

Our 'Veterans Pathways to Wellbeing' project offers Veterans and their families or carers the following opportunities (all of which are free at the point of delivery):

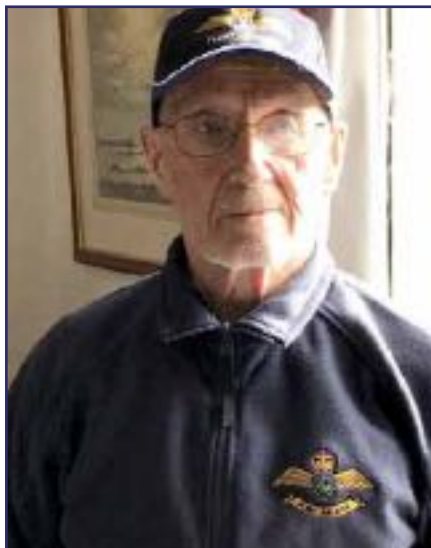
- Counselling
- Mindfulness
- Relaxation

We also have funding for training opportunities such as:

- Jog Leader,
- Walk Leader
- Led Bike Ride Leader
- Mental Health First Aid
- Bike Maintenance

We are able to offer.

- Volunteering opportunities in Huntly for people aged 16 and over.
- Signposting Veterans and their families/carers to other support organisations and agencies should we be unable to provide the level of support required.



VETERANS PATHWAYS TO WELLBEING



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Registered Charity SC021861

Company Limited by Guarantee SC225268

ARMED FORCES
COVENANT
FUND TRUST

Networks of Wellbeing (NoW) is a long-standing person-centred, community-based service with 25 years experience of providing positive mental health and wellbeing activities delivered by experienced staff and volunteers to support people living with a variety of levels of mental health needs.

NoW is committed to supporting Veterans and has a section on the website signposting Veterans to a range of organisations that provide information on a wide variety of issues.



1

NoW's 'Veterans Pathways to Wellbeing' project, funded by the Armed Forces Covenant Fund Trust under their 'Positive Pathways Programme', will give veterans and their families/carers support and techniques for de-stressing; provide activities to build self-confidence and resilience; and encourage them to take on leadership roles in these activities with other veterans or veteran's families and in the wider community.



2



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The first step in our programme will be an evaluation of needs carried out with each veteran or family member/carer to identify which of our activities they will most benefit from and then construct a personal programme around those activities. This will include personal goal setting, which will be used post programme to determine the growth of each participant. Should Veterans identify needs that we are unable to fulfil, we will signpost them to other organisations for support as applicable.

Activities such as Counselling, Mindfulness and Relaxation will enable participants to get to a point where they feel more able to take part in group activities - either hosted by NoW or in their own communities.

Within the project there is provision for Veterans or their family members/carers (subject to age) to attend training on a number of courses covering areas such as Jog or Cycle Leader, Mental Health First Aid, and Velotech (bike maintenance and repair). We hope that by attending these courses Veterans and their families or carers will become qualified to set up and support activities for other veterans and community members where they live.



4



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In line with NoW's policy, activities are free at the point of delivery and open to Veterans and their families/carers of all ages, regardless of whether a condition has been diagnosed or not.

Counselling is open to young people aged 11 and over.

Should young people aged 11 to 16 wish to join any of NoW's other activities then we would request that they be accompanied by an adult.

NoW's range of activities include Mindfulness, yoga/relaxation, jogging, counselling, peer support and 'Chillin' Women' - as well as offering cycling activities such as led bike rides, or an involvement with bike repair and bike maintenance at our Bike Shack.

NoW has it's own connections with the armed forces with an RAF Veteran, and an Army Veteran on our Board, and several of our staff and volunteers with family who have served, or are currently serving, in the Armed Forces (Royal Navy, Fleet Air Arm, Army, and Royal Air Force).

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Our thanks to them for allowing us to use their images in this leaflet.

For information on how to access the project please email fiona@networksofwellbeing.org or call us on 01466 793732, we would be delighted to hear from you.