



Delivered in Partnership with
MK & Bedford Borough Council
and funded by AFCT Strengthening
the Armed Forces Covenant Grant.

Tuesday 17 May 2022

0915 – 1630

**The Ridgeway Centre,
Featherstone Rd, Wolverton Mill,
Milton Keynes MK12 5TH**

**THE ARMED FORCES
COVENANT FUND TRUST**



WELCOME

- ✓ INTRODUCTIONS
- ✓ HOUSEKEEPING
- ✓ PROGRAMME
- ✓ BREAKS



THE ARMED FORCES COVENANT FUND TRUST

**Funded by the
Armed Forces
Covenant Trust**

**Places
Pathways
People
Programme**

**South East
Programme
Lead is Veterans
Outreach
Support**

**Eastern
Programme
Lead is Bridge
for Heroes**

**Midlands
Programme
Lead is Defence
Medical Welfare
Service**



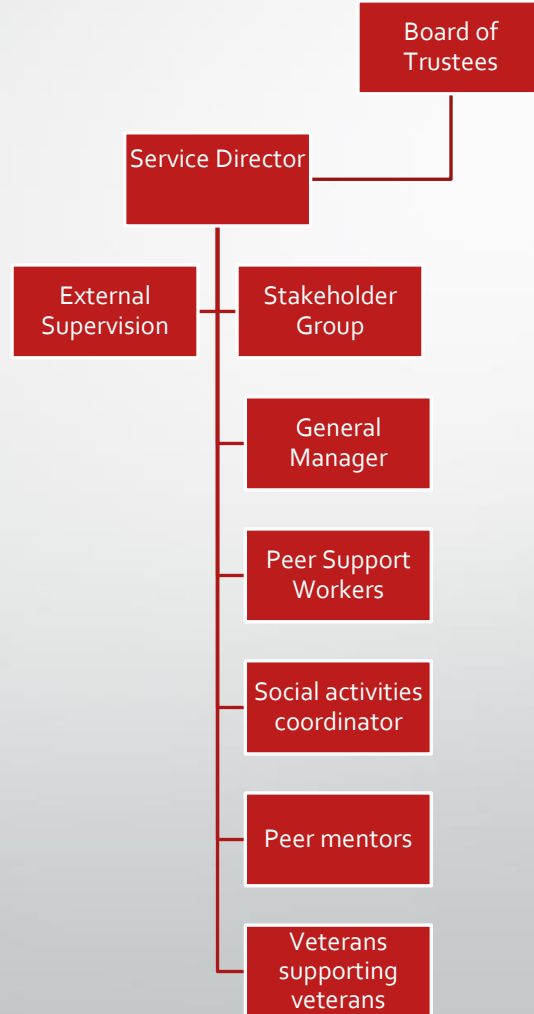
PROUDLY
SUPPORTING
THOSE WHO
SERVE.



EMPLOYER RECOGNITION SCHEME

SILVER AWARD 2021
Proudly serving those who serve.

Our Governance



What is Peer Mentoring?

- Has Military Service in common
- Understand comradeship/ the military family & identity
- Are uniquely placed to help other veterans

experience of a significant life event

developed skills to help them cope, adjust, recover and thrive

willing to share this knowledge or 'lived experience'

stable in their own recovery (if been through treatment)

through offering informal support, act as 'beacons' of recovery

inspire and motivate others to seek help

Peer Support/Mentor Training OCN Accredited



- Assessments
- Case Management Recording
- Active listening
- Substance awareness
- Confidentiality /data protection
- Boundaries
- Safeguarding
- Enhanced DBS
- Supervision
- + 2 day veteran mental health first aid

CO-PRODUCTION MODEL

VETERANS / RESERVISTS / FAMILY
MEMBERS AT THE **HEART** OF ALL WE
DO:

- Supported by:
 - Stake Holder Groups
 - Board of Trustees



What is our AIM?

To Be:

- Aspirational
- Inspirational
- Motivational

Through Co-Production and Veteran Peer Mentoring

VCN's
'One Stop Shop' model ensures
there is never a
'Wrong Front Door'
engaging with treatment &
support

We NEVER just Signpost !

THE ARMED FORCES
COVENANT FUND TRUST

Blind Veterans UK
Rebuilding lives after sight loss

Blesma
THE LIMBLESS VETERANS

FAMILIES OF MILITARY SUICIDE
For the Fallen

PROJECT NOVA
IN PARTNERSHIP WITH
WALKING WITH THE WOUNDED | RFEA

MKODONS
SPORT & EDUCATION TRUST
SET
MMIV

Hounds for Heroes



Buckinghamshire
FIRE & RESCUE SERVICE
we save lives

RFEA | THE FORCES
EMPLOYMENT
CHARITY

THE POPPY
FACTORY
getting you back to work

CAMPAIGN
FORCE
STAND UP. SERVE AGAIN.

afvbc
ARMED FORCES & VETERANS
BREAKFAST CLUBS

THE DEFENCE GARDENS SCHEME
DGS
PEOPLE, PLACE AND PURPOSE



OUR
PARTNERS

Forces
CONNECT
TOGETHER
WE STAY CONNECTED
ARMED FORCES
COVENANT

thewarriorprogramme

ROYAL BRITISH LEGION

ssafa
Lifelong support
for our Forces
and their families

Veterans
UK

Department
for Work &
Pensions

OpCOURAGE
Specialist care and support for Service leavers,
reservists, veterans and their families
www.nhs.uk/opcourage

NHS
The Veterans Mental Health
and Wellbeing Service

NHS
FIGHTING WITH
PRIDE

SCOTT'S LITTLE SOLDIERS
Help their children smile

MK
milton keynes council

The Forces' Motorsport Charity
MISSION
MOTORSPORT
RACE | RETRAIN | RECOVER



BLUE LIGHT HUB

Partnership with Bucks Fire & Op Courage

First Thursday of the Month

1000 – 1300 in Milton Keynes

12 Years in the RAF

The Story of Francis O'Connell

TINA GRIFFITHS

Francis O'Connell was born in Kingston upon Thames and as a boy he always loved aeroplanes and wanted to join the RAF. Having joined as a boy entrant, he completed 18 months training at RAF Hereford and passed out in 1961.

Francis served in the RAF for 12 years. On completion of his training, his first posting was to RAF Marham, in Norfolk, where he spent 2 years working in the radio bays filling out paperwork for the black boxes.

He was then posted to RAF Khormaksar in Aden in April 1963 where he was responsible for guarding aircraft including the Beverly, the Hawker Hunter, FJ9's, Mark 6's and the Varsity aircraft (also known as The Flying Pig!)

Whilst stationed in Aden, one of the local volunteers, a Major, lobbed a grenade into a cinema. Thankfully he mistimed it, as the show was just finishing, and the audience had begun to get up and leave, so although many were injured, there were no fatalities.

In 1964, Francis was awarded the **Campaign Service Medal 1962** Radfan, South Arabia, for service on



(Picture above: Francis photographed second row, second to the left).

Francis also spent time at Biggin Hill working in the Quarters Recruitment Programme.

During his time in the RAF, Francis played scrum half for an RAF rugby team, (he wasn't heavy enough for a forward!) and he was also a member of an RAF hockey team! Asked which he preferred, he said hockey!

Francis was discharged in February 1973 and when I last went to visit him, he had found his RAF Certificate of Service, which he proudly showed me.



Francis moved to Milton Keynes in 1982 and since he left the RAF has worked for the AA in an admin role, for the CAA based in London for 6 years, and before he retired, he worked as a partner, here in Milton Keynes

Virtual Tea & Banter Every Tuesday & Thursday Afternoon

Feeling lonely? In need of some social interaction? Want to meet new people?



VCN hold two weekly "Virtual Tea & Banter" sessions, via Zoom, every Tuesday and Thursday afternoon offering the opportunity to meet and chat to new people and make new friends.

Our sessions are very informal, and our activities include talks on various subjects (some by members of the group).

Recent topics have included:

- The War Graves in France
- Astrology
- Mental Health Awareness
- The hobby of Photography
- The National Caribbean Monument Charity
- The Guernsey Occupation

Our activities also include picture, music, and general quizzes, as well as games such as Catch Phrase, Tension and A-Z (name 26 items in a certain category, one for each letter of the alphabet!)

Why not join us for a bit of banter in the comfort of your own home?

Just use the links below to join in the fun.

Topic: VCN MK/Bedford **Tuesday** Virtual Tea & Banter (VTB) 14.00 hrs

Follow us on



@VETSCOMNETWORK



Veteran Community
Network (VCN) Beds MK,
Northants

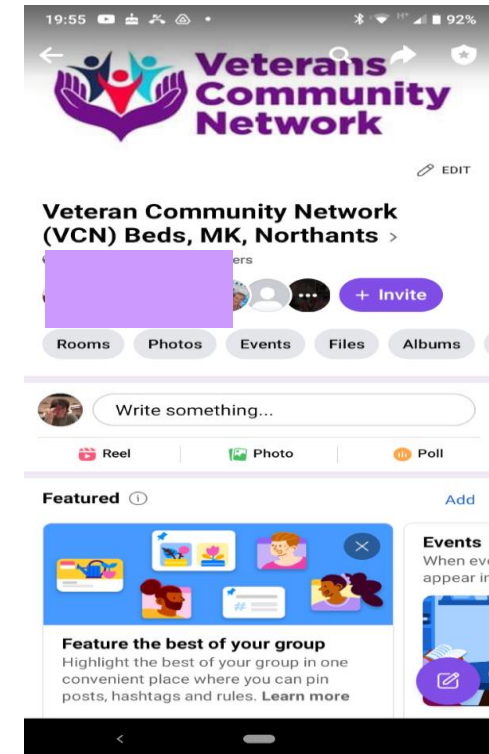


Veterans Community
Network VCN

www.vcn.org.uk



WELCOME TO THE
VETERANS
COMMUNITY



How to make a referral

- Use the Contact Form on vcn.org.uk
- We need:
 - Name
 - Contact details
 - Reason for referral
 - Documented signed consent