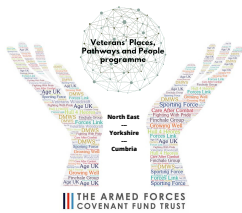


# Veterans Places Pathways and People

V3P is a programme funded by The Armed Forces Covenant to create veteran centric projects to ensure that veterans with mental health and wellbeing needs, have access to effective pathways of care and support in the Northeast ,Yorkshire add Cumbria. The V3P not only supports veterans but also provides training to volunteers who work with veterans, to support them on their pathway.

V3P gives veterans:

- Safe welcoming **places** to go in their local area.
- Access to mental health support and treatment **pathways**.
- Ensures that the **people** who support veterans can access good quality training and connect to veterans across the region.



# Partners



Age UK Northumberland and North Tyneside supports and engages with veterans over the age of 50 and provides specialist information, advice and activities as well as access to primary and secondary healthcare.

Contact: - North Tyneside: 0191 280 8484 Northumberland: 01670 784800



Care after Combat provide support to veterans with the criminal justice system helping and preparing for their release into society, combating isolation loneliness and re-affirming stability 24/7.

Contact: 0300 343 0255



The Defence Medical Welfare Service (DMWS) provide expert knowledge of NHS Acute, mental health and primary care. The DMWS will help and support veterans to secure their entitlements e.g. CHC funding, social care funding plus many more.

Contact: 0800 999 3697



Fighting with Pride provide support for the LGBT+ veterans community. As a lived experience organisation FWP builds up confidence in LGBT+ veterans and connects them to mental health and wellbeing services.

Contact: [info@fightingwithpride.org.uk](mailto:info@fightingwithpride.org.uk)



Finchale Group provides a gardening and horticulture therapy project in the North East. The project gets veterans out into the fresh air and gives them training and knowledge of how to run their own garden, while boosting their mental health.

Contact: 0191 386 2634



Growing Well is a mental health charity situated in West Durham. They provide support through horticulture, nutrition and healthy eating. Growing Well use their 6 acre farm as an alternative therapy, while gaining valuable life skills.

Contact: [info@growingwell.co.uk](mailto:info@growingwell.co.uk)



Forces Link are based in Cumbria and support veterans through a range of activities by raising awareness of PTSD and mental health within the armed force community.

Contact: [forceslinkcic@gmail.com](mailto:forceslinkcic@gmail.com)



Hull 4 Heroes support veterans through their GEO support groups, giving veterans a confidential area to talk through their feelings and experiences. The project provides doorstep support and social inclusion opportunities.

Contact: [Projects@hull4heroes.org](mailto:Projects@hull4heroes.org)



Sporting Force supports veterans and their families through sport, social engagement, employment, and education to help relieve mental health and social isolation.

Contact: [info@sportingforce.org](mailto:info@sportingforce.org) Tel: 0800 050 9502



Veterans Woodcraft support veterans through woodwork, helping relieve mental health and social isolation. Veterans Woodcraft run multiple projects across the North East and Yorkshire.

Contact: [admin@veteranswoodcraft.co.uk](mailto:admin@veteranswoodcraft.co.uk) Tel: 07526 228232

Any enquiries about V3P please don't hesitate to get in touch  
Project Manager: [sarah@sportingforce.org](mailto:sarah@sportingforce.org)  
Project Admin: [james@sportingforce.org](mailto:james@sportingforce.org)