

# SHV&F-LP

Surrey Heath Veterans & Families – Listening Project

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www.shvflp.org.uk



Tuesday 13<sup>th</sup> December 10:00 am – 2:00 pm

SHV&F-LP support our Armed Forces Veterans & Families, throughout Surrey Heath, Surrey, Berkshire, Hampshire, and the UK.



Firstly, we would like to take this opportunity to congratulate the Royal Air Force Benevolence Fund (RAFBF) for winning the Nationwide Resettlement award for Outstanding Contribution to Resettling Military Families. It was a major achievement for SHV&F-LP to reach the Finals. For more photos of a lovely evening please visit: <https://flic.kr/s/aHskKNoe1F>

Hallelujah. SHV&F-LP made the Nationwide Resettlement Award 2016 Shortlist. In recognition of the importance of the challenges of Resettling Military Families to reintegrate into their local communities. SHV&F-LP were nominated for the Nationwide Resettlement award for Outstanding Contribution to Resettling Military Families. We were delighted to have our and others' work recognised in this way, and hope that this nomination, will in some way add to the campaign to untangle the constraints of Resettling Military Families in the foreseeable future.



This year's Christmas challenge is..... Can you find the Christmas song(s) that are mentioned throughout this month's newsletter? \* The answers are at the end of this newsletter. **NO** cheating please!!!

## **RUSHMOOR VOLUNTEER RECOGNITION EVENT**

SHV&F-LP, recently attended an event for volunteers that support local voluntary groups and charities in Rushmoor, and were given formal recognition and thanks for their contribution to the community at an Awards Ceremony held in Farnborough. The event was hosted by, the Mayor of Rushmoor, Cllr. Jacqui Vosper. Our volunteers received a certificate of thanks to mark the occasion.



We would like to give a warm welcome to Surrey Heath's Deputy Mayor, Councillor Valerie White. So, if you are driving home for Christmas, and passing by, why not pop for a mince pie....





With the festive season, soon to be with us, let's start the Christmas countdown and step into Christmas by giving a very warm welcome to the Surrey Heath Singers at 11 am. They are a charity dedicated to spreading the appreciation of choral music locally. Their concerts feature professional soloists, and professional orchestras, as this Christmas when they will be performing Britten's St Nicolas, supported by the choristers of Guildford Cathedral.

The Surrey Heath Singers volunteer to sing for many occasions round the Borough, for local groups, for hospitals and care homes, for civic functions and to mark special occasions. They believe that live music is an essential part of the local community scene, and they are currently sending ideas to the Borough to improve the layout of Camberley town centre for public performances of the arts. For further information visit the Surrey Heath Singers website:

[www.surreyheathsingers.org.uk](http://www.surreyheathsingers.org.uk)



At 12 pm SHV&F-LP will be holding a Well-Being group for HM Veterans; and supported by Anne Walker - Health & Wellbeing support from Worker Walking With The Wounded (WWTW).

This month will be a relaxation session, that will involve the reading of a guided imagery script, as well as practicing - breathing and progressive muscle relaxation techniques. For some of the benefits of relaxation please see below.

The benefits of using a relaxation technique are overwhelming. Regular practice of relaxation techniques could assist you in relieving muscle tension, reduce anxiety, and improve your overall wellbeing. Other physiological benefits include:

- Decrease in heart rate
- Decrease in respiration rate
- Decrease in blood pressure
- Decrease in muscle tension
- Decrease in metabolic rate and oxygen consumption

Daily, practicing relaxation exercises 20–30 minutes, can produce, over time, a general feeling of relaxation and increased wellbeing that benefits every area of your life. When you feel relaxed and at ease, you feel more in control which leads to calm, realistic responses.

Throughout the morning, you can meet with representatives from Veterans UK, SSAFA, Combat Stress, Citizens Advice (CA), Walking with the Wounded (WWTW), SERVES, Vulnerable Veterans, The Warrior Programme, The Royal British Legion will be available.



**WALK-INS  
WELCOME**

- o Private, face-to-face, on-site, confidential meetings are available
- o Call-in and catch-up with other Veterans & Families
- o Come along and meet the SHV&F-LP team
- o NO-appointment necessary, walk-in's welcome
- o Do something different



If you would be interested in helping-out, come and along and get involved. Try something else for a change!

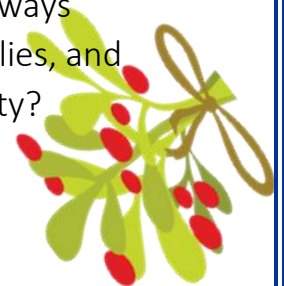
Can you answer this question?

Name 15 Things You Can Do With A Spare Half Hour?

\*\*Answer at the end of this newsletter



Christmas wrapping... Unwrap the latest news with a selection of daily newspapers. Relax with a hot drink - a delicious biscuit, or piece of fruit, or even sample one of festive treats; over one of our vintage magazines. In a warm, and welcoming environment. You could always catch-up with other veterans and families, and what's new in the Veterans' Community?



You would be more than welcome to bring along a festive treat of your own, so ours won't be lonely this Christmas..... Be it minces pies, stollen cake, a Yule Log, Christmas cookies, After Eight mints, Brownie Christmas trees, mistletoe, chocolate truffles, it's up to you.



You can follow SHV&F-LP on: -



[www.linkedin.com/in/surrey-heath-veterans-families-lp](http://www.linkedin.com/in/surrey-heath-veterans-families-lp)



[www.facebook.com/surreyheath.veterans](http://www.facebook.com/surreyheath.veterans)



@SHVeterans



For a wonderful Christmas time, why not - if you have one, wear your Christmas jumper/outfit on Tuesday 13<sup>th</sup> December.....



#### FREE WILL WRITING WITH THE LEGION

The Royal British Legion could help you to write a will free of charge.

As a member of The National Free Wills Network, the Legion is giving supporters and members the opportunity to have a simple will written or updated free of charge.

To take up this opportunity, simply email us at [freewills@britishlegion.org.uk](mailto:freewills@britishlegion.org.uk) or call 020 3053 7087 with your name and address. We will inform you of solicitors in your area ready to help and advise you.

For more information visit their website:

<http://www.britishlegion.org.uk/get-involved/ways-to-give/leave-a-gift-in-your-will/free-will-writing-with-the-legion/>



January						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**SHV & FLP**  
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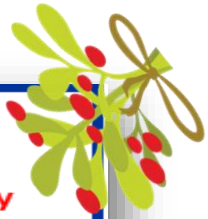


Please park responsibly, and be aware that parking enforcement officers, do regularly patrol the Gilbert Road Estate; look out for the footprints in the snow!! Would you really like a parking ticket at Christmas Time?





## Diary Dates for 2017



### SHV&F-LP Dates 2017

**Tuesday 10<sup>th</sup> January**

Tuesday 14<sup>th</sup> February

Tuesday 14<sup>th</sup> March

Tuesday 11<sup>th</sup> April

Tuesday 9<sup>th</sup> May

Tuesday 13<sup>th</sup> June

Tuesday 11<sup>th</sup> July

Tuesday 8<sup>th</sup> August


Tuesday 12<sup>th</sup> September

Tuesday 10<sup>th</sup> October


Tuesday 14<sup>th</sup> November

Tuesday 12<sup>th</sup> December

**10:00 am – 2:00 pm at  
Camberley Sea Cadets  
2a Gilbert Road, FRIMLEY,  
Camberley, Surrey;  
GU16 7RF**



Whatever is on your Santa's list, and under the tree this year. SHV&F-LP would like to thank everybody for all their continual support, and wish you all a very Merry Christmas everyone and a happy New Year.



SHV&F-LP will be open Tuesday 10<sup>th</sup> January 2017,  
10:00 am – 2:00 pm





Answers:

\* Congratulations they are: Hallelujah - Alexandra Burke, Christmas Song-Gilbert O'Sullivan, Christmas Countdown – Frank Kelly, Step into Christmas-Elton John, Lonely this Christmas - Elvis, Merry Christmas Everyone-Shaky Stevens, Christmas Wrapping-The Waitresses, mistletoe-Justine Bieber, Footprints in The Snow – Johnny Duncan & the Bluegrass Boys, Christmas Time – Bryan Adams, Santa's List – Cliff Richards, Under the Tree-The Water Babies, New Year-Sugababes.

\*\* Well-done. Your completely correct. It can be anything that you want it to be!!! Such as helping-out at SHV&F-LP. Whether you like to chat, deliver a smile, make tea, meet & greet people, tidy-up, relax & listen to others. You'd be surprised at what you can offer SHV&F-LP....

\*All information is subject to change, and correct at the point of going to PDF.

