

SOCIAL ACTIVITIES

The Veterans Community Hub holds weekly coffee mornings at the Hub from 10am to 12pm on a Wednesday.

Hull East Breakfast Club, welcomes veterans and their families from 9.30am every Saturday morning at the Lambwath, Sutton Road.

West Hull Breakfast Club meets up from 10am every 1st and 3rd Sunday at the Marquis of Granby, Hessle.

Andy's Man Club meets every Monday at 7pm at the Airco Business Lounge.

SPORTING ACTIVITIES

Tonic Cards - which will allow veterans to receive discounts at Hull Culture and Leisure sports facilities. Contact the Veteran Community Hub for more information.

Hull FC Community Foundation, Hull Kingston Rovers Community Trust and **Hull Tigers Trust** welcome veterans and their families and provide a range of fitness and social activities which you can get involved in. Contact the Veteran Community Hub for more information.

TOGETHER WE ARE WORKING TO SUPPORT OUR LOCAL ARMED FORCES COMMUNITY

The Armed Forces Community Hub
The Octagon, Walker St, Hull HU3 2RA
Tel. 01482 485958

Hull East Breakfast Club
https://afvbc.com/club/hull_east_armed_forces_veterans_breakfast_club

West Hull Breakfast Club
<https://www.afvbc.net/clubs/west-hull/>

Hull FC Community Foundation
<http://www.hullfc.com/club/community/hull-fc-foundation>

Hull Kingston Rovers Community
<https://www.hullkr.co.uk/community-trust/>

Hull Tigers Trust
<https://www.tigerstrust.co.uk/>

Combat Stress
Tel. 01292561350
Email. OutreachNorth@CombatStress.org.uk

Veterans' Mental Health TIL's Service
Tel. 01482 335479
Email. HNF TR.veteransoutreachservice@nhs.net

Hull & East Yorkshire Mind
Wellington House, 108 Beverley Rd, Hull
Tel. 01482 240200
Email. info@heimind.org.uk



HULL ARMED FORCES & VETERANS CHARTER

Supporting our Armed Forces, our Veterans, and our Armed Forces Community



HEALTH & WELLBEING RELATED SUPPORT

We recognise the importance of providing our veterans with specialist quality health and wellbeing services.

Additional leaflets available

- ▶ Welfare, Support & Financial Advice
- ▶ Housing
- ▶ Employment and Skills

This leaflet gives you information about support and guidance available for Veterans, their immediate families, and for people leaving the Armed Forces.

WHERE TO GO IF ARE SEEKING HELP OR ADVICE?

The Armed Forces Community Hub

Open from 9am to 4.00pm the Hub works in partnership with Hull City Council and a number of Armed Forces Community led organisations.

The Hub provides support for welfare, mental health, homelessness, pension's, money advice, activity afternoons and much more.

This Leaflet has been produced on behalf of Hull's Armed Forces Forum

"WORKING TOGETHER TO SUPPORT OUR LOCAL ARMED FORCES COMMUNITY"

MENTAL HEALTH

Combat Stress

Provide treatment to former servicemen and women with trauma-related mental health problems such as anxiety, depression and post-traumatic stress disorder (PTSD).

Combat Stress 24-hour Helpline tel.
0800 1381619

NHS Veterans Mental Health Transition, Intervention and Liaison Service (TIL's)

Provide access to early treatment and support, as well as therapeutic treatment for mental health difficulties and psychological trauma. Help is also available, where appropriate, with employment, reduction in alcohol consumption, housing and social support.

Hull and East Yorkshire Mind

Provide a range of one to one, or group therapy support for people of all ages, including children and young people experiencing mental health problems.

Help for Heroes Hidden Wounds

Support is available for veterans, their families and the families who are serving.

Let's Talk

Provide a range depression & anxiety support services in Hull including links to urgent help.

Web. <http://www.letstalkhull.co.uk/>

Crisis Resolution

Do you feel at breaking point or that you may harm yourself or others?

Tel. 01482 301701

Email. hnf-tr.rapidresponseservice@nhs.net

OTHER HEALTH AND WELL-BEING SUPPORT

Blind Veterans

Supports anyone who has served who is now living with significant sight loss

Web. <https://www.blindveterans.org.uk/>

BLESMA (The Limbless Veterans)

Help all service personnel who have lost limbs, the use of limbs or eyes, to rebuild their lives.

Web. <https://blesma.org/>

Hull Domestic Abuse Partnership

The Hull DAP team are a group of professionals who work together to provide a support service for victims/survivors of domestic abuse

Web. <http://www.hulldap.co.uk/>