

Armed Forces Covenant across Gwent

The Covenant is a promise from the nation ensuring that those who serve and have served in the Armed Forces and their families are treated fairly.

Forces Families Jobs is all set for launch

Forces Families Jobs is an exciting new employment and training platform specifically designed to support service families into meaningful employment and provide opportunities for training and development.

It's being delivered by a tri-Service partnership between the Naval Families Federation (NFF), Army Families Federation (AFF) and Royal Air Force Families Federation (RAF). The aim of the project is to create a platform that bridges the gaps between spouses, partners and family members of current serving personnel, those organisations who have signed the Armed Forces Covenant and those organisations who offer training and development opportunities. There is also access to careers information.

Who can use it?

- Any organisation that has signed the Covenant can advertise their job opportunities free of charge.
- Training providers who are offering training or career opportunities without charge and training companies who are offering a discount specifically for armed forces families.
- Spouses, partners and family members of current regular and reserve personnel.
- Spouses, partners, and family members of service personnel who have left the armed forces within the last 12 months.
- Bereaved spouses, partners and family members for up to two years.

Promoting the Covenant

For employers to be able to advertise on the site, they will have to be Armed Forces Covenant signatories. The advantage of this is that partners, spouses and family members can be reassured that the employers are aware of the challenges presented by the military lifestyle, won't discriminate against them because of this and are committed to supporting this community.



Caroline Woodward of RAF-FF, Lucy Heaver of NFF and Laura Lewin of AFF

About the site

The site has been designed to be easy to use and it's mobile friendly. Jobseekers can register to create an account, upload or build a CV, create job alerts and search for jobs. The site will go live on 17 September 2019 at www.forcesfamiliesjobs.co.uk

For more information, contact: help@forcesfamiliesjobs.co.uk

Armed Forces Covenant Training

The WLGA, with funding from the Covenant Fund, commissioned Cardiff and Vale College to produce an Armed Forces Covenant training package. The package consists of a face-to-face training resource together with an e-learning resource. Both resources are aimed at local authority elected members and staff and seek to raise awareness and understanding of the Covenant.

<http://www.covenantwales.wales/e-learning/>

If you would like bespoke training for your department please contact Lisa Rawlings - Regional Armed Forces Covenant Officer: rawlil@caerphilly.gov.uk 01443 864447.

Updates from your local authority

Blaenau Gwent

Tredegar Town Council has now hosted ten annual Armed Forces Day events, the occasion when the whole community comes along to say thank you to the brave men and women who defend our country.

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. The public show their support for the Armed Forces on Armed Forces Day, but did you know the Armed Forces Covenant outlines how the Government, businesses and communities support Armed Forces personnel past and present throughout the year? Although there is a great amount of support for the Covenant from those who are signed up, only 24 per cent of businesses have actually heard of it.



Find out more at

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

Caerphilly

Unanimous support for Armed Forces Guaranteed Interview Scheme

Armed Forces service leavers, reservists, veterans and their spouses are to be guaranteed interviews for Caerphilly County Borough Council vacancies, providing they meet the essential criteria for the role, in the latest move by the council to demonstrate its support for the Armed Forces community.

Cabinet Members) unanimously endorsed the proposal, which will also see the council work with the Career Transition Partnership, a no cost recruitment service for organisations seeking highly motivated and experienced veterans who are leaving the Armed Forces, when recruiting.

Cllr Colin Gordon, Cabinet Member for Corporate Services said, "We know the majority of service leavers settle back into civilian life effectively, using the wide variety of skills developed through their time in the Armed Forces to have successful careers after leaving the services, but sadly this isn't always the case. As a council, and as a proud signatory of the Armed Forces Covenant, we are keen to reaffirm our commitment and support for the Armed Forces community, and implementing the Guaranteed Interview Scheme, where the essential criteria for council vacancies are met, is one way we're able to do this".

There are currently estimated to be 385,000 members of the Armed Forces community in Wales – equating to around 12% of the population. 14,700 people left the UK Regular Armed Forces in 2018 and it's estimated that around 3,000 settled in Wales.

Cllr Andrew Whitcombe, the council's Armed Forces Champion added, "The Guaranteed Interview Scheme demonstrates a real show of support for the Armed Forces community, and honours the spirit of the Armed Forces Covenant, which Caerphilly signed up to in 2013".

The Armed Forces Covenant, which was launched by the UK Government in 2011, places an expectation on signatories that they will ensure the Armed Forces community are treated fairly and are not disadvantaged as a result of their service. Caerphilly County Borough Council is the lead organisation in delivering on the Armed Forces Covenant at a local level, with the Caerphilly Armed Forces Forum, comprised of statutory and third sector organisations, the delivery body.

The council is currently also a holder of the Silver level for the Defence Employer Recognition Scheme, which is awarded to employers (including local authorities) that pledge, demonstrate or advocate support to defence and the Armed Forces community, and inspire others to do the same.

The Guaranteed Interview Scheme doesn't guarantee appointment to a vacant position – selection procedures still ensure the best candidate for the position is appointed.

For more information on the Armed Forces Covenant in Caerphilly county borough, please visit www.caerphilly.gov.uk/armedforces



Monmouthshire

Monmouthshire County Council approves Guaranteed Interview Scheme for service leavers, spouses, reservists and veterans.

MCC leader, Cllr Peter Fox has called on employers to support army veterans to find work after speaking about the struggles his son faced after service. Cllr Fox was speaking as the council agreed to launch a Guaranteed Interview Scheme in Monmouthshire to support army veterans.

Service leavers, spouses, reservists and veterans will be guaranteed an interview if they meet the essential job criteria under the scheme. At a cabinet meeting, Cllr Fox spoke about the difficulties his son faced to find employment after being injured in Afghanistan.

"I saw the struggles he (my son) had to to get a solid interview and to get into work," Cllr Fox said. "I think employers all need to sit up and listen and make sure these people - whatever they have come through, they have come through it - and they need to be given the next step on the ladder." Cllr Fox has also raised the issue of army veterans finding work on social media, tweeting that it needs to be taken "very seriously."

Newport

Reservists Day at Newport City Council

As part of our ongoing commitment to the Armed Forces Community and as part of Covenant, the Council invited Reservists working for the authority to wear their uniforms to work on Reservists Day in June.

Rhys Thomas who works for Newport City Council as Principal Environmental Health Officer, and is a Sub-Lieutenant with the Royal Navy Reserve at HMS Cambria based in Barry, wore his uniform and can be seen pictured with the Leader of the Council, Cllr Debbie Wilcox and Cllr Mark Spencer, in his capacity as Armed Forces Champion and with Emma Ashmead who is our Partnership Officer – HM Forces Education Support.

The Council currently holds the Silver Award under the Defence Employer Recognition Scheme (ERS), which means that we are recognised by the MOD for our work in supporting the defence and Armed Forces community.

The Council recognises that those who serve or have served in the Armed Forces, along with their families, must be treated fairly in the workplace and as part of that recognition, the authority has a 'guaranteed interview scheme' for any person who declares that they are a member of the Armed Forces community and meet the essential criteria for the post that they are applying for.

Rhys left after meeting the Leader and Cllr Mark Spencer to make his way to HMS Cambria to meet with his Naval Commanding Officer to witness Reserves Day at the Naval Unit, which is the only naval unit in Wales.

Work with Service children

HMF Education Support Officer Emma Ashmead held coffee mornings for our Armed Forces Families within Newport and Monmouthshire. Families gave their views and ideas on how we can further support Service Children in Education.

On 23rd August I am holding an Armed Forces Family Fun Day at the Velodrome in Newport.

Schools:

I have been working closely with schools across Newport and Monmouthshire. Schools are amending the way they collect data and will now include a Service Child/Armed Forces category on their data collection sheets.

I am currently supporting 4 schools with their applications in applying for funding to support their Service Children. Schools across Newport and Monmouthshire enjoyed supporting and taking part in celebrating Armed Forces Week and Reserves Day.

Welsh Veterans Awards

We would like to congratulate Lisa Rawlings on her Silver Award at the Welsh Veterans Award 2019.



Torfaen

Children at Blaenavon Heritage VC Primary School joined members of the Royal British Legion and a Second World War veteran in commemorating the 75th anniversary of the D-Day landings.

The children travelled to Arthur Jenkins Care Home to meet ninety-six-year-old Lyn Parry, who was one of 156,000 soldiers who landed on the beaches of Normandy to drive back the armies of Nazi Germany. Mr Parry joined the 3rd Monmouthshire regiment in 1940, aged 18, and was stationed in Britain until the day of the landings.

The children had created remembrance posters to show Mr Parry, and had the opportunity to ask him questions about his time in Normandy. Armed forces champion for Torfaen council and Blaenavon councillor Alan Jones attended the event. He said: "It was a very emotional event."

"Lyn told me a little about the D-Day landings and said it was like hell on earth the noise from the artillery from both sides was unbelievable, he said I never want to see that place again." The children were fascinated and Lyn thoroughly enjoyed himself.

Cllr Stuart Evans with D-Day veteran Lyn Parry. Picture: Torfaen Council.



"Duncan Turner, an old soldier colleague and Blaenavon RBL member, recited an old war poem and there were lots of photos taken. A huge thank you goes out to the staff at Arthur Jenkins Care Home."

"As we boldly repeat the stories of veterans, whose resolve ultimately unshackled millions from the grasp of Nazi oppression, we must ensure that their gallantry never fades. As Armed Forces Champion For Torfaen CBC and life member of Blaenavon RBL I felt very privileged and honoured to have attended this event and it makes you realise that we really don't know how lucky we are today due to everything these soldiers did for our countries."

Royal Monmouthshire Royal Engineers (Militia)

WHO WE ARE...

We are the senior Reserve Regiment of the British Army with unbroken service to the crown since 1539. Originally an Infantry Militia charged with home defence, the Regiment is the only unit with two "Royals" in its title.



It's also the only Royal Engineer unit whose members wear the Prince of Wales Division cap-badge. Our Headquarters is based in Monmouth and the four Sub-units span South Wales, the West Midlands and Jersey & Guernsey.

Our aim is to make the Army Reserve experience as enjoyable, interesting and rewarding as possible.

WHAT WE DO...

As a Combat Engineer Regiment our people train and are employed as Soldiers, Combat Engineers and Artisans.

We also need people who want to gain other qualifications such as medics, chefs and HR specialists. Our role is to deploy teams of 3 to 140 personnel on operations in the UK and abroad. They will help the Armed Forces to Live, Move and Fight.

Our people have a wide variety of skills, but we also develop their Militia qualities:

- Leadership
- Self-Awareness & Technical Ability
- Common Sense
- Physical Robustness

Our soldiers earn money, acquire experience and can gain qualifications in their spare time. This could help in their civilian employment.

Training is conducted at some of the best facilities in the UK. For some there is the opportunity to gain professional qualifications through full time study, up to Chartered Engineer. We also develop our people through Sport, Adventure Training and community infrastructure projects.

WHEN & WHERE WE TRAIN...

Reserve training fits around a full-time civilian job. It is completed during evenings, weekends and an annual 2-week camp.

The minimum commitment is 27 days training a year. Pay depends on rank and experience, and your service earns a pension. You can also qualify for an additional tax-free payment of up to £1800 per year. New entrants earn up to £2300 for passing basic training.

In the last 10 years our men and women have deployed all over the world. On operations in Sudan, Somalia, Iraq and Afghanistan as well as exercises in Romania, Australia, Canada, Cyprus, France, Kenya and Belize.

We also provide support at home in the UK. Our soldiers helped deliver security for the London Olympic Games and assisted in the 2014 flood relief efforts.

Get involved...

Sign the Covenant

Businesses, charitable organisations and public sector organisations of all sizes who wish to support Gwent's Armed Forces Community can join ... in signing the Covenant.

Each organisation can tailor their own pledge to offer the support they want to provide, each pledge can be unique. Options range from ensuring employment policies support veterans, reservists, and forces' families, offering discounts for services/products through the Defence Discount service and supporting Armed Forces Day every June.



To find out more visit

www.armedforcescovenant.gov.uk

Veterans' Gateway

The first point of contact for veterans seeking support

We put veterans and their families in touch with the organisations best placed to help with the information, advice and support they need – from healthcare and housing to employability, finances, personal relationships and more.

There is a huge network of organisations supporting the Armed Forces community, so finding the right one for your needs can be tricky. We make it quick and easy by being your first point of contact for whatever support you need, whether you are based in the UK or abroad.

Many of our team are veterans themselves so they understand the issues that people face after leaving the Armed Forces. They work with people on a one-to-one basis, connecting them with the right support as soon as possible.

The 24-hour online chat, phone, and text message service brings the Armed Forces support community together in a single place – delivered by a Royal British Legion-led consortium with Poppy-scotland, Combat Stress, Connect Assist, The Ministry of Defence and SSAFA, the Armed Forces Charity.

The service centre, based in Nantgarw near Cardiff, is manned partly by veterans to help ensure that callers can speak to someone who can understand their experience.



VETERANS' GATEWAY

The Veterans Gateway can be contacted by:

- Calling **0808 802 1212** ■ Texting **81212**
- Visiting www.veteransgateway.org.uk

Gwent Armed Forces
Champions



Blaenau Gwent Cllr Brian Thomas
Caerphilly Cllr Andrew Whitcombe
Monmouth Cllr Laura Jones

Newport Cllr Mark Spencer
Torfaen Cllr Alan Jones

Armed Forces Covenant Trust

The Armed Forces Covenant Fund Trust makes grants to support the Armed Forces Community.

We manage the grant programmes funded by the Covenant Fund. We also run wider funding programmes that support the Armed Forces Community.

The people who benefit from our grants are from the Armed Forces Community. This includes serving personnel, families, veterans and families of veterans. In some of our programmes, the wider community around a base or in an area with an Armed Forces population can also benefit; as we will support

projects on one of our programmes that will help to encourage good relations between Armed Forces and civilian communities.

The popular Armed Forces Covenant Fund Local Grants Programme makes grants of up to £20,000 for projects that meet local needs, or help bring Armed Forces and civilian communities together. We also run the Veterans Mental Health and Wellbeing Fund and the Veterans Community Centres Programme.

For more information: <https://www.covenantfund.org.uk/>

5 Reasons to employ Veterans in your business...

- 1 Veterans are highly qualified.**
- 2 Veterans have valuable attitudes and are adaptable.**
- 3 Veterans are skilled workers.**
- 4 Veterans make highly effective employees.**
- 5 Employing veterans is good for business and society.**



It's time to turn your potential into progression

As the leading gender equality charity in Wales, Chwarae Teg works with women to build skills and confidence so that they can progress in the workplace. They also work with businesses to develop an inclusive environment that gives women equal opportunities to succeed.

Currently Chwarae Teg are delivering a FREE Career Development Programme for eligible women working in Wales to develop team leader and management skills. It is fully funded by the European Social Fund and Welsh Government, as part of the Agile Nation 2 project.

We know that, when it comes to employment, there is a persistent gender gap. Studies show women's employment is concentrated in low-paid areas of the economy. The Career Development Programme is specifically designed for women, to help them gain the knowledge, confidence and skills to support their development and progression in the workplace.



Ideal for women looking to take the next step towards team leading, supervisory or managerial roles this Career Development Programme provides;

- Access to advice and support to identify career goals, barriers & personal abilities.
- The tools & learning to successfully lead and motivate people.
- Free training to achieve an accredited Level 2 Leadership and Management qualification.

Learning is in a supportive environment with other likeminded women, some are new to the workplace, others just returning to work for whatever reason but all are dealing with the same challenges and leave with increased confidence and skills to take charge of their careers and improve their position in the workplace.

Chwarae Teg

AGILE NATION2
Business Programme
Rhoglen Ffisiol



With our Agile Nation 2 Career Development Programme, it's time for turning potential into progression.

It's time for YOU!

The British Training Board

We are the degree and whole life development pathway specialists.

We recognise the skills you have gained in our armed forces and want to complement these qualities, as well as provide support to transfer your skills into the civilian workplace. We offer assistance through our programmes to all serving personnel and veterans and assist you in enhancing your careers both inside the wire and outside in the civilian world.

This includes providing support to veterans in the Criminal Justice System. The British Training Board is a Community Interest Company (CIC) committed to serving our Armed Forces and selected Public services from when they choose to serve, to when they leave, and beyond.



"YOUR SKILLS TRANSLATOR." <https://www.thebtb.co.uk/>

There are some amazing charities working closely with the Armed Forces Community. Here's just some of them....



■ Project 360° update - Supporting older Veterans across Wales

Project 360° is an innovative national partnership project between Age Cymru, Woody's Lodge, and Age Alliance Wales (AAW).

We are 25 organisations working together across Wales to ensure the services and support that we provide meet the needs of Veterans aged 65 or over. As a key part of our work we talked with over 1000 Veterans aged 65 or over across Wales to understand what impacts on their day to day lives, and where they may need support.

In response to this we have initiated some projects to support older Veterans:

- Cruse Bereavement Care Cymru will be providing support for Veterans who have been bereaved. This will be across Wales and support will be available from August 2019.
- In the areas of Ceredigion, Carmarthenshire and Pembrokeshire Age Cymru Ceredigion and Age Cymru Sir Gâr will be running a project focused on peer to peer advocacy support for older Veterans. This will provide support such as form filling, and sign posting, and they will be recruiting volunteers from the armed forces community to be trained as advocates.
- Carers Wales will be producing a guide specifically for military veterans, both for those who care for veterans and for veterans who are carers.
- Bridgend Carers Centre will be dedicating staff time to identify and support unpaid carers, and also to engage older veteran unpaid carers in Bridgend via an 8 week course.

- Action on Hearing Loss Cymru will run a project to enable older veterans with hearing loss to be able to become more active and be more connected to peers, friends and family by updating their skills and becoming more confident in using online technology. Veteran participants will be taught to get online and give them basic internet and online skills.

Also, keep an eye out for our campaign in conjunction with Veterans Welfare Service to raise awareness of Armed Forces pensions, and War Pensions. This will be launched in July.

project360@agecymru.org.uk
02920 431555

Project 360° is funded by the Aged Veterans Fund initiated by the Chancellor using LIBOR money.

■ SSAFA

BE A FORCE FOR OUR FORCES BE A SSAFA VOLUNTEER

At SSAFA you'll be joining a dedicated team on the front line of volunteering. You'll be working closely with local veterans, serving personnel and their families to make a positive difference to their lives. You will be part of a team that directly helps our Armed Forces community.

Roles available include secretary, treasurer, fundraiser caseworker along with many more.

Join us today and be part of something extraordinary.

Call **0800 0325612**
Email **volunteer.support@ssafa.org.uk**
Visit **ssafa.org.uk/newrecruits**

YOUR FORCES NEED YOU

ssafa | the **Armed Forces** charity

■ Hire a Hero

Hire a Hero is a charity that supports service leavers through the transition into civilian life.

We work in partnership with public, private and third sector organisations to provide a network of support and to signpost service leavers to the most appropriate resources as required. For many service leavers civilian life can be a confusing, chaotic place; the charity, through its network of businesses, mentors and volunteers provides a consistent source of support to service leavers.

Essential to the Hire a Hero way of working is the individualised support provided and the connection maintained through the transition period by our trained career coaches.

The goal of a Hire a Hero career coach is to support service leavers in making informed decisions about career development and trajectory, as well as offer various tools that can be used – CVs, cover letters, LinkedIn profiles – to meet those goals. The relationship with a Hire a Hero Career Coach can all be conducted over the phone or by email so there is no geographical barrier between the career coach and service leaver.

The search for employment in transition can create a fair amount of anxiety, fear and vulnerability, a career coach aims to unwrap these emotions to better understand factors preventing career transition. It is hoped that through work with a career coach from the charity you will gain career confidence, insight, encouragement and inspiration.

Would you be interested in becoming a Career Coach?

Do you feel help from a Career Coach would benefit you? Contact our Operations Director, Jinty for more information – jinty@hireahero.org.uk **01495 366672**



■ Royal Air Force Association

RAF Association calls for volunteers across Gwent to tackle loneliness.

The RAF Association is looking to recruit volunteers across Gwent for its befriending service, which pairs volunteers with members of the RAF community who are struggling with feeling lonely or isolated. With 170,000 RAF veterans dealing with issues of isolation, and 85,000 of them coping specifically with feelings of loneliness, the service is a valuable source of companionship to members of the RAF family.

Looking to recruit volunteers from all backgrounds who are 18 years old or over, the Association's Volunteer Manager, Katharine Lord, points out there are key qualities they look for in befrienders: "Befrienders can play such an important role in somebody's life and while there is no single type of person we look for, a good befriender is someone that is caring and empathetic, able to build a rapport with people, is reliable and a good listener."

Volunteers support befriendees in a number of ways such as popping round for a cup of tea, researching local community groups where the befriended could potentially meet new friends, or simply being at the end of the phone for a chat. It's not just the befriended who benefits from the service. The benefits for volunteers include learning new skills, building confidence, meeting new people and the opportunity to give back to their community. Those who successfully complete training will also achieve the AIM Awards Level 1 Award in Befriending qualification.

Kelly, an Association befriender said: "Everyone you meet is so interesting and they all have a twinkle in their eye about what they got up to. It's brilliant!" The training given to volunteers is a one-day course, run locally, that covers everything volunteers need to know to be an effective befriender.

To find out more, search for 'befriender' roles on the RAF Association website at www.rafa.org.uk/volunteer. You can also call **0800 018 2361** or email: volunteers@rafa.org.uk



Volunteers needed - Gwent

Could you give a little time to be a friendly face to someone in your community?

Volunteer Befrienders wanted, flexible around you, to make friendly visits to RAF veterans. Could you make a difference to someone's life? Please get in touch.

Contact volunteers@rafa.org.uk or **0800 018 2361**
Find out more about our work at www.rafa.org.uk

■ Help for Heroes

Help for Heroes' Community Recovery Team delivers holistic support to veterans and Armed Forces personnel affected by their military service.

Based at our easily-accessible office in Treforest, a few minutes' drive from M4 Junction 32, on a major bus route and a short walk from a train station; our expert team offers tailored advice and activities to wounded, injured and sick individuals at every stage of their Recovery Journey.

On the second Tuesday of every month we host a Community Recovery hub at Newport Sports Village between 1130 and 1330. Our eligible veterans, serving personnel and their loved ones can meet in a supportive atmosphere, with 1-2-1 key worker advice available, and Sports Recovery activities on offer for those who want to take part. We also travel across Wales to ensure our services are available within the community at the point of need.

Our One-to-One key workers identify priority areas to improve physical and mental health and wellbeing, as well as helping with practical issues like financial support, housing, relationships and signposting to partner agencies who can work together to develop a pathway to a happier, healthier life with regained purpose.



Sports Recovery sessions take place across communities in Wales. Activities include swimming, mixed ability rugby, walking football, cricket, pilates, circuits, spin and body pump.

Band of Brother and Sister Fellowship activities take place at monthly hubs in conjunction with the regular sports sessions, providing a sense of camaraderie and a chance to catch up with like-minded people in a relaxed environment.

We also organise child-friendly activities for veterans and their families to come together and enjoy everything

from craft sessions to dolphin spotting, international rugby matches at the Principality Stadium and canal boat trips. Our Veterans' Clinical Liaison can provide expert advice and support to individuals with medical needs, delivering advocacy and assistance in accessing health services. Our Community Recovery Office hosts the Pathfinder Experience course, sleep hygiene, nutrition, aromatherapy and wellbeing activities, as well as a model-making hub once a month with Models for Heroes.



"Help for Heroes beneficiaries enjoyed the sunshine and a chance to build friendship, confidence and life-skills at a partnership project with The Canal and River Trust in July. They took part in restoration activities at Goytre Wharf near Abergavenny on the Monmouth and Brecon canal system."

Contact the team to discuss how we can support you or your loved one's Recovery Journey. **Telephone: 01443 808910**
email: wales.supporthub@helpforheroes.org.uk
Write: Help for Heroes Community Recovery Hub, Unit 11. 3&4, Treforest Industrial Estate, Pontypridd, CF37 5UR

■ Newport AFVBC

17 clubbers on parade with 4 newbies. We also celebrated our 2nd birthday so after breakfast we had birthday cake!! And on this special day our very own Armed Forces Community Champion, Councillor Mark Spencer, presented us with a new club flag which he has kindly sponsored.



Follow us on: Facebook Gwent Armed Forces Community & Twitter @GwentAFC page that promotes the work & events for the Armed Forces Community!



NEWPORT CITY JOB FAIR

Newport's popular annual jobs fair on 12 September 2019 in Newport Centre. 10am-1pm

SPECIAL SECTION FOR THE ARMED FORCES COMMUNITY



ATTENDING INCLUDE



CONTACT: ARMEDFORCES@CAERPHILLY.GOV.UK

Community & Veteran Groups

Change Step Wales

Change Step offers effective support for veterans in Wales - including dedicated services for those in crisis, older veterans, and people with mental health and substance misuse needs.

Caerphilly Coffee Morning is the first Tuesday every month from 1000hrs-1200hrs Cedar Tree.
Tredeggar Coffee Morning is the 3rd Tuesday every month from 1000hrs-1200hrs in Tredeggar Library.

Caerphilly Royal Welsh Veterans Association

We are a VETERANS group which meet the last Monday of every month at 1900 hrs. All arms are welcome, with lots going on so if you have a few hours to spare come along as there is lots going on. Municipality Club, Market St, Caerphilly, CF83 1NX

Comrades of the Great War (Pontypool) Club

Meetings held every 1st Tuesday of the month at 1930 and generally finish around 20:30. Please contact Secretary - Caroline Coombes for more information, we welcome new members Military / Ex- service men and civilian members.

Contact: Ms Caroline Coombes - Branch Secretary. Market St, Pontypool, Gwent NP4 6JNR
 Tel: 01495 762093 Mobile: 07871974023 email: carolineclues62@gmail.com

Help For Heroes

Help for Heroes Community Recovery Team supports serving personnel, veterans and their loved ones who are wounded, injured and sick in Wales & Hereford. We work with local organisations and other charities partners to ensure that we can support those affected by their military service, across the country. Complementing the facilities on offer at Help for Heroes national Recovery Centres, our expert team delivers tailored holistic support at accessible locations within the community.

Contact: 01443 808910 Twitter: @H4HWales Facebook: Help for Heroes Community Recovery Wales

Armed Forces & Veterans Breakfast Club

Blaenau Gwent

Brewers Fayre, Victoria Business Park, Waun-Lwyd, Ebbw Vale, NP23 8AN
 Ray Taylor: 07746 043666 Jim Warnock: 07523 582945
 email: cafvinc@gmail.com
 Fourth Saturday of each Month 09.30 onwards.

Caerphilly

Toby Carvery, Corbett Lane, Pwll-Y-Pant, Caerphilly, Gwent, CF83 3HX
 Tel: 029 2086 7049 Every Saturday.

Monmouthshire

Coach & Horses, Chepstow
 email: Davefoxfordbrown@gmail.com Tel: 07539268440
 Meet 1st Saturday of the month from 09.30 am onwards.

Robin Hood Inn, 124 Monnow Street, Monmouth NP25 3EQ
 Ray Taylor: 07746 043666 Jim Warnock: 07523 582945
 email: cafvinc@gmail.com
 Meet 3rd Saturday of Each Month - 09:30 onwards.

Newport

The Potters Pub, 22-24 Upper Dock Street, Newport, NP20 1DL
 Phone: 01633 223311 (Venue's number)
 Mark Hayden Email: Newport_AFVBC@outlook.com
 Meet 1st Saturday of the month from 9.00am onwards.

Torfaen

The Crows Nest, Llangorse Road, Llanyravon, Cwmbran, NP44 8HU
 Phone: 07887 566048 Contact: [IainMcGregor](mailto:IainMcGregor@torfaen.gov.uk)
 Meet 2nd Saturday of the month from 9.00am onwards.

Armed Forces Covenant across Gwent

The Covenant is a promise from the nation ensuring that those who serve and have served in the Armed Forces and their families are treated fairly.



Lisa Rawlings

Regional Armed Forces Covenant Liaison Officer
 Penallta House, Tredomen Park, Ystrad Mynach, Hengoed CF82 7PG

☎ 01443 864447 @ armedforces@caerphilly.gov.uk
 ☎ 07717 467341 ✉ rawliil@caerphilly.gov.uk