



**Armed Forces/Veterans
Directory of Services**



**We are
LSCft**



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Introduction

This Service Directory has been developed by the MAPPA, Victims and Veterans (MVV) Team within Lancashire and South Cumbria NHS Trust, as part of our contribution to the Veterans' Places, Pathways and People programme.

The Service Directory aims to provide information for Veterans, families and staff working within the Trust and partnership agencies about referral pathways into mental health services and support available in the community. For ease of reference the document is separated into geographical areas of Lancashire and South Cumbria and contains a map to pinpoint where services are located. The directory also provides information about regional services that may be of benefit to the Armed Forces Community directly and for staff who are working with them.

Please note: Disclaimer - The MAPPA, Victims and Veterans (MVV) Team are unable to ratify the quality, availability or operational arrangements for any of the services featured in this directory and indeed may have no experience of referral to, or from, or engagement with such services.

The Service Directory will be updated upon receipt of information from providers or staff working within or around the Armed Forces Community and redistributed on at least an annual basis.

For further information or comments please contact the MVV Team email MVVTeam@lscft.nhs.uk.

Thank you.



Who are Veterans?

“Within the Armed Forces Covenant (Armed Forces Act, 2022), a Veteran is defined as anyone that has served for at least one day in His Majesty’s (HM) Armed Forces.” This includes Regular, Reserve or Merchant Mariners (including men and women) who have seen active duty, military operations or participated in core military training.

For anyone that is in leaving or has transitioned from the Armed Forces, the term ‘Service Leaver’ may be used. Many individuals do not describe themselves as Veterans and may also use the term ‘ex-forces’.

According to the British Legion (2014) there are around 2.5 million veterans living in the UK; with a large minority experiencing mental health problems (Iversen et al., 2011). 11% of Veterans live in the North West, with the majority being from an army background.

Many are elderly, 49% of veterans are aged over 75 compared to non-veterans 8%. The high rate of older veterans can be related to those who completed National Service, which officially ended in 1960.

Veterans are more likely to be male (90%) compared to non-veterans (47%).

Source: <https://www.gov.uk/government/statistics/annual-population-survey-uk-armed-forces-veterans-residing-in-great-britain-2016>

Priority Treatment for Service or Transition Related Illness or Injury

Since 2008, Veterans and their families have been entitled to priority NHS treatment for any condition related to their service. **Priority treatment includes assessment, treatment, aids and appliances for conditions recognized as being due to their service.** Evidence of veteran status may be in a variety of forms such as: GP referral letter, war pension documentation, or a letter on headed notepaper from the Ministry of Defence. All veterans should receive priority access to NHS secondary care for any conditions which are likely to be related to their service. ***However, veterans should not be given priority over other patients with more urgent clinical needs.***

The **NHS** is responsible for providing health care to Veterans, Reservists and family members in the community alongside charities and independent organisations. Evidence suggests that Veterans underuse services (Greenberg, 2014; Kitchiner et al, 2012). Furthermore, Veterans may not present with mental health difficulties for many years after leaving the Armed Forces (Murphy, 2016). Long term, untreated and underlying mental health difficulties can have a big impact on Veterans’ health, relationships and overall quality of life (Kessler, 2000; Pittman et al, 2012).

Veterans often reach crisis point before accessing services (Zinzow et al, 2013). There may be many reasons for this such as stigma, shame or an inability to recognize mental health difficulties (Murphy, 2014). This means that by the time Veterans access services they may have significant mental health needs. There have been examples where mental health needs have been recognized by; for example, news/documentary coverage of conflicts, watching films or discussion with peers. However, no two



Veterans are the same and neither are their needs, which emphasizes the importance of person-centred care.

The **Veterans' Gateway** is available for veterans, families and professionals; for information, advice and support. There is both national and local information and is searched via a subject heading e.g. 'housing' or 'counselling'. This can be accessed by phone (0808 802 1212), text (81212) and online at www.veteransgateway.org.uk.

ASK THE QUESTION?

Service users/Veterans should routinely be asked at the first point of contact or assessment if at any time in the past he/she or a close family member have served in the Armed Forces or as a Reservist? Also, if his/her current symptoms/illness are as result of their time in service or transition to civilian life? If yes then our records should indicate 'ex-forces member' and the individual should be prioritised for treatment (for that specific condition).

It is important to obtain the individual's military service number and regiment and document as an identifier for any required future reference on RiO see below.

RiO:

Located in the Key Indicators tab, click on the Ex Armed Forces link, which will then open up the form for staff to input the details – see below:

The screenshot shows a web form titled "Armed Forces Indicator". It contains several sections:

- Client:** A text field containing "HILL, Harold G T (Mr) - 1000000".
- Date/time:** A date and time selection field.
- British Armed Forces indicator:** A dropdown menu with "Ex-Services member" selected.
- Do you know the individuals service number?:** Radio buttons for "Yes" and "No".
- Please record the individuals service number:** A text input field.
- Please record details of any injuries sustained during the individuals military service:** A large text area.
- It is the responsibility of the patient to raise a...:** A section with an information icon.
- Please indicate the urgency of the individuals needs:** A dropdown menu with "Priority" and "routine" options.

 At the bottom of the form are three buttons: "Save", "Clear", and "Cancel".

Accessing Community Mental Health Services

Individuals can access general mental health services within LSCfT or veteran-specific services depending on need, choice and the pathway. The Armed Forces Community, including Veterans, Reservists and their families can access Veteran-specific services termed Op Courage. Op Courage provides the 'single point of entry' for the Armed Forces Community seeking access to mental health services. Individuals are triaged, assessed and have access to interventions for trauma related conditions. Support is also available for substance misuse, housing, employment and social support.

The Op Courage Service operates two intervention pathways:

Core Intervention Pathway – comprises of low-intensity brief interventions, including substance misuse interventions, clinical case management, peer support and/or military specific trauma focused therapies such as CBT/EMDR/DBT. These are available to Veterans if he/she is unable to access or engage elsewhere i.e. there is a complex military presentation or the individual is excluded from local IAPT services due to ongoing co-occurring substance misuse.

Enhanced Intervention Pathway – provides support to clients who are already involved in LSCFT services such as urgent/crisis/inpatient pathways. The Enhanced Pathway provides additional support for a period of up to 12 weeks often during a period of acuity, before onward referral/transfer to either the core pathway or another treatment pathway/provider.

*This pathway may also be suitable for clients with a complex presentation who require ongoing input from CMHT for psychiatric oversight and medication monitoring.

Military Veteran Service (MVS)

The Lancashire MVS is provided through a partnership with Pennine Care NHS Foundation Trust for Veterans living within Lancashire and is funded through the local ICB. The MVS has operated for over 12 years and has extensive experience of working with Veterans presenting with complex psychological and mental health issues. The MVS provides a range of therapies and interventions through specialist psychotherapists/psychologists and practitioners who all have an understanding of armed forces culture and have expertise in treating service related trauma. *MVS also provide training facilitation on request relating to armed forces/veterans mental health / awareness/ PTSD/ moral injury.

For clarity there are three distinct pathways into Community Mental Health Services – please see flowcharts below. The three assessment/treatment pathways are determined based on the Veteran's needs, risks and urgency.

Pathway 1 – Non-urgent/Routine Pathway within LSCFT

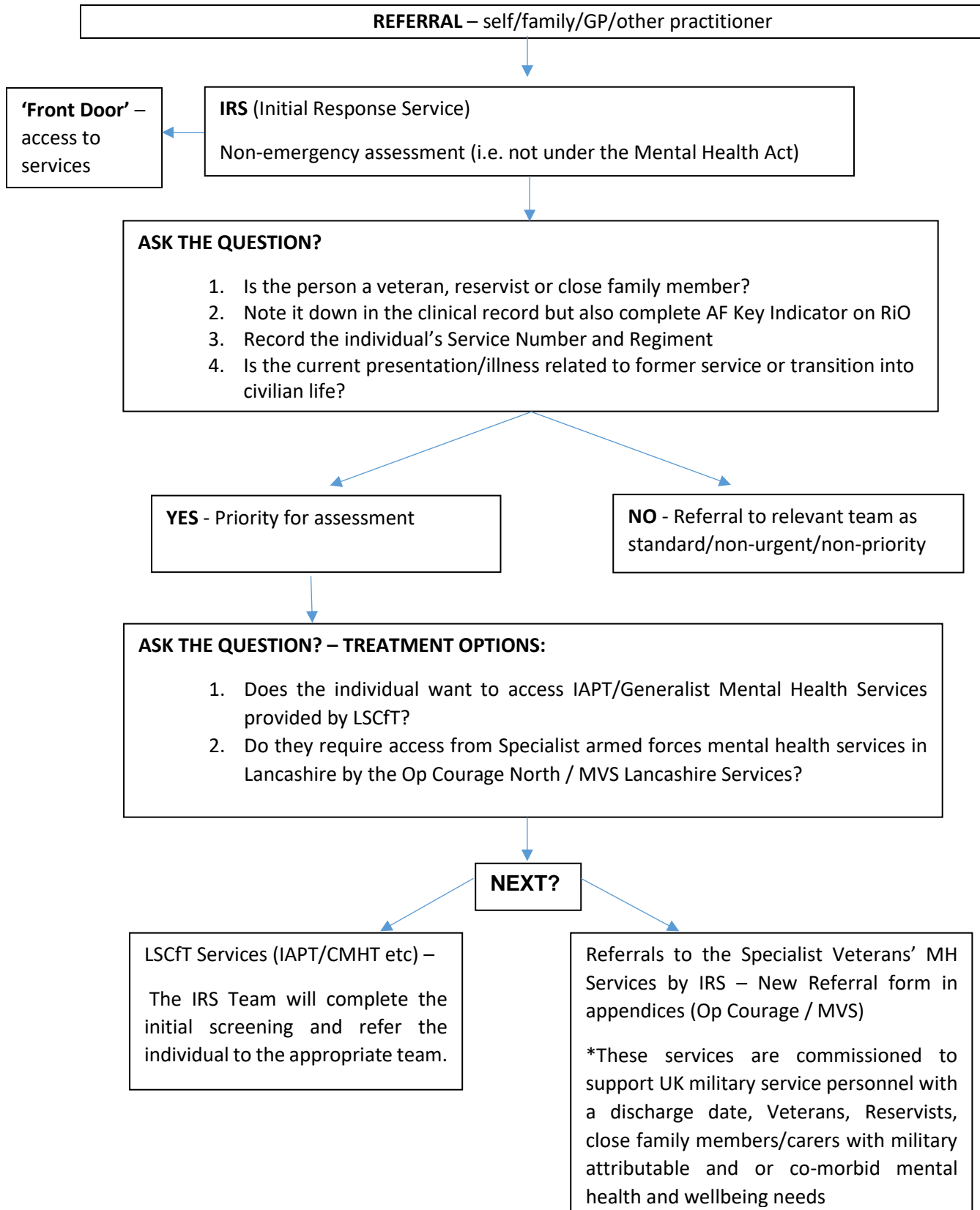
Pathway 2 – Non-urgent/Routine Referral to Specialist Services – Op Courage

Pathway 3 – Urgent Care/Crisis Referral Pathway – Op Courage & Home Treatment Team (HTT)



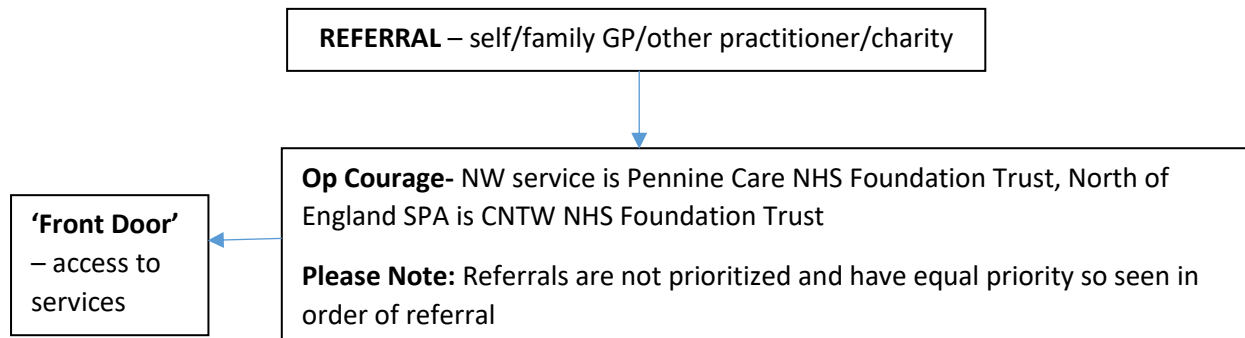
Mental Health Pathway for Veterans Accessing Community Mental Health Services

Pathway 1 – Non-urgent/Routine Pathway within LSCFT



Mental Health Pathway for Veterans Accessing Specialist Armed Forces Community Services

Pathway 2 – Non-urgent/Routine Referral to Specialist Services – Op Courage



Op Courage 0300 373 33 32 / opcourageNORTH@cntw.nhs.uk

There are two pathways within Op Courage - the Core Pathway and Enhanced Pathway. Clients are triaged, assessed, supported and transferred to either the Core or Enhanced Pathway as appropriate.

The **Core Pathway** provides low intensity brief interventions, case management, peer support and trauma focussed interventions (including for substance misuse).

The **Enhanced Pathway** is for clients engaged in LSCFT urgent/crisis/inpatient pathways but require support to engage, for up to 12 weeks* before transfer into the core pathway or another treatment pathway.

Staff are encouraged to contact the NW Op Courage Service directly between 9am- 5pm on:
T: **0300 323 0707** / E: pcn-tr.opcouragenw@nhs.net for an initial discussion about the person prior to making the referral.

Military Veterans’ Service (MVS), provided by Pennine Care NHS Trust.

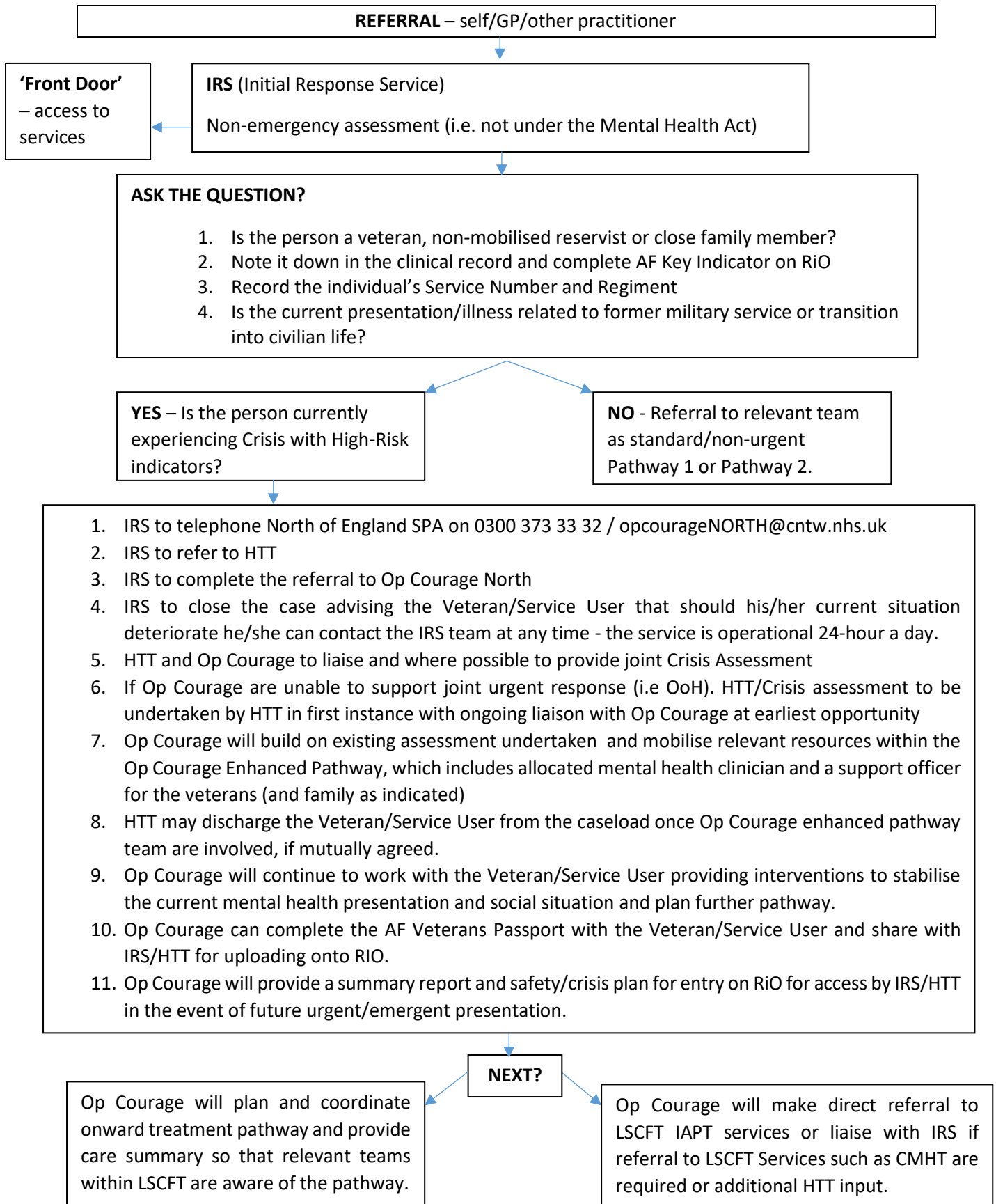
For complex military or multiple traumas who are not engaged in another treatment pathway and require additional therapy or longer treatments. The referral route is via Op Courage who will refer the individual to MVS as appropriate. This service is not for clients in secondary care pathway as this is an intermediary psychologically led therapies service.

***MVS also provide consultation, liaison and support for professionals at pre-referral stage or for further advice about how to enhance engagement in LSCFT or Op Courage Services.**

Please Note: Op Courage is commissioned to provide a service to all of Lancashire & South Cumbria (in addition to the rest of the North of England - clients bordering North Cumbria can be referred by same contact line for North SPA); MVS is commissioned for Lancashire only.



Pathway 3 – Urgent Care/Crisis Pathway – Op Courage & Home Treatment Team (HTT)





Regional Support for the Armed Forces Community

Lancashire Armed Forces Hub

Lancashire Armed Forces Hub which is a partnership between UCLan, Lancashire County Council and LSCFT. The Hub aims to improve the delivery of the Armed Forces Covenant across 15 councils by working with key stakeholders from service charities, peer support groups and other organisations in Lancashire who support the armed forces community. **For updates go to: Facebook: LancsCovenant or Twitter: @LancsCovenant**

Help in a Crisis

Within LSCFT there are a number of supports for individuals experiencing a crisis episode. LSCFT free helpline **0800 915 4640**; which operates Monday to Friday 7pm-11pm and Saturday/Sunday 12pm-midnight. There is also the Wellbeing Helpline Text Service on **07860 022 846**, all individuals need to do is text the word 'Hello' and the staff will respond.

Veterans' Gateway

The Veterans' Gateway service is the first point of contact for all Tri-Service veterans, and their families. Its expert content covers welfare areas: housing, employment, finances, living independently, mental wellbeing, families and communities, and physical health.



[Advice and support for veterans & ex-forces | Veterans' Gateway \(veteransgateway.org.uk\)](https://www.veteransgateway.org.uk)

Healthier Heroes

Provides Veteran accommodation in Burnley, East Lancashire and advice and crisis support to Veterans and their families

Telephone: **01282 966730**

Website: **www.healthierheroescic.co.uk**

Facebook: **[@healthierheroescic](https://www.facebook.com/healthierheroescic)**

Twitter: **[@heroescic](https://twitter.com/heroescic)**

LinkedIn: **<https://www.linkedin.com/feed/>**



Combat Stress

Veterans' mental health charity providing treatment for ex-Service personnel suffering with mental ill-health including post-traumatic stress disorder (PTSD), anxiety and depression.

www.combatstress.org.uk/



NHS Choices

Information about post-traumatic stress disorder (PTSD)
www.nhs.uk/conditions/post-traumatic-stress-disorder/



Royal British Legion

Provides lifelong support for the Armed Forces community – serving men and women, veterans, and their families.
www.britishlegion.org.uk/get-support/mental-wellbeing/



SSAFA

Provides advice and support to Veterans and specifically families
www.ssafa.org.uk Forces line: **0800 260 6767**
Regional contact details for Lancashire and Cumbria:
Tel: **020 4566 9146** Email: enw.region@ssafa.org.uk



Advocacy Focus



Advocacy means supporting somebody to speak up and be listened to, ensuring their views and wishes are heard and taken seriously. Advocacy can enable people to become more involved in important decisions about their health and social care.

Our Advocates help people in the community who have difficulty with communicating their thoughts, needs and wishes. They may also face difficulties with making decisions about things such as how or where they are cared for.

Advocacy can support people to understand their rights, their options, and enable the person to make an informed decision. We help people to live the lives they want to live.

We provide high quality and totally free advocacy support that is completely independent of Health and Social care services.

For further information call **0300 323 0965** or visit the website: <https://advocacyfocus.org.uk/>





Forces Link

Forces Link is an exciting non-profit community interest company, set up to give our Armed Forces Community opportunity to reclaim that sense of belonging, give access to support, activities and events here in Cumbria. We are based in Carlisle but support former service personnel and their families across the county.

”Part of military life is about leaving...It’s also about finding your strengths, your courage and establishing where you belong”

For further information contact: info@forceslinkcic.org.uk or visit: <https://www.forceslinkcic.org.uk/>

Fighting with Pride



Fighting With Pride supports the health and wellbeing of LGBT+ Veterans, service personnel and their families – in particular those most impacted by the ban on LGBT+ personnel serving in the Armed Forces prior to January 2000.

We are proud of the achievements of our serving LGBT+ personnel. They serve in every part of the Armed Forces and are supported at every level of command.

In stark contrast, and despite the passing of over 20 years since the ‘gay ban’ was finally lifted, no attempt has been made to support the recovery of the thousands of LGBT+ service personnel dismissed or forced from service prior to 2000.

We want to connect service charities and organisations to those LGBT+ veterans who have been left behind.

For further information please contact info@fightingwithpride.org.uk or visit the website: <https://www.fightingwithpride.org.uk/>

Tom Harrison House



Tom Harrison House

Tom Harrison House provides a specialist addiction recovery programme for UK Armed Forces veterans and emergency services personnel.

Our bespoke 12-week residential programme is designed specifically for those who have served and who may struggle to engage with mainstream, civilian rehabilitation services.

The programme is grounded in a supportive community of people with shared experiences and includes a range of therapeutic groups and activities to help restore our clients’ physical, emotional and psychological wellbeing.

Our individualised, trauma-informed approach addresses the unique needs of ex-service personnel and is the first of its kind in the UK.



For further information call: **0151 909 8481**, email: info@tomharrisonhouse.org.uk or visit:
<https://tomharrisonhouse.org.uk/>

Veterans HQ



Liverpool Veterans HQ was developed by Breckfield & North Everton Neighbourhood Council (BNENC) to provide support to ex-servicemen and women and for those leaving the services and residing in the Liverpool area. Watch this film for more information.

Liverpool Veterans HQ can provide or access the following:

- Employment & job search support
- Confidential referrals to mental health support programmes
- CV support & work clubs
- Volunteering programmes
- Social events
- Access to benefit and housing support
- Drop in sessions

Liverpool Veterans HQ opened a one-stop shop on Breck Road in Everton in 2012 from which they provide a holistic support package, working together with 27 other partner organisations, for ex-service personnel and their families – pop in and say hello!

For further information call: **0151 2619878**, email: info@veteranshq.org.uk or visit:
<https://www.veteranshq.org.uk/>

Walking with the Wounded



Established in 2010, Walking With The Wounded 'WWTW' is a leading military charity which recognises that those who served, deserve.

Whether mentally wounded, socially wounded or physically wounded, they deserve the care, support and means they and their families need to function in society, serving in the communities in which they live, reigniting their sense of purpose and making a positive contribution again.

Walking With The Wounded gets those who've served – and their families - back on their feet. We do three things: employment, mental health and care coordination which are saving jobs, homes, relationships and lives for the veterans who are struggling since leaving the military.

Our innovative partnerships with the NHS, supporting mental health teams across the UK; the creation of Project Nova with the Forces Employment Charity to intercept veterans in police custody and reduce reoffending; and our own mental health capabilities enabling 121 therapy within days, are delivering significant, positive, social impacts across the UK.

For further information call: **01263 863900**, email: info@wwtw.org.uk or visit:
<https://walkingwiththewounded.org.uk/>



Armed Forces Community Support “The Hub”



Located at Orford Park Community Centre (Off Alder Lane), Orford, Warrington, WA2 8AG. Our programmes deliver outreach services throughout Cheshire, Halton and the Wirral.

We also run several projects at our location eg, bike maintenance and ownership, green bowling, external trips. We can also hold functions within our building and have an on site commercial café.

The Armed Forces Community Support Hub is a ‘one stop shop’ to support the Armed Forces community in Warrington and Cheshire. This includes all former armed forces veterans, early service leavers, current serving personnel, reservists and their families.

For further information call: **01925 638515**, email: operations@afcsh.org or visit: <https://www.afcsh.org/>

Broughton House: Veteran Care Village



Located at Broughton House Veteran Care Village, Park Lane, Salford, M7 4JD Broughton House is a home from home to the entire family of people who have served in the British Armed Forces or Merchant Navy. This includes members of the Reserve Forces, those conscripted for National Service and, as importantly, for any family member or spouse of anyone who has ever served.

This exclusivity, that comes from living with other ex-service men and women, provides an unrivalled camaraderie that you simply won’t get anywhere else. As those who have served will know, this outstanding camaraderie is one of the best features of military life.

For further information call: **0161 740 2737**, email: info@broughtonhouse.com or visit: <https://www.broughtonhouse.com/>

DWP



As part of the Armed Forces Covenant, the Department for Work and Pensions (DWP) has initiatives that help current and former armed forces personnel and their families access Jobcentre Plus services.

Champions maintain close contact with Jobcentre Plus staff, who make the Champion aware of Armed Forces issues and raise issues with the Champion if requested. If you have a client who requires support from the DWP please use the contact information below to access your local DWP Armed Forces Champion.

One initiative is the Service Leavers Adjustment Passport which can be found at this link: [Service Leavers Adjustment Passport guidance - GOV.UK \(www.gov.uk\)](https://www.gov.uk/service-leavers-adjustment-passport-guidance)

If you require support from your local DWP Armed Forces Champions please contact: northcentral.armedforceschampions@dwp.gov.uk



Community Mental Health Teams



Community Mental Health Teams

Contact details for Lancashire and South Cumbria Community Mental Health Teams

Blackburn with Darwen

Daisyfield Mill
Appleby Street
Blackburn
BB1 3BL

Tel: 01254 226 150

Blackpool

The Stadium
Seasiders Way
Blackpool
FY1 6JX

Tel: 01253 951640

Burnley & Pendle

Pendle House
Leeds Road
Nelson
BB9 9TG

Tel: 01282 657 387 (admin)
Tel: 01282 657 920 (reception)

Chorley

Chorley Health Centre
Collison Avenue
Chorley
PR7 2TH

Tel: 01772 520 400

Fylde and Wyre

Woodlands
155 St. Andrews Road South
St. Annes
FY8 1YB

Tel: 01253 951355 (reception)
01253 951 383 (medical secretaries)

Fylde and Wyre

Mountcroft
Albert Street
Fleetwood
FY7 6AH

Tel: 01253 951830 (reception)

Hyndburn, Ribble Valley and Rossendale

The Mount
253 Whalley Rd
Accrington
BB5 5DE

Tel: 01254 226 300 (reception)

Morecambe

Victoria House
Thornton Road
Morecambe
LA4 5QG

Tel: 01524 550700

North Lancashire

East Barn
Pathfinders Drive
Ashton Road
Lancaster
LA1 4JJ

Tel: 01524 550133

Preston

West Strand House
Block C West Strand
Ashton on Ribble
Preston
PR2 8UY

Tel: 01772 401 650 (West)
or 01772 401 255 (East)

South Cumbria

Kendal Team
Garburn House
Westmorland General Hospital
Kendal
LA9 7RG

Tel:01539 715064

South Cumbria

Barrow Team
Duddon House
Fairfield Lane
Barrow-in-Furness
LA13 9AZ

Tel:01225 408600

South Ribble

Pathways MHRC
St. Aidens Road
Bamber Bridge
Preston
PR5 6GD

Tel: 01772 676 068

West Lancashire

Bickerstaffe House
Ormskirk Hospital
Wigan Road
Ormskirk
Lancashire
L39 2AZ

Tel: 01254 226 074



Morecambe Bay/ South Cumbria



Morecambe Bay/South Cumbria

Services located within the Morecambe Bay/South Cumbria locality

First Light Trust – Lancaster Hub

When: [link to events calendar-](#)

<https://www.firstlighttrust.co.uk/events/>

Location: various locations



FirstLight Trust

Supporting veterans locally

More information can be found about the activities available at the link below. Activities include:

Model Club at Gregson Community and Art Hall at 33-35 Moor Gate, Lancaster LA1 3PY every first and third Friday of the month 10.30am till 1pm. You can book by contacting the details below.

Monthly Walking Group – To book email the contact below.

Please contact First Light Trust on **02077307545** or email: Lancaster@firstlighttrust.co.uk if you would like more information or visit: <https://www.firstlighttrust.co.uk/lancaster-cafe-hub/>

NAAFI Café



When: 9.00am – 4.00pm Monday – Saturday and 10.00am – 4.00pm Sunday

Location: NAAFI, 63 Market Street, Lancaster, LA1 1JG

Some of you may know us, some of you may even have worked with us before. Supporting UK Armed Forces communities around the world since 1920, NAAFI opened its doors beyond the Forces for the first time in 2023.

Having operated outside of the UK for the past few years, it has been amazing to meet you all as we begin to re-establish our name and spread the word about the work that we do. Serving up our famous NAAFI Tea as well hot and cold drinks, breakfast baps, sandwiches, cakes and more, all are welcome at the locations below.

With comfy furniture, delicious food and personalised flower walls providing the perfect selfie opportunity, why not pop in to find out what we're all about and know that with every cuppa purchased, you too are giving back to the UK Armed Forces.

For further information contact: enquiries@naafi.co.uk or visit: <https://naafi.co.uk/naafi-cafe/>



Defence Transition Services (DTS) - North West

Defence Transition Services (DTS) provides information and support for those service leavers and their families who are most likely to face challenges as they leave the armed forces and adjust to civilian life. DTS is a one-to-one service, providing tailored information and guidance and facilitating access to support services, including from other government departments, local authorities, the NHS or trusted charities. DTS can be accessed via self-referral or through an external organisation, such as a charity or the Career Transition Partnership. Service leavers can also access DTS via the Chain of Command and their unit.



For further information contact: Veterans-UK-VWS-Support@mod.gov.uk or call: **0808 1914218** or visit <https://www.gov.uk/guidance/help-and-support-for-service-leavers-and-their-families>

Royal Naval Association - Morecambe Branch

When: Second Friday of each month (except bank holidays)

Location: RNA Club, Commodore Club, 131 Heysham Road Morecambe LA3 1DE



With over 11,000 members across 250+ branches in the UK and overseas, we are a family of current and former Naval Service personnel, relatives and supporters of our country's Royal Navy. Whether we are catching up with friends at our regular social events, fundraising, advising on welfare and employment matters, or just providing an arm around the shoulder, our natural willingness to help others stems from the tradition and camaraderie that life in the Royal Navy instils.

For more information contact Nick Baxter: **07738 362795**, email: nick.baxter@talk21.com or visit <https://royal-naval-association.co.uk/branches/no-10-area/morecambe/>

Mesothelioma UK – Lancaster

Mesothelioma UK is a national specialist resource centre, specifically for the asbestos-related cancer, mesothelioma. 'Mesothelioma UK – Supporting Our Armed Forces' service is aimed at serving members of the Armed Forces, veterans, mesothelioma patients, families and carers wanting to find out more about treatment, support, care and benefits/compensation available. The service provides a specialist mesothelioma nurse, based in Southampton and a comprehensive research programme is underway to quantify and describe the mesothelioma burden amongst the Armed Forces.



For further information contact: support@mesothelioma.uk.com , call: **0817 1692409** or visit <https://www.mesothelioma.uk.com/>



Armed Forces & Veterans Breakfast Club- Barrow In Furness

When: First Sunday of the month from 09:30hrs

Location: Ferry Hotel, 1 Promenade, Walney, Barrow-in-Furness LA14 3PE



We are a group of veterans & serving members of His Majesty's Armed Forces, & like other Veteran's Breakfast Clubs, around the country & overseas, our ethos is mutual support; it works because we all have a similar humour & outlook, & the social life we now enjoy is like our service days.

We also meet socially at Regimental/Association Dinners, nights out, BBQ's, parties, family occasions, Summer Balls, Christmas parties, & we network among the variety of trades we all now work in.

All services veterans (If you can cope with the banter), are free to turn up on & you will be made welcome.

For further information contact Paul Holmes via phone: **01229 820818**, email:

furnesspeninsulaveteransbreakfastclub@gmail.com or visit <https://www.afvbc.net/find-a-club/barrow-in-furness-armed-forces-veterans-breakfast-club/>

One Vision Uniformed Services – Kendal

When: Wednesday between 10am and 12pm

Location: 63-65, Market Street, Lancaster, Lancashire, LA11JG



One Vision Uniformed Services CIC sees the person within the uniform we care about & for those who care for us. Serving ALL of our blue light services (past or present), military personnel, reservists & veterans together with all their families too.

One Vision Uniformed Services CIC also known as OVUS is a community interest company which has one mission to offer and provide mental health support, therapies and wellbeing for those personnel who are serving or have served in our Military, Reservists, Fire, Police, Ambulance, Prison Officers, Mountain Rescue and other rescue emergency services.

OVUS prioritises uniformed services and ex uniformed services in the South Lakes and North Lancashire areas. All are supported & welcomed at OVUS.

OVUS is dedicated to supporting those who have & those who continue to risk themselves, putting their life on the line, endeavouring to serve, support, help and protect us all to live a healthy, safe and secure life.

We at One Vision Uniformed Services value each & every member of these services as well as their families. Past or present they all matter. It is our goal and objective to offer mental health, wellbeing help & support for those who selflessly help us.

We at One Vision Uniformed Services CIC understand the effects of how trauma, PTSD & C-PTSD can impact and have on our uniformed service personnel and veterans, as well as the possible effect it can also have on their families too (Vicarious Trauma).

One Vision is here to help and serve our uniformed services and their loved ones, by offering them and their families one-to-one Trauma informed counselling and or rewind therapy as well as some holistic therapies.

Together with this as we grow and develop we are looking to offer * Couples Counselling * Group Sessions and * Family Group Sessions.

For further information please contact Janine or Shelly via email:

hello@onevisionuniformedservices.co.uk or phone: **07359037386** (if no reply please leave a voicemail)

Website: <https://onevisionuniformedservices.co.uk/>



Pennine



Pennine

Services located within the Pennine locality

Armed Forces & Veterans Breakfast Club - Colne

When: First Saturday of every month from 10:00am

Location: The Colne and Nelson Rugby Club, Holt House, Harrison Drive, Colne, NN8 9SJ



One of the growing network of Veterans 'Breakfast Clubs', both here and in Europe. We are a group of veterans and serving members of Her Majesty's Armed Forces. There are no commitments or subs... just a great place to meet like-minded people for support, chat and banter ... not forgetting a great breakfast.

For further information call Tony Davies on: **01282 863339**, email colnebreakfastclub@gmail.com or visit <https://www.afvbc.net/find-a-club/colne/>

Belisama's Retreat

When: Open daily but please contact the group before visiting.

Location: Huntley's, Whalley Road, Salmesbury, Lancashire, PR5 0UN



Belisama's Retreat is a Woodland and riverside retreat for military Veteran's mental health on the banks of the river Ribble near Preston. Many Veterans struggle adjusting to civilian life. At Belisama's we work to improve their physical and mental well-being through re-engagement with wild spaces.

Ecotherapy is clinically proven to assist mental health recovery and at Belisama's we employ it to offer respite, space to breathe, re-engagement with wild spaces and an opportunity for Veterans to re-gain their emotional resilience and self-esteem. Belisama's Retreat employs a clearly defined mechanism to produce positive outcomes: Pioneering activities based around a woodland "Harbour area" where both Veterans and the general public can learn or rediscover the core skills of camp-craft, woodcraft and wilderness living; positive involvement of Veterans and other user groups in improving the environment through land management and conservation; the company of like-minded individuals. Sharing of experiences and self-exploration.

Eco-therapy focused activities including: Bushcraft, Canoeing, Archery, Wildlife watching, Photography. Expeditions to remote areas of the UK and overseas. Volunteer days. Youth group (Scouts, DofE, Cadets) visits and woodland experience days.

For further information contact: steve.robinson@belisamasretreat.org, call: **07864 848423** or visit <https://belisamasretreat.org/>



Burnley Football Club in the Community- Breakfast Club

When: Monday mornings

Location: Burnley Miners Social Club, Plumbe Street, Burnley, Lancashire, BB11 3AA

A breakfast club for veterans and their immediate family members. A group of like-minded veterans that meet weekly to eat, chat and enjoy camaraderie. Full breakfast, tea, coffee and toast is available at a great price.



For further information contact: daniella.worth@burnleyfc.com, call **07934 853 407** or visit <https://burnleyfccommunity.org/>

Burnley Football Club in the Community- Veterans Social Sessions

When: Thursday 1-3pm

Location: Burnley Cricket Club, Belvedere Road, Burnley, Lancashire, BB10 4BN

When service personnel leave the Armed Forces, one of the biggest things they often miss is the sense of belonging. The camaraderie and laughter, the banter – it's not something that is easily replicated in civilian life.

That's why we've set up our weekly social sessions for veterans. It gives ex-service personnel in the East Lancashire area the opportunity to connect with others who have served, make new friends and enjoy themselves with people that have shared similar experiences, pets are also welcome!

Our weekly social sessions offer free refreshments and a wide variety of activities ranging from: quizzes, dominoes, card games, music and indoor bowls. We also have regular guests from other Charities and Organisations that may help with any queries or provide you with new and already existing Community news. For veterans that need it, our sessions also provide access to health initiatives and support to find employment. Sessions are regularly attended by representatives from the Veterans Welfare Service and the Lancashire NHS Trust, amongst many other organisations.

To find out about our Veterans programme, please contact our Veteran's Project Team:

daniella.worth@burnleyfc.com / call 07934 853 407

[John Pluckwell j.puckwell@burnleyfc.com](mailto:John.Pluckwell.j.puckwell@burnleyfc.com) / call 07714 792 392

or visit <https://burnleyfccommunity.org/>





Burnley Football Club in the Community- Fitter Ex-Forces (Fitness & Football)

When and location: Various locations in Burnley.

Tuesday - 'Chairobics' – takes place during 'Whitehough Workshops between 10:00-14:00pm – last Tuesday every month (outdoors in the Summer)



Football training including Ex-Forces Fitness, at The Prairie Sports Village, lower 4G pitch:
19.00-21.00 – April – September
20:00 – 21:30 – October – March

Wednesday – Ex-Forces Fitness- Mixed, 19.00-20.00 in the dance Studio at The Leisure box. STARTING 19TH MAY.

Thursday – Ex-Forces Fitness- Female Only, 20.00-21.00 in the dance studio at the Leisure Box. STARTING 20TH MAY.

Our Fitter Ex-Forces project is aimed at improving the mental and physical health of those who have served in the Armed Forces and their immediate families (over 18).

Who is it for?

Individuals who have served in the HM Armed Forces.

Upon leaving the forces, a lot of individuals miss the opportunities to stay fit and be part of a unique group. These sessions will be based on group training, allowing the chance to resume the camaraderie that many miss whilst also keeping mentally and physically fit.

When can I start?

Once you have registered, we will contact you to book in your free gym induction prior to you starting your membership. A brief health check is required before you can begin your membership.

Further information

Proof of service will be needed to register for the project.

A gym induction and basic health questionnaire must be completed to start the gym membership.

Free 6-week membership will start from the date of your induction.

How do I sign-up?

You can find out more information by emailing Daniella.worth@burnleyfc.com, calling us on **01282 704716** or registering at the website <https://www.burnleyfccommunity.org/community-welfare-inclusion/veterans-programme/fitter-ex-forces/>



Burnley Football Club in the Community- Veterans Bowls

When: Thursday mornings 10:00-11:30am (weather permitting)

Location: Various garden parks in Burnley



When you serve in the Armed Forces, there's a sense of camaraderie, community, and togetherness that can be hard to replicate in civilian life.

It's common for people leaving the Armed Forces to miss the friendly banter, the laughs and the sense of belonging.

Our Veterans Bowls project is a fun way to meet other ex-service personnel and share stories, reminisce, and have a laugh.

It's open to everyone who has previously served in the Armed Forces, regardless of skill level.

If you're feeling more competitive, you can compete in our Veterans League and compete against other Veterans Bowls teams.

We are also mobility and dementia friendly.

Funded by the Veterans' Foundation, sessions take place every Thursday morning, weather permitting. For more information about our Veterans programme please contact our Veterans Project Officer, John Pluckwell on J.Pluckwell@burnleyfc.com, call **07714 792392** or visit <https://burnleyfccommunity.org/>

Burnley Football Club in the Community- Whitehough Workshops

When: Every Tuesday 10:00-14:00

Location: Whitehough Outdoor Centre, Barley New Rd, Barley, Burnley BB12.



The transition from the Armed Forces to civilian life can be challenging for some veterans. After years of intense training and focus, it can be difficult to find meaningful activities to fill their free time.

Our Whitehough Workshop provides veterans with meaningful activities that help them make a difference to the local environment.

Our sessions bring ex-service personnel together to get involved in various activities like gardening, groundwork, upcycling and even 'chairobics' as well as other outdoor tasks that are designed to help the local ecosystem.

For more information about our Veterans programme please contact our Veterans Project Officer, John Pluckwell on J.Pluckwell@burnleyfc.com, call **07714 792392** or visit <https://burnleyfccommunity.org/>



Healthier Heroes Armed Forces (Veteran) Support and Community Outreach Support Burnley

When: 24/7 support

Location: 4-6, Elizabeth Street, Burnley, Lancashire, BB11 2BQ



Healthier Heroes CIC provides support to ex-service personnel, their families and carers who are struggling with an array of complex requirements and support, as well as members of the NHS and other blue light services. The support offered to our service users includes housing, education, employment, tackling isolation and health and wellbeing. Partnering with statutory and other third sector organisations we ensure our service users receive the support they need using a collaboration approach.

We have Outreach Workers covering the whole of Lancashire.

We run a programme called UNITE INSPIRE BELIEVE which aims to tackle the complex needs of those in need. We opened our state of the art HQ, Bancroft house in Burnley in December 2020, as we are now able to support the armed forces community across Lancashire. We are very excited to be able to house homeless and vulnerable Veterans as well as those who have left the criminal Justice system, that may also be in need of support to help. This will help to stop the cycle of reoffending while providing 24-hour care and support to those that will be accommodated with us. Bancroft house offers accommodation with 21 double on suite rooms, as well as providing two move on property that supports 6 veterans helping them to transition back into society.

Activities:

Supported Housing for veterans Welfare Benefit support Community outreach support Education, training and employment opportunities Holistic wellbeing packages Addiction support. 24/7 support to the armed forces community in Lancashire.

For further information contact: Andrew@healthierheroescic.co.uk or call: **01282 966730** or visit <https://healthierheroescic.co.uk/>



Pendle Armed Forces Community Covenant

When: n/a

Location: 153 Oak Street, Colne, BB8 0BA



The Pendle Armed Forces Covenant Group was formed in 2013. Working with other local Armed Forces organisations our aim is:

“To support at local grass roots level all veterans and their families who are suffering the effects of war and have found the transition from military to civilian life difficult.”

Pendle Council and the local armed forces community work together to establish a covenant in their area in order to:

- Encourage local communities to support the armed forces community in their areas and to nurture public understanding and awareness among the public of issues affecting the armed forces community
- Recognise and remember the sacrifices faced by the armed forces community
- Encourage activities which help to integrate the armed forces community into local life
- Encourage the armed forces community to help and support the wider community, whether through participation in events and joint projects, or other forms of engagement

For further information visit the website: <https://www.pendle.gov.uk/armedforces/> or contact Neil Butterworth on **07747 843186** or via email: neil14@live.co.uk

The Royal British Legion – Church and Oswaldtwistle Branch

When: Quarterly

Location: n/a



The Royal British Legion provides lifelong support to serving and ex-serving person. Our support starts after seven days of service and continues through life, long after service is over. From providing expert advice and guidance, to recovery and rehabilitation, through to transitioning to civilian life – we can be by their side every step of the way. And it's not just members of the Armed Forces, but their families too.

The Royal British Legion is the country's largest Armed Forces charity. We provide lifelong support to serving and ex-serving personnel and their families. At branch level our members help to raise funds for the Poppy Appeal, offer friendship, support if needed and help raise awareness of the sacrifices military personnel and their families make for our country. You do not need to have served in the Armed Forces to become a member, many of our volunteers do not have a military connection, they just want to help. Church & Oswaldtwistle Branch RBL meet every 2nd Sunday of the month, various locations in our area at 1:00PM. We are a welcoming and friendly group.

More information available through our FB page [@rblchurchandoswaldtwistle](#) or contact: ChurchOswaldtwistle.Chairman@RBL.Community and call: **01524 387640**



Veterans in Communities – Burnley

When: Monday 10-12 noon

Location: Burnley Miners Social Club, Plumbe Street, Burnley, Lancashire, BB11 3AA



We provide a wide range of activities and support. Some, such as helping to develop an action plan to deal with housing or financial issues, are done on a one-to-one basis. Others are based on peer support through participation in activities with others in similar situations. These include our allotment project, the walks programme, outdoor activity days, Art Group, VIC Choir, and social inclusion trips. Our outreach sessions raise awareness of the service and make it as accessible as possible.

Veterans in Communities (VIC) does what it says on the tin. Our aim is to enable ex-services and emergency services personnel and their families to be a part of their local community. Returning to it, belonging to it and prospering in and as a part of it. It's not about being separate to the community, but sharing the skills, experiences and knowledge of our members, be they civilians or ex-armed forces personnel, to work towards a shared goal of building resilience and wellbeing for all. All of our activities and projects are open to members of the local communities, some of whom may be experiencing the same difficulties as veterans.

Breakfast club run by Burnley Football Club in the Community, however VIC staff attend and are on hand to offer veteran outreach support to anyone who needs it. Come and have a chat over a cup of tea in a safe, welcoming environment.

For further information contact: stevebutterworth@vic.org.uk, call: **01706 833180** or visit <https://veteransincommunities.org/index.html>



Veterans in Communities- Hyndburn

When: Fridays

Location: Accrington Arndale Centre, Union Street, Accrington, Lancashire, BB5 1EX



We provide a wide range of activities and support. Some, such as helping to develop an action plan to deal with housing or financial issues, are done on a one-to-one basis. Others are based on peer support through participation in activities with others in similar situations. These include our allotment project, the walks programme, outdoor activity days, Art Group, VIC Choir, and social inclusion trips. Our outreach sessions raise awareness of the service and make it as accessible as possible

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At our Hyndburn drop-in, we offer veteran outreach support in a friendly and safe environment. Have a chat over tea & biscuits and browse the wide array of products on sale, that have been made by veterans. The Railway Club is full steam ahead!

For further information contact Ray Sharkey, Bob Elliott or Darren Horsnell: raysharkey@vic.org.uk, bobelliott@vic.org.uk, darrenhorsnell@vic.org.uk, call: **01706 833180** or visit <https://veteransincommunities.org/index.html>



Veterans in Communities – Pendle

When: Wednesdays 10-1pm

Location: Holmefield Mill, Gisburn Road, Barrowford, Lancs, BB9 8ND



We provide a wide range of activities and support. Some, such as helping to develop an action plan to deal with housing or financial issues, are done on a one-to-one basis. Others are based on peer support through participation in activities with others in similar situations. These include our allotment project, the walks programme, outdoor activity days, Art Group, VIC Choir, and social inclusion trips. Our outreach sessions raise awareness of the service and make it as accessible as possible.

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The Pendle Armed Forces Support Group meet every Wednesday 10am - 1pm. VIC staff also attend and are on hand to offer veteran outreach support to those who may need it. Come and have a brew and a chat in a safe, welcoming environment.

For further information contact: stevebutterworth@vic.org.uk or info@armedforcessupportgroup.co.uk, call: 01706 833180 or 01282 613132 or visit <https://veteransincommunities.org/index.html>



Veterans in Communities- Ribble Valley

When: Tuesday Morning 10am-12pm

Location: Trinity Methodist Church, Wesleyan Row, Parson Lane, Clitheroe, Lancashire, BB7 2JY



We provide a wide range of activities and support. Some, such as helping to develop an action plan to deal with housing or financial issues, are done on a one-to-one basis. Others are based on peer support through participation in activities with others in similar situations. These include our allotment project, the walks programme, outdoor activity days, Art Group, VIC Choir, and social inclusion trips. Our outreach sessions raise awareness of the service and make it as accessible as possible

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Coffee morning and outreach on a Tuesday morning 10am - 12 noon. Come and have a chat over a cup of tea, in a safe, welcoming environment. Our staff and volunteers will be on hand to offer support and guidance for anyone who needs any assistance.

For further information contact: raymondsharkey@vic.org.uk, call: **01706 833180** or visit <https://veteransincommunities.org/index.html>



Veterans in Communities – Rossendale

When: Various groups Monday-Friday

Location: 12, Bury Road, Haslingden, Lancs, BB4 5PL



We provide a wide range of activities and support. Some, such as helping to develop an action plan to deal with housing or financial issues, are done on a one-to-one basis. Others are based on peer support through participation in activities with others in similar situations. These include our allotment project, the walks programme, outdoor activity days, Art Group, VIC Choir, and social inclusion trips. Our outreach sessions raise awareness of the service and make it as accessible as possible

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Activities:

Walking and outdoor activities.

Horticulture and allotment.

Social Inclusion trips.

Helping the local community with small projects.

Training opportunities,

Veterans Outreach and Information Services.

Art groups.

Craft group.

VIC Choir.

Veterans In Production.

For further information contact: info@vic.org.uk, call: **01706 833180** or visit <https://veteransincommunities.org/index.html>

Veterans Living History Museum CIC

When: n/a

Location: Veterans Living History Museum, Ordnance Street, Blackburn , Lancashire , BB1 3AE



We aim to educate people and offer a welfare service for serving military personnel and military veterans. We engage with schools, community groups and events delivering an educational service to people of all ages and backgrounds. We also offer a signposting service for veterans in need of assistance. In the near future, we will be opening a veterans' hub that will have a motor cycle workshop, cafe and facilities for homeless veterans to shower and get a change of clothing.

Our museum can be set up indoors or outdoors. We have an air soft range that can also be used indoors or outdoors. Coming soon... VCUP. A veterans' hub.

For further information contact: Hello@vlhm.co.uk or visit <https://www.vlhm.co.uk/>



Armed Forces Support Group – Nelson and District

When: Every Wednesday 10:00-13:00. 1st Saturday of each month 10:00-13:00

Location: The Annex, Holmfield House, Gisburn Road, Barrowford BB9 8ND



Every Wednesday, 1000 – 1300. 1st Saturday of each month, 1000 – 1300 We are a signposting group to be able to direct veterans to the right support service. We offer tea, biscuits and camaraderie to all who come in. We support 3 service cadet units and fundraise for 3 service benevolent funds. We have the support of 2x Deputy Lord Lieutenants.

For further information contact: info@armedforcessupportgroup.co.uk, call: **01282 613132** or visit <https://www.armedforcessupportgroup.co.uk/home.html>

Armed Forces & Veterans Breakfast Clubs - Blackburn & Darwen

When: Last Sunday of the month 10am-12pm

Location: Ferrier Court, Carlake Street, Blackburn, BB1 3LL



Armed Forces and Veterans Breakfast Clubs exist to help veterans, and often currently serving armed forces personnel, by meeting face to face, in a relaxed, safe, social environment and help remove social exclusion/isolation. Breakfast Clubs exist to help and support veterans and is free to attend and run “By Veterans For Veterans” and “for the Benefit of Veterans” and no Individual (veteran or visitor) should be discriminated against because of age, ability, ethnicity or religious/political views.

For further information contact: eastdavid217@gmail.com, call: **07767 123333** or visit <https://www.afvbc.net/find-a-club/blackburn-darwen-armed-forces-veterans-breakfast-club/>

Armed Forces & Veterans Breakfast Club – Rossendale

When: 2nd Saturday of the month at 10:00

Location: Bumbles Café, Haslingden Community Link, Bury Road, Haslingden, Rossendale, BB4 5PG.



Welcome to the Rossendale Armed Forces & Veterans Breakfast Club. We are a group of veterans & serving members of His Majesty’s Armed Forces, & like other Veteran’s Breakfast Clubs around the country, & overseas, our ethos is mutual support; it works because we all have a similar humour & outlook, & the social life we now enjoy is like our service days.

For further information please call: **01706 230116** or visit <https://www.afvbc.net/find-a-club/rossendale/>



Fylde and Wyre



Fylde and Wyre

Services located within the Fylde Coast locality

AFC Fylde Veterans Foundation – Coffee Morning

When: Every other Thursday (Lytham St Annes) and last Friday of every month (Fylde)



Location: Toby Carvery, 7-9 South Promenade, Lytham St Annes, Lancashire, FY8 1LS and Fylde Sports and Education Centre, Mill Farm Sports Village, Coronation Way, Wesham, Preston PR4 3JZ

Our Veterans coffee mornings offer the chance for local veterans of all ages to come together for a catch up and chat.

The coffee mornings are a way to have a break and meet like-minded people, they run at Fylde Sports and Education Centre (last Friday of the month) and Toby Carvery Lytham St Annes (every other Thursday).

Free tea, coffee and biscuits are available, so why not come along for a chat and a cuppa?

For more information, email Lee.Geraghty@afcfylde.co.uk, call: 07391 016806 or visit: <https://www.afcfyldefoundation.co.uk/>

AFC Fylde Veterans Foundation – Football

When: Monday 6-7pm

Location: Fylde Sports and Education Centre, Mill Farm Sports Village, Coronation Way, Wesham, Preston PR4 3JZ



The Foundation offers free football training sessions and fixtures for any serving or ex member of the Armed Forces.

The sessions take place 6pm – 7pm Monday evenings at Fylde Sports and Education Centre, and are ran by the Foundation's own veteran!

They are a great way to stay active, improve mental and psychical wellbeing and meet people with shared experiences.

For more information, email Lee.Geraghty@afcfylde.co.uk or call: 07391 016806 or visit <https://www.afcfyldefoundation.co.uk/>



AFC Fylde Veterans Foundation – Support Programme

When: Monday and Thursday 10-12pm

Location: Weeton Barracks, Weeton, Lancashire, PR4 3JQ



The Foundation are happy to announce that we are now offering support for those who are due to leave the Armed Forces.

The sessions run Monday and Thursday at Weeton Barracks, 10am – 12pm. The sessions are run by the Foundation's very own veteran, and offer advice and guidance on how to find employment, health and wellbeing and adjusting to life outside of the Armed Forces. 1 – 1 help is also available upon request.

For more information, email Lee.Geraghty@afcfylde.co.uk, call: **07391 016806** or visit <https://www.afcfyldefoundation.co.uk/>

AFC Fylde Veterans Foundation – Family Sessions

When: Mondays, 9:15am - 10am

Location: Weeton Barracks, Weeton, Lancashire, PR4 3JQ



Our family sessions aim to offer support for families of current and ex service personnel, offering help with mental and physical wellbeing by engaging in a number of activities. The sessions are also a great way to meet like-minded people who share similar experiences.

Sessions run Mondays, 9:15am - 10am at Weeton Barracks Community Centre.

For more information, email community@afcfylde.co.uk, call: **01772 598852** or visit <https://www.afcfyldefoundation.co.uk/>

BFCCT Forces Football – Football Club

When: Thursday 6-7:30pm

Location: Aspire Sports Hub, Garstang Road, FY3 7JH



Supported through funding from the Armed Forces Covenant Fund and Veterans' Foundation, Blackpool FC Community Trust are proud to host a range of armed forces programmes within the Community. This includes serving personnel, families, veterans and families of veterans.

Within our sessions, veterans have the chance to engage with other members of the armed forces community, providing an opportunity to rediscover the unique camaraderie of serving personnel. This includes coffee mornings, breakfast clubs, walking and running football, and the opportunity to represent Blackpool FC in veterans' competitions against other clubs in the NW.

Forces Football takes place on a Thursday evening. Please email, call or send us a social media message to find the exact times. Email: office@bfct.co.uk, call: **1254 348 691** or visit: <https://www.bfct.co.uk/programme/armed-forces/>



Blackpool FC Community Trust: Gardening Club

When: Last Thursday of the month 10-12pm

Location: Fylde Memorial Arboretum, FY2 0LZ, Blackpool, Lancashire, FY2 0LZ



Help BFCCT maintain our memorial space dedicated to Blackpool FC players who sadly lost their lives during the First World War. If you're not that green-fingered, then just come along for a brew and a chat.

There are other memorials in need of maintenance down at the Arboretum which requires a small army of volunteers, so once Veterans Gardening Club has finished there's plenty of opportunities to get more involved. A flask, wellies, gloves, and warm kit would be useful if you decide to come and help.

Email: office@bfcct.co.uk, call: **01253 348 691** or visit: <https://www.bfcct.co.uk/programme/armed-forces/>

Blackpool FC Community Trust: NAAFI Break

When: Last Thursday of the month 10-12pm

Location: Fylde Memorial Arboretum, FY2 0LZ, Blackpool, Lancashire, FY2 0LZ



Meet up with likeminded veterans living across the Fylde Coast. Come along and enjoy a sausage or bacon sandwich and a cup of NATO tea or coffee.

Email: office@bfcct.co.uk, call: **01253 348 691** or visit: <https://www.bfcct.co.uk/programme/armed-forces/>

Blackpool FC Community Trust: Veterans Walk and Talk

When: Thursday 1:30-3:30pm

Location: Blackpool Cricket Club, W Park Dr, Blackpool FY3 9EQ



We are proud to support our local veterans with various activities, the newest being our Armed Forces weekly walk, enjoy various gentle routes around the scenic grounds of Stanley Park. There is also the opportunity to join us for a brew and a chat at our Social Group in Blackpool Cricket Club after the walk.

Email: office@bfcct.co.uk, call: **01253 348 691** or visit: <https://www.bfcct.co.uk/programme/armed-forces/>



Fleetwood Town Community Trust - Armed Forces Community Events

When: Walk and Talk - Mondays 1030hrs. Online Zoom Coffee morning - Thursdays at 1000-1100hrs. Forces Football - Fridays at 1900-2000hrs.

Location: Poolfoot Farm, Butts Road, Thornton-Cleveleys, Lancashire, FY5 4HX



We are proud to support our local veterans with various activities, the newest being our Armed Forces weekly walk, enjoy various gentle routes around the scenic grounds of Stanley Park.

Email: Rick Clement rick.clement@fleetwoodtownfc.com , call: **07949 523089** or visit <https://fleetwoodtownfct.com/>

Armed Forces & Veterans Breakfast Club - Garstang

When: First Saturday of each month 09:30-12:30

Location: The Wheatsheaf, 1 Park Hill Road, Garstang, Lancashire, PR3 1EL



Welcome to the Garstang Armed Forces & Veterans Breakfast Club. We are a group of veterans & serving members of Her Majesty's Armed Forces, & like other Veteran's Breakfast Clubs, around the country & overseas, our ethos is mutual support; it works because we all have a similar humour & outlook, & the social life we now enjoy is like our service days.

What we do:

A chance to meet and talk with fellow Veormskirk

terans and serving members of the Armed Forces community whilst sharing a breakfast or just a cup of tea/coffee. There is no cost to joining you just pay for your breakfast.

Contact Lee Dickinson: garstangafvbc@gmail.com , call: **01995 600486** or visit <https://www.afvbc.net/find-a-club/garstang/>

Age UK Lancashire Removing Barriers Veterans Service

When: n/a

Location: 7 St George's Road, Lytham St Anne's, Lancashire FY8 2AE



Free practical support for veterans aged 50+, their families and carers. We can help with many aspects including: health, social, financial, education, work, parenting and intimate relationships. We provide tailored support to make a positive difference to your life. This service is available to people living in the Blackpool, Fylde and Wyre areas.

Contact: advice@ageuklancs.org.uk , call: **0300 303 1234** or visit <https://www.ageuk.org.uk/lancashire/about-us/news/removing-barriers/>



Blackpool Carers

When: n/a

Location: Blackpool Carers Centre, Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ



Blackpool Carers provide support, advice and respite for unpaid carers and their families. We work with children from the age of 5 and adults who provide care and support to loved ones due to illness, disability, sensory impairment, mental ill health or substance misuse. Our services help carers to create friendships, feel less isolated, strengthen their resilience and make happy memories. We are keen to reach out to veterans and their families to ensure that where there are caring roles, carers are properly supported. We are committed to making a better life for carers.

For more information contact: admin@blackpoolcarers.org , call: **01253 393748** or visit: <https://blackpoolcarers.org/>

Royal Naval Association - Fleetwood Branch

When: First Sunday of every month at 11am

Location: Conservative Club, 17 Lowther Road, Fleetwood FY7 7AS



With over 11,000 members across 250+ branches in the UK and overseas, we are a family of current and former Naval Service personnel, relatives and supporters of our country's Royal Navy.

Whether we are catching up with friends at our regular social events, fundraising, advising on welfare and employment matters, or just providing an arm around the shoulder, our natural willingness to help others stems from the tradition and camaraderie that life in the Royal Navy instils.

For more information contact Angela Patchett call: **07506 939171** or visit: <https://royal-naval-association.co.uk/branches/no-10-area/fleetwood/>

Dig In- Weeton Barracks

When: Tuesday 13:30-15:30

Location: Weeton Barracks, Weeton, Lancashire, PR4 3JQ

The Dig In Gardening Project is ran alongside Dig In North West, and aims to bring veterans and their families together through gardening.

The sessions are held every Tuesday 13:30 - 15:30 at Weeton Barracks and are open to all current and ex-service personnel and their families.

For more information contact: community@afcfylde.co.uk or call: **01772 598852**



Armed Forces & Veterans Breakfast Club - Lytham St Annes

When: 3rd Saturday of every month from 10:00 and Sunday 10:00-11:30

Location: The Blossoms, 1-3 Woodlands Road, Lytham St Annes, Lancashire, FY8 4EP.



Welcome to the Lytham St Annes Armed Forces & Veterans Breakfast Club.

We are a group of veterans & serving members of His Majesty's Armed Forces, & like other Veteran's Breakfast Clubs, around the country & overseas, our ethos is mutual support; it works because we all have a similar humour & outlook, & the social life we now enjoy is like our service days.

For further information contact: **01253 736735** or visit: <https://www.afvbc.world/>

Armed Forces & Veterans Breakfast Club – Thornton Cleveleys

When: 2nd Saturday of the month from 09:30.

Location: Tramway Pub, 167-169 Victorian Road West, Thornton Cleveleys, Lancashire, FY5 3IB



Welcome to the Thornton-Cleveleys Armed Forces & Veterans Breakfast Club.

We are a group of veterans & serving members of His Majesty's Armed Forces, & like other Veteran's Breakfast Clubs, around the country & overseas, our ethos is mutual support; it works because we all have a similar humour & outlook, & the social life we now enjoy is like our service days.

For further information call: **07984405739**, email: cleveleysAFVBC@outlook.com or visit: <https://www.afvbc.net/find-a-club/thornton-cleveley/>

DWS Life Skills C.I.C

When: Various times

Location: Various locations around Blackpool, Fylde and Wyre

DWS Lifeskills CIC – have an Armed Forces Covenant funded project working with veterans, predominately in Wyre, but also in the Blackpool and Fylde communities, primarily concentrating on health, wellbeing and social inclusion. They run a variety of activities including, quiz nights, kayaking sessions, walking groups and a breakfast club, whilst also engaging with local adult social care staff to provide health & wellbeing services to veterans in their homes.

For further information please contact the project lead Dave Whitworth on **07825 698506** or dave.whitworth@hotmail.com



Armed Forces & Veterans Breakfast Club- HMP Kirkham

When: Meet 1: 2nd Thursday of every month 17:30-19:00 Meet 2: Last Sunday of every month 10:00-12:00

Location: HMP Kirkham, Freckleton Road, Kirkham, Preston, PR4 2RN



Welcome to the HMP Kirkham Armed Forces and Veterans Breakfast Club, part of the growing network of Armed Forces and Veterans Breakfast Clubs in the UK and worldwide. We are a group of veterans and serving members of His Majesty's Armed Forces.

There were no commitments or subs... just a great place to meet like-minded people for support, chat and banter... not forgetting a great breakfast.

As you can imagine with us being a prison, the entrance to the club is a little different to what you would normally experience with any other AFVBC. HMP Kirkham is a category D open prison. This does not mean that people/prisoners can come and go as they please. As with all prisons we have exceptionally strict security for both visitors coming into the prison and for prisoners going out on temporary licence. We would sincerely love for all of us to get together and talk about the good old days over a cuppa like any other Armed Forces Veterans Breakfast Club but sadly this is not an option within a prison environment; for obvious reasons which I'm sure you will understand.

However, if you were supporting agency and would be interested in visiting our veterans to offer support then we may be able to arrange an official visit for you. We would love you to come along but please do ensure that you follow the steps below:

Send an e-mail informing the admin that you would like to attend, include your full name, address, contact number and your agencies details. This information is required for security purposes; we are a prison after all! A reply will be sent to you with approval also information on entrance to the prison and the ID requirements for the day. Sadly, being a prison, if you attend and we have not prevetted/cleared you we are absolutely unable to let you in, we don't want that to happen! Final request to attend will always be one week prior to the breakfast date. When requesting to join please check all your message inboxes for messages from the club admin team, please check the group time state and any updates

For further information please email: colin.johnson@justice.gov.uk or steve.elliott01@justice.gov.uk, call: 01772 675463 or 01772 675457 or visit: <https://www.afvbc.net/clubs-category/hmp/>

Hangar 42: Spitfire Visitor Centre

When: Open Saturdays from April to October (Further dates and times available following enquiry)

Location: Spitfire Visitor Centre, Hangar 42 (South), Blackpool Airport Squires Gate Lane, Blackpool, FY4 2QY





The Hangar 42 collection is made up of Five Spitfire replicas, of various marks. For a small fee, visitors can take the opportunity to sit in the cockpit of our Spitfires and have a number of unique photographs taken to mark your visit. Raven Cockpits operate the Spitfire Flight Simulator. To book your hours, training or combat missions, please get in touch. We also have a rare collection of wartime RAF Airfield vehicles and equipment, all loving restored back to operational standard.

On our Saturday open days, we host informative tours on our exhibits and Lancashire's wartime history. The Lancashire Aircraft Investigation Team provide a fascinating collection of WW2 aircraft crash wrecks, from the P51 Mustang to the Junkers JU88 Bomber

The centre would like to get more veterans involved in the project. They have engineering teams (working on Replica Aircraft upgrades and Military vehicles etc.), General Maintenance Teams and the Simulation Team which veterans may be able to get involved with. If you are interested then please get in touch to organise a pre-arranged visit.

For further information please contact John Coombes (Director) **email:** enquiries@spitfirevisitorcentre.co.uk or visit: <https://spitfirevisitorcentre.co.uk/>



Central and West Lancashire



Central and West Lancashire

Services located within the Central and West Lancashire locality

West Lancs Ark

When: Friday mornings 9-12pm

Location: West Lancs ARK, Ecumenical Centre, Skelmersdale, Lancashire, WN8 6LU



We offer support for Armed Forces, We operate from our office at the Ecumenical Centre every Friday morning from 9am – 12pm.

We have an open door policy so no need to book an appointment, just turn up, support for armed forces and family members.

Activities:

We can help with Job Search, Housing, Training, Debt Advice and Higher Education.

For further information contact Jan Monaghan or Barry via email: westlancsark@hotmail.co.uk, call: **07826 656287** or **07421 941324** or visit: <https://westlancsark.co.uk/>

Armed Forces and Veterans Breakfast Club- Ormskirk

When: Contact admin

Location: Toby Carvery, County Road, Ormskirk, Lancashire LN39 1NN



Welcome to the Ormskirk Breakfast Club, part of the growing network of Armed Forces and Veterans Breakfast Clubs in the UK and worldwide.

We are a group of veterans and serving members of Her Majesty's Armed Forces. There are no commitments or subs... just a great place to meeting like-minded people for support, chat and banter... not forgetting a great breakfast.

Attending we have veterans of the Army, Royal Navy, Royal Air Force and Royal Marines... so if you want to return to the tribe, come along. Join in the banter as long as you have a uniform service history, or association with such and can cope with the sense of humour. It really works because we all have a similar sense of humour, values and outlook on life.

For further information contact: daveknowles1439@gmail.com or visit: <https://www.afvbc.net/find-a-club/ormskirk/>



Dig In- Preston

When: Tuesday, Wednesday, Thursday, Friday mornings

Location: Walled Garden, Ashton Park, Pedders Lane, Preston, Lancashire, PR2 1HR



We offer drop in sessions for current and veteran members of the Armed Forces Community and Emergency Service Community.

We offer peer support, therapeutic activity and distraction to anyone who has served in the Armed Forces or Emergency services and is facing any sort of a challenge as a result of their service or who simply wish to socialise with their peers.

What we do:

Whether you just need a brew and a chat, want to join one of our ongoing projects or want to start your own project we are here to help. Our staff can support you no matter what level of skills or experience you have and can help you gain confidence in learning new skills. Our staff are all military veterans and wherever you find yourself just now, one of our team will have been there. Lots of banter also on offer!

For further information contact: info@diginnorthwest.org or call: **07933 616312** or visit: <https://diginpreston.org/>

Modelling For Heroes

When: First Wednesday of each month 10-2pm

Location: Norman Jepson Beefeater, Bluebell Way, Fulwood, Preston, PR2 5PZ

Modelling For Heroes Preston Branch is part of the National Organisation . We welcome anyone from the Emergency Services or Armed Forces of any or no ability. Partners, carers and supporters are also welcomed.

We meet the first Wednesday of each month at the Toll Bar Cottage Cafe, 476 Garstang Road, Broughton, Preston PR3 5 JB (on the crossroads- car park to the side and served half hourly by buses 40 and 41 from Preston Bus Station. Time: 1000-1400hrs. Coffee, tea available. All modelling kits are supplied. The club is a vehicle around which veterans can meet and talk. The venue has some disabled facilities.

For further information contact: Sam Markland samandhil@hotmail.co.uk or call: **01772 463911**



Armed Forces Breakfast Club – Penwortham

When: First Sunday of every month 10-12pm.

Location: Brown Hare, Millbrook Way, Penwortham, Preston, PR1 0XW



Welcome to the Penwortham Armed Forces & Veterans Breakfast Club. We are a group of veterans & serving members of Her Majesty's Armed Forces, & like other Veteran's Breakfast Clubs, around the country & overseas, our ethos is mutual support; it works because we all have a similar humour & outlook, & the social life we now enjoy is like our service days.

For further information contact Geraint 'Gez' Goddard via email: geraintgoddard@yahoo.co.uk or call: **07710 867475** or visit: <https://www.afvbc.net/find-a-club/penwortham/>

PNE Forces

When: Every Wednesday night from 8pm-9pm free football hour.

Location: Playfootball Preston, Tag Lane, Preston, Lancashire, PR2 3TX



The PNE Forces programme is an initiative run by Preston North End Community and Education Trust which is open to anyone who currently or has previously served in the Armed Forces.

The initiative includes football and social sessions designed to allow forces members of both past and present a way to keep active while forming new relationships with like-minded people, all the while benefiting their mental and physical health.

Every Wednesday night from 8pm until 9pm at We PlayFootball Preston (PR2 3TX), we host a free football hour for members of the Armed Forces and their dependents. Along with this comes the chance to represent the Trust at regional and national tournaments.

Preston North End signed the Armed Forces Covenant in October 2019, demonstrating its commitment to supporting past and present members of the military and their families.

For further information contact Community Engagement Officer Alistair White:

alistair.white@pne.com, call: **01772 693309** or visit: <https://www.pnecf.net/pnecet/community-engagement/pne-forces/>

ABF The Soldiers' Charity- Preston

When: n/a

Location: Fulwood Barracks, Preston, Lancashire PR2 8AA



Our local team of Phil Naylor, Jim Duffy and Steph Johnson work with our marvellous volunteers and supporters across the length and breadth of the NW, running fundraising as well as awareness raising events. Our office also supports all fundraising activity in the Isle of Man.

If you are interested in taking part in an event, or want to undertake some fundraising of your own, please do not hesitate to get in touch – we are looking forward to working with you.

If you need to get hold of us, please email us at northwest@soldierscharity.org or call us on one of the following numbers:

07989 060922 (Phil Naylor)

07530 974960 (Jim Duffy)

07903 337624 (Stephanie Johnson)

Email: northwest@soldierscharity.org, call: **01772 260356** or visit:

<https://armybenevolentfund.org/regions/north-west/>

College for Military Veterans and Emergency Services (CMVES)

When:

Location: Kirkham Building Bhailok Street Kirkham Street Preston PR1 7AD



The College for Military Veterans and Emergency Services (CMVES), often referred to simply as 'the College', help people make a smooth transition from life in the uniformed services to civilian life.

CMVES respects the diversity, skills and knowledge brought to civilian life by ex-military and emergency services personnel. We work with the veteran community, emergency services and families to empower and motivate all in reaching their full potential in work, education, business and the transition to civilian life.

This will be achieved by providing multi-layered educational options, leadership, employment and apprenticeship opportunities whilst underpinning this through innovative, high quality research. This initiative will include national and international collaboration with academic partners, businesses, third sector, charities and the Armed Forces.

For further information contact: info@cmves.org.uk, call: **01772 894039** or visit:

<https://cmves.org.uk/>



Help for Heroes- Preston

When: n/a

Location: Nuffield Health & Wellbeing Gym, Capitol Centre, Walton-le-Dale, Preston PR5 4AW



We are committed to adapting our services and supporting our beneficiaries through this unprecedented time. We continue to offer the following digitally/over the phone: Welfare support, Grants, Psychological Wellbeing, Veterans' Clinical Liaison Service, Fellowship networks and soon – virtual sports, health and activity programmes.

For more information email getsupport@helpforheroes.org.uk The Help for Heroes Welfare teams offer information to Veterans, who have been wounded, injured or sick during or as a result of their Service and their families, on a wide range of issues such as money, health, housing and benefits. In addition, they bring together a dedicated team of welfare specialists from a range of service charities and organisations to collectively offer advice and guidance.

Please Note - This location is used frequently by Help for Heroes but there is no permanent Help for Heroes presence.

For further information contact: catterick.supporthub@helpforheroes.org.uk or call: **01748 834148** or visit: <https://www.helpforheroes.org.uk>

The Lancashire Armed Forces Covenant Hub

When: n/a

Location: UCLan, Kirkham Building, Bhailok Street, Preston, Lancashire PR1 2HE



The Hub is not a service provider itself, but it can provide advice about veteran specific services in Lancashire and can link directly to all the local authorities in Lancashire around the access to, and provision of, public services in Lancashire. Please make contact to see how we can help.

For further information contact: lancscovenant@uclan.ac.uk, call: **07976 941410** or visit: <https://www.lancashire.gov.uk/armed-forces/the-lancashire-hub/>



Royal Naval Association - Leyland Branch

When: Third Monday of every month at 20:00

Location: Royal Air Force Association Club, Wetby House, Golden Hill Lane, Leyland, Lanc, PR25 3NN



With over 11,000 members across 250+ branches in the UK and overseas, we are a family of current and former Naval Service personnel, relatives and supporters of our country's Royal Navy. Whether we are catching up with friends at our regular social events, fundraising, advising on welfare and employment matters, or just providing an arm around the shoulder, our natural willingness to help others stems from the tradition and camaraderie that life in the Royal Navy instils.

For more information contact Derrick Hurrell via email: derrick696@blueyonder.co.uk, call: 01772 454774 or visit: <https://royal-naval-association.co.uk/branches/no-10-area/leyland/>

Skiggle

When: n/a

Location: PO Box 1411, Preston, Lancashire PR2 0YD



Skiggle is a rescue service for the disabled world, offering support to ex-armed forces personnel with a range of different injuries, their families and carers. We offer support by funding and operating a unique round-the-clock SOS emergency alert service. This provides a place for people to turn to if they urgently need a piece of equipment, feed, or disability care product. We also provide an online marketplace for disabled veterans, their families, and carers to find care-based essentials when they need them. Our community often have spares they are looking to rehome, so why not search our marketplace or donate your own unwanted supplies?

For further information contact: info@skiggle.co.uk, call: 07368 297197 or visit: <https://www.skiggle.co.uk/>

SSAFA- Lancashire

When: Monday-Friday 09:00-17:00

Location: Lancashire PR2 8AB



We provide lifelong support to those who are serving or have served in the British Army, Royal Navy, Royal Marines or the Royal Air Force, and to their families. Founded in 1885, we're extremely proud of our long-standing heritage and of all the work we do with inspiring people from Lancashire, across the UK and around the world.

For further information or to contact the service call: 020 4566 9146 or 01772 260462 or email: enw.region@ssafa.org.uk or Lancashire@ssafa.org.uk or visit: <https://www.ssafa.org.uk/lancashire>



Step Into Health

When: n/a

Location: Sceptre Point Sceptre Way Walton Summit Walton Summit Centre
Preston PR5 6AW



Lancashire and South Cumbria NHS Foundation Trust - Step into Health is open to all Service Leavers and Veterans and their spouse/partner. It is an incredible opportunity in which employers are working with the Armed Forces Community to provide career and development opportunities within the NHS.

Please contact Farzana.Kauser@lscft.nhs.uk for more information or visit:
<http://jobs.lancashirecare.nhs.uk/>

Armed Forces Breakfast Club- Chorley

When: First Saturday of the month for breakfast from 10:00

Location: 'Shebeen' 4 Chapel Street, Chorley, Lancashire, PR7 1BW



Welcome to the Chorley Breakfast Club, part of the growing network of Armed Forces & Veterans Breakfast Clubs in the UK and Worldwide. We are a group of veterans and serving members of Her Majesty's Armed Forces. There are no commitments or subs... just a great place to meet like-minded people for support, chat and banter.

We also meet socially at Regimental/Association Dinners, nights out, BBQ's, parties, family occasions, Summer Balls, Christmas parties, & we network among the variety of trades we all now work in. All services veterans (If you can cope with the banter), are free to turn up on & you will be made welcome.

For further information please contact: chorleyafvbc@gmail.com or visit:
<https://www.afvbc.net/find-a-club/chorley/>



Armed Forces and Veterans Breakfast Club- Southport

When: Every second Saturday of the month from 10-12 noon.

Location: Ocean Plaza Brewers Fayre, Ocean Plaza, Marine Drive, Southport, Merseyside, PE8 1RY



Welcome to the Southport Breakfast Club, part of the growing network of Armed Forces and Veterans Breakfast Clubs in the UK and worldwide.

We are a group of veterans and serving members of Her Majesty's Armed Forces. There are no commitments or subs... just a great place to meeting like-minded people for support, chat and banter... not forgetting a great breakfast.

Attending we have veterans of the Army, Royal Navy, Royal Air Force and Royal Marines... so if you want to return to the tribe, come along. Join in the banter as long as you have a uniform service history, or association with such and can cope with the sense of humour. It really works because we all have a similar sense of humour, values and outlook on life.

For further information contact Les Meadows by email: ljmeadows@talktalk.net or call: **01704 504675**

For further information please contact Sue Alston via phone: **07867 009540** or email: suealston7@gmail.com or visit: <https://www.afvbc.net/find-a-club/southport/>

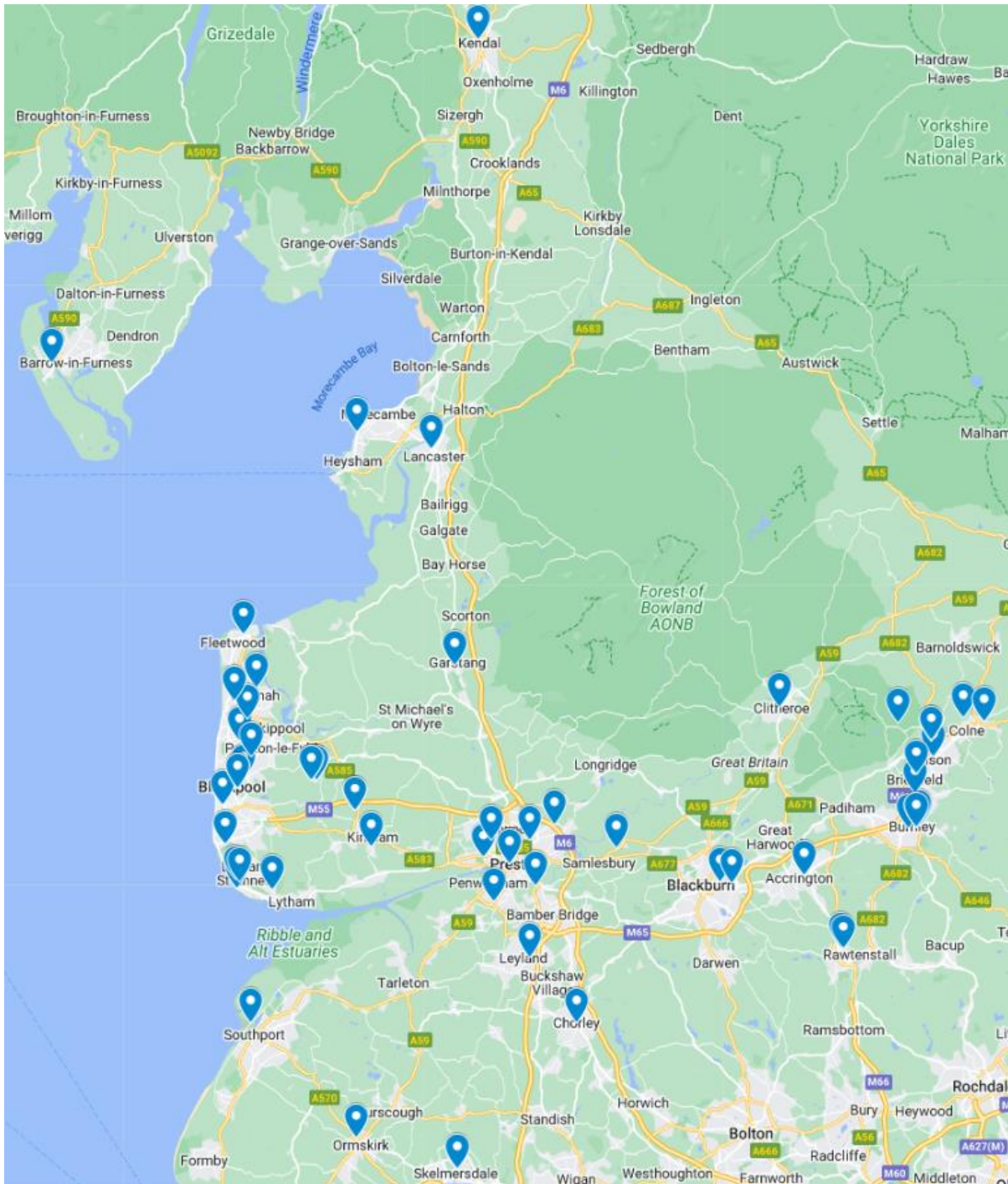
MAP OF SERVICES

[Armed Forces Services – Google My Maps](#)

Click the above link to be taken to a map of services across the Lancashire and South Cumbria.



The image below shows the footprint of the services listed across Lancashire and South Cumbria.



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