

You might have missed it because of all the rain but....Spring is here! The team at VIP wanted to take this opportunity to share with you what we have been doing since the start of the year. We hope to produce a newsletter, like this, every quarter and it would be great if some of our veterans would get involved.



Continuing to Raise the Standards
In September 2023, VIP achieved accreditation with the Royal College of Psychiatrists QNVMHS and, this year, we have developed an Action Plan to continue to raise our standards. Key areas of focus within this are; data gathering, inclusion, communication & co-production. If you have any feedback or suggestions, please complete our survey:
<https://www.smartsurvey.co.uk/s/KD4052/>

Fighting with Pride
Working in partnership with Fighting With Pride, Veterans First Point (VIP) Lanarkshire is committed to providing inclusive and welcoming support to LGBT+ Veterans and their families!

Armed Forces Day Celebration 2024

We invite you to celebrate Armed Forces Day with us in 2024. This is a chance for our service to show support for the men and women who make up the Armed Forces community. Come along for tea, cake & a fun quiz on Thursday 27th June 2024 from 2pm to 4:30pm located at Centre Point. Event flyer coming soon. Partners and family members welcome (18+ only).



Easter Games at Access Point

Earlier in March, we had a little fun at Access Point where veterans competed in Olympic style to win Easter Eggs. Our own DC has caused controversy in victory with veterans shouting (quite rightly) "it's a fix!". We will be looking for volunteer adjudicators next year. 😂

Female Veterans Group

VIP Lanarkshire will be hosting our annual female veterans group in August this year. Flyer coming soon!

Spring ERG Group

18th April saw the start of the 7-week Emotional Resources Group. The aim of this bi-annual group is to provide greater understanding of emotions and their purpose; and importantly to equip our veterans with new skills to be better able to respond to difficult emotions in a more helpful way. Please speak to a member of the team if you would like to learn more about this group.





Call for Contributions?

We would love some of our veterans to get involved in coproducing our quarterly newsletter. Perhaps you're a keen photographer, a poet, have a specialist interest you could share with others, or another idea for a contribution. If so, we want to hear from you!

We are also looking for veterans to join a one-off focus group to help us develop a Support Plan template. We would be grateful to value your opinion on what might be most helpful for veterans engaging with our service.

Email or phone us to get involved: 0300 303 3051;
LanarkshireVIP@Lanarkshire.scot.nhs.uk

YOU SAID....

- you would like to receive a "Support Plan" as part of your treatment journey at VIP
- You would like a safe space for female veterans
- You would like to hear more about events and be more involved.



WE DID....

- We have some ideas for a "Support Plan" but we want your opinion. Could you be part of a focus group to help us get this right?
- We have a date for an annual female veterans group meeting and we developed links with a local veterans' women's group.
- We have started a quarterly newsletter and we want you to be involved.



Access Point Updates:

Access Point continues to have a steady attendance of regulars and new veterans. This year we have hosted guest speakers from ASAP (Audrey Cuthbertson), FEC (Julie Ann Simpson), and, thanks to veteran Thomas Anderson, the Allen Clarke Veteran's Charity (Allen & Gaynor). Peer Support Workers would especially like to praise our Veteran Volunteer, Thomas McLellan, for all his support and regular attendance. Continued thanks to all the staff within Centre Point for their support to our Veteran Community. Come join us for more exciting events, speakers, and activities.

"I really appreciated my family member appointment- it was informative, supportive and helpful. The staff member was kind and very clear- thank you!"
 - Family member, March 2024.

Access Point Details

Location: Centre Point, 70 Smith Avenue, Wishaw, ML2 0LD.

Every Thursday between 2-4pm

Crisis Supports

If you experience a mental health crisis, please consider phoning your GP or one of the crisis helpline numbers:

- Samaritans - 116 123
- Breathing Space - 0800 83 85 87
- NHS 24 - 111