



SUPPORTING MILITARY VETERANS AND THEIR FAMILIES IN CORNWALL



Veterans Regroup Newsletter 4 | February 2022

Welcome to our Veterans Regroup newsletter for veterans, serving personnel, reservist and their families. Find out what we're doing and how we can help you.

Hi everyone, here's our monthly round-up. We are pleased to tell you about a couple of new projects we're offering to veterans in Cornwall (see our 'What's On' section below). Please note spaces are limited. We can also offer assistance with a range of compensation schemes and benefits.

Compensation Schemes and benefits to help veterans

Here are some of the benefits and compensation schemes we can assist veterans to claim.

War Pension Scheme (WPS)

Compensates for any injury, illness or death which was caused by service before 6 April 2005.

<https://www.gov.uk/guidance/war-pension-scheme-wps>

Armed Forces Compensation Scheme (AFCS)

Compensates for any injury, illness or death which was caused by service on or after 6th April 2005.

<https://www.gov.uk/guidance/armed-forces-independence-payment-afip>

Armed Forces Independence Payment (AFIP)

Compensates if you were seriously injured on or after 6th April 2005 and you were given a Guaranteed Income Payment (GIP) of 50% or more.

<https://www.gov.uk/claim-for-injury-received-while-serving/armed-forces-independence-payment-afip>

Personal Independence Payment (PIP)

Can help with extra living costs if you have both a long-term physical or mental health condition or disability; and difficulty doing certain everyday tasks.

<https://www.gov.uk/pip>

WHAT'S ON



Veterans Mentoring Service

We are currently providing one-to-one mentoring, group training and peer support to military veterans up to the age of 24 years. We will support you with the day to day life in civvy street and the difficulties some service personnel experience during their transition. What we can do is help you to understand your finances and identify opportunities in education, training and employment going forward.



HOLISTIC FOOD PROJECT FOR VETERANS

Are you a veteran living in Cornwall?
Are you ready to make healthy choices?

WHAT'S ON OFFER?

- Coastal foraging & cooking sessions
- Learn about nutrition
- Advice from a medical herbalist and pharmacist
- Try a new, healthy & balanced diet
- Plan & budget for healthy meals
- Meet other veterans.

To find out more, contact Jane on 07760 214254 or email jane@smartsavings.org.uk smartsavings.org.uk/veterans-support



ARE YOU A CORNWALL BASED, UNEMPLOYED VETERAN SEEKING ACCESS TO TRAINING AND VOLUNTEERING?

Free Money Adviser Training and Voluntary Opportunities

Learn how to support other veterans and local residents with budgeting, benefit calculations and debt assessments. We offer virtual and face-to-face training, one-to-one mentoring and voluntary opportunities.

Smart Savings CIC is regulated by the Financial Conduct Authority.

To find out more, contact Jane on 07760 214254 or email jane@smartsavings.org.uk www.smartsavings.org.uk



Financial support for veterans in Cornwall

Our one-to-one money advice services are delivered by FCA-accredited money advisers. We can provide advice on welfare benefits, military compensation, grants, budgeting and debt management.



Veteran's outdoor wellbeing group

Run by veterans, we offer a monthly outdoor wellbeing session for veterans in some quiet woodland in West Cornwall so why not come along for a chat, some banter over a wet or brew. Also, thanks to the kind donations from Rowe's Bakery, we can also offer some Cornish delicacies to eat there or take



Virtual Veteran Drop-in

Led by veterans, Veterans Regroup provides an informal and relaxed veteran drop-in on the last Tuesday of each month to provide social interaction and holistic welfare support.



Family Forest and beach schools

Join us on Friday mornings for our family forest and beach school sessions, led by experienced early years teachers, primary school teachers and forest school leaders. Fully funded and free snack is provided for the children.

All Call Signs

<https://allcallsigns.org/>

ASDIC

<https://www.asdic.org.uk/member-directory/>

Battling On

<https://www.battling-on.com>

CRCC

<https://cornwallrcc.org.uk/projects>

Defence Discount Service

<https://www.defencediscountservice.co.uk>

NINE S.H.I.P.S Veterans Project

<https://ror.services/NINES.H.I.P.SVeteransProject>

Plymouth Veterans and Family Hub

<https://www.improvinglivesplymouth.org.uk/veterans-and-family-hub>

RFEA (Project Nova)

<https://www.rfea.org.uk/our-programmes-partnerships/project-nova/>

Rock2Recovery

<https://rock2recovery.co.uk>

Royal British Legion

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

Veterans Gateway

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

Veterans: NHS mental health services

<https://www.nhs.uk/nhs-services/armed-forces-and-veterans-healthcare/veterans-nhs-mental-health-services/>

Veterans Railcard

<https://www.veterans-railcard.co.uk>

