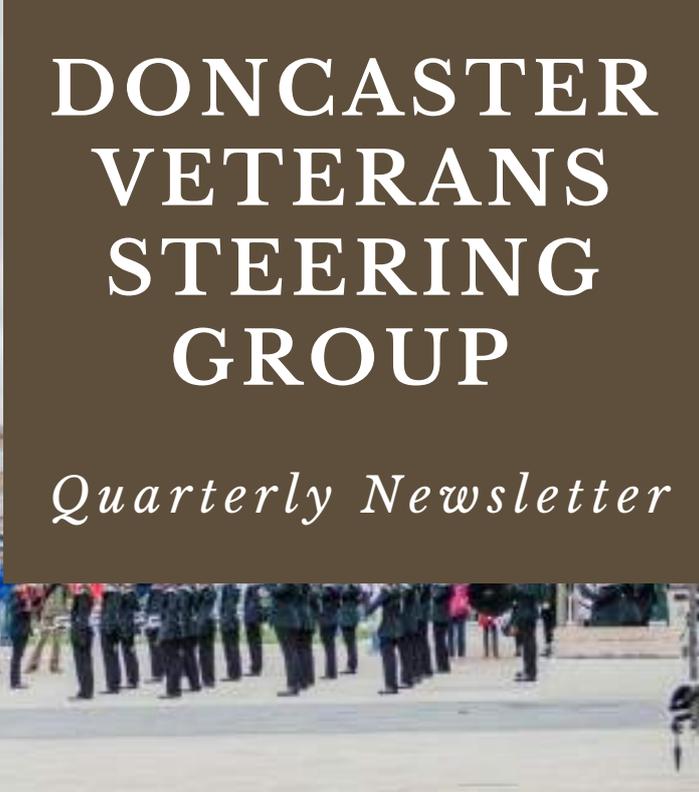


DONCASTER VETERANS STEERING GROUP

Quarterly Newsletter



Inside the Issue



SUPPORT IN THE LOCAL COMMUNITY

During this uncertain time, charities and services have had to adapt to the current situation and in many cases slightly alter their support offers. It is important to know that support is always available to our veteran and armed forces community. See inside for messages from charities and services around how they are helping veterans during COVID.

VE DAY 75 IN DONCASTER

Communities from across Doncaster celebrated this year's VE Day, which marked its 75th anniversary. There were social distancing garden parties and the streets were decorated with bunting, it was still very much a day to remember.

HELP 4 HOMELESS VETERANS - QUEENS AWARD

A group of ex-military volunteers based in South Yorkshire have been honoured with the Queen's Award for Voluntary Service, equivalent to the MBE, the highest award a voluntary group can receive in the UK.



ARMED FORCES DAY IN DONCASTER THIS JUNE

Armed Forces Day is a chance to show your support for the men and women who make up the Armed Forces community: from currently serving troops to Service families, veterans and cadets. There are many ways for people, communities and organisations across the country to show their support and get involved.

For more information on how to get involved please visit: <https://www.armedforcesday.org.uk/get-involved>

ARMED FORCES DAY - JUNE 27TH

Armed Forces Day is coming up soon and as we all know, celebrations this year will be very different. There will not be any town centre parties or large gatherings; however, this does not mean that we cannot celebrate in our own way.

Doncaster council will host a virtual armed forces celebration where there will be messages from key people and entertainment. There are still lots of different ways you can celebrate from home.

IDEAS FOR ARMED FORCES DAY:

- A themed BBQ with bunting
- A social distancing dance
- Afternoon Tea from home
- Dress up!
- Get online, and join in the virtual fun

For resources and ideas please visit <https://www.armedforcesday.org.uk/get-involved/events-toolkits-resources/>



Doncaster & Thorne Division - *What we are doing*

The SSAFA Drop-in and Information Centre in Priory Walk remains closed. However, we are still active in Doncaster & Thorne and across South Yorkshire during COVID19. If you are a member of the Forces, Reserves, a Veteran or their family and need help. Visit: <https://www.ssafa.org.uk/get-help/>
Call: 0800 731 4880

SSAFA AND AGE UK - *Doncaster Stands by our Veterans.*



This project is free to former members of the Armed Forces or their spouse. SSAFA working with Age UK Doncaster has secured funding to support forces veterans over the next six months.

Our main aim is to ensure that you and your family:

- are kept safe,
- have appropriate support, for example, collecting medication, undertaking shopping,
- are not feeling as if you have no one to talk to, and
- providing one off assistance



Age UK:
01302 812345



SSAFA:
01302 855518

Many individuals over the past few weeks have been shielding or self-isolating to stay safe and this has often led to a feeling of being disconnected with what is happening locally. It may also be the case that you are encountering financial hardship and between SSAFA and Age UK Doncaster we may be able to help.

This project is here to alleviate some of the difficulties we are all enduring and to ensure that you are keeping as well as possible. It may be you would just appreciate a chat every other week or it may be some practical assistance is required. Whatever the issue we encourage you to get in touch with either of the two contacts below who will then be able to discuss any of your needs further and agree a way forward.

Royal British legion - *Telephone Buddy Service*



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This service is free and can be accessed by Doncaster Residents



A group of Royal British Legion members in Yorkshire are taking part in a Telephone Buddy scheme set up by the charity to tackle loneliness and isolation during the Covid-19 pandemic. The volunteers are helping to lift the spirits of isolated and vulnerable people by keeping them connected to their community.

One of the volunteers is former Army Staff Sergeant Dennis Woollons, who turns 94 this June. Dennis, President of the Willerby Kirk Ella & Anlaby Branch of the RBL, said: “I’ve been involved with the Legion and the Poppy Appeal for almost 25 years. When I heard about the buddy scheme I realised that I was perhaps one of the lucky ones able to cope with the situation, but there might be people who would benefit from contact with someone with possibly similar life experiences, so I decided to give it ago.” Dennis has been in contact with two D-Day veterans in Yorkshire, both in their 90s. He said: “We talk about our service, of course, but also football, rugby league, the weather and we put the world to rights - we all get something out of it. They enjoy talking to somebody from their own era with similar experiences to them.

The Legion’s Area Manager for Yorkshire, Debbie Harding, said: “The Covid-19 outbreak has created new challenges for those dealing with social isolation and those challenges have increased significantly over the last few weeks. But being at the heart of local communities, the Legion is providing support to so many people during this difficult time, reaching out through our incredible network of members, branches, staff and volunteers.” Through our branch network, many of our members and volunteers have been trained to be telephone buddies, and our network is helping to keep individuals and communities connected during this pandemic.

To access the Telephone Buddy scheme call 0808 802 8080



Doncaster Council Communities Team - *Why 'Asking The Question' makes all the difference*

A Stronger Families Communities Officer within the DMBC Communities Team became aware of a family in Rossington who were struggling to make ends meet during the COVID19 pandemic.

The officer was asked by the family's clinical pharmacist if there was anything the communities team could do to help the family. The renowned 'can do attitude' of this team once again shone through as the officers took on the case without hesitation. The officer contacted the family and one of the first questions asked was 'have you ever served in Her Majesty's Armed Forces?' once this question was asked it was as if a barrier had been broken. It turns out that the Mum in the house had served 5 years in the Army. This of course meant that she and the family were eligible for assistance from the forces charities to help them get out of the financial difficulty they found themselves in, the officer assisted in the process which made it much easier. The Mum's service also meant that she could apply for a veteran's badge and be entitled to discounted DCLT tickets. The officer continues to work with and support the family through DMBC's stronger families programme.

This proves how important asking the veterans questions is to everyone who comes into contact with residents. Without asking the question, the family would still be struggling. The Communities Team continues to provide a vital service in supporting the vulnerable residents of Doncaster through this uncertain time.



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"I cant thank you enough for what you have done for me"

"knowing that someone understands what it is like to have served makes all the difference"

Quote from a DMBC Communities client

March 2020

Your Life Doncaster - Support for our Armed Forces Community

Don't forget to visit Your Life Doncaster for information, advice and guidance along with local support.

It contains info on local drop in sessions, local and national discounts, key support services, health, housing, education, employment and wellbeing .



Issue 02

Guest Column

PROSTATE CANCER AWARENESS- *Carolyn Williams, DMBC Public Health*

On the 27 January 2020 news broke that there were 49,029 diagnoses of prostate cancer in 2018, meaning prostate cancer overtakes breast cancer as the most common cancer in England

THE HIGHEST EVER RECORDED - WITH 7,828 MORE MEN DIAGNOSED (A 19% INCREASE) DETECTING PROSTATE CANCER EARLIER IS CRUCIAL TO SAVING LIVES

PROSTATE CANCER

- 1 in 8 Men in the UK, will get prostate cancer at some point in their lives.
- 1 in 4 Black Men in the UK will get prostate cancer at some point in their lives
- Prostate cancer has been increasing over the last 10 years
- Prostate cancer is more common in older men
- It is rare in men under the age of 50 but can happen

IMPORTANT TO RECOGNISE THE EARLY SIGNS & SYMPTOMS

- Passing urine more often-You might find you need to empty your bladder more than normal during the day.
- You might notice that you're getting up more than normal in the night to empty your bladder
- Difficulty passing urine
- Weaker flow
- Not being able to completely empty your bladder.
- Straining when starting to empty your bladder (Any continued change in passing urine that is not normal for you)

URGENCY

- You might often have a sudden strong urge to empty your bladder.
- Leak a little after passing urine.
- You may have blood in your urine or semen (this is rare)

Even if you have any of these symptoms, this does NOT mean you have prostate cancer as they can also be Symptoms of other prostate conditions

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"We want more men to talk about cancer and ask for support if they need it. Macmillan can offer support by phone, online or in person. Whether you need emotional support, help with money worries or just want to talk, help is right there for you."

NEED TO KNOW MORE, THE FOLLOWING WEBSITES OFFER INFORMATION AND SUPPORT.

<https://orchid-cancer.org.uk/>
<https://prostatecanceruk.org/>
<https://www.macmillan.org.uk/>
<https://www.cancerresearchuk.org/>

Doncaster's Macmillan Cancer Information and Support Service based at RDaSH is also available to give you support. Staff are available 9 – 4pm Monday to Friday. There is a telephone answerphone which is available and you will receive a reply within 1 working day. Helpdesk Number is 01302 796 853.

TALKING ABOUT CANCER AND EARLY DIAGNOSIS CAN SAVE LIVES.

Royal British Legion- *What we are doing*

The Royal British Legion is working hard throughout this pandemic to ensure that our vital services and support remain available to the Armed Forces community. We provide information, advice and support on a range of issues including:

Housing, benefits, debt and money management, financial assistance for household items, mobility equipment, funeral costs etc support accessing statutory services and much more.

The Legion's contact centre remains fully operational to support the Armed Forces community and can be reached on 0808 802 8080 (8am-8pm, seven days a week), at info@britishlegion.org.uk or via webchat on our website www.britishlegion.org.uk/about-us/who-we-are/get-in-touch

The Legion also continues to operate the Veterans' Gateway, along with a network of Armed Forces organisations. Veterans' Gateway supports veterans and their families cross a range of issues including housing, employment and finances.



Advisers are available 24 hours a day, seven days a week, on 0808 802 1212 or through www.veteransgateway.org.uk



VE DAY 75 IN DONCASTER -HOW DONCASTER CELEBRATED

Residents of Doncaster took to their front gardens and decorated the streets with bunting to celebrate VE Day with picnics, dancing, and social distancing street parties. Windows were dressed with flags and decorations and wartime music could be heard playing in every village. To see some incredible pictures of the day check out www.doncasterfreepress.co.uk



HELP 4 HOMELESS VETERANS RECEIVES THE QUEEN'S AWARD FOR VOLUNTARY SERVICE 2020.

H4HV work throughout England and Wales helping former members of HM Armed Forces facing homelessness. They are one of 230 charities, social enterprises and voluntary groups, but only one of two in South Yorkshire to receive the prestigious award this year. The number of nominations has increased year on year since the awards were introduced in 2002, showing that the voluntary sector is thriving and full of innovative ideas to make life better for those around them. The Queen's Award for Voluntary Service aims to recognise outstanding work by volunteer groups to benefit their local communities. It was created in 2002 to celebrate the Queen's Golden Jubilee. Recipients are announced each year on 2nd June, the anniversary of the Queen's Coronation. Award winners this year are wonderfully diverse. They include volunteer groups from across the UK, including a community shop in Cornwall, an environmental group in Swansea, a group working with refugees and vulnerable people in Stirling and a thriving community arts centre in County Down. Representatives of HELP 4 HOMELESS VETERAN received the award from Andrew Coombe Lord Lieutenant of South Yorkshire this summer. Two volunteers from HELP 4 HOMELESS VETERANS were due to attend a garden party at Buckingham Palace in May 21, along with other recipients of this year's Award.



"This represents the amazing work carried out over a number of years of volunteers past and present enabling the charity staff to support almost 600 veterans facing homelessness to date."

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"We are a small but highly effective charity specialising in helping homeless ex Service personnel, our work has been recognized by other awards but this one makes us all so proud of our work, it pays tribute to all the hard work and commitment of our team of volunteers over a number of years."

Steve Bentham-Bates the charity's CEO



The Queen's Award
for Voluntary Service



Sheffield Mind - *Keeping Families in Mind*



Keeping Families in Mind is continuing to support families of serving personnel in South Yorkshire during Covid-19. However we are now offering telephone and online therapy rather than face-to-face therapy. Our face-to-face therapy will resume once we can ensure that it is safe for our therapists and clients. Additionally our peer support group is now being offered via our Facebook page. We currently have a creative writing group for families of serving personnel and veterans and will be creating new support groups during the next couple of months so please follow our Facebook and twitter page for updates.

Additionally we have recently received funding from the Armed Forces Covenant to expand our service to families of veterans in South Yorkshire. We are accepting referrals for telephone and online therapy via email and telephone. Please contact us to check if you are eligible for the service. There is currently a short waiting time for those wanting therapy from our Keeping Families in Mind service. However we have seen a large increase in referrals due to expanding our service and the covid-19 pandemic.

Lastly, during the Covid-19 lockdown we are offering a Listening Ear service for veterans. Please note that this is not a therapy service. It offers short term emotional support, with anxieties relating to the coronavirus pandemic and the current lockdown regulations. Contact us for more information.

KPhone: 0114 258 4489
Email:
Therapy@sheffieldmind.co.uk
Facebook:
<https://www.facebook.com/keepingfamiliesinmind/>
Twitter:
<https://twitter.com/KFiMSheffMind>
Website:
<https://www.sheffieldmind.co.uk/keeping-families-in-mind>

LET US KNOW YOUR THOUGHTS

We are keen to get your feedback on the content of these newsletters.

If you have any ideas for future issues or questions on anything included, please contact by either email or telephone.



ArmedForcesCovenant@doncaster.gov.uk



Emily Finch: 01302 737087



Follow @WBDoncaster on Twitter
Follow Doncaster Armed Forces on Facebook

March 2020



A Message From...

**CLLR PAUL WRAY -
DONCASTER COUNCIL
ARMED FORCES
CHAMPION**

Hi, I am Councillor Paul Wray and this is my second time writing for the Doncaster Armed Forces and Veterans Steering Group Newsletter. As I said last time, having served in the Royal Navy for 14 years, I understand some of the problems serving and ex serving personnel can experience. This is a very uncertain time and has proven difficult for many. It is important that partners and public alike are aware of the ongoing commitment the Doncaster Armed Forces Steering Group has for our local veterans and armed forces community. Within this newsletter you will see updates on the support offers our local charities and partnering services have and hopefully you will get an insight into the wonderful work still continuing through the COVID period. I am proud to be part of such a vibrant and ever-growing group of individuals and services all committed to doing the best for the Armed Forces community of Doncaster.



Issue 02