



**ALL -**

**VETERAN**

**WELLBEING**

**PROJECT**

**Tough Enough To Care** (TETC) have been chosen to deliver the All-Veteran Wellbeing Project (Fitness In Mind) - Funded by Thrive Together. This project is open to **ALL** Veterans, Family members of Veterans and those for care for Veterans. Participants must be living within the Black Country (Dudley, Sandwell, Walsall, Wolverhampton).

### **PROJECT AIMS**

- Promote emotional wellbeing as a routine part of life for veterans — just like physical fitness
- Reduce stigma around mental health and encourage early, proactive help-seeking.
- Provide safe, welcoming spaces and co-produced activities tailored to the needs of the Armed Forces Community (AFC)
- Strengthen links between veterans, families, voluntary organisations, and statutory services
- Build the capacity of the voluntary sector to deliver effective emotional wellbeing support
- Reach and support vulnerable groups & communities, including veterans from minority backgrounds, those involved in the justice system, those facing substance misuse challenges and, those affected by emotional and physical abuse
- Create a sustainable model of emotional wellbeing support that can influence wider policy and practice

### **WHAT IS ON OFFER**

- **Mental Health awareness training sessions** (In person & Online) - A 45-minute presentation which highlights the statistics around mental health, spotting the signs of poor mental health and guidance for Veteran support through dedicated Veteran support systems. This is followed by an opportunity to discuss other elements of the project.
- **12 week programme to develop personal empowerment** - The Mindset Principle is developed by TETC from evidence based research to promote emotional resilience, using goal focussed journaling. The booklet also provides several self-help guides and Veteran specific signposting information
- **Regular Peer to Peer Support groups** - Accessible through our Peer Support network and with our partner organisations who operate across the Black Country
- **Access to a growing network of Veteran Ambassadors** - Ambassadors will be identified throughout the project, who will champion the project within their direct communities and social groups. Ambassadors will create a 'buddy-buddy system' which will give easier access to information, experiences and support for Veterans/Families/Carers in their time of need, outside of the regular Local Authority channels, to then encourage Veterans to access services that they may be unaware of, or uncomfortable in accessing via the usual channels.



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## **AGE LIMITS**

Mental Health Awareness Training - **16+**

Mindset Principle - **16+**

Peer Support Groups - **18+** (Support can be offered to find groups for young people)

Text Support Service - **Open to any age**

## **COMMUNICATIONS FOR EMAIL / SOCIAL MEDIA**

**Facebook & LinkedIn**- Tough Enough To Care

**Instagram** - toughenoughtocare

**X** - We do not operate on X (formerly Twitter)

**SUBJECT** - All Veteran Wellbeing Project - Delivered by Tough Enough To Care

## **START TEXT**

Are you an Armed Forces Forces Veteran, Veteran family member or do you care for a veteran living in the Black Country?

Tough Enough To Care are offering free mental health and emotional wellbeing training for you. Funded by Thrive Together, this project offers:

- Mental Health awareness training sessions
- 12 week programme to develop personal empowerment
- Regular Peer to Peer Support groups
- Access to a growing network of Veteran Ambassadors

Veterans, family members and carers can access the project for **FREE** via:

Email: [info@toughenoughtocare.org](mailto:info@toughenoughtocare.org)

Phone: 01384 270359

Website: <https://toughenoughtocare.help/training/all-veteran-wellbeing-project/>

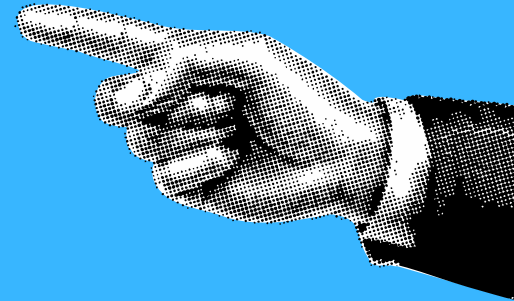
No external referrals are required to access this project. Self-Referral / Sign Up is welcomed.

## **END TEXT**

**Please share attached flyer with all communications.**



Registered charity No: 1187404



# ALL - VETERAN WELLBEING PROJECT

Open to ALL Veterans, Family members and carers of Veterans based in the Black Country (West Midlands)

## What is on offer:

- Mental Health awareness training sessions
- 12 week programme to develop personal empowerment
- Regular Peer to Peer Support groups
- Access to a growing network of Veteran Ambassadors

All sessions and workshops are FREE to attend and run by trained staff with lived experience of mental health journeys



[toughenoughtocare.help/training/all-veteran-wellbeing-project/](https://toughenoughtocare.help/training/all-veteran-wellbeing-project/)

Scan for more info

Email us : [info@toughenoughtocare.org](mailto:info@toughenoughtocare.org)

Call us : 01384 270359

Funded By

**THRIVE TOGETHER**

Empowering Veterans and Families:  
Creating Connections, Building Futures

