

VETERANS ACTIVITY CALENDAR NOVEMBER 2021

TELEPHONE SUPPORT		
Monday – Friday 09.00 – 17.00	Veterans First Point Lothian	V1P Lothian Argyle House, Floor K Lady Lawson Street Edinburgh EH3 9DR 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, Alison – 07741 195878 & Ian – 07501 237404 Office: 01316605537 Email: contact@lvc.scot Facebook: @LothiansVets
Monday – Friday 09.00 – 17.00	Poppy Scotland Welfare Team	Poppy Scotland Welfare Team Telephone: 0131 550 1557 Email: gethelp@poppyscotland.org.uk
Monday – Friday 09.00 – 17.00	Royal Air Forces Association (Free online mental wellbeing training courses)	Royal Air Forces Association Contact: 0800 018 2361 Facebook: RAF Association Website & to Book online: https://findingittough.rafa.org.uk/
As required	Venture Trust Outdoor therapy Wellbeing Hub Employability Hub (Contact V1P for a referral)	V1P Lothian Argyle House, Floor K Lady Lawson Street Edinburgh EH3 9DR Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk
Monday-Friday 09.00 – 17.00 hrs	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 Sally Orr Ewing – 013122 1062 Email: support@legionscotland.org.uk
Monday-Friday 09.00 – 17.00 hrs	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

Veterans Gateway: 0808 802 1212
Soldiers off the Street: 01698 427195

Breathing Space: 0800 83 85 87

Forcesline: 0800 731 4880
Combat Stress: 0800 138 1619

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OTHER SUPPORT		
Monday-Friday 08.30 – 16.30 hrs	Royal Navy & Royal Marines Charity / Relate (Free confidential relationship and Family Support)	Royal Navy & Royal Marines Charity Contact: 023 9387 1568 Email: support@rnrmc.org.uk
Online Group Every Wednesday and Sunday 19.00 – 20.30 Face to Face Meetings Tuesdays 11.00	Veteran UK Smart Recovery Meeting (Alcohol, Drugs, Gambling or online shopping) Online group and Face to Face Meetings now available.	Veteran UK SMART Recovery Hub 11, St Andrews Street Dalkeith EH22 1AL Contact: 07498923309 Email: johnnya@smartrecovery.org.uk Tuesdays meeting - Whiteford House, 61 Canongate, Edinburgh, EH8 8BS
Anytime	Supporting Wounded Veterans Pain Management, Mentoring and mental health support available.	Supporting Wounded Veterans To register for a course please click the link below and apply online www.supportingwoundedveterans.com
Anytime	Veterans Housing Scotland Veterans homes across the country https://www.vhscot.org.uk/applicants/	Veterans Housing Scotland To see if you meet the criteria contact 0131 557 1188 admin@vhscot.org.uk
Everyday (working day)	Who Dares Cares (Welfare packages)	Who Dares Cares Email: whodarescares@gmail.com Facebook: Who Dares Cares
Everyday	Fares 4 Free (pick up prescriptions & deliver shopping / welfare packages)	Fares 4 Free Contact: David Gibson – 07708299399 Facebook: Fares4Free

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Monday – Friday 09.00 – 17.00	Armed Services Advice Project (ASAP) (The service is free, independent, impartial and confidential.)	Armed Services Advice Project - ASAP Contact the national helpline on 0808 800 1007 Or CAB West Lothian on 01506 432977 or 07857 145903 Email: WES-Enquiries@CABWestLothian.casonline.org.uk or ASAP@cas.org.uk Our website https://www.cabwestlothian.org.uk/ For more info on the service visit: www.adviceasap.org.uk
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 247 1400
Fortnightly 13.00 – 17.00 (Telephone Appointment only)	Citizens Advice Bureau Clinic Please contact V1P to make an appointment.	V1P Lothian Argyle House, Floor K Lady Lawson Street, Edinburgh EH3 9DR Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk
Monday – Friday 09.00 – 17.00	Poppy Scotland / SAMH Partnership Employ-Able Programme (Help to look for employment, training, education and voluntary opportunities).	Poppy Scotland / SAMH Partnership 23 Lauriston Street Edinburgh EH3 9DQ Email: gethelp@poppyscotland.org.uk Telephone: 0131 550 1557
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
Anytime	Anonymind Free online service that helps those with gambling addictions or veterans with their mental health. Online access to self help support as well as psychologists and therapists.	Anonymind Call: 0333 939 8321 Email: hello@anonymind.com https://anonymind.com/veterans

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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	The Thistle Centre 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)

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OUTDOOR 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
Saturday 6th Nov 1230 for 1300	Off you Poppy Meet at (Scots guards club) to go out for a few hours and collect for Poppy Scotland. Stay afterwards for a chat and laugh.	Confirm attendance by emailing offyoupoppy2021@gmail.com
Contact or see website for more information	Tab For Remembrance 7th November 2021 - 10am, Vogrie Park - “we hold a short remembrance and 2 min silence at the war memorial to remember the Fallen followed by a Tab”	Who Dares Cares Email: whodarescares@gmail.com Facebook: Who Dares Cares
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

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BREAKFAST AND SOCIAL ACTIVITIES		
First Saturday of the Month Next- 6th 9.30 for 10.00	East Lothian Veterans Breakfast Club £5	The Prestoungrange Gothenburg, 227-229 High Street, Prestonpans, East Lothian, EH32 9BE Facebook: East Lothian Veterans Breakfast Club
Third Saturday of the Month Next- 20th 9.30 for 10.00	Midlothian Veterans Breakfast Club £5	Elginhaugh Farm 9 Gilmerton Road, Lasswade, EH18 1AZ Facebook: Midlothian Armed Forces & Veterans Breakfast Club
Last Saturday of the Month Next- 27th 9.30 for 10.00	Edinburgh Veterans Breakfast Club £5	Westgate Farm 55 Southgyle Broadway EH12 9LR Contact: Gary Louttit 07876 356605 Facebook: Edinburgh Armed Forces & Veterans Breakfast Club
Times and dates vary. Contact for more information	Veterans Catch Up Come for a brew and a catch up at V1P Lothian Limited places available - Pre booking is mandatory	V1P Lothian Argyle House, Floor K, Lady Lawson Street, Edinburgh, EH3 9DR Tel: 0131 220 9920 Email: veterans.enquiries@nhslothian.scot.nhs.uk
Times and dates vary. Contact or see Facebook for more information	Lothian Veterans Centre Drop In Service Bacon roll mornings Walking groups Over 50's Social Club	LVC 11 Eskdail Court Dalkeith EH22 1AG Contact: Pauline – 07443 878993, Alison – 07741 195878 & Ian – 07501 237404 Office: 01316605537 Email: contact@lvc.scot Facebook: @LothiansVets
Mondays 1100 - 1400	Musselburgh Athletics Veterans Drop in Cafe Time to talk and support each other. Free tea, coffee and biscuits. All veterans, families and carers welcome. (pick up available if necessary)	Musselburgh athletics Veterans Drop in Cafe Olivebank Stadium, 102a Market Street, Musselburgh, EH21 6QA For enquiries call Rab Conquer Phone: 07778521519

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<p>Wednesdays 1800-2100</p>	<p>Veterans Community Cafe</p> <p>“By veterans for veterans” Food and cakes from Greggs available at no cost.</p>	<p>Stafford Centre</p> <p>103 Broughton Street, Edinburgh, EH1 3RZ Contact: Joe Sangster 07780614470</p>
<p>Both venues 09.00 – 09.45 hrs Continental Breakfast</p>	<p>Veterans Chaplaincy Scotland Invites you to a VETERANS’ BREAKFAST</p> <p>Gather together with fellow veterans. Meet the Veterans Chaplaincy Scotland team. Hear about the great range of support available to us all. And enjoy a free breakfast!!!</p>	<p>RSVP give the names and numbers of those attending to: Email: VCS@wpccotland.co.uk Text: 0771 254 2518</p> <p>Wednesday 24th November, St George’s Tron Church, 163 Buchanan Street, Glasgow, G1 2JX</p> <p>Saturday 27th November, St Cuthberts Church, 5 Lothian Road, Edinburgh, EH1 2EP</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.

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