



Pathways for Physical Health

Click on an organisations to be directed to its website



Still in service / transitioning?

Personnel Recovery Units / Centres

The Units are for serving personnel who are transferred to one of 11 PRU's near to their home. The Centres are a joint initiative by the MOD, Help for Heroes and The RBL. Injured people are assigned to one of 5 centres in the UK and receive rehabilitation, guidance with next steps and support from other agencies. Centres will work with veterans on a case by case basis. Nearest: Tidworth, Wiltshire, Tel: 01980 844200

Defence Medical Rehabilitation Centres

Currently provided at Headley Court for all serving members of the Armed Forces it will be moving in 2018. There are short (3 week) residential courses and long term (up to 9 month) inpatient beds. Epsom, Surrey, Tel: 01372 378271

Equipment / Advice / Entitlement

Occupational Therapy Services

County Council's services support adults and older people with physical disabilities to remain independent and safe in their own homes. Visit the websites or give the teams a call:
[West Sussex](#), Goring by Sea, 01903 839100,
[Brighton & Hove](#), Brighton, 01273 295555,
[East Sussex](#), Eastbourne, 0345 60 80 191

Livability

Based in Newhaven and have a home in Bognor Regis. Provide care to people either in their homes or at their own care homes.
01273 604592 – Brighton office

The Disability Equipment Register

Online, not-for profit organisation facilitating buying and selling of second-hand disability equipment. 01454 318818
disabreg@blueyonder.co.uk

Possibility People - Disability Advice Centre

Advice and support to lead an independent life. Will help find and apply for grants to purchase equipment. They advise on entitlement schemes, provide information on local support groups. Brighton, 01273 296747

Red Cross

Provides short-term loans of equipment including wheelchairs, commodes and bathing aid. Usually available within 24hrs Tel: 0800 0280 831

Shop Mobility

Shop Mobility is a service that helps all people who consider themselves to have mobility problems to get around city and town centres. Each scheme varies so contact the scheme you wish to visit. [The national Federation of Shopmobility](#) provides a list on line or call 01933 229644 or email Shopmobility@bhta.com.

Officers Association

Working with other services to provide an equitable and non-judgemental service to the maximum number of those eligible.
Tel: 020 7808 4175.

NHS Provision

Telling the GP practice about your veteran status will trigger the transfer of your full medical documentation from the Ministry of Defence (MoD) to your GP and enable you to benefit from veteran-specific services.

All veterans are entitled to priority access to NHS care (including hospital, primary or community care) for conditions associated to their time within the armed forces (service-related). However this is always subject to clinical need and does not entitle you to jump the queue ahead of someone with a higher clinical need.

GPs and Medical Records

Find GP services. All ex-Armed Forces personnel are given a summary of their medical records, which they are advised to give to their new GP when they register. GPs can request medical records through the records departments:

- Royal Navy & Marines: 02392 768 063
- Army: 08456 009 663
- RAF: 01494 497 410

NHS Choice For information on self-care, living well and general health; it can be used to find a Dentist, Pharmacist, or Optician and any other service with translation. If after contacting several dental practices you still can't find a dentist accepting NHS patients, you should call NHS England's Customer Contact Centre on 0300 311 2233

Sussex Armed Forces Network

Website holds information i.e. referral forms, request for notes, what words should be used by GPs for AFC referrals into providers. There are more detailed specific pathways i.e. MSK sight loss

Veterans' Prosthetics Programme

Disablement Service Centres (DSCs) provide enhanced services to veterans who lost a limb in service. The closest is Prosthetic Regional Rehabilitation Department, Portsmouth Hospitals NHS Trust. DSCs can apply to the Veterans Prosthetic Panel for funding for high-quality prosthetic limbs.
veterans.prosthetics@nhs.net

Veterans' Trauma Network

Provide specialist care for patients with service-related traumatic injuries. The nearest are in London
england.veterantraumanetwork@nhs.net
There is a local Chavasse clinic in Brighton see MSK pathway which links with the above network and accepts referrals from all areas.

IVF fertility Treatment

NHS England is responsible for commissioning IVF for Armed forces couples, even if only one of them is serving. More information about the policy can be viewed via the NHS England website.

Sexual Health

Sexual Health & Contraception (SHAC)

NHS - Free sexual health advice, counselling, contraception and pregnancy testing. Brighton, 01273 242091,

Terrence Higgins Trust

Confidential support and counselling on HIV and sexual health. Free condoms. Brighton, 01273 764200, Eastbourne, 01323 649927

Sexual Health Line

Information and advice on HIV/AIDS, sexual health, STIs, local services, clinics and support services. 0300 123 7123

Youth Advice Centre - Sussex Central YMCA

Advice and counselling to 13-25 year olds; free pregnancy testing; chlamydia testing; safer sex materials; C Card scheme.

Treatment / Care Homes / Respite

Care for Veterans

Previously known as The Queen Alexandra Hospital Home it is a care home for nursing and rehabilitation. Helping with loss of limbs, neurological disorders and/ or terminal illnesses. Based in Worthing Tel: 01903 213458

Chaseley House

For severely disabled people providing treatment for spinal injury, Acquired Brain Injury and stroke, Multiple Sclerosis, Parkinson's Disease. Priority given to ex-Service personnel and their dependants. Respite and rehabilitation is also offered. Based in Eastbourne, Tel: 01323 744200

Blind Veterans UK – formerly St Dunstan's

Helps visually impaired ex-service persons with rehabilitation, teaching new skills, resolving housing issues, access to sporting facilities and social activities. There are 85 bedrooms mainly for short-term visitors, but there is nursing and residential care provision. Greenways, Ovingdean, Brighton, 0800 389 7979

Princess Marina House (RAF Benevolent Fund)

Specialises in providing respite care and recuperative breaks to serving and retired members of the RAF.
welfareservices@rafbf.org.uk
Tel: 01903 784044

British Limbless Ex Service Men's Association (BLESMA)

Provide rehabilitation and support to veterans who have lost limbs or their sight in service as well as supporting dependants and widows. ChadwellHeath@blesma.org
Tel: 020 8590 1124

Please view the Housing Pathway for more information about other services available.