

SOCIAL ACTIVITIES

Hull 4 Heroes holds weekly coffee mornings throughout the city. Contact them to find one near you.

Hull East Breakfast Club, welcomes veterans and their families from 9.30am every Saturday morning at the Lambwath, Sutton Road.

West Hull Breakfast Club meets up from 10am every 1st and 3rd Sunday at the Marquis of Granby, Hessle.

Geo and Lisa's military peer support groups meet weekly at Hull4Heroes, Prince Quay. Visit <https://hull4heroes.org.uk/geo-lisa/> for details

SPORTING ACTIVITIES

Hull Culture and Leisure offers a 20% discount on the standard LIVE IT Fitness Memberships for veterans and direct family members. Corporate membership - Live It Hull

Hull FC Community Foundation, Hull Kingston Rovers Community Trust and **Hull Tigers Trust** welcome veterans and their families and provide a range of fitness and social activities which you can get involved in.

TOGETHER WE ARE WORKING TO SUPPORT OUR LOCAL ARMED FORCES COMMUNITY

Hull 4 Heroes

Unit F27, Upper Deck, Princes Quay. Hull HU1 2PO

Tel. 01482 534 483

Email. support@hull4heroes.org.uk

<https://hull4heroes.org.uk/get-support/>

Hull East Breakfast Club

https://afvbc.com/club/hull_east_armed_forces_veterans_breakfast_club

West Hull Breakfast Club

<https://www.afvbc.net/clubs/west-hull/>

Hull FC Community Foundation

<http://www.hullfc.com/club/community/hull-fc-foundation>

Hull Kingston Rovers Community

<https://www.hullkr.co.uk/community-trust/>

Hull Tigers Trust

<https://www.tigerstrust.co.uk/>

Combat Stress

Tel. 01292561350

Email. OutreachNorth@CombatStress.org.uk

NHS Veterans Op Courage

Tel. 01482 335479

Email. HNF TR.veteransoutreachservice@nhs.net

Hull & East Yorkshire Mind

Wellington House, 108 Beverley Rd, Hull

Tel. 01482 240200

Email. info@heyhound.org.uk



HULL ARMED FORCES & VETERANS CHARTER

Supporting our Armed Forces, our Veterans, and our Armed Forces Community



HEALTH & WELLBEING RELATED SUPPORT

We recognise the importance of providing our veterans with specialist quality health and wellbeing services.

Additional leaflets available

- ▶ Welfare, Support & Financial Advice
- ▶ Housing
- ▶ Employment and Skills

This leaflet gives you information about support and guidance available for Veterans, their immediate families, and for people leaving the Armed Forces.

WHERE TO GO IF ARE SEEKING HELP OR ADVICE?

Hull 4 Heroes Community Hub

The drop-in centre is open Monday to Saturday from 10am to 2pm. Hull 4 Heroes also operates a 24-hour support telephone service.

Working in partnership with Hull City Council and a number of local armed forces community led organisations, the Hub provides a range of help and support including GEO and Lisa's Ladies talking groups, a Buddying up service, mental health, homelessness, employment, money advice, social activities and much more.

This Leaflet has been produced on behalf of Hull's Armed Forces Forum

"WORKING TOGETHER TO SUPPORT OUR LOCAL ARMED FORCES COMMUNITY"

MENTAL HEALTH

Combat Stress

Provide treatment to former servicemen and women with trauma-related mental health problems such as anxiety, depression and post-traumatic stress disorder (PTSD).

Combat Stress 24-hour Helpline tel.
0800 1381619

NHS Veterans Op Courage

Provide access to early treatment and support, as well as therapeutic treatment for mental health, difficulties and psychological trauma. Help is also available, where appropriate, with employment, reduction in alcohol consumption, housing and social support.

Hull and East Yorkshire Mind

Provide a range of one to one, or group therapy support for people of all ages, including children and young people experiencing mental health problems.

Help for Heroes Hidden Wounds

Support is available for veterans, their families and the families who are serving.

Let's Talk

Provide a range depression & anxiety support services in Hull including links to urgent help.

Web. <http://www.letstalkhull.co.uk/>

Crisis Resolution

Do you feel at breaking point or that you may harm yourself or others?

Tel. 01482 301701

Email. hnf-tr.rapidresponseservice@nhs.net

OTHER HEALTH AND WELL-BEING SUPPORT

Blind Veterans UK

Supports anyone who has served who is now living with significant sight loss

Web. <https://www.blindveterans.org.uk/>

BLESMA (The Limbless Veterans)

Help all service personnel who have lost limbs, the use of limbs or eyes, to rebuild their lives.

Web. <https://blesma.org/>

Hull Domestic Abuse Partnership

The Hull DAP team are a group of professionals who work together to provide a support service for victims/survivors of domestic abuse

Web. <http://www.hulldap.co.uk/>