who-dares-cares.com Facebook: Who Dares Cares Twitter: who_dares_cares LinkedIn: Who Dares Cares Instagram: whodarescares</p>
<p>Everyday (working day)</p>	<p>Fares 4 Free</p> <p>Providing transportation to access essential services and support people attending everyday events which reduce loneliness and isolation.</p>	<p>Fares 4 Free www.Fares4free.org Contact: 01412666000 Facebook: Fares4Free</p>
<p>Anytime</p>	<p>Supporting Wounded Veterans Pain Management, Mentoring and mental health support available.</p>	<p>Supporting Wounded Veterans To register for a course please click the link below and apply online www.supportingwoundedveterans.com</p>

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Monday – Friday 09.00 – 17.00	Armed Services Advice Project (ASAP) The service is free, independent, impartial and confidential.	Citizens Advice - Armed Services Advice Project Edinburgh, Lothians and Borders Contact: 07857 145903 Email: asap@CABWestLothian.casonline.org.uk or ASAP@cas.org.uk Website: www.adviceasap.org.uk National line to find local Citizens Advice Bureau – 0800 028 1456
As required	Housing Options Scotland Homeless Options Scotland Complete the “get help” form online.	The Melting Pot 15 Calton Road Edinburgh EH8 8DL https://housingoptionsscotland.org.uk Phone: 0131 510 1567
Fortnightly 10.00 – 15.00	Armed Services Advice Project (ASAP) Clinic Please contact V1P to make an appointment.	V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk
Fortnightly 10.00 – 12.00	Veterans UK Clinic Please contact V1P to make an appointment.	V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk
Self Referral	The Forces Employment Charity The Forces Employment Charity provides life-long, life-changing support, job opportunities, and training to Service leavers, veterans, reservists and their families, regardless of circumstances, rank, length of service, or reason for leaving..	The Forces Employment Charity Tel: 0121 262 3058 Website: https://www.forcesemployment.org.uk
Anytime	Chris’s House Centre for Help, Response and Intervention Surrounding Suicide	Chris’s House 4A Newmills road, Dalkeith, Mid Lothian EH22 1DU Email: info@chrisshouse.org Telephone: 01313571671 Facebook: chrisshouse.org
As Required	Fighting with pride FWP is a ‘lived experience’ LGBT+ charity, supporting those seeking help and a resource for those who seek to help them.	Website: www.fightingwithpride.org.uk Twitter: @fightingwpride Facebook: @fightingwithpride email: dougie.morgan@fightingwithpride.org.uk

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As Required	Solicitors for the Armed Forces Community (Scotland) Help to veterans with any legal enquiries.	Contact: Lesley Stewart, Solicitor (former WRNS/RN) Email: SFAFCS@outlook.com or Call: 07905 798016
Anytime	Veterans Housing Scotland Veterans homes across the country https://www.vhscot.org.uk/applicant/	Veterans Housing Scotland To see if you meet the criteria contact 0131 557 1188 admin@vhscot.org.uk
Monday-Friday 09.00 – 17.00	Rock 2 Recovery (one to one coaching for veterans and affected family)	Contact V1P for a referral or Email: support@rock2recovery.co.uk Tel: 01395 220 072
Anytime	SACRO - Veterans Mentoring Service Veterans in or at risk of becoming involved in the criminal justice system	Email veterans@sacro.org.uk Point of Contact is Andy Gray.
As Required	Forces Children Scotland We are passionate about supporting children and young people from serving, reservist and veteran families across Scotland to realise their potential and thrive. It's something we have been doing for over two-hundred years.	Forces Children Scotland 15 Hill Street, Edinburgh, EH2 3JP https://forceschildrenscotland.org.uk Tel: 01313227350 Email: admin@forceschildrenscotland.org.uk Twitter: @forceschildscot Facebook: Forces Children Scotland
As Required	Shared Parenting Scotland For us, shared parenting is where parents who live apart share the care and responsibilities for their children as equally as possible. Shared parenting takes a flexible, child-centred approach where the child's welfare and wellbeing are central to parenting.	Shared Parenting Scotland 10 Palmerston Place, Edinburgh, EH12 5AA Telephone: 0131 557 2440 Email: info@sharedparenting.scot
Self Referral	Veterans Tribe Scotland Use many forms of creativity and wellbeing in there events and activities, helping Veterans and their family members maintain good mental and physical health and wellness	Veterans Tribe Scotland Website: www.veterantribescotland.co.uk

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As Required	<p>Change Mental Health</p> <p>We support and work with everyone, from those who are having a difficult time with their mental health to those who struggle to access services for a range of reasons. We work with people who experience significant mental health issues or illness such as schizophrenia or experience psychosis, and in hard-to-reach rural areas across Scotland.</p>	<p>Change Mental Health</p> <p>6 Newington Business Centre, Dalkeith Road Mews, Edinburgh, EH16 5GA Information Line: 0300 323 1545 Office Number: 0131 662 4359 Website: www.supportinmindscotland.org.uk Email: info@supportinmindscotland.org.uk Twitter: @suppinmindscot</p>
Monday to Friday 0900 - 1630	<p>Help for Heroes</p> <p>Help for Heroes is the leading Armed Forces and veterans' charity in the UK. With your support, we can help our veterans and their families live well after service.</p>	<p>Website https://www.helpforheroes.org.uk/ E-mail GetSupport@helpforheroes.org.uk Twitter @HelpforHeroes / Twitter</p>
As Required	<p>Veterans Chaplaincy Scotland</p> <p>"A proactive service providing pastoral care to our veterans and their families promoting hope, healing and acceptance."</p>	<p>Call: 07521 63 88 48 Email: vcs@wpcscotland.co.uk</p>
As Required	<p>CAPS Veteran Advocacy</p> <p>CAPS Independent Advocacy is bringing together veterans interested in using their shared experiences to improve the services offered to military veterans and their families in Scotland.</p>	<p>For more information, contact: Email: jessica@capsadvocacy.org</p>

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ONLINE ACTIVITIES		
Anytime	HeadFIT For Life (HeadFIT is a mental health support website)	HeadFIT HTTPS://HEADFIT.ORG/HOME/
Times and dates vary. Contact or see website for more information	Photography Fitness & Yoga 1-2-1 Singing Sessions Art Class Guitar Lessons Theatre Development Workshop	Soldiers' Arts Academy Email: info@soldiersartsacademy.com Facebook: Soldiers' Arts Academy CIC
Anytime	Wellbeing Lothian Information and tools to help with mental health and wellbeing.	Wellbeing Lothian www.wellbeinglothian.scot
Contact for more information	Wellbeing Coaching Lifestyle Management Course Mindfulness Physical Activity Support	Thistle Foundation 13 Queens Walk, Edinburgh, EH16 4EA Contact: Ross Grieve Email: referrals@thistle.org.uk
Allocated when you sign up.	Comradeship Circles (Connect with a group of other armed forces veterans through a weekly phone call. Veterans aged 50+ or their partners)	Age Scotland To sign up or find out more information Telephone: 0800 12 44 222 Email: veteransproject@agescotland.org.uk
Anytime	Reading Force FREE books and scrapbooks to families with children and grandchildren aged 0-18. Have fun sharing stories!	Reading Force https://www.readingforce.org.uk/join-reading-force/ (To apply please click the link above)
Anytime	Togetherall "Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing."	Veterans can register for free at https://togetherall.com

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ACTIVITIES		
Specific times and dates vary contact for more information	Stand Easy Productions / Hidden Route (Free Drama Project suitable for Veterans and their families)	Stand Easy Productions Website: https://www.standeasyproductions.org/ Email: markstandeasyproductions@gmail.com Facebook: Stand Easy Productions
Weekly	Edinburgh Veterans Walking Support Group (Walk and Talk in the Pentland Hills, 2 hours, finish with a Brew)	Edinburgh Veterans Walking / Support Group Contact: Marc Hutton – 07954702906 Email: marchutton86@gmail.com Facebook: Edinburgh (Veterans) Walking / Support Group
This will be discussed with you once you have been referred in.	HorseBack UK (is a charity set up to empower service personnel & Veterans suffering from life-changing injuries and PTSD, and to aid them on their road to recovery)	HorseBack UK For further information or to apply for a course please contact Emma – emma@horseback.org.uk
Times and dates vary. Contact or see website for more information	Forces Of Nature “Family friendly activities run alongside our established gardening project”	Forces Of Nature InfoForcesOfNature@sacro.org.uk Facebook: @sacroForcesOfNature
Last Sunday of every Month	Who Dares Cares West Lothian Walk, Talk & Brew The Walk, Talk & Brew coordinator will meet with a group of people who maybe just want to clear their head, but have the support of our volunteers there to listen and offer advice. Check Facebook Group for Events.	Who Dares Cares Contact: George Ross Mobile: 07387299521 Email: wdc@who-dares-cares.com Facebook Group: Walk_Talk_Brew Twitter: Walk_Talk_Brew
The 2 nd and 4 th Friday of every Month	Veterans Archery Between 11am to 3pm No charge	Archers Hall 66 Buccleuch Street, Edinburgh, EH8 9LR Contact V1P for referral

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BREAKFAST AND SOCIAL ACTIVITIES		
First Saturday of the month Next – 2nd 10.00 for 10.15	East Lothian Veterans Breakfast Club £5	The Prestoungrange Gothenburg, 227-229 High Street, Prestonpans, East Lothian, EH32 9BE Facebook: East Lothian Veterans Breakfast Club
See facebook for any changes to regular dates and times	Midlothian Veterans Breakfast Club £5	Elginhaugh Farm 9 Gilmerton Road, Lasswade, EH18 1AZ Facebook: Midlothian Armed Forces & Veterans Breakfast Club
Saturday 16 th December 3pm till 5pm	Christmas Lunch/Dinner with Raffle and Entertainment.	Mid Yoken 75 Craigmount Brae Edinburgh EH12 8XF Contact: Gary Louttit 07876 356605 Facebook: Edinburgh Armed Forces & Veterans Breakfast Club
Wednesday & Thursday 2pm till 3:30pm	Veterans Catch Up Come for a brew and a catch up pre-booking is mandatory	V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk
Times and dates vary. Contact or see Facebook for more information	Lothians Veterans Centre Drop In Service Over 50's Social Club Bacon roll mornings – (Fridays 1030-1200)	LVC 11 Eskdail Court Dalkeith, EH22 1AG Contact: Pauline – 07443 878993, Kevin – 07745 585388, Eilidh- 07596321644 Office: 01316605537 Email: contact@lvc.scot Facebook: @LothiansVets
Mondays 1030 - 1230	MUSSELBURGH AND DISTRICT VETERANS (Drop in Group). Time to talk and support each other. Free tea, coffee and biscuits. All veterans, families and carers welcome.	The Hollies Hub, 183 High Street, Musselburgh (fully Disabled access).For enquiries call Karl Cleghorn Phone: 07977 544194
Wednesdays 1800-2100	Veterans Community Cafe "By veterans for veterans" Food and cakes available at no cost.	Stafford Centre 103 Broughton Street, Edinburgh, EH1 3RZ Contact: Joe Sangster 07780614470
Second Saturday of the Month Next – 9th 0900 - 1130	Livingston Veterans Breakfast Club £5	Chain Runner, Almondvale Way, Livingston, West Lothian, EH54 6GA Phone: George Ross 07387299521 Email: livingstonafvbc@gmail.com

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<p>Fighting with pride Drop In Tuesday 6th February 2pm – 4pm Contact V1P to book</p>	<p>Fighting with pride Come for a brew and a catch up. FWP is a 'lived experience' LGBT+ charity, supporting those seeking help and a resource for those who seek to help them.</p>	<p>Website: www.fightingwithpride.org.uk Twitter: @fightingwpride Facebook: @fightingwithpride email: dougie.morgan@fightingwithpride.org.uk</p>
<p>Monday 29th January 1:30pm till 3pm Contact V1P to book</p>	<p>V1P Lothian Veteran's Women's Drop-in. Come for a brew and a catch up.</p>	<p>V1P Lothian First floor, Rothesay Wing, Erskine Edinburgh 468 Gilmerton Road, Edinburgh, EH17 7SA Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk</p>
<p>Lothian Veterans Centre Tuesday 19th December 6pm till 8pm</p>	<p>Men's NAAFI Break Tea/Coffee and fill rolls provided. For more info contact LVC</p>	<p>LVC 11 Eskdail Court Dalkeith, EH22 1AG Contact: Pauline – 07443 878993, Kevin – 07745 585388, Eilidh- 07596321644 Office: 01316605537 Email: contact@lvc.scot Facebook: @LothiansVets</p>

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FREE DOWNLOADABLE APPS		
	Mood Coach	Mood Coach is an app for Veterans, Service members and others to learn and practice behavioural activation
	PTSD Coach	PTSD Coach app provides you with education about PTSD. It was designed for those who have or may have Post Traumatic Stress Disorder.
	Samaritans Veterans	Samaritans Veterans app, Out to You, provides UK, Military Service Leavers and Veterans with Emotional health and well-being information, guidance and resources. Out to You is designed to give you the tools to identify and navigate the emotional health challenges experienced when transitioning out of the military and in your life beyond the forces.
	Happify	Happify is a science based activities and games app which can help you overcome negative thoughts, stress and life's challenges.
	Self-Help for Anxiety Management	Self-Help for Anxiety Management (SAM) is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.
	Mind Shift	Mind Shift is a totally free based anxiety tool which uses proven strategies based on Cognitive Behavioural Therapy (CBT).
	Calm	Calm app is for Sleep, Meditation and Relaxation. It is also the perfect mindfulness app for beginners but includes programmes for intermediate and advanced users.
	Headspace	Headspace is your guide to everyday mindfulness in just a few minutes a day.

Veteran's Women's Drop-in



Monday 29th January

1:30pm – 3:00pm

Please note this is a safe, supportive space for female Veteran's of HM Armed Forces to come together as a community. It is available to Veteran's registered at Veterans First Point. If you are not registered, but would like to find out more - this is the perfect opportunity to come along.

Hope to see you soon...

FIGHTING WITH PRIDE

Drop-in

Tuesday 6th February 2024

2pm – 4pm



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