



**Veterans
Community
Network**

Sharing Good Practice & Innovation supporting our Veteran Community

■
Presentation by Tina Griffiths

17th May 2021



TINA GRIFFITHS

Social Activities Co-ordinator

Joined VCN in February 2021

- Virtual Tea & Banter
- Monthly Drop-ins
- Bedford Brunch
- Annual Garden Party and Xmas Fayre
- One to Ones with Veterans
- Co-ordinating Veterans Helping Veterans activities

Virtual Tea & Banter



Sue Sims

Include
Guest
Speakers



Rhett Parkinson

Tuesdays
14.00 to 16.00



Brian Bloom

Thursdays
14.30 to 16.30

Virtual Tea & Banter



Phil Kino
The Lord Mayor's Show

Tuesdays
14.00 to 16.00

Veterans talking
about their own
personal
experiences

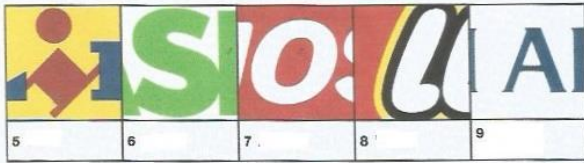
Mike Newington
Crew Chief on 55 Squadron



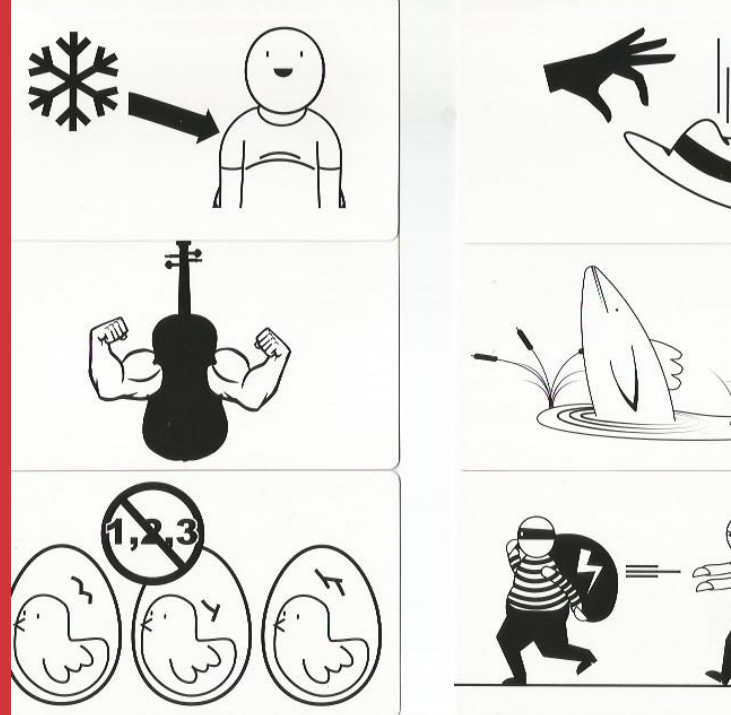
Malc Channing
Yeoman of the Queen's Bodyguard

Thursdays
14.30 to 16.30

Virtual Tea & Banter



Quizzes & Games



Spot the difference!



Conference presentation

A to Z game

Catch Phrase

Working with MK Dons SET



First face to face
drop in at
Stadium MK
in September
2021



Working with
MK Dons SET
(Sports &
Education Trust)



Tour of Stadium
MK

BEDFORD DROP - IN



14.00 – 15.30

Introduced in
October 2021
Held the third
Tuesday of the
month



North End Club
Bedford

Bedford Brunch



Introduced 2nd
October 2021
Held on the first
Saturday of the
month



10.30 – 12.00



North End Club
Bedford

MK DROP - IN



Introduced 17th
March 2022
Held on the third
Thursday of the
month



14.30 – 16.00



Ousebank House
Newport Pagnell

Annual Garden Party



First MK Garden
Party at Roskin
Court, Newport
Pagnell
held on 24th July
2021



If you are willing to
bake and donate a
cake for this year's
events, please let me
know.



2022 Garden Party
Dates
Bedford 9th July
Milton Keynes 23rd
July

Christmas Fayre



The Bedford Christmas Fayre raised £110 from the sale of handmade Christmas crafts and decorations.



Christmas Fayre
North End Club
Bedford
16th November 2021



Christmas Fayre
Ousebank House
Newport Pagnell
2nd December 2021

Case Study 1

Meet Francis!

I met Francis in April 2021

He's a 79 year old RAF Veteran

Served for 14 years between 1959
and 1973.

Francis had no gas supply to his
property and had no hot water or
heating.





His back garden was full of rubbish



**and so
overgrown
you could
barely see
the shed
which was
falling
apart!**

Veterans helping Veterans



Volunteers from the Veteran community arrived to clear the rubbish and cut back the hedging and trees



Thankfully the weather was warm and dry!



June 2021



AFTER!



RAFA agreed to pay for a skip but the driveway was so overgrown it had to be cleared before the skip could be delivered!

Veterans helping Veterans



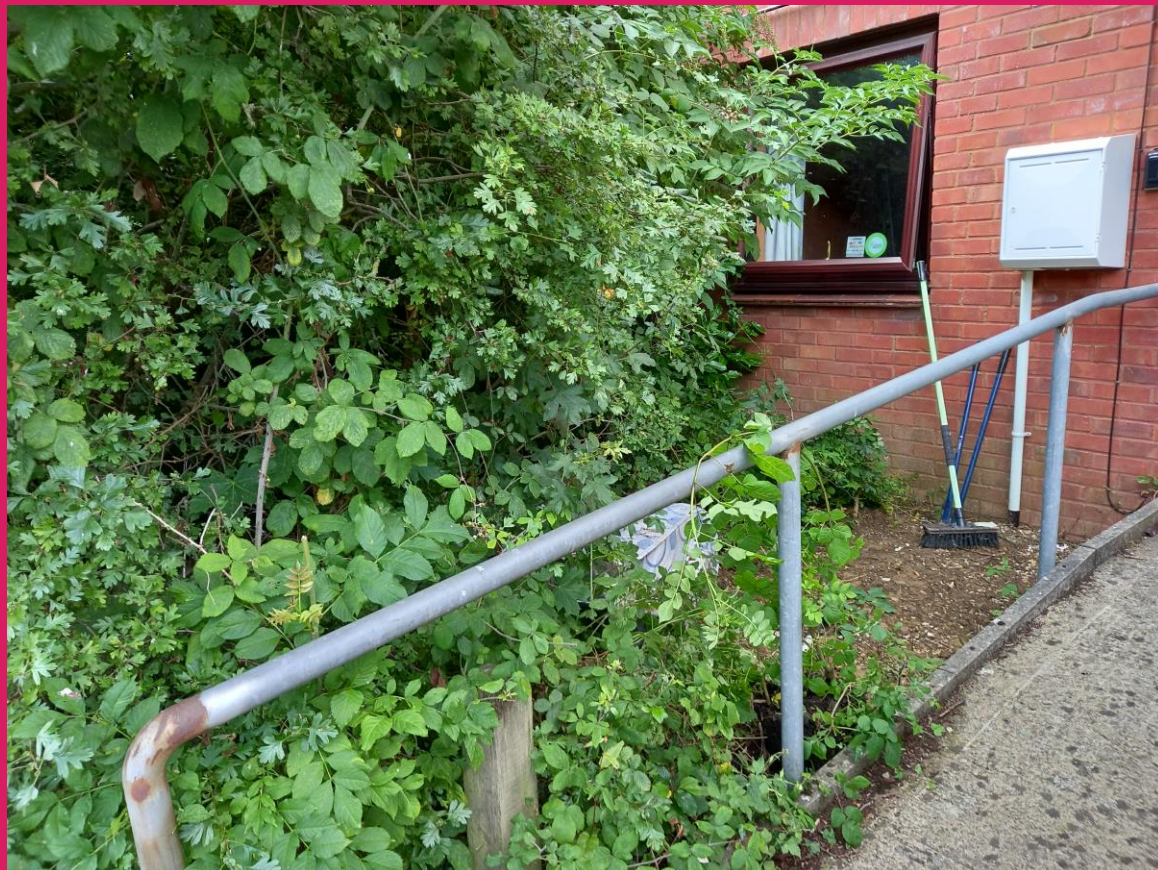
Finally the skip arrived



Volunteers returned to dismantle the dilapidated shed and load the rubbish into the skip



But little did we know what we would find hiding underneath!



We even returned to cut back the front garden which was equally overgrown!



RAFA agreed to pay for a new boiler and to replace an old rusty radiator.



**Francis at the
MK Dons Covid
Vaccination
Centre where I
took him to have
his 4th Covid
Booster**



Francis looking great after I took him for his first haircut since before Covid!

Case Study 2

Meet Arthur!

I met Arthur in September 2021

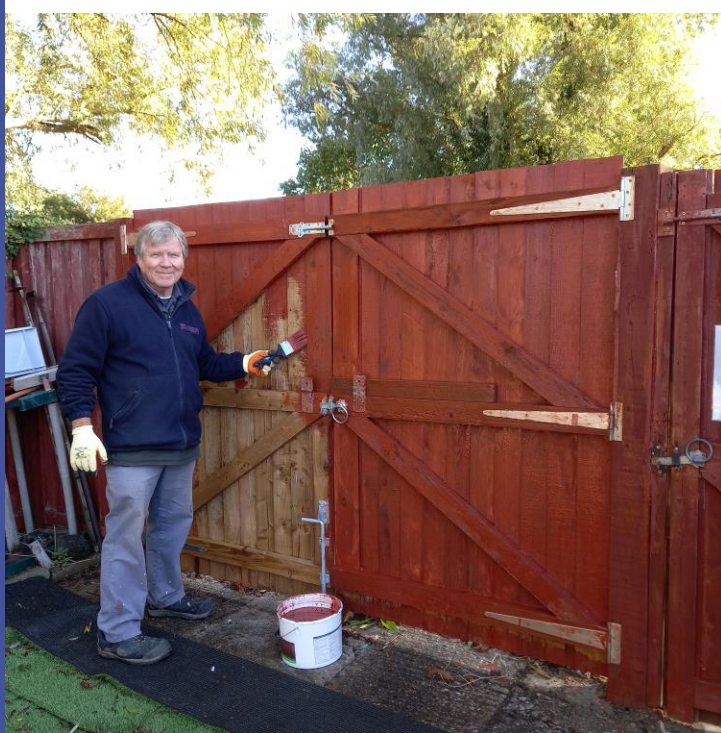
Arthur is 90 years old and did two years National Service with the Royal Army Medical Corp





Arthur's fencing and shed were badly in need of painting

Veterans helping Veterans



Veteran Colin
volunteered to help



He spent 3 days
painting Arthur's
fencing, shed and
gate, transforming
his garden



October 2021

When Arthur was poorly I went to visit him and took him a selection of CD's of choral and organ music

When he was better I asked Arthur to play the organ for me. He hadn't played for years but gamely pulled out some hymn music and started to play whilst I sang along, or at least tried to!





It is satisfying to know that the work I do for VCN makes such a difference to vulnerable Veterans. I'd like to thank those Veterans who have volunteered their time to help me make it happen.

That concludes my presentation.
Thank you!

Tina Griffiths