

"Together we CAN make a difference 2019!"

Tuesday 22nd January 2019

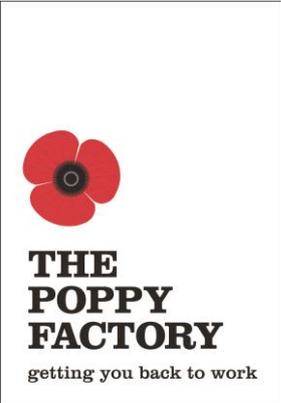
Market Stalls

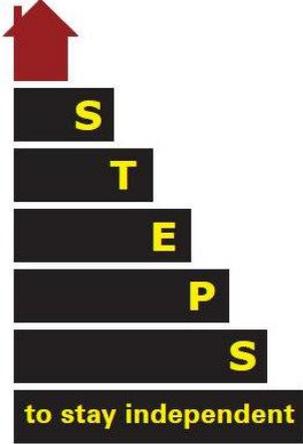
iTalk Lounge, Amex Stadium

**ARMED
FORCES
NETWORK**

	<p>256 Field Hospital</p> <p>This is your local British Army Reserve unit that trains and develops individuals working in the NHS and Allied Healthcare Professionals, providing them with an extra dimension as a spare-time soldier or officer. Our main role is to provide a fully functioning hospital, equipped and staffed to manage any type of casualty in the field, whether deployed in support of exercises or on operations.</p>
	<p>3rd Battalion, The Princess of Wales's Royal Regiment</p> <p>This is the Army Reserve Infantry Battalion for the South East of England. The Battalion is operationally focused and often has Reserve officers and soldiers deployed supporting the Regular Army. Soldiers in the Battalion take time out from their normal civilian jobs, which are protected by legislation, to experience life at the sharp end of the British Army's work. B Company or "Royal Sussex" Company is an infantry rifle company that is operationally focused, having deployed over 150 of its soldiers to operational theatres in support of the Regular Army since 2003. B Company is based in Brighton and Eastbourne and is proud of its record on operations. B Company also have a Specialist Platoon, Javelin Platoon, that man and operate the Javelin Anti-Tank system. As a Company we have supported all areas of conflict in recent history and we continue to provide our soldiers in support of further operations. Many of our people regard the Army Reserve as an important 'second career'. Some have been with the Company for years and have trained and served all over the world.</p>
	<p>Action for Carers (Surrey)</p> <p>Action for Carers (Surrey) are a carer centric and carer led charity who provide support to Surrey's unpaid carers - in the context of our work, the definition of an unpaid carer is 'anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.'</p> <p>Our vision is 'to enable all unpaid carers to have a voice and access support to improve their quality of life and wellbeing' This is achieved through the provision of a blend of information, advice, guidance and signposting coupled with groups, activities and one to one support.</p>
	<p>Argo Life & Legacy</p> <p>Argo Life & Legacy is a specialist legal team advising those members of our community who require additional assistance due to mental health problems, illness or disability. We do not just provide advice; we offer an ear if you need someone to talk to or a friendly face if you are having a down day. We know that life does not always flow as we dreamt it would so we are here to make sure that those little problems do not get you down.</p>
	<p>Armed Forces Networks: Sussex and Kent & Medway</p> <p>The Armed Forces Networks are multi-organisational and include members from the NHS, MoD, Armed Forces Reservists, Mental and Physical Health Clinicians, the Royal British Legion, SAFFA and other interested charities and organisations from across both counties (i.e. police and local authorities). The members work together to improve the lives of the Armed Forces community. The networks also include Service Champions from a wide range of the organisations who are key contacts for the Armed Forces community and have the skills and knowledge to support through direct service provision, linking with other organisations or signposting to where additional support could be received.</p>
	<p>Blesma</p> <p>The Limbless Veterans helps all serving and ex-Service men and women who have lost limbs, or lost the use of limbs or eyes, to rebuild their lives by providing rehabilitation activities and welfare support. Our programmes allow Members and their families to face the challenges ahead with renewed confidence and self-belief.</p> <p>We work tirelessly for our Members when the conflicts that have affected their lives are no longer a focal point in the nation's media. Since 1932, we have been the only national Service charity that supports limbless veterans for the duration of their lives. Our Members range from the youngest amputee veterans to those who fought in WWII.</p>

	<p>helping those in the workplace in supporting them during their colleague's bereavement. The training is one day and is delivered by Cruse Trainers. Their no cost to the unit we are working with. The only thing we would ask for is a suitable venue to train in. The costs are met by the funding Cruse has been given. This training is not designed to take anything away from the excellent work that the welfare system offers to its personal. It is all about giving them the confidence and knowledge to work and help those who have been bereaved. Gary Martin, Military Project Manager (gary.martin@cruse.org.uk)</p>
	<p>East Sussex Families & Carers Team (Cranstoun) We offer support to people being affected by someone else's substance misuse and mental health issues. We can offer 1-1 support, support groups, workshops and courses to help families, friends and carers understand more about substance misuse and mental health and to provide them with tools to look after their own wellbeing as well as that of the substance user. We are also recruiting volunteers to help us develop the service. If you would like some support contact us on: 07920786352 / 07795953951 or email us on: esfact@cranstoun.org.uk</p>
	<p>East Sussex Recovery Alliance East Sussex Recovery Alliance [ESRA] is a peer led organisation that supports people in recovery from substance misuse. The organisation was set up as a voluntary support group in 2012 and because of the demand has gone from strength to strength. In 2014 ESRA became a CIC and in August this year became a registered charity. We are not a treatment service but work alongside the treatment service in East Sussex and offer support to their clients after, rehab and detox. Many of our members self-refer, we are a walk-in service. We offer a range of activities, groups and volunteers opportunities to support people in their long-term recovery. We have two hubs one in Hastings and one in Eastbourne. In both of these hubs we have a recovery café providing low cost meal. In Hastings we work closely with the Hastings and Rother Vets who are based in our building and support a number of vets who are in recovery.</p>
	<p>Emerging Futures West Sussex Emerging Futures CIC pioneers the concept of 'mid-point allegiance', between professional service providers and the individuals and communities they serve. As part of our mid-point allegiance, we aim to 'pass it on'. This means sharing skills and knowledge from academic and professional sources that can safely be used by lay individuals to help themselves and those around them. Emerging Futures acts as a connective catalyst; building relationships which spark creative, disruptive innovation with the aim of increasing community health and vitality and in turn improving community safety. West Sussex is incredibly diverse in cultures, environments, resources and opportunities. By engaging with these diverse communities and the myriad of community builders and role models within them, it is easy to demonstrate that recovery is not only possible but visible and holds the promise of a rich and fulfilling life for all and everyone. Emerging Futures in West Sussex looks to make the invisible, VISIBLE.</p>
	<p>Forces Connect South East Forces Connect South East (FCSE) is a MoD Covenant Funded programme aimed at raising the awareness of public sector employees in the South East on the issues facing the Armed Forces Community and to improve their access to services and support. The FCSE partnership comprises of the County Councils of Surrey, Kent, Hampshire, East Sussex, West Sussex, the Unitary authorities of Medway and Brighton & Hove as well as the NHS Armed Forces Networks, 11 Inf Brigade, SSAFA, RBL and SERFCA.</p>
	<p>Health and Social Care Connect (HSCC) HSCC offers both the public and professionals a single point of access for adult health and social care enquiries, assessments, services and referrals. This means adults in need of care and support, and their carers, will receive faster access to the services they need at home or closer to home – this could be information and advice, social care support or a community health service, and fewer people will need to go into hospital or stay in hospital longer than they need to. HSCC was set up by bringing together three separate services (health referrals, social care assessments and a public adult social care helpline) into a single team able to deal with any health or social care enquiry from any source.</p>
	<p>Insight Healthcare (Kent) A free primary care mental health service available to anyone who is aged 18 or over and registered with a Kent GP. We offer a range of talking therapies, advice, information and support. Talking therapies can help you to understand and work through your difficult feelings and develop strategies for coping better. The best therapy for you will depend on your particular situation.</p>

 <p>NEA Action for Warm Homes</p>	<p>National Energy Action</p> <p>National Energy Action is the national charity that works to eradicate fuel poverty. We work across the UK to ensure that everyone can afford to live in a warm, dry home. Forces for Warmth is our national project tackling fuel debt and energy related issues in order to combat the cold homes crisis affecting our serving and ex-service personnel.</p> <p>We can provide free face to face guidance and signposting on understanding bills and meters, tariffs or switching, rebates, energy suppliers, energy efficiency, reducing mould, fuel debt, cold-related health issues and more. We can do this in lots of ways e.g. 1 to 1 appointments, talks to groups, drop ins, casual chats over a cuppa, or. If your organisation supports Armed Forces then we can come along to events with an impartial information stand or even run quizzes/bingo sessions. We also have free training for support workers.</p>
 <p>THE POPPY FACTORY getting you back to work</p>	<p>The Poppy Factory</p> <p>The Poppy Factory (TPF) is the UK's leading employability organisation for wounded, injured and sick veterans. From its base in Richmond, Surrey, the charity provides tailored support across England, Wales and Northern Ireland to help ex-Forces men and women with physical or mental health challenges to return to meaningful work. TPF works with many businesses around the country to transform the way employers think about employing people with disabilities. The charity has helped over 1,000 individuals into work since it started its <i>Getting You Back to Work</i> programme in 2010. The Poppy Factory aims to deliver the most effective support for its veterans and the service is built upon a solid evidence base. This has ensured that over 70% of veterans TPF has supported into work, remained in work for 12 months or longer (which compares significantly higher than other services). TPF also employs around 30 veterans and dependents with health challenges at its factory in Richmond, producing remembrance products for the Royal Family and for The Royal British Legion's Poppy Appeal.</p>
 <p>THE RIPPLE POND</p>	<p>Ripple Pond</p> <p>The Ripple Pond is a self-help support network across the UK for the adult family members of our physically and emotionally injured service personnel and veterans. We organise small local self-help groups where members can speak with others who are in similar circumstances, sharing coping strategies and skills as well as having their experiences validated through being seen and heard. For more information, please contact The Ripple Pond, via Email: admin@theripplepond.org / Phone: 01252 913021 or their website: www.theripplepond.org</p>
 <p>THE ROYAL BRITISH LEGION</p>	<p>Royal British Legion (RBL)</p> <p>The Royal British Legion provides lifelong support for the Armed Forces community - serving men and women, veterans, and their families.</p> <p>In 2018 The Royal British Legion led the nation in saying Thank You to the First World War generation, all who served, sacrificed and changed our world. We saw activities big and small as people found their own way to recognise the incredible contributions of an entire generation.</p>
 <p>RBLI Improving lives every day LIFEWORKS</p>	<p>Royal British Legion Industries (RBLI)</p> <p>RBLI is a national charity providing employment, support and care to the Armed Forces community, people with disabilities and people who are out of work. Their award winning lifeworks programmes support veterans and military families into work across the UK and they provide housing to veterans in Kent. Contact: 0800 319 6844 www.rbli.co.uk</p>
 <p>R N I B</p> <p>See differently</p>	<p>Royal National Institute of Blind People</p> <p>What is an Eye Clinic Liaison Officer (ECLO)?</p> <p>Eye Clinic Liaison Officers (ECLOs), or similar early intervention support staff, work closely with medical and nursing staff in the eye clinic, and the sensory team in social services. They provide those recently diagnosed with an eye condition with the practical and emotional support which they need to understand their diagnosis, deal with their sight loss and maintain their independence. Most importantly, ECLOs have the time to dedicate to patients following consultation, so that they can discuss the impact the condition may have on their life.</p>
 <p>SERFCA Reserve Forces' & Cadets' Association for the South East</p>	<p>South East Reserve Forces' & Cadets' Association (SERFCA)</p> <p>South East Reserve Forces' and Cadets' Association (SE RFCA) is one of 13 RFCAs UK-wide, SERFCA is a Ministry of Defence (MOD) Crown body, responsible to the Defence Council, but separate from military chains-of-command. SE RFCA gives support to the Reserve Forces and Cadets from the Royal Navy, Army and Royal Air Force. The majority of the Association comprises volunteers, presided over by the Lord-Lieutenant of each County, ranging from high-ranking serving and retired military Officers, through local Councillors to enthusiastic locals, with no military experience, but with a will to support the Armed Forces and Cadets.</p>

	<p>Service Dogs UK</p> <p>Service Dogs UK provides veterans from the Armed Forces and Emergency Services suffering from PTSD the benefit of specially trained assistance dogs. The dogs we use are carefully preselected from rescue to help the veterans. Once a dog has been selected, a veteran gets partnered with their dog and the veteran will get taught how to train their dogs, look after them, become a responsible guardian and much more – all under the guidance of professional dog trainers. It takes around 9 months of training for the Assistance Dog Partnership to graduate and achieve the required standards. This a journey for mutual benefit to both and gives the veteran increased independence, 24/7 support and a different way of coping with daily life. Service Dogs UK won the Soldiering on Awards for Animal Partnership and became an ADI/ADEu candidate in 2018.</p>
	<p>South East Veterans' Mental Health Service (TILS and CTS)</p> <p>The Veterans' Mental Health Transition, Intervention and Liaison Service (TILS) provides a comprehensive mental health assessment, signposting and treatment service to veterans living in Greater London, Surrey, Sussex and Kent. We aim to help clients access the services most appropriate to their needs in their catchment area. If the appropriate service/treatment is not available we can offer treatment on an out-patient basis. We also provide the NHS Veterans' Mental Health Complex Treatment Service (CTS) for the same area. Both of these services are provided by specialists in mental health who have an expert understanding of the Armed Forces. www.veteransservice.nhs.uk</p>
	<p>SSAFA (Sussex Branch)</p> <p>This Armed Forces charity, founded in 1885, has been providing lifelong support to our Forces and their families since 1885. Every year our team of volunteers and employees help more than 73,000 people in need, from Second World War veterans to young men and women who have served in more recent conflicts, and their families. SSAFA understands that behind every uniform is a person. And we are here for that person – any time they need us, in any way they need us, for as long as they need us. Tel: 0800 169 9060</p>
	<p>STEPS</p> <p>STEPS is a home visiting service to support people aged 60 and over to remain living independently, which address issues related to difficulties with managing their home, including adapting it so it is fit for their physical needs or to move to a new one. To receive a service from STEPS people need to live within East Sussex and fulfil one or more of the following criteria:</p> <ol style="list-style-type: none"> 1. at risk of losing their home; 2. experiencing difficulties with maintaining their home, for example <ul style="list-style-type: none"> - hoarding - maintaining the safety and securing of their home - keeping safe in and out of their home - reduce risks of falls by identifying and addressing risks - requires support to keep warm at home resulting in an improvement in their health and wellbeing 3. need support to move to a more suitable home; 4. homeless and/or in temporary accommodation and/or live on a site/pitch
	<p>Time to Talk Health (Sussex Community NHS Foundation Trust)</p> <p>Time to Talk Health is an award winning free and confidential NHS Service for West Sussex residents aged 18+. We form part of the West Sussex improving access to psychological therapies service offering psychological therapy for mild to moderate anxiety and depression for patients with the following diagnosed long term health conditions. (Diabetes, cardiac, COPD, asthma, IBS and musculoskeletal disorders) We welcome professional and self-referrals. Click on-line: www.sussexcommunity.nhs.uk/ttth Call on 01273 666480 - Our qualified team of therapists and practitioners are integrated into healthcare teams and work with you alongside your healthcare team.</p>
	<p>West London NHS Trust – Broadmoor Hospital</p> <p><i>High Secure Services At Broadmoor Hospital</i> - Broadmoor Hospital, Berkshire is one of three high security psychiatric hospitals in England. It provides assessment, treatment and care in conditions of high security for men who represent a high risk to themselves or to others. Broadmoor is internationally recognised both for its work with patients and for its extensive research. <i>New cutting edge facilities</i> - The redevelopment of Broadmoor Hospital will create a modern, safe and secure setting. The new hospital will open in the near future. These improvements will help make sure that our staff can provide patients with the best possible treatments, in surroundings which support therapy, encourage recovery and</p>

	<p>achieve the most effective outcomes. For more information please visit our main trust website. www.westlondon.nhs.uk</p>
	<p>Women’s Steps to Change Team (WSCT) Our aim is to support women in reducing offending by actively linking them into supportive local community resources. The WSCT works with women within the Criminal Justice System and our approach is designed to help them identify their specific needs while they access the right services for their wellbeing. Following referral, our coaches support women using a holistic person-centred approach. Care Planning and Wellbeing Coaching is part of the support package offered, as the WSCT believes this approach allows women to identify their own areas for support. Using a strengths-based approach we help to identify opportunities for change that are available in the local community.</p>
	<p>Worthing Drop In Taking its cue from the Veterans Outreach Service in Portsmouth, the Worthing Veterans Drop-In Centre offers a location for veterans of all the armed services as well as its reserves. The Drop-In is a welcoming and relaxed venue providing social support and access to a range of welfare services as well as advocacy on a myriad of issues relating to veterans AND their families.</p>
	<p>Wrinkly Network The Wrinkly Network is a business membership providing a full range of support services for companies and organisations whom provide products and services for vulnerable, retired and elderly communities. If, as an organisation, you often feel isolated, unsupported or alone and don't know where to go for support and assistance The Wrinkly Network is for you</p>