

Lancashire's Armed Forces Directory of Services



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**ARMED FORCES**

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**COVENANT**

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Helping you to find services for yourself or other members of the Armed Forces community.

	<b>Content</b>	<b>Page</b>
1	Index	1
2	Local Authority Armed Forces Contacts	2
3	Lancashire Armed Forces Covenant Hub	3
4	Education	4-6
5	Employment	7-9
6	Health & Wellbeing	10-11
7	Mental Health	12-14
8	Housing	15-18
9	Finance	19-20
10	Emergency Services	21
11	Justice System	22-23
12	Legal Assistance	24
13	Addiction Recovery services	25-26
14	Regular & Reserve Forces plus cadet contacts	27
15	Military Families Federations	28
16	Military to Civilian Transition Services	29
17	Large Scale Military Charities	30-32
18	Community based veteran support	33-35
19	Support for LGBT+ Veterans	36
20	Support for Women Veterans	37
21	Support for Older Veterans	38
22	Governance bodies	39
23	Non-veteran specific services	40
24	Grant funding providers	41
25	Training courses aimed at Forces people	42

## Local Authority Armed Forces Contacts

<b>Blackpool Council</b>	<a href="https://www.blackpool.gov.uk/Your-Council/The-Council/Armed-forces-covenant.aspx">https://www.blackpool.gov.uk/Your-Council/The-Council/Armed-forces-covenant.aspx</a>
<b>Blackburn with Darwen</b>	
<b>Burnley Council</b>	<a href="https://burnley.gov.uk/council-democracy/armed-forces-covenant/">https://burnley.gov.uk/council-democracy/armed-forces-covenant/</a>
<b>Chorley Council</b>	<a href="https://chorley.gov.uk/armedforcescovenant">https://chorley.gov.uk/armedforcescovenant</a>
<b>Fylde Council</b>	<a href="https://new.fylde.gov.uk/council/armed-forces-community-covenant/">https://new.fylde.gov.uk/council/armed-forces-community-covenant/</a>
<b>Hyndburn Council</b>	<a href="https://www.hyndburnbc.gov.uk/news/council-signs-armed-forces-covenant/">https://www.hyndburnbc.gov.uk/news/council-signs-armed-forces-covenant/</a>
<b>Lancashire County Council</b>	<a href="https://www.lancashire.gov.uk/armed-forces/">https://www.lancashire.gov.uk/armed-forces/</a>
<b>Lancaster City Council</b>	<a href="https://www.lancaster.gov.uk/information/armed-forces-covenant">https://www.lancaster.gov.uk/information/armed-forces-covenant</a>
<b>Pendle Council</b>	<a href="https://www.pendle.gov.uk/PAFCC/">https://www.pendle.gov.uk/PAFCC/</a>
<b>Preston City Council</b>	<a href="https://www.preston.gov.uk/article/1949/Armed-Forces-and-Community-Covenant">https://www.preston.gov.uk/article/1949/Armed-Forces-and-Community-Covenant</a>
<b>Ribble Valley Council</b>	<a href="https://www.ribblevalley.gov.uk/armed-forces/armed-forces-covenant">https://www.ribblevalley.gov.uk/armed-forces/armed-forces-covenant</a>
<b>Rosendale Council</b>	<a href="https://www.rosendale.gov.uk/neighbourhood-communities/armed-forces-support">https://www.rosendale.gov.uk/neighbourhood-communities/armed-forces-support</a>
<b>South Ribble Council</b>	<a href="https://www.southribble.gov.uk/armedforces">https://www.southribble.gov.uk/armedforces</a>
<b>West Lancs Council</b>	<a href="https://www.westlancs.gov.uk/more/your-community/armed-forces-convenant.aspx">https://www.westlancs.gov.uk/more/your-community/armed-forces-convenant.aspx</a>
<b>Wyre Council</b>	<a href="https://www.wyre.gov.uk/ArmedForcesCovenant">https://www.wyre.gov.uk/ArmedForcesCovenant</a>

## ARMED FORCES CHAMPIONS CONTACT DETAILS

### LANCASHIRE County Council

Councillor Alf Clempson  
Tel: 07983 335630  
email: alf.clempson@lancashire.gov.uk



**BURNLEY** Borough Council  
Councillor Charlie Briggs  
Tel: 07817 510668  
email: cbriggs@burnley.gov.uk



**RIBBLE VALLEY** Borough Council  
Councillor Lee Street  
Tel: 07900 910563  
Email: cllr.lee.street@ribblevalley.gov.uk



**CHORLEY** Borough Council  
Councillor Aaron Beaver  
Tel: 07985 118402  
email: aaron.beaver@chorley.gov.uk



**ROSSENDALE** Borough Council  
Councillor Marilyn Procter  
Tel: 078675 459375  
email: marilynprocter@rosendalebc.gov.uk



**FYLDE** Borough Council  
Councillor Frank Andrews  
Tel: 01772 685427  
email: frank.andrews@fylde.gov.uk



**SOUTH RIBBLE** Borough Council  
Councillor Matthew Farnworth  
Tel: 07555 231664  
email: matthew.farnworth@southribble.gov.uk



**HYNDBURN** Borough Council  
Councillor Danny Cassidy  
Tel: 07940 292805  
email: danny.cassidy@hyndburnbc.gov.uk



**WEST LANCs** Borough Council  
Councillor Paul Hennessey  
Tel: 01695 423872  
email: Cllr.P.Hennessey@westlancs.gov.uk



**LANCASTER** City Council  
Councillor Roger Dennison  
Tel: 01524 417710  
email: rdennison@lancaster.gov.uk



**WYRE** Council  
Councillor Peter Le Marinell  
Tel: 07976 706744  
email: peter.lemarinell@wyre.gov.uk



**PENDLE** District Council  
Councillor Kevin Salter  
Tel: 07726 264117  
email: kevin.salter@pendle.gov.uk



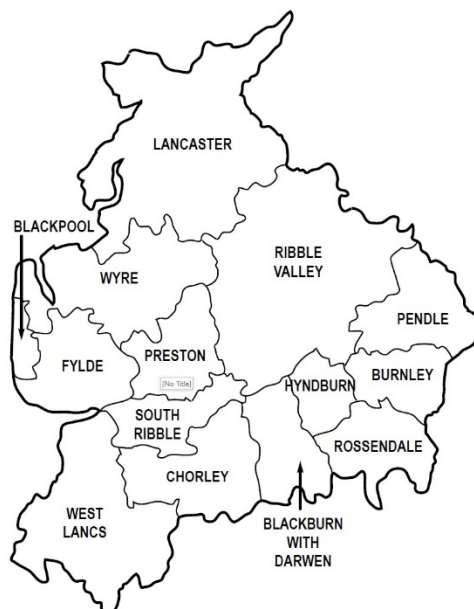
**BLACKBURN WITH DARWEN** Borough Council  
Councillor John Slater  
Tel: 01254 775743  
email: john.slater@blackburn.gov.uk



**PRESTON** City Council  
Councillor Nweeda Khan  
Tel: 07867308345  
email: cllr.n.khan@preston.gov.uk



**BLACKPOOL** Council  
Councillor Adrian Hoyle  
Tel: 07355 361723  
email: adrian.hoyle@blackpool.gov.uk



# Lancashire Armed Forces Covenant Hub



The Lancashire Armed Forces Covenant Hub is a virtual Hub which shares knowledge through collaboration with partners and stakeholders. The Hub's main outputs are listed below.

## Website

The Hub's website where we host a variety of content aimed at Forces people in Lancashire.	<a href="#">Lancashire's Armed Forces - Lancashire County Council</a>
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## Armed Forces Information Portal

Our portal to host all the latest information on events, groups and activities for the Armed Forces community.	<a href="#">Lancashire's Armed Forces Covenant Hub (padlet.com)</a>
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## Lancashire Covenant Guide

Our Covenant Guide highlights the local activity taking place across the Lancashire local authorities in the name of the Armed Forces Covenant.	<a href="#">Lancashire Armed Forces Covenant Guide (lancsforcesdirectory.com)</a>
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## Lancashire Forces Directory

A directory of local businesses many of whom have signed the Armed Forces Covenant.	<a href="#">The Lancashire Forces directory - find what you need locally (lancsforcesdirectory.com)</a>
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## Lancashire Covenant News

We host the previous editions of our Covenant newsletter on the website, new editions are published every spring and autumn.	<a href="#">The Lancashire Armed Forces Covenant Hub - Lancashire County Council</a>
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**Lancashire Covenant Network** – A network for public sector representatives to collaborate with members of the voluntary & non-profit sector in support of the Armed Forces community in Lancashire with specific focus on their health & wellbeing.

**Lancashire Council Covenant Forum** – A Forum for council representatives from Lancashire councils to collaborate on the local delivery of the Armed Forces Covenant.

To discuss any of the above activities please make contact with the Hub at [LancsCovenant@uclan.ac.uk](mailto:LancsCovenant@uclan.ac.uk)

## Education

### College for Veterans & Emergency Services (CMVES)

Specialists in educational support to service children and employment through education for service leavers, veterans and family members. Based at the University of Central Lancashire and chair of the SCiP NW region.	<a href="http://cmves.org.uk">College for Military Veterans and Emergency Services (cmves.org.uk)</a>	<a href="mailto:info@cmves.org.uk">info@cmves.org.uk</a>
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### Service Children

#### Service Childrens in State Schools (SCISS)

Welcome to the home of information and resources for schools in England who have children from service families. Service Children in State Schools aims to support, celebrate and advocate for children from a military background and the schools they attend.	<a href="http://sciss.org.uk">Home   Service Children in State Schools (sciss.org.uk)</a>	Enquiry Form: <a href="https://forms.office.com/e/VR9JT2dDAg">https://forms.office.com/e/VR9JT2dDAg</a>
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#### The Service Childrens' Progression Alliance (SCiP)

We bring together practitioners, researchers, policymakers and funders to build a stronger evidence-base, better policy, and enhanced support for Service children's education and progression, placing their voices at the heart of all we do.	<a href="http://scipalliance.org.uk">SCiP Alliance</a>	<a href="mailto:SCiPAlliance@winchester.ac.uk">SCiPAlliance@winchester.ac.uk</a>
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#### LCC children's education

Advice for school placements in Lancashire	<a href="http://www.lancashire.gov.uk">Admissions advice for UK service families - Lancashire County Council</a>	
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#### Children's Education Advisory Service (CEAS)

CEAS provides advice, support and guidance regarding the educational well-being of the children and young people belonging to families in all 3 services and eligible MOD civilians who are based overseas. All advice given is professional, child-centred and focuses on the best interests of the individual.	<a href="http://www.gov.uk">Children's Education Advisory Service (CEAS) - GOV.UK (www.gov.uk)</a>	<a href="mailto:RC-DCS-HQ-CEAS@mod.gov.uk">RC-DCS-HQ-CEAS@mod.gov.uk</a>
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## Little Troopers

Little Troopers is a registered charity supporting all military children who have parent(s) serving in our British Armed Forces, regular or reserve.	<a href="#">Home - Little Troopers</a>	<a href="mailto:info@littletroopers.net">info@littletroopers.net</a>
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## Young People

Lancashire Colleges supporting the Armed Forces community.

<b>Nelson &amp; Colne College</b>	<a href="#">Empowering Armed Forces Transition: Nelson and Colne College Group Hosts Successful Business Development Workshop</a>	
<b>Blackpool &amp; Fylde College</b>	<a href="#">Blackpool and The Fylde College proud to sign Armed Forces Covenant   Blackpool and The Fylde College</a>	
<b>Preston College</b>	<a href="#">College signs Covenant and commits to Armed Forces - Preston College</a>	
<b>Myerscough College</b>	Veteran friendly employer <a href="#">Job Vacancies   Myerscough College</a>	
<b>Runshaw College</b>	Public services course <a href="#">Level 3 Public Services (Uniformed) — Runshaw College</a>	
<b>Cardinal Newman College</b>		
<b>West Lancs College</b>	Public services course <a href="#">Public Services at West Lancashire College   16-18 College   Public Service Course (westlancs.ac.uk)</a>	
<b>MPCT Military Academies</b>	<a href="https://mpct.co.uk/location/chorley/">https://mpct.co.uk/location/chorley/</a>	0330 111 3939

## Adult Education

Adult learning college supporting the Armed Forces community.

<b>Lancashire adult learning</b>	<a href="#">ELCAS – Enhanced Learning Credits – LAL – Lancashire Adult Learning</a>	
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Advice on University placements and Universities in Lancashire supporting the Armed Forces community.

<b>Universities and Colleges Admission Service (UCAS)</b>	<a href="#">UK Armed Forces veterans and service leavers   Undergraduate   UCAS</a>	
<b>The University of Central Lancashire</b>	<a href="#">Armed forces support - UCLan</a>	
<b>Lancaster University</b>	<a href="#">Armed Forces Covenant - Lancaster University</a>	
<b>Edge Hill University</b>		

**Armed Forces Covenant Spouse Development Course – Provided by Warwickshire County Council**

<p>This FREE 10-week, online personal development programme has been designed specifically for spouses, civil or long-term partners of serving personnel in the UK Armed Forces. It will allow spouses/partners the opportunity to consider the best way forward for both them and their families, improve their employment opportunities and/or consider their potential in developing their own business.</p>	<p><a href="#">Armed Forces Covenant Spouse Development Course – Warwickshire County Council</a></p>	
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## Employment

### Op PROSPER

<p>Op PROSPER is an Office for Veterans' Affairs programme (awarded to us through the Armed Forces Covenant Fund Trust) which will empower veterans and their families the length and breadth of the United Kingdom, enabling them to thrive in society by ensuring equal access to employment opportunities and supporting them into sustainable, valuable careers.</p>	<p><a href="#">Op PROSPER   Forces Employment Charity</a></p>	<p>0121 262 3058</p>
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### Lancashire County Council – Ex service personnel schools mentoring programme

<p>As part of its ongoing commitment to the Armed Forces Covenant, Lancashire council recruits ex-armed forces personnel, or their spouses and partners, to become part of the mentoring in schools programme for secondary schools.</p>	<p><a href="#">Ex-service personnel mentoring in schools programme - Lancashire County Council</a></p>	<p>apprenticeenquiries@lancashire.gov.uk</p>
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### Career Transition Partnership

<p>Resettlement is an MOD entitlement available to all ranks of the UK Armed Forces. We're here to provide you with flexible support from two years before discharge, through to two years after. We'll give you all the tools you need to market yourself confidently to employers and to get the most out of life outside the forces.</p>	<p><a href="#">Resettlement for Ex-Service Personnel   Ex Armed Forces Recruitment from CTP</a></p>	<p>01748 481070 <a href="mailto:rrccatterick@ctp.org.uk">rrccatterick@ctp.org.uk</a></p>
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### Department of Work & Pensions (DWP)

<p>As part of the Armed Forces Covenant, the Department for Work and Pensions (DWP) has initiatives that help current and former armed forces personnel and your families access Jobcentre Plus services.</p>	<p><a href="#">Armed forces access to Jobcentre Plus services - GOV.UK (www.gov.uk)</a></p>	<p>northcentral.armedforceschampions@dwp.gov.uk</p>
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### Walking With the Wounded

<p><b>Employment support</b> - Our practical Employment Programme finds meaningful jobs for veterans.</p>	<p><a href="#">Employment Support   Walking With The Wounded</a></p>	<p><a href="#">Ask for Help   Walking With The Wounded</a></p>
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### Forces Employment Charity

The Forces Employment Charity provides life-long, life-changing support, jobs and training opportunities to Service leavers, veterans, reservists and their spouses, partners and children, regardless of circumstances, rank, length of service, or reason for leaving.	<a href="#">Forces Employment Charity</a>	<a href="mailto:info@forcesemployment.org.uk">info@forcesemployment.org.uk</a> 0121 262 3058
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### The Poppy Factory

The Poppy Factory supports veterans with health conditions and their families into employment, helping them overcome any barriers.	<a href="#">Employment support for ex-Forces job seekers - The Poppy Factory</a>	<a href="mailto:support@poppyfactory.org">support@poppyfactory.org</a>
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### RBLI Lifeworks Course

Lifeworks is a free employment support programme which equips veterans and family members of those currently serving with the tools needed to find meaningful employment outside the armed forces.	<a href="#">Lifeworks   Employment Support For Veterans   Royal British Legion Industries (rbli.co.uk)</a>	01622 795900 <a href="mailto:enquiries@rbli.co.uk">enquiries@rbli.co.uk</a>
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### Forces Families Jobs

Forces Families Jobs is the go-to place for training, employment and volunteer roles for family members of currently serving UK military personnel.	<a href="#">Forces Families Jobs - Forces Families Jobs</a>	<a href="mailto:help@forcesfamiliesjobs.co.uk">help@forcesfamiliesjobs.co.uk</a>
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### Recruit for Spouses

When RFS started in 2011 the mission was clear – help Military Spouses access employment so they could regain their identities. 10 years later, this remains the core of our mission but has expanded to do so much more for the wider Forces community.	<a href="#">Recruit for Spouses - Returning talent to the workplace : RFS</a>	<a href="mailto:info@recruitforspouses.co.uk">info@recruitforspouses.co.uk</a> 0333 2020 996
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### Veterans Into Logistics

Veterans into Logistics, is a non-profit organisation formed to provide training and support for ex-Forces personnel with convictions and/or other vulnerabilities and who are looking for employment within the logistics sector.	<a href="#">Veterans into Logistics  </a>	Phone: 0330 111 9320 <a href="mailto:info@veteransintologistics.org.uk">info@veteransintologistics.org.uk</a>
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### X-Forces

X-Forces is the leading organisation in the UK for enterprise in the military community.	<a href="#">X-Forces Enterprise - Helping You Be The Best in Business</a>	0118 206 5230 <a href="mailto:info@x-forces.com">info@x-forces.com</a>
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### Lancashire Business Boost

Lancashire Business Boost has supported over 14,000 businesses and added over £100m to the economy since 2013.	<a href="#">Boost Business Lancashire   Lancashire's Business Growth Hub</a>	0800 488 0057
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### Mission Motorsport

Mission motorsport, the Forces motorsport charity, aids in the recovery and rehabilitation of those affected by military operations by providing opportunities through motorsport and the automotive industry	<a href="#">MISSION MOTORSPORT</a>	03330 338 338
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### Forces Transition Group

<p>The Forces Transition Group has built its market leading reputation on honesty, quality, reality and experience. Living service life, the emotion of leaving the services and time in spent in civilian employment.</p> <p>SERVE WELL, LEAVE WELL and FLOURISH is our motto and we look to create a road map that is individual to every person and their family, whether they are serving, leaving, reservist, veteran or spouse.</p>	<a href="http://www.forcestransitiongroup.co.uk">www.forcestransitiongroup.co.uk</a>	<a href="mailto:john@vku.a58.myftpupload.com">john@vku.a58.myftpupload.com</a>
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## Health & Wellbeing

### Veteran Aware accreditation scheme for NHS Trusts

The Veterans Covenant Healthcare Alliance (VCHA)	<a href="https://veteranaware.nhs.uk">Veterans Covenant Healthcare Alliance – Veterans Covenant Healthcare Alliance (veteranaware.nhs.uk)</a>	
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### Op COMMUNITY

OpCOMMUNITY is an easily accessible point of contact with a dedicated email and phone number to support the Armed Forces community as a whole.	<a href="#">OpCOMMUNITY - Armed Forces Network</a>	North West project not yet operational – due 2024.
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### Op RESTORE

Op RESTORE is an NHS service that ensures those who have served in the UK Armed Forces access the right NHS treatment for significant, continuing physical injuries and illnesses caused by their time in the Armed Forces.	<a href="https://veteransgateway.org.uk">Op RESTORE: The Veterans Physical Health and Wellbeing Service (veteransgateway.org.uk)</a>	<a href="https://veteranaware.nhs.uk">Op restore DIGITAL (veteranaware.nhs.uk)</a>
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### Forces Wellbeing Collective

We are Forces Wellbeing Collective – a network of professionals, volunteers and cross sector organisations, joining forces to improve the wellbeing of the Armed Forces community in the North West.	<a href="#">Joining forces to improve the health and wellbeing of the Armed Forces community in the North West   Forces Wellbeing Collective</a>	<a href="mailto:info@forceswellbeing.org">info@forceswellbeing.org</a>
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### Lancashire Hospital Trusts

East Lancs Hosps NHS Trust	<a href="https://elht.nhs.uk/patients/Support-for-Armed-Forces-Community">https://elht.nhs.uk/patients/Support-for-Armed-Forces-Community</a>	<a href="mailto:armedforcesveterans@elht.nhs.uk">armedforcesveterans@elht.nhs.uk</a>
Lancashire Teaching Hosps Trust	<a href="https://lancsteachinghospitals.nhs.uk">Lancashire Teaching Hospital   Veteran Aware (lancsteachinghospitals.nhs.uk)</a>	07912 234624
Blackpool Teaching Hosps Trust	<a href="https://bfwh.nhs.uk">Armed Forces Covenant   Blackpool Teaching Hospitals NHS Foundation Trust (bfwh.nhs.uk)</a>	
Mersey and West Lancashire Teaching Hospitals NHS Trust	<a href="https://merseywestlancs.nhs.uk">Mersey and West Lancashire Teaching Hospitals NHS Trust Southport and Ormskirk   Veteran ID Card (merseywestlancs.nhs.uk)</a>	<a href="mailto:Peter.Williams3@sthk.nhs.uk">Peter.Williams3@sthk.nhs.uk</a> <a href="mailto:Anne.rosbotham-williams@sthk.nhs.uk">Anne.rosbotham-williams@sthk.nhs.uk</a> <a href="mailto:Darren.mooney@sthk.nhs.uk">Darren.mooney@sthk.nhs.uk</a>
University Hosps of Morecambe Bay Trust	<a href="https://uhmb.nhs.uk">Support for the Armed Forces Community :: University Hospitals of Morecambe Bay NHS Foundation Trust (uhmb.nhs.uk)</a>	
Wrightington, Wigan & Leigh NHS Trust	<a href="#">WWL Teaching Hospitals NHS Foundation Trust   Veteran Awareness Programme</a>	01942 822743 <a href="mailto:AFHealthcare@wwl.nhs.uk">AFHealthcare@wwl.nhs.uk</a>

**BLESMA**

Providing support to limbless and injured veterans for life	<a href="#">Military Charity for Limbless Veterans   Blesma</a>	Email: info@blesma.org  Here to help. Mon - Fri, 9am - 5pm 020 8590 1124
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**Blind Veterans UK**

Blind Veterans UK helps vision-impaired ex-Servicemen and women to rebuild their lives after sight loss.	<a href="#">Blind Veterans UK, Rebuilding lives after sight loss - Blind Veterans UK</a>	0300 111 22 33 supporter.services@blindveterans.org.uk
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**Mission Motorsport**

Mission motorsport, the Forces motorsport charity, aids in the recovery and rehabilitation of those affected by military operations by providing opportunities through motorsport and the automotive industry	<a href="#">MISSION MOTORSPORT</a>	03330 338 338
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**The Warrior Programme**

Our programme enables individuals to manage their emotions and to develop the resilience, focus and motivation to succeed in today's world. The programme has been developed over the last fifteen years to meet the demands and challenges experienced by past and present members of the Armed Forces and their families.	<a href="#">The Warrior Programme   Building Your Future</a>	+44 (0)808 801 0898  Enquiries @warriorprogramme.org.uk
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## Mental Health

### NHS Mental Health support via Lancashire & South Cumbria Foundation Trust

<p>Access to mental health services is managed within an Initial Response Service (IRS) call centre setting, who take calls and manage referrals from patients, service users, families, carer's and professionals, aiming to ensure individuals are connected to the right professional in a timely manner. IRS will provide screening, assessment and onward referral to the most appropriate health service including Talking Therapies, Community Mental Health Services etc. The service is divided into four Lancashire regions...</p>	<p><a href="http://lscft.nhs.uk">Military Veterans' Service for Lancashire :: Lancashire and South Cumbria NHS Foundation Trust (lscft.nhs.uk)</a></p>	
<p>Initial Response Service <b>Pennine</b></p>		<p><b>0800 0130707</b>  <b>MHroutinereferral.Pennine@LSCFT.nhs.uk</b></p>
<p>Initial Response Service <b>Central &amp; West</b></p>		<p><b>0800 0130708</b>  <b>MHroutinereferral.CentralandWest@LSCFT.nhs.uk</b></p>
<p>Initial Response Service <b>Fylde Coast</b></p>		<p><b>0800 0130709</b>  <b>MHroutinereferral.Fylde@LSCFT.nhs.uk</b></p>
<p>Initial Response Service <b>The Bay</b></p>		<p><b>0800 0130710</b>  <b>MHroutinereferral.TheBay@LSCFT.nhs.uk</b></p>

### Op COURAGE

<p>Specialist NHS mental health service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.</p>	<p><a href="http://www.nhs.uk">Mental health support for veterans, service leavers and reservists - NHS (www.nhs.uk)</a></p> <p>Northern region  <a href="http://www.leedsandyorkpft.nhs.uk/our-services/op-courage-veterans-mental-health-wellbeing-service/">www.leedsandyorkpft.nhs.uk/our-services/op-courage-veterans-mental-health-wellbeing-service/</a></p>	<p><b>Call 0300 373 3332</b>  <b>or email</b>  <b>OpCourageNORTH@cntw.nhs.uk</b></p>
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### Combat Stress

<p>We provide clinical treatment and support for veterans from the British Armed Forces, with a focus on those with complex mental health issues.</p>	<p><a href="http://combatstress.org.uk">Mental health services for veterans   Combat Stress</a></p>	<p>Here To Help 24/7  <b>FREE HELPLINE: 0800 1381619</b>  <b>TEXT: 07537 173683</b>  <b>EMAIL:</b>  <b>helpline@combatstress.org.uk</b></p>
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## Help for Heroes

Mental health therapy service	<a href="#">Learn about our veterans' mental health therapy services   Help For Heroes</a>	Phone us on... 0300 303 9888 - Monday to Friday, 9am - 5pm.
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## WWTW – Head start programme

Supporting veterans with mental health problems and emotional wellbeing	<a href="#">Head Start   Walking With The Wounded</a>	<a href="#">PDF Leaflet</a>
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## PTSD Resolution

<p>PTSD Resolution is a charity that helps veterans, reservists and families who are struggling to reintegrate into a normal work and family life because of trauma suffered during service in the armed forces. We also offer advice and support with anxiety, depression, eating disorders, and PTSD.</p> <p>We offer a free service for Veterans, Reservists and their family members who are suffering the effects of PTSD and a paid service for those that do not meet the above criteria.</p>	<a href="http://www.ptsdresolution.org/">http://www.ptsdresolution.org/</a>	0300 302 0551 contact@ptsdresolution.org
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## The Ripple Pond

Supporting adult family members of physically or psychologically injured British Armed Forces personnel and veterans	<a href="#">Home   The Ripple Pond - Injured UK Veteran Family Support</a>	<a href="mailto:help@theripplepond.org">help@theripplepond.org</a> 0333 900 1028
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## Defence Garden Scheme

DGS aims to help fill the gap in mental health support by increasing access to nature-based therapy; creating the time and space for bespoke, holistic support and a 'soft landing'.	<a href="#">Defence Gardens Scheme</a>	Contact via website
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## Suicide Bereavement UK

Suicide Bereavement UK have developed a series of At Your Side guides for those bereaved by suicide in the Armed Forces community.	<a href="#">'At Your Side' - Suicide Bereavement UK</a>	Call us on: 01706 827 359 Email us on: <a href="mailto:admin@suicidebereavementuk.com">admin@suicidebereavementuk.com</a>
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**In a CRISIS - Local NHS crisis mental health services**

<p>If you need urgent help and are in mental health distress, then there is always someone you can contact. It is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services. Ring if you need to access services or for advice about someone who needs treatment or support.</p>	<p><a href="https://www.lscft.nhs.uk">Crisis Line :: Lancashire and South Cumbria NHS Foundation Trust (lscft.nhs.uk)</a></p>	<p>The Mental Health Crisis Line; 24 hours a day, 7 days a week via <b>0800 953 0110</b></p>
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**Samaritans 24 hrs, 365 days**

<p>Whatever you're going through, a Samaritan will face it with you.</p>	<p><a href="https://www.samaritans.org">Armed Forces and Veterans   Samaritans</a></p>	<p>0116 123 freephone</p>
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**Shout 85258 text service**

<p>Shout is a free, confidential and 24/7 text messaging service for anyone in the UK</p>	<p><a href="https://www.giveusashout.org">Shout: the UK's free, confidential and 24/7 mental health text service for crisis support   Shout 85258 (giveusashout.org)</a></p>	<p>85258</p>
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**Also consider booking an emergency GP appointment, presenting at A&E, or dialling 999.**

## Housing

### Lancashire Council's - Housing Departments

<b>Blackpool Council</b>	<a href="https://www.blackpool.gov.uk/Residents/Housing/Housing.aspx">https://www.blackpool.gov.uk/Residents/Housing/Housing.aspx</a>
<b>Blackburn with Darwen</b>	<a href="https://www.blackburn.gov.uk/housing">https://www.blackburn.gov.uk/housing</a>
<b>Burnley Council</b>	<a href="https://burnley.gov.uk/housing/">https://burnley.gov.uk/housing/</a>
<b>Chorley Council</b>	<a href="https://chorley.gov.uk/housing?ccp=true">https://chorley.gov.uk/housing?ccp=true</a>
<b>Fylde Council</b>	<a href="https://new.fylde.gov.uk/resident/housing/">https://new.fylde.gov.uk/resident/housing/</a>
<b>Hyndburn Council</b>	<a href="https://www.hyndburnbc.gov.uk/council-housing/">https://www.hyndburnbc.gov.uk/council-housing/</a>
<b>Lancaster City Council</b>	<a href="https://www.lancaster.gov.uk/housing/">https://www.lancaster.gov.uk/housing/</a>
<b>Pendle Council</b>	<a href="https://www.pendle.gov.uk/housing">https://www.pendle.gov.uk/housing</a>
<b>Preston City Council</b>	<a href="https://www.preston.gov.uk/housing/">https://www.preston.gov.uk/housing/</a>
<b>Ribble Valley Council</b>	<a href="https://www.ribblevalley.gov.uk/housing">https://www.ribblevalley.gov.uk/housing</a>
<b>Rossendale Council</b>	<a href="https://www.rossendale.gov.uk/housing-homelessness">https://www.rossendale.gov.uk/housing-homelessness</a>
<b>South Ribble Council</b>	<a href="https://www.southribble.gov.uk/housing">https://www.southribble.gov.uk/housing</a>
<b>West Lancs Council</b>	<a href="https://www.westlancs.gov.uk/housing.aspx">https://www.westlancs.gov.uk/housing.aspx</a>
<b>Wyre Council</b>	<a href="https://www.wyre.gov.uk/housing-options-homelessness">https://www.wyre.gov.uk/housing-options-homelessness</a>

**Op FORTITUDE** - Centralised referral pathway into veteran supported housing.

Op FORTITUDE	<a href="#">Op FORTITUDE- Riverside Care and Support</a>	<b>0800 9520774</b> Online referral form: <a href="https://riv.org.uk/opfortitude">https://riv.org.uk/opfortitude</a>
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### Homes at Ease North-West

Veteran specific homelessness prevention service operated by Armed Forces HQ in Wigan.	<a href="#">Lancashire's Armed Forces Covenant Hub (padlet.com)</a>	<a href="mailto:spoc@armedforceshq.org.uk">spoc@armedforceshq.org.uk</a>
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### Healthier Heroes CIC

Veteran focused supported housing provision with a range of support options to help veterans in recovery and their family members. Additional outreach service to support the wider community and those who have moved-on to live independently.	<a href="http://www.healthierheroescic.co.uk">www.healthierheroescic.co.uk</a>	<a href="mailto:referral.healthierheroes@outlook.com">referral.healthierheroes@outlook.com</a>  <a href="tel:01282966730">01282 966730</a>
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### The Well Communities

The Well is a not-for-profit community interest company with hubs in Barrow, Morecambe and Lancaster as well as sites in Kendal and Fleetwood, we have accommodation and help people recover from drug and alcohol addiction.	<a href="http://www.thewellcommunities.co.uk">www.thewellcommunities.co.uk</a>	01524 415278 for Morecambe  <a href="mailto:info@thewell2.co.uk">info@thewell2.co.uk</a> .
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### Homeless Action - Blackpool

Homeless Action was founded in 1997 and have supported over 10,000 clients in that time. In Blackpool we operate numerous hostels and move-on flats.	<a href="http://www.homelessaction.org">www.homelessaction.org</a>	01253 297200 (Mon – Fri, 9am – 5pm)  referrals.blackpool@homelessaction.org
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### CC Housing Management

Creating Change Housing Management provide supported housing accommodation for people who are homeless or at risk of homelessness, who require Intensive support in managing and maintaining a tenancy. Preston and Blackpool areas.	<a href="http://www.cchousing.co.uk">www.cchousing.co.uk</a>	0333 366 1159
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### Bright Start Homes

Bright Start Homes is an established Community Interest Company that currently works with several local authorities across the north of England providing supported exempt accommodation to some of society's most vulnerable.	<a href="http://www.brightstarhomes.co.uk">www.brightstarhomes.co.uk</a>	07543 508299  <a href="mailto:info@brightstarhomes.co.uk">info@brightstarhomes.co.uk</a>
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### Emmaus

Emmaus supports people who have experienced homelessness and social isolation. We provide a home for as long as someone needs it and work opportunities in our social enterprise. Living in a stable environment with the opportunity to work helps our companions, as residents are known, to regain lost self-esteem and the confidence to get back on their feet. Accommodation available in Preston and Burnley	<a href="https://emmaus.org.uk/preston/">https://emmaus.org.uk/preston/</a>	01772 796622 - Preston
	<a href="https://emmaus.org.uk/burnley/">https://emmaus.org.uk/burnley/</a>	01282 430860 - Burnley

### Recycling Lives

We house, support and train male prison leavers experiencing homelessness. We have capacity for 10 residents in Preston accommodation.	<a href="http://www.recyclinglives.org">www.recyclinglives.org</a>	<a href="mailto:uk.info@recyclinglives.org">uk.info@recyclinglives.org</a>  01772 654321
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### Westfield War Memorial Village, Lancaster

WESTFIELD Village is a thriving, private and popular Armed Forces community within a conservation area. It has been described as the “jewel in the crown” of The Guinness Partnership housing (TGP) and as a “private, quiet oasis within a city”.	<a href="http://www.westfieldmemorialvillage.co.uk">www.westfieldmemorialvillage.co.uk</a> <a href="http://www.guinnesspartnership.com">www.guinnesspartnership.com</a>	01524 65799  info@westfieldmemorialvillage.co.uk
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### Stoll - The Veterans Nomination Scheme

We run the Veterans’ Nomination Scheme to find affordable accommodation for Veterans across the country.	<a href="https://www.stoll.org.uk/housing/vns/">https://www.stoll.org.uk/housing/vns/</a>	<a href="mailto:vns@stoll.org.uk">vns@stoll.org.uk</a> 020 7385 2110
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### Progress Housing Group

We are a not-for-profit housing provider based in Leyland that owns and manages nearly 12,000 homes. We provide our tenants and customers with a wide range of services.	<a href="https://www.progressgroup.org.uk/">https://www.progressgroup.org.uk/</a>	<a href="http://www.progressgroup.org.uk/get-in-touch/send-us-a-message/">www.progressgroup.org.uk/get-in-touch/send-us-a-message/</a>
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### Together Housing

We are one of the largest housing associations in the North of England, managing over 36,000 homes across the North of England	<a href="http://www.togetherhousing.co.uk">www.togetherhousing.co.uk</a>	<a href="mailto:enquiries@togetherhousing.co.uk">enquiries@togetherhousing.co.uk</a>
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### Calico Homes

We provide housing for people who most need it, including families, people who live alone, older people, and people who might be at risk. We have more than 5,000 homes in an around Burnley and are always building more.	<a href="https://calicohomes.org.uk/">https://calicohomes.org.uk/</a>	01282 686 300  <a href="mailto:Contact@calicohomes.org.uk">Contact@calicohomes.org.uk</a>
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## Community Gateway

Community Gateway Association is a not-for-profit community-based housing association, set up to meet the housing needs of people in Preston and the surrounding area.	<a href="http://www.communitygateway.co.uk">www.communitygateway.co.uk</a>	<a href="mailto:customerservices@communitygateway.co.uk">customerservices@communitygateway.co.uk</a>
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## Finance

### Department of Work & Pensions (DWP)

<p>As part of the Armed Forces Covenant, the Department for Work and Pensions (DWP) has initiatives that help current and former armed forces personnel and your families access Jobcentre Plus services.</p>	<p><a href="http://www.gov.uk">Armed forces access to Jobcentre Plus services - GOV.UK (www.gov.uk)</a></p>	<p>northcentral.armedforceschampions@dwp.gov.uk</p>
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### Veterans UK

<p>We provide free support for veterans and their families, including a helpline, Veterans Welfare Service, Defence Transition Services and injury/bereavement compensation scheme payments, such as War Pensions and AFCS.</p> <p>Veterans UK is part of the Ministry of Defence.</p>	<p><a href="http://www.gov.uk">Veterans UK - GOV.UK (www.gov.uk)</a></p>	<p><a href="mailto:veterans-uk@mod.gov.uk">veterans-uk@mod.gov.uk</a></p> <p>Freephone (UK only): 0808 1914 2 18 Mon-Fri 08.00-16.00</p> <p>Telephone (overseas): +44 1253 866 043</p>
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### Forces Pension Society

<p>A not-for-profit military pension watchdog The Forces Pension Society is an independent, not-for-profit organisation that acts as a pension watchdog for the entire military community.</p>	<p><a href="http://www.forcespensionsociety.org.uk">Forces Pension Society - Championing Armed Forces Pensions since 1946</a></p>	<p>Email: <a href="mailto:memsec@forpen.co.uk">memsec@forpen.co.uk</a> Tel: 020 7820 9988 (10:00 – 13:00 Mon-Fri)</p>
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### Unclaimed Armed Forces pensions – (preserved pensions)

	<p><a href="https://padlet.com/ianJHBarber/lancashire-s-armed-forces-covenant-hub-zcpgmzwrds5i5quku/wish/2635889499">https://padlet.com/ianJHBarber/lancashire-s-armed-forces-covenant-hub-zcpgmzwrds5i5quku/wish/2635889499</a></p>	
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### Financial Advice for Serving Personnel

<p>Service personnel and their families can experience difficulty in accessing commercial products and services due to their mobility and time spent outside the UK. This guidance provides service personnel and their families with top tips on getting a fair deal when they need to access financial services.</p>	<p><a href="http://www.gov.uk">Financial top tips for service personnel - GOV.UK (www.gov.uk)</a></p>	
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**THE ROYAL BRITISH LEGION'S BENEFITS, DEBT AND MONEY ADVICE (BDMA) SERVICE**

<p>The Royal British Legion's Benefits, Debt and Money Advice (BDMA) Service provides free, confidential advice about benefits that you may be entitled to, assistance in making an appeal against a benefits decision and comprehensive advice for those in unmanageable debt.</p>	<p><a href="#">RBL - The Royal British Legion's Benefits, Debt and Money Advice (BDMA) Service</a></p>	<p>Call 0808 802 8080 8am to 8pm. 7 days a week.</p>
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**Step Change**

<p>We have been providing free, expert debt advice for 30 years. No matter the size of your debt, we can help.</p> <p>Complete the whole debt advice process online without picking up the phone We are here to take your call if you prefer to speak to someone.</p>	<p><a href="#">StepChange Debt Charity. Free Expert Debt Help &amp; Advice</a></p>	<p><a href="#">Send StepChange Debt Charity An Email. Free Debt Advice</a></p> <p>Contact us on 0800 138 1111. Monday to Friday 8am to 8pm and Saturday 9am to 2pm</p>
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## Emergency Services

### Lancashire Police

Founded in 1839, Lancashire Constabulary covers an area of 1,189 square miles. The county has a population of nearly 1.5 million people with a rich diversity of communities, all with specific policing needs.	<a href="#">Military to Civilian – Lancashire Constabulary</a>	
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### Lancashire Fire & Rescue Service

Lancashire Combined Fire Authority delivers a fire and rescue service to the whole of Lancashire, raising awareness about fire safety through visiting homes and schools, enforcing fire safety laws; being available 24 hours a day, 365 days a year to respond to emergencies.	<a href="#">Armed Forces Covenant   Lancashire Fire and Rescue Service (lancsfirerescue.org.uk)</a>	01772 862545
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### North West Ambulance Service

At North West Ambulance Service, we're emergency responders, patient transport providers and NHS 111 urgent care and advice givers.	<a href="#">Working with the Armed Forces - NWAS - North West Ambulance Service</a>	0345 112 0999 <a href="mailto:communications@nwas.nhs.uk">communications@nwas.nhs.uk</a>
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## Justice system

### Probation offices

Find information on probation, contact centres in England & Wales, including opening times and contact details as well as local services offered.	<a href="https://www.gov.uk/government/collections/probation-finder#north-west">https://www.gov.uk/government/collections/probation-finder#north-west</a>	
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### His Majesty's Prison and Probation Service – Creating Future Opportunities (CFO)

HMPPS CFO Veteran Policy Lead.	<a href="#">Armed Forces Covenant – HMPPS Creating Future Opportunities</a>	
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### Op NOVA

Op NOVA, delivered by the Forces Employment Charity and commissioned by NHS England, provides support for veterans who are in contact with the justice system, enabling them to access the services they need.	<a href="#">Op NOVA   Forces Employment Charity</a>	Freephone 0800 917 7299  or by email at <a href="mailto:opnova@forcesemployment.org.uk">opnova@forcesemployment.org.uk</a>
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### NHS Reconnect Service

RECONNECT seeks to improve the continuity of health and care needs of vulnerable people leaving prison by working with them before they leave and support their transition to community-based services, thereby safeguarding health gains made whilst in prison.	<a href="#">Reconnect Care after custody :: Lancashire and South Cumbria NHS Foundation Trust (lscft.nhs.uk)</a>	<a href="mailto:reconnect@lscft.nhs.uk">reconnect@lscft.nhs.uk</a>
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### Veterans HQ Liverpool – Veterans in Custody NHS Commissioned Service

Veterans HQ is commissioned by NHS England to support veterans who are in custody across NW England. We are the first point of contact for veterans and their families in custody across the Northwest	<a href="#">Support for You - Veterans HQ – Veterans HQ</a>	<a href="mailto:info@veteranshq.org.uk">info@veteranshq.org.uk</a>  0151 261 9878
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### Care after Combat

Trusted Mentors helping Veterans in the Justice System	<a href="#">Care After Combat - Helping Veterans in the Justice System</a>	0300 343 0255
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### SSAFA Veterans in The Criminal Justice System (VCJS)

Our network of in-reach volunteers provides advice and information - not only to those in custody, on probation or in the community, but also to their families.	<a href="#">Veterans in the Criminal Justice System   SSAFA</a>	North West Hub: ENW.Region@ssafa.org.uk
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### Healthier Heroes CIC

As part of their outreach offer Healthier Heroes visit veterans in Lancashire prisons providing support during sentence to inmates and family members, whilst also forward planning for those near release.	<a href="#">Healthier Heroes CIC</a>	<a href="mailto:referral.healthierheroes@outlook.com">referral.healthierheroes@outlook.com</a>  <a href="tel:01282966730">01282 966730</a>
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The Lancashire Hub attends regular meetings with prison staff from across Lancashire to discuss the needs of military veteran inmates. We also have strong links with Lancashire Police who have a designated Armed Forces champion. If you want to raise issues relating to these services, please make contact via [LancsCovenant@uclan.ac.uk](mailto:LancsCovenant@uclan.ac.uk)



## Legal assistance

### Forces Law

Forces Law is a network of independent civilian lawyers who specialise in advising our Armed Forces community including those who are serving, veterans and their families.	<a href="#">Forces Law - Independent legal services and advice</a>	Email us info@forceslaw.com  Contact us by phone: 0808 271 0444
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### Hilary Meredith

Hilary Meredith Solicitors Limited was established in 2003 by award-winning solicitor Hilary Meredith-Beckham. The firm specialises in military law, Armed Forces Compensation Scheme (AFCS) claims, life changing injuries, medical negligence and Inquests/fatal accidents.	<a href="#">Home   Hilary Meredith (hmsolicitors.co.uk)</a>  <a href="#">Hilary Meredith: Corporate Covenant (publishing.service.gov.uk)</a>	0800 124 4444
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### Hugh James

Hugh James is a top 100 UK law firm with offices in Cardiff, London, Manchester, Southampton and Plymouth. The firm has grown from humble beginnings in 1960 to become a leading law firm, servicing a vast range of clients across the UK and overseas.	<a href="#">Specialist Military Solicitors   Expert Legal Services (hughjames.com)</a>	Email info@hughjames.com  Tel 033 3016 2222
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### Irwin Mitchell

A Forces friendly legal firm with specialist knowledge in area of Armed Forces Compensation Scheme and other issues facing Forces people..	<a href="#">Search - Irwin Mitchell Solicitors</a>  <a href="#">Irwin Mitchell LLP (publishing.service.gov.uk)</a>	0808 3038148
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### Leigh Day

Leigh Day is a top 100 law firm committed to claimant-only cases ensuring that individuals have the same access to justice as the UK Government and large corporations.	<a href="#">Search results for armed forces   Leigh Day</a>	020 7650 1200
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### Baker & Coleman Solicitors

Based in Blackburn, Lancashire, Baker & Coleman Solicitors is a commercial law firm. It enables businesses and individuals by providing more value than the price paid by its partners.	<a href="#">Military Injury Claims - Baker &amp; Coleman Solicitors (bakercoleman.co.uk)</a>	0333 321 6687 <a href="mailto:enquiries@bakercoleman.co.uk">enquiries@bakercoleman.co.uk</a>
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## Addiction Recovery Services

### Inspire

Inspire services are designed to encourage individuals to find the strength and resources within themselves to achieve and sustain the life and behavioural changes they seek.	<a href="http://inspirelancs.org.uk">Welcome to Inspire Lancashire – Inspire services are designed to encourage individuals to find the strength and resources within themselves to achieve and sustain the life and behavioural changes they seek. (inspirelancs.org.uk)</a>	North & Central Team 08081 698 673  East Lancs Team 01254 495 382
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### Red Rose Recovery

Red Rose Recovery is a lived experience recovery organisation and has become nationally recognised as a pioneering organisation in developing recovery systems and creating opportunities for people affected by substance misuse, mental health and offending behaviours.	<a href="http://www.redroserecovery.org.uk">Red Rose Recovery</a>	Central Lancs 01772 821440 07541 639228 East Lancs 01254 352580 07753 223735 North Lancs 07718 578292
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### Tom Harrison House

Veteran specific, residential and community based, alcohol recovery services based in Merseyside.	<a href="http://www.tomharrisonhouse.org.uk">Tom Harrison House – Specialist Addiction Recovery for UK Veterans</a>	0151 909 8481  info@tomharrisonhouse.org.uk
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### Beacon Counselling Trust (BCT)

BCT have developed a collaborative partnership programme, (Battling the Odds), aimed at supporting the Armed Forces community concerning gambling-related harms, who are identified as a key vulnerable group.	<a href="http://www.beaconcounsellingtrust.co.uk">BCT Develops New Gambling-Related Harms Programme Targeting the Armed Forces Community - Beacon Counselling Trust</a>	0151 226 0696  support@beaconcounsellingtrust.co.uk
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### With you

We work with you on your own goals, whether that's making small changes, stopping an unwanted habit altogether or just getting some advice.	<a href="http://wearewithyou.org.uk">Alcohol and drug support for the armed forces - With You (wearewithyou.org.uk)</a>	<a href="http://wearewithyou.org.uk">Help and advice on drugs and alcohol - With You (wearewithyou.org.uk)</a>
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## The Well Communities

<p>The Well is a not-for-profit community interest company with hubs in Barrow, Morecambe and Lancaster as well as sites in Kendal and Fleetwood, we have accommodation and help people recover from drug and alcohol addiction.</p>	<p><a href="#">The Well Communities</a></p>	<p>01524 415278 for Morecambe info@thewell2.co.uk.</p>
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## Regular & Reserve Forces plus cadet contacts

### Weeton Barracks, Kirkham – 1<sup>st</sup> Battalion The Duke of Lancaster’s Regiment WEF Sept 24

<p>The Duke of Lancaster's Regiment is the Infantry Regiment of the North West of England. We have one Regular battalion, one Reserve battalion and one affiliated battalion. Fierce, strong and courageous, we are known as The Lions of England.</p>	<p><a href="#">Duke of Lancaster's Regiment   The British Army (mod.uk)</a></p>	
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### Fulwood Barracks, Preston - Regimental Head Quarters (RHQ) The Duke of Lancaster’s Regiment

<p>The RHQ has four key tasks with two enabling functions common to all four: Tasks; Govern, Support the Present, Shape the Future, Honour the Past. Enabling Functions; Communicate and Engage and maintain the Regiment’s effectiveness, esprit de corps and heritage</p>	<p><a href="#">RHQ - The Duke Of Lancaster's Regimental Association (lancsregiment.co.uk)</a></p>	<p>Email – rhqlancs@gmail.com Telephone – 01772 260362</p> <p>For welfare support email rhqlancswelfare@gmail.com</p>
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### Fulwood Barracks, Preston - Lancashire Infantry Museum

	<p><a href="#">FULWOOD BARRACKS   Lancashire Infantry Museum</a></p>	
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### Kimberley Barracks, Preston - Community Engagement Task Force

	<p><a href="#">4th Battalion - The Duke of Lancaster’s Regiment (lancsregiment.co.uk)</a></p>	
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### Reserve Forces & Cadet Association

<p>The Reserve Forces’ and Cadets’ Association for the North West of England and the Isle of Man (NW RFCA) is the organisation which facilitates, supports and promotes the Reserve Forces of all three Armed Services and the three Cadet organisations in the region.</p>	<p><a href="#">NW RFCA - North West Reserve Forces &amp; Cadets Association</a></p>	<p>Main Switchboard Sharon Mcglashan 0151 5415752 <a href="mailto:nw-offao1@rfca.mod.uk">nw-offao1@rfca.mod.uk</a></p> <p>Employer Support Gary Oakford <a href="mailto:nw-lan-reed@rfca.mod.uk">nw-lan-reed@rfca.mod.uk</a></p>
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## Military Families Federations

### Army Families Federation (AFF)

<p>The AFF is the independent voice of Army personnel and their families. We work to improve the quality of life for the Army family, wherever you are in the world. AFF is independent of the Army and offers confidential advice. We will deal with your enquiry without revealing your identity.</p>	<p><a href="http://www.aff.org.uk">Army Families Federation - Supporting Army families worldwide (aff.org.uk)</a></p>	<p>E: <a href="mailto:contact@aff.org.uk">contact@aff.org.uk</a> T: 01264 554004:</p>
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### Naval Families Federation

<p>Advice and support to empower Royal Navy and Royal Marines families</p>	<p><a href="http://www.nff.org.uk">NFF   Championing Royal Navy &amp; Royal Marines families</a></p>	<p>02392 654374 or email <a href="mailto:contactus@nff.org.uk">contactus@nff.org.uk</a></p>
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### RAF Families Federation

<p>The RAF Families Federation exists to make life better for Service personnel and their families, at home and overseas. We provide reliable information on the topics that matter most to you, support you through to the resolution of problems resulting from Service and make long-term positive changes happen for the Armed Forces Community.</p>	<p><a href="http://www.raf-ff.org.uk">Support for RAF personnel and families &lt; RAF Families Federation (raf-ff.org.uk)</a></p>	<p>Email: <a href="mailto:enquiries@raf-ff.org.uk">enquiries@raf-ff.org.uk</a> 01780 781650</p>
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## Military to Civilian Transition Services

### Defence Transition Service

Defence Transition Services (DTS) exist to provide information and support for those service leavers and their families who are most likely to face challenges as they leave the armed forces and adjust to civilian life.	<a href="http://veteransgateway.org.uk">Defence Transition Services (DTS) (veteransgateway.org.uk)</a>	Call: 0808 1914 218 Email: veterans-uk-vws-support@mod.gov.uk
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### SSAFA Mentoring Service

Our mentors provide long-term, one-to-one, face-to-face support during transition and for up to two years post discharge. We work alongside the Royal Navy, the Royal Marines, the British Army, the Royal Air Force and other key partners to provide this service.	<a href="#">Mentoring   Joining civvy street   SSAFA</a>	<a href="mailto:mentoring@ssafa.org.uk">mentoring@ssafa.org.uk</a>
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### Personnel Recovery Unit - NW

The Personnel Recovery Unit at Preston manages Wounded, Injured and Sick serving personnel who will either return to their military duties or be discharged from the military. Those to be discharged will receive specific welfare support to assist the transition process and engage civilian support services.	<a href="#">Army Recovery Capability   The British Army (mod.uk)</a>	
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## Large-scale Military Charities

### Grant giving, specialist services, respite holidays and much more...

#### The Veterans Gateway – Single point of access to military charities

The first point of contact for you and your loved ones. Contact us 24/7 for help across housing, mental wellbeing, finances and more. And we can also refer you directly to our Referral Partners.	<a href="#">Advice and support for veterans &amp; ex-forces   Veterans' Gateway (veteransgateway.org.uk)</a>	0808 802 1212 Text 81212
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#### The Royal British Legion

Financial support grants and other services such as independent living advice, financial & employment support and physical & mental wellbeing.	<a href="#">Royal British Legion   Armed Forces Charity</a>	0808 802 8080
Battle Back Centre – physical & mental recovery courses	<a href="#">The Battle Back Centre   Royal British Legion</a>	01952 815681

#### SSAFA – The Armed Forces Charity

SSAFA, the Armed Forces charity is a trusted source of support for serving personnel, veterans and their families in their time of need.	<a href="#">SSAFA, the Armed Forces charity</a>	0800 260 6767 <a href="mailto:enw.region@ssafa.org.uk">enw.region@ssafa.org.uk</a>
SSAFA Mentoring Service	<a href="#">Mentoring   Joining civvy street   SSAFA</a>	<a href="mailto:mentoring@ssafa.org.uk">mentoring@ssafa.org.uk</a>
SSAFA Veterans in the Criminal Justice System	<a href="#">Veterans in the Criminal Justice System   SSAFA</a>	<a href="mailto:enw.region@ssafa.org.uk">enw.region@ssafa.org.uk</a>
FORCESLINE	Free & confidential support line	0800 260 6767 Mon-Fri 9-5pm

#### Help for Heroes

We're the charity that supports the RAF community	<a href="#">Home - RAF Association - The Royal Air Forces Association</a>	0800 018 2361 national number <a href="mailto:wrn@rafa.org.uk">wrn@rafa.org.uk</a> regional email
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#### Walking With the Wounded

At Walking With The Wounded, we empower veterans by reigniting their sense of purpose, enabling them to make a positive contribution to their communities and lead independent lives.	<a href="#">UK Military Veterans Charity   Walking With The Wounded   Walking With The Wounded</a>	<a href="#">Ask for Help   Walking With The Wounded</a>
<b>Head Start</b> - Head Start is mental health and wellbeing support for veterans.	<a href="#">Head Start   Walking With The Wounded</a>	

<b>Support Care Coordination</b> - from Walking With The Wounded, and in partnership with NHS Op COURAGE, helps ex-service personnel manage complex challenges, improve wellbeing and transform their lives. When a veteran is struggling and needs help, we're here for them.	<a href="#">Support Care Coordination   Walking With The Wounded</a>	
<b>Employment support</b> - Our practical Employment Programme finds meaningful jobs for veterans.	<a href="#">Employment Support   Walking With The Wounded</a>	
<b>Op CONNECT</b> - giving ex-Forces personnel based in the North West the chance to meet with veterans, get active and get involved in their communities.	<a href="#">Op CONNECT   Walking With The Wounded</a>	

### The Royal Navy and Royal Marines Charity

The Royal Navy and Royal Marines charity is the principal charity of the Royal Navy. We exist to support sailors, marines and their families, for life.	<a href="https://www.rnrmc.org.uk/">https://www.rnrmc.org.uk/</a>	023 9387 1520 (Monday to Friday, 8am - 4.30pm) <a href="mailto:theteam@rnrmc.org.uk">theteam@rnrmc.org.uk</a>
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### RMA - The Royal Marines Charity

RMA – The Royal Marines Charity is here to support the entire Royal Marines Family – serving, retired and their dependants. No matter what stage of your career or life, you can always turn to us for help.	<a href="https://www.rma-trmc.org.uk/">Home - RMA - The Royal Marines Charity (rma-trmc.o</a>	0800 468 1664 08:30 – 16:00, Monday to Friday.
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### Army Benevolent Fund

We stand at the forefront of support for the Army family. We award grants to individuals and families, and fund leading charities and organisations to ensure help is there when you need it.	<a href="#">North West - Army Benevolent Fund</a>	<a href="mailto:northwest@soldierscharity.org">northwest@soldierscharity.org</a>
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### The Royal Air Forces Association

We're the charity that supports the RAF community.	<a href="#">Home - RAF Association - The Royal Air Forces Association</a>	0800 018 2361 national number <a href="mailto:wrn@rafa.org.uk">wrn@rafa.org.uk</a> regional email
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### The Royal Air Forces Benevolent Fund

For more than 100 years, the RAF Benevolent Fund has been supporting members of our RAF Family through thick and thin providing practical, emotional, and financial support whenever they need us.	<a href="http://www.rafbf.org">Royal Air Force Benevolent Fund   Leading welfare charity (rafbf.org)</a>	0300 102 1919
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### BLESMA

Providing support to limbless and injured veterans for life	<a href="http://www.blesma.org">Military Charity for Limbless Veterans   Blesma</a>	Email: <a href="mailto:info@blesma.org">info@blesma.org</a> Here to help. Mon - Fri, 9am - 5pm 020 8590 1124
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### Blind Veterans UK

Blind Veterans UK helps vision-impaired ex-Servicemen and women to rebuild their lives after sight loss.	<a href="http://www.blindveterans.org">Blind Veterans UK, Rebuilding lives after sight loss - Blind Veterans UK</a>	0300 111 22 33 supporter.services@blindveterans.org.uk
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### Royal Commonwealth Ex-Services League

Since the end of the first world war, the Royal Commonwealth Ex-Services League has supported veterans from across the commonwealth.	<a href="http://www.commonwealthveterans.org.uk">RCEL - Royal Commonwealth Ex-Services League (commonwealthveterans.org.uk)</a>	+44 (0)20 3207 2413
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### The Not Forgotten

Through social activities and challenge holidays, The Not Forgotten combats isolation and loneliness amongst the Armed Forces community.  We support any serving man or woman who is wounded, injured or sick and any veteran with a disability, illness or infirmity; whatever the cause and whenever it arose.	<a href="http://www.thenotforgotten.org">The Not Forgotten - The Not Forgotten</a>	0207 730 2400 <a href="mailto:info@thenotforgotten.org">info@thenotforgotten.org</a>
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## Community based veteran charities, CIC's and groups

### Armed Forces Support Group

<p>We offer companionship and camaraderie for the Armed Forces community in the Pendle area. Open Wed &amp; Thu morning and 1<sup>st</sup> Sat of every month from 10.00 – 13.00 at Holmefield House, Gisburn Road, Barrowford, Lancs, BB9 8ND.</p>	<p><a href="#">Armed Forces Support Group</a></p>	<p><a href="mailto:info@armedforcessupportgroup.co.uk">info@armedforcessupportgroup.co.uk</a>  01282 613 132</p>
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### Bay Veteran's Association

<p>Veterans support group based at a high street location - 66-68 Euston Road, Morecambe, LA4 5DG.</p>	<p><a href="#">Bay Veteran's Association (bayvets.org)</a>  <a href="#">Facebook</a></p>	<p>01524 737 787  <a href="mailto:gary@bayvets.org">gary@bayvets.org</a></p>
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### Belisama's Retreat -

<p>Secluded woodland retreat for the Armed Forces community on the banks of the river Ribble, Lancashire. At Belisama's Retreat CIC we encourage our guests to gain respite from the modern world, engage with nature and share and learn wilderness living skills.</p>	<p><a href="#">Belisama's Retreat CIC   Woodland Retreat for Military Veterans (belisamasretreat.org)</a></p>	<p><a href="#">Contact - Belisama's Retreat CIC (belisamasretreat.org)</a></p>
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### Commonwealth Veterans & Families Support Group – Northwest Branch

<p>At the Commonwealth Veterans &amp; Families Support Group Northwest Branch, we are dedicated to providing unwavering support and resources to Commonwealth veterans and their families. Our mission is to create a nurturing environment where our members can find guidance, camaraderie, and the support they need.</p>	<p><a href="#">Web Link</a></p>	<p><a href="mailto:CVFSGNW@mail.com">CVFSGNW@mail.com</a></p>
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### Dig In

<p>Down to earth support for the military and blue light community through horticulture and men's shed style activities.</p>	<p><a href="http://diginpreston.org">diginpreston.org</a></p>	<p>07933 616312 for the garden/workshop or 07546642583 for the office  Opening Hours:</p>
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People get together and do something practical that benefits both themselves and serves others – and maybe also helps a team-mate through a tough time.		Tuesday to Friday: 10am – 5pm
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### Lancashire Armed Forces Association

Lancashire Armed Forces Association co-ordinates some 11 separate ex-Servicemen's Associations, covering all branches of the Royal Navy, the British Army and the Royal Air Force. It represents the interests of all serving and former soldiers, sailors and aviators living across Lancashire and is based in the City of Preston.	<a href="#">Lancashire Armed Forces Association   Facebook</a>	
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### Lancashire Football Community Trusts operating Armed Forces projects...

Accrington Stanley Community Trust	<a href="#">Military Veterans – Accrington Stanley Community Trust (stanleytrust.co.uk)</a>	01254 475013 <a href="mailto:info@stanleytrust.co.uk">info@stanleytrust.co.uk</a>
AFC Fylde Community Foundation	<a href="#">Veteran's projects   AFC Fylde Community Foundation (afcfyldefoundation.co.uk)</a>	01772 598852 <a href="mailto:Community@afcfylde.co.uk">Community@afcfylde.co.uk</a>
Blackburn Rovers Community Trust	<a href="#">Community Trust launch Veterans Football programme   rovers.co.uk</a>	<a href="mailto:Chris.McGrail@brfctrust.co.uk">Chris.McGrail@brfctrust.co.uk</a>
Blackpool FC Community Trust	<a href="#">Armed Forces - BFCCT</a>	01253 348691 <a href="mailto:office@bfcct.co.uk">office@bfcct.co.uk</a>
Burnley FC in the Community	<a href="#">Veterans - Burnley FC In The Community (burnleyfccommunity.org)</a>	<a href="mailto:Daniella.worth@burnleyfc.com">Daniella.worth@burnleyfc.com</a> 07934 853407 <a href="mailto:j.pluckwell@burnleyfc.com">j.pluckwell@burnleyfc.com</a> 07714 792392
Fleetwood Town Community Trust	<a href="#">Onward Together – Fleetwood Town Community Trust (fleetwoodtownfcct.com)</a>	<a href="mailto:Tony.Codling@fleetwoodtownfc.com">Tony.Codling@fleetwoodtownfc.com</a>
PNE FC Community Trust	<a href="#">PNE Forces - Preston North End (pnefc.net)</a>	01772 693309
Morecambe FC Community Sports	<a href="#">Veterans Coffee Mornings - Morecambe FC Community Sports (mfccommunitysports.com)</a>	<a href="mailto:admin@mfccommunitysports.com">admin@mfccommunitysports.com</a> 01524 412125.

### Models for Heroes

<p>We support the UK Armed Forces and Emergency Service personnel with the meaningful hobby of model making. See website for local sessions in Lancashire.</p>	<p><a href="#">Home &lt; Models for Heroes</a></p>	<p><a href="mailto:info@modelsforheroes.org.uk">info@modelsforheroes.org.uk</a></p>
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### Veterans In Communities

<p>VIC supports former ex-service men and women who have served in any of the branches of the Royal Navy, Army, Royal Marines, Royal Air Force, the Emergency Services (Blue Light) and their families. By the nature of service life some will experience difficulties transitioning and with returning to 'Civvy Street', and many miss the social side of service life and just want to socialise again with like minded people.</p>	<p><a href="#">Veterans In Communities - Veterans in Communities supporting Army, Navy and RAF personnel</a></p>	<p>01706 833180 or email <a href="mailto:info@vic.org.uk">info@vic.org.uk</a></p>
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## Support for LGBT+ veterans

### Fighting With Pride

<p>Fighting With Pride supports the health and wellbeing of LGBT+Veterans, service personnel and their families – in particular those most impacted by the ban on LGBT+ personnel serving in the Armed Forces prior to January 2000.</p>	<p><a href="#">Fighting With Pride: The LGBT+ Military Charity</a></p>	<p><a href="mailto:info@fightingwithpride.org.uk">info@fightingwithpride.org.uk</a></p>
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### Age UK & Fighting with Pride

<p>Working in partnership with Fighting With Pride, Age UK's Advice Line is delivering the Operation Sterling programme, working to help older LGBT+ veterans, service personnel and their families in a range of areas.</p>	<p><a href="#">Age UK-Veteran Support (fightingwithpride.org.uk)</a></p> <p><a href="#">Operation Sterling: Supporting older LGBT+ veterans   Age UK</a></p>	<p><a href="mailto:info@fightingwithpride.org.uk">info@fightingwithpride.org.uk</a></p>
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### LGBT Foundation

<p>HELLO, WE'RE LGBT FOUNDATION A national charity with LGBTQ+ health and wellbeing at the heart of everything we do.</p>	<p><a href="#">Operation Equality Launch - LGBT Foundation</a></p>	<p>0345 3 30 30 30</p>
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## Support for women veterans

### Salute Her

Women veterans in the United Kingdom are an invisible, marginalised and frequently ignored population within the veteran community. Salute Her UK is a strong voice advocating for a holistic, compassionate continuum of services, treatment and care for our women veterans, families, care givers and care providers.	<a href="#">Salute Her</a>	07861 748522
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### WRENS Association

The Association welcomes all serving and former women of the Royal Naval Services, which includes WRNS, RN, QARNNS, RN/WRNR, RFA and RM. The Association of Wrens was formed in 1920 yet is still relevant today for those who wish to keep in touch with friends and colleagues from service days.	<a href="#">Home - Association of Wrens</a>	02392 725141
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### WRAC Association

The Women's Royal Army Corps Association was formed in 1949 on the birth of the WRAC. The WRAC Association superseded and incorporated the QMAAC and ATS Comrades Association. Everyone who served, or is currently serving, as either a Regular or Territorial Army soldier or officer, in the ATS, WRAC, or in the modern British Army is eligible to join the WRAC Association.	<a href="#">WRAC Association   Celebrating our past, shaping our future</a>	<a href="mailto:info@wraca.org.uk">info@wraca.org.uk</a> or call 0300 400 1992
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### WAAF WRAF & RAF(W) Association

In dedication to all past and serving airwomen of the RAF who served at home and abroad, we pledge our friendship; and to those who lost their lives, remembrance.	<a href="#">The official WAAF WRAF RAF(W) Association website (waafassociation.org.uk)</a>	<a href="mailto:waafasecretary@gmail.com">waafasecretary@gmail.com</a>
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## Support for older veterans

### Age UK Lancashire

Outreach workers from Age UK Lancashire will support veterans aged 50+ that are living in Lancashire to reduce any barriers such as transport or confidence which may prevent them from socialising or meeting with others.	<a href="#">Age UK Lancashire   Connecting Veterans in Lancashire</a>	<a href="mailto:advice@ageuklancs.org.uk">advice@ageuklancs.org.uk</a> 0300 303 1234
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### Veterans In Communities

VIC supports former ex-service men and women who have served in any of the branches of the Royal Navy, Army, Royal Marines, Royal Air Force, the Emergency Services (Blue Light) and their families. By the nature of service life some will experience difficulties transitioning and with returning to 'Civvy Street', and many miss the social side of service life and just want to socialise again with like minded people.	<a href="#">Veterans In Communities - Veterans in Communities supporting Army, Navy and RAF personnel</a>	01706 833180 or email <a href="mailto:info@vic.org.uk">info@vic.org.uk</a>
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### Armed Forces Support Group

We offer companionship and camaraderie for the Armed Forces community in the Pendle area.	<a href="#">Armed Forces Support Group</a>	<a href="mailto:info@armedforcessupportgroup.co.uk">info@armedforcessupportgroup.co.uk</a>  01282 613 132
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## Confederations & Governance bodies

### COBSEO

<p>Cobseo, as the Confederation of Service Charities, provides a single point of contact for interaction with Government, including local government and the Devolved Administrations; with the Royal Household; with the Private Sector; and, of course, with other members of the Armed Forces Community.</p>	<p><a href="#">Cobseo - The Confederation of Service Charities</a></p>	<p>enquiries@cobseo.org.uk</p>
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### Association of Service Drop-ins (ASDIC)

<p>Our mission is to maximise the sustainability, resilience, effectiveness and delivery of Drop-In Centres, and improve liaison with Breakfast Clubs, across the United Kingdom to ensure that all vulnerable veterans receive swift and empathetic support and that their needs are appreciated at higher levels.</p>	<p><a href="#">Association of Service Drop-In Centres – Drop-In Centres for Service Members (asdic.org.uk)</a></p>	<p><a href="mailto:admin@asdic.org.uk">admin@asdic.org.uk</a> 01622 278110</p>
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### Armed Forces & Veterans Breakfast Clubs (AFVBC)

<p>Our purpose is to facilitate veterans and serving Armed Forces personnel to meet face to face in a relaxed, safe, social environment to enjoy breakfast and banter, to combat loneliness and allow veterans to "return to the tribe" (CIC) Registered Company number 10251007</p>	<p><a href="#">Armed Forces &amp; Veterans Breakfast Club (afvbc.world)</a></p>	<p><a href="mailto:contactus@afvbc.world">contactus@afvbc.world</a></p>
<p>The CIC is the umbrella organisation for the Breakfast Clubs with no fees or sub's paid, funds raised will go back into the veteran's community. Company No. 11161286.</p>	<p><a href="#">Armed Forces Veterans Breakfast Clubs (AFVBC), By Veterans For Veterans</a></p>	<p><a href="mailto:support@afvbc.com">support@afvbc.com</a> 07392 180903 07580 061409</p>



## Non-veteran specific services

### Advocacy Focus

Advocacy Focus lives by the motto of “nothing about me, without me.” We want every person we support to know that they have power and can take control over every decision in their lives.	<a href="#">Home - Advocacy Focus</a>	Phone: 0300 323 0965 Text: 07886 744 634 Email: <a href="mailto:admin@advocacyfocus.org.uk">admin@advocacyfocus.org.uk</a>
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### Revitalise

Our respite holidays for veterans offer a welcome break backed by the reassurance of personalised care support. Our centres are fully accessible, with an expert team of care and nursing professionals, giving you the space to enjoy a proper holiday.	<a href="#">Respite holidays for Veterans   Revitalise</a>	0303 303 0145  Sandpipers, Southport: 01704 538 388
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### The Lancashire Carers Service – n-compass

n-compass operates across the North of England to help people regain control of their lives, providing hope and a sense of purpose, through the provision of Carers, Advocacy, Wellbeing, Counselling and Volunteering Services.	<a href="#">The Lancashire Carers Service   n-compass</a>	03450 138 208 Email <a href="mailto:admin@n-compass.org.uk">admin@n-compass.org.uk</a>
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### Lancashire’s Community and Voluntary Services

Lancaster District CVS	<a href="https://lancastercvs.org.uk/">https://lancastercvs.org.uk/</a>	01524 555900
Central Lancashire VCSE Leadership Partnership	<a href="http://www.communityfutures.org.uk">www.communityfutures.org.uk</a>	<a href="mailto:admin@communityfutures.org.uk">admin@communityfutures.org.uk</a> 01772 717461
Blackpool, Fylde & Wyre CVS	<a href="https://volunteercentrebwf.org.uk">https://volunteercentrebwf.org.uk</a>	01254 392974 Monday-Thursday: 9:00am – 5:00pm Friday: 9:00am-4:30pm
West Lancs CVS	<a href="https://www.wlcvcs.org/">https://www.wlcvcs.org/</a>	<a href="mailto:enquiries@wlcvcs.org">enquiries@wlcvcs.org</a> 01695 733737
Burnley, Pendle & Rossendale CVS	<a href="https://bprcvcs.co.uk/">https://bprcvcs.co.uk/</a>	<a href="mailto:info@bprcvcs.co.uk">info@bprcvcs.co.uk</a> 01282 433740
Hyndburn & Ribble Valley CVS	<a href="https://hrvcvs.co.uk/">https://hrvcvs.co.uk/</a>	<a href="mailto:shereen.gregory@hrv-cvs.org.uk">shereen.gregory@hrv-cvs.org.uk</a> 01254 888614
Community CVS	<a href="https://www.communitycvs.org.uk/">https://www.communitycvs.org.uk/</a>	<a href="mailto:syka.guraishi@communitycvs.org.uk">syka.guraishi@communitycvs.org.uk</a> 01254 583957

## Grant funding providers

### Armed Forces Covenant Fund Trust

<p>The Armed Forces Covenant Fund Trust (the Trust) awards grants that support the Armed Forces community.</p> <p>We are both a charity and a Non-Departmental Public Body, or NDPB. We deliver high impact programmes, including administration of the £10 million Armed Forces Covenant Fund, each year.</p>	<p><a href="#">Armed Forces Covenant Fund Trust</a></p>	<p><a href="mailto:info@covenantfund.org.uk">info@covenantfund.org.uk</a></p>
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### Veterans' Foundation

<p>The Veterans' Foundation provides grants to eligible organisations that provide assistance to serving and former members of the armed forces community, operational qualified seafarers and their immediate families.</p>	<p><a href="#">Home   Veterans' Foundation</a> (<a href="http://veteransfoundation.org.uk">veteransfoundation.org.uk</a>)</p>	<p>0333 999 3899</p> <p><a href="mailto:enquiries@veteransfoundation.org.uk">enquiries@veteransfoundation.org.uk</a></p>
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### The National Lottery Community Fund

<p>The National Lottery Community Fund distributes over £600m a year to communities across the UK, raised by players of The National Lottery</p>	<p><a href="#">Home   The National Lottery Community Fund</a> (<a href="http://tnlcommunityfund.org.uk">tnlcommunityfund.org.uk</a>)</p>	<p>0345 4 10 20 30</p> <p><a href="mailto:general.enquiries@tnlcommunityfund.org.uk">general.enquiries@tnlcommunityfund.org.uk</a></p>
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### The Duchy Of Lancaster Benevolent Fund

<p>The Duchy of Lancaster Benevolent Fund is a registered charity, set up in 1993, to support local worthwhile causes and community initiatives, in Lancashire. Lancashire receives £150,000 per year, allowing us to make small grants to a wide range of community initiatives.</p>	<p><a href="#">Duchy Benevolent Fund - Lancashire Lieutenancy</a> (<a href="http://lancashire-lieutenancy.org">lancashire-lieutenancy.org</a>)</p>	<p>01772 533364</p> <p><a href="mailto:lieutenancy@lancashire.gov.uk">lieutenancy@lancashire.gov.uk</a></p>
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### Charity Excellence Framework

<p>Grants for small UK charities and non-profit community project funding. And use the free charity Funding Finder grant directory and its Small Charities &amp; Community search to find far more grants for charities and community projects, or Help Finder for companies that make grants to small charities and community projects.</p>	<p><a href="#">Grants For Small UK Charities &amp; Funding For Community Projects</a> (<a href="http://charityexcellence.co.uk">charityexcellence.co.uk</a>)</p>	<p><a href="mailto:ian@charityexcellence.co.uk">ian@charityexcellence.co.uk</a></p>
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## Training courses aimed at Forces people

### Combat Stress Learning

<p>Combat Stress Learning shares our evidence-based, trauma informed expertise of veterans' mental health with organisations who work with, employ or support veterans, so that they can help the former servicemen and women they encounter to live healthy and meaningful lives.</p> <p>We facilitate the sharing of knowledge and promote collaborative learning by encouraging learners to ask questions, share experiences and learn from each other as well as from Combat Stress.</p> <p>Together as a unique learning community we can improve the life experiences for veterans with mental health issues.</p> <p>Our training is based on trauma informed principles and an evidence base.</p> <p>No other health training space has such veteran-focused content or so many armed forces organisations collaborating.</p> <p>We are the trusted home for those who want to learn more about veterans' mental health.</p>	<p><a href="#">Welcome to Combat Stress Learning</a></p>	<p><a href="mailto:learning@combatstress.org.uk">learning@combatstress.org.uk</a></p> <p>01372 587 098</p>
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### Help For Heroes Recovery College

<p>We provide free courses to give students knowledge and skills to manage their physical and mental well-being, so they can move forward in their lives with confidence.</p> <p>Our Recovery College was the first of its kind to be designed specifically by, and for, the Armed Forces community.</p> <p>All our courses are co-designed and co-delivered by veterans, family members, and our Recovery staff. This means that the content has been created by people who understand or have experienced some of the challenges you face.</p>	<p><a href="#">Get support and learn with our Recovery College   Help For Heroes</a></p>	<p><a href="#">Get Help and Support: Help for Heroes - Empowering Veterans   Help For Heroes</a></p> <p>Use the Get Help form to register on a training course.</p>
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### Inner Peak Wellbeing CIC

<p>Committed to our community, we use our Military experience to support fellow veterans and others dedicated to public service. We aim to deliver essential services to local initiatives. Check out our projects and join us on our mission to support those in need.</p>	<p><a href="http://www.innerpeak.co.uk">www.innerpeak.co.uk</a> - Fitness Qualifications</p> <p><a href="http://www.innerpeakwellbeing.co.uk">www.innerpeakwellbeing.co.uk</a> - Health and Wellbeing services</p>	<p>01772439052</p> <p><a href="mailto:info@innerpeak.co.uk">info@innerpeak.co.uk</a></p>
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All information is correct at the time of publishing – June 2024. Content will be reviewed and updated continually. To request changes and additions please contact the undersigned.

Ian Barber  
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Lancashire Armed Forces Covenant Hub  
[LancsCovenant@UCLan.ac.uk](mailto:LancsCovenant@UCLan.ac.uk)



**THE LANCASHIRE  
ARMED FORCES  
COVENANT HUB**



Use this QR code to access the Lancashire Covenant Hub website for more Armed Forces related information.