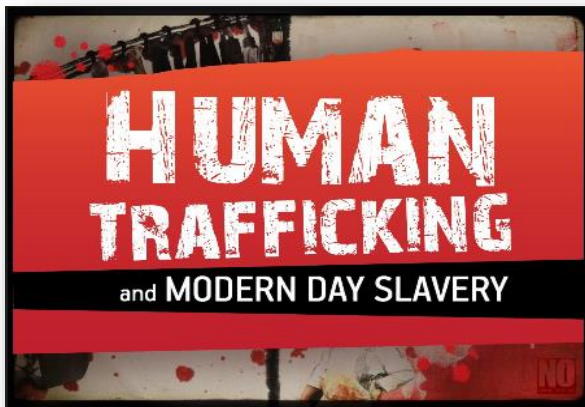




**Tuesday 9<sup>th</sup> October 2018**

SHV&F-LP supports our Armed Forces by putting Veterans & Families first, throughout Surrey, Berkshire, Hampshire, and the UK.



This month at 10:45am this we give a warm welcome to our guest speaker the Suzette Jones MSc,RN, Health & Wellbeing Adviser Communities Engagement Team, CoFE Guildford. Presenting Human Trafficking and Modern Slavery.

Human Trafficking & Slavery is a serious crime and a grave violation of human rights. Every year, thousands of men, women, and children fall into the hands of traffickers, here in the UK and abroad. Almost every country in the world is affected by trafficking, slavery whether as a country of origin, transit, or destination for victims. Can we recognise trafficking, slavery in our community? Is it on our doorstep? Let's raise our awareness to end this modern motorway misery.

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- NO appointment needed
- Veterans' talking point
- Walk-ins' welcome
- NO jacket required
- Supported by talkplus

Visit our website now:  
[www.shvflp.org.uk](http://www.shvflp.org.uk)

SHV&F-LP's Veterans' Well-Being group starts at 11:45am, you would be more than welcome to attend; NO appointment necessary – just YOU..... We will be talking about the basis of CBT and how we can build resilience and look after ourselves.

Our Well-Being group is run-by & for Veterans, and is supported by qualified practitioners from  TalkPlus

You can follow SHV&F-LP on: -



[www.linkedin.com/in/surrey-heath-veterans-families-lp](http://www.linkedin.com/in/surrey-heath-veterans-families-lp)



[www.facebook.com/surreyheath.veterans](http://www.facebook.com/surreyheath.veterans)



@SHVeterans

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# GRAB A SNACK, & COME ON BACK IT'S..... TIME FOR HOT-TOPICS

Normal services  
have resumed.....

We would like to welcome  
the return of our favourite  
Candy Crush Catering Crew.



## **SPECIAL OFFER FOR CURRENTLY SERVING AND EX-SERVING MEMBERS**

The Legion's new partner Wyevale Garden Centres are saying Thank You to the WW1 generation, with a special offer for all serving and ex-serving military personnel. Every Friday from 24th August to 9th November 2018, Wyevale Garden Centres will be serving their famous beer-battered fish and chips at half price to serving and ex-serving military personnel. Find your local restaurant [here](#). This offer requires the presentation of a military ID card or Defence Discount Card. Only one discounted meal will be given per person. For full Ts & Cs please click [here](#).

REF: MEMBERSHIP E-NEWSLETTER - SEPTEMBER 2018  
<https://e-britishlegion.org.uk/1LKB-5V6WI-14P3A2IY68/cr.aspx?v=2>

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**A Week to Remember  
at High Cross**

- **04-11 Nov:** Remembrance Prayer Point & display
- **10 Nov: 1000** 'Naafi Break' in High Cross Café  
A time for those who serve, veterans and families to gather for a brew and a chat.  
Free Tea and Coffee.  
(Posh drinks and snacks available to buy from the café)
- **10 Nov: 1930** Surrey Heath Singers Armistice Pilgrimage
- **11 Nov: 1030** Act of Remembrance

• These are all free to attend events.  
• Throughout the week, during the hours of darkness, High Cross will be lit in 'Red to Remember'.

01276 66798  
highcross.office@gmail.com  
www.highcrosschurchcamberley.co.uk

HIGH CROSS CHURCH  
100 YEARS OF REMEMBRANCE 1918-2018

REMEMBRANCE  
100  
WE READ WE LISTEN WE WRITE  
WWW.REMEMBRANCE.CO.UK

## A week to Remember at High Cross

4<sup>th</sup> – 11<sup>th</sup> November 2018

These events are all FREE to attend

Throughout the week, during the hours of darkness, High Cross will be lit 'Red to Remember.'

For further information call: 01276 66798 and you can visit their website:  
[www.highcrosschurchcamberley.co.uk](http://www.highcrosschurchcamberley.co.uk)

**How are you taking part in the Legion's Thank You movement and saying Thank You to the WW1 generation?**

1. I am organising or engaging the local community to organise a Thank You activity
2. I am attending a Thank You event/activity organised by my branch for members and the community
3. I am organising my own personal Thank You activity
4. I am planning a commemorative activity which isn't part of the Thank You movement
5. I've never heard of the Thank You movement
6. Other

**Take part in the poll >**

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<https://e-britishlegion.org.uk/1LKB-5V6WI-14P3A2IY68/cr.aspx?v=2>

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Association of ex-Service  
Drop-In Centres

There may be a few spaces available, and still sometime left, to apply for this year's conference on

Tuesday 13<sup>th</sup> November at the Northern Design Centre in Gateshead. The latest programme is on the website Noticeboard, but you will hear from:

- First Light Trust (Scarborough, Redcar, Gosport & Lancaster)
- Armed Forces Community Support Hub (Warrington)
- Change Step Wales
- The Warrior Programme
- Veterans and Families Directory of Services
- Lothian Veterans Centre (Dalkeith)
- Veterans in Communities (Rossendale)
- Veterans Garage (Manchester)
- Local Authority Initiatives

Space is limited; your name must be on their attendance list. Please contact Sarah to book your place by Friday 26<sup>th</sup> October 2018. For further information visit: [www.asdic.org.uk](http://www.asdic.org.uk)



***How are you taking part in the Legion's Thank You movement and saying Thank You to the WW1 generation?***

1. I am organising or engaging the local community to organise a Thank You activity
2. I am attending a Thank You event/activity organised by my branch for members and the community
3. I am organising my own personal Thank You activity
4. I am planning a commemorative activity which isn't part of the Thank You movement
5. I've never heard of the Thank You movement
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**Take part in the poll >**

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Frimley Fuel Allotments Charity kindly supported SHV&F-LP with a new laptop package, earlier this year.

They have kindly requested our help & assistance on Saturday 13<sup>th</sup> October 2018 from 10:00am – noon to participate in their litter sweep.

To ensure that the grounds are safe for the community to enjoy, and to avoid spending money to employ professional litter pickers. Frimley Fuel Allotments Charity prefer this money to be put to worthy causes such as ours.

Meeting at the Pine Ridge Golf Club, Old Bisley Road, Frimley, Camberley GU16 9NX; just before 10:00am.

Gloves and sacks will be provided, family groups & dogs are more than welcome to attend. Please note – duty of care and they advise good footwear, not sandals, heavy duty gloves, and if any sharp objects are found such as broken glass, to leave them and report it to one of their Trustees.

It would be good if you can help SHV&F-LP to assist the Frimley Fuel Allotments Charity.

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NO Appointment Needed –  
Tailor Made Advice & Support For You



The Ripple Pond



VULNERABLE  
VETERANS  
UNITED KINGDOM

thewarriorprogramme



.....Keep a lookout for their pop-up banners.....



# Dates for 2018

Tuesday 13<sup>th</sup> November

Tuesday 11<sup>th</sup> December

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We look forward to seeing you on  
**Tuesday 9<sup>th</sup> October 2018**

Tea, Coffee, Juice as well as a selection of  
daily newspapers available.

Call-in and find out what's NEW in the  
Veterans' Community....

Open 10:00am-1:00pm

★ All information correct at the time of going to press & PDF ★

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