

## National Services

Defence Medical Welfare Service (DMWS) - A charity working to provide medical welfare to those who have been on the front line and are undergoing treatment for a new or pre-existing health issue. Tel: 0800 999 3697 | [referrals@dmws.org.uk](mailto:referrals@dmws.org.uk)

### The ManKind Initiative

Providing help and support for male victims of domestic abuse and domestic violence in the armed forces.



Helpline: 018823 334244 | [www.mankind.org.uk](http://www.mankind.org.uk)

Op COURAGE: The Veterans Mental Health and Wellbeing Service—An NHS mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.

Tel (24 hr) : 0300 323 0137 | [mevs.mhm@nhs.net](mailto:mevs.mhm@nhs.net)

### Fighting with Pride

A new charity supporting the health and wellbeing of LGBT+ veterans, service personnel and their families.

[info@fightingwithpride.org.uk](mailto:info@fightingwithpride.org.uk) | [www.fightingwithpride.org.uk](http://www.fightingwithpride.org.uk)



### Blesma: The Limbless Veterans Charity

A national service charity that supports limbless veterans for the duration of their lives, offering financial support to them and their families.

Tel: 020 8590 1124 | <https://blesma.org>

### Salute Her

A confidential support service for women serving and female veterans who have been affected by sexual assault, bullying and harassment.

Tel: 0191 250 4877 | [www.saluteher.co.uk](http://www.saluteher.co.uk)



Services for  
Veterans in  
Herefordshire



## Services based in Herefordshire

### Herefordshire Veteran Support Centre



A friendly drop-in centre for anyone in the armed forces community needing guidance. HVSC works in partnership with a series of organisations, many of whom run monthly clinics at HVSC including DWP, OpCourage, Chronic Pain Management and more. Their aim is to provide a one stop shop of support and a friendly listening ear for anyone who may be experiencing issues or requiring support in any area of life or work. They also hold an Armed Forces Community brunch every Thursday from 10:30-13:30. The centre is open to all Monday-Friday from 09:00 to 17:00.

There is a HVSC Drop In at the Council Offices (near the library) in Ross-on-Wye on the 1st and 3rd Tuesday of every month from 10:30-15:30

<https://herefordshire-vsc.org> | Tel: 01432 260656 | 100 Widemarsh Street, Hereford HR4 9HG | [sean.gane@herefordshire.gov.uk](mailto:sean.gane@herefordshire.gov.uk)

### Hereford Veterans Meeting Centre

Veteran-specific specialist days working to enhance wellbeing and maintain cognitive ability. A warm and friendly environment for veterans to enjoy activities and meet new people.



Every Monday at Drybridge House Centre, St Martins Street, Hereford HR2 7SG from 10.30am-3.00pm.

Free taster sessions and then £45.00 per session per person.



**FirstLight Trust**  
Supporting veterans locally

A friendly and welcoming café aiming to end isolation and loneliness. FirstLight Trust encourages friendships and problem sharing along with regular activities. There is a dedicated member of staff on hand to support with all manner of issues from mental health to housing and finances.

<https://firstlighttrust.co.uk/hereford-cafe-hub> | 41-43 Broad Street, Hereford HR4 9AR | Tel: 01432 806604 | [hereford@firstlighttrust.co.uk](mailto:hereford@firstlighttrust.co.uk)



SSAFA focus on offering direct support to individuals in need of physical or emotional care. They can support with issues such as debt, PTSD, addiction, relationship breakdowns and homelessness.

You can contact the Hereford branch of SSAFA by phone, email or through their website—01432 273932 | [ewm.region@ssaafa.org.uk](mailto:ewm.region@ssaafa.org.uk) | [www.ssaafa.org.uk/herefordshire](http://www.ssaafa.org.uk/herefordshire)

### Royal British Legion



RBL can offer support to those who are homeless or suffering from a financial crisis or people who are simply looking for careers advice and a fresh start after leaving the forces. They can also organise home and hospital visits for those who are isolated along with so much more. Call 0808 802 8080 or visit <https://counties.britishlegion.org.uk/counties/herefordshire/#>

### Remember Veterans

This service is for military veterans who are currently in or at risk of becoming involved in the criminal justice system. The service works closely with the veteran to develop an intensive 1:1 support plan which aims to enable the veteran to access sustainable, independent living whilst reducing the likelihood of offending or reoffending. You can refer yourself through the website at [www.yss.org.uk/community-services/refer/](http://www.yss.org.uk/community-services/refer/) or speak to the Link Worker for Herefordshire, Lisa Burnett by calling 07773 930149.

### Armed Forces and Veterans Breakfast Club

Allowing veterans and armed forces personnel to meet face-to-face in a relaxed, safe environment to enjoy breakfast and banter, combat loneliness and allow veterans to 'return to the tribe'. No membership, no fees.

**Ross-on-Wye:** Email [rossafvbc@gmail.com](mailto:rossafvbc@gmail.com) | Call 01989 565599. Meets occur monthly at St Mary's Church Hall, Ross-on-Wye

**Hereford & Leominster:** Alternate weeks at Wetherspoons 09:30-11:00. Call 07436 721114 | Email [hafvbc@yahoo.com](mailto:hafvbc@yahoo.com)

