



**Veterans & Families – Listening Project**

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[www.vflp.uk](http://www.vflp.uk)



**Tuesday 10<sup>th</sup> December 2019**

V&F-LP supports our Armed Forces by putting Veterans & Families first.

Open 10:00am – 1:00pm.

Well hold on now.... Before you go pulling any crackers. This month, not only do we have one guest speaker. But TWO... T.W.O. Presenting V&F-LP with a festive fusion of delight, so let's gets crackin' and kickstart this celebratory time of year, and give a jolly-warm welcome to our guests...



Well so far you've heard my voice but I brought some friends along... And next on the mic is Sian the Chocolatier



Firstly, I would like to introduce Sian Petter, who is a professional chef with over 28 years of experience. Sian will be giving us an insight into her work as a chocolatier.

More recently, Sian has been working on her own range of bespoke, handcrafted delicious chocolate, with an amazingly, wide variety of fillings that are all chosen with care for a taste sensation.

For more information please visit her website: [www.exotictramp.co.uk](http://www.exotictramp.co.uk)



And next on the mic is THE Camberley ukulele band  
C'mon, ukulele band play that song, pluck it out... Now...



The Camberley U3A ukulele group started in September 2017 with two members, they now have around fifty, with new members joining all the time. It's a very sociable activity, the more ukuleles the better it sounds, it's very easy to get into, and impossible to put

down! You can play almost any type of music, all the old favourites, and bang up to date too. The Camberley Ukulele band have had some of our requests already... The beat starts gettin' into your toes. You start poppin' your fingers and stompn' your feet, and movin' your body while you're sitting in your seat...

The Camberley ukulele band, as they now call themselves, play in four care homes a week, and this week five extra performances, all special Christmas events. They do love playing, and seeing how music brings our audiences to life - our music really hits the spot.

**But I'm the grandmaster with the three MCs today**








**Pull your cracker,  
deck your tree.  
it's time for...  
...Hot-Topics.**




**Thank You!**

V&F-LP would like to say thank you to Community Foundation Surrey, for all their support this year. With their support we have been able to provide certificated by Ofcal, Level 2 First Aid for Mental Health courses within the community. All with an outstanding 100% pass rate. Also, it has facilitated V&F-LP to support the Veterans & Families of the British Armed Forces community, in a warm & safe environment. Thank you to V&F-LP's Candy Crush Catering Crew, that have kept us all well maintained with their sweet & delicious delights each month, as well as our mobile events team.

**CONGRATULATIONS**



An additional thank you to all the Veterans, Families, guest organisations, charities and other support networks that have given V&F-LP unconditional support; as well as making V&F-LP their group, and the success it is today. You are all truly amazing and wonderful people. It has an honour to have met you all.



**You CAN follow V&F-LP on:**



[www.linkedin.com/in/veterans-families-listening-project-aa9a74b0/](http://www.linkedin.com/in/veterans-families-listening-project-aa9a74b0/)



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V&F-LP is an independent member of ASDIC.  
The Association of Ex-service Drop-In Centres,  
Linking Veterans' Drop-Ins together across the  
United Kingdom.





Update on the ASDIC conference that was held at Bolton University last month. Plenty of networking, along with some good ideas being bandied about too, of what other Veterans' & Families drop-ins are accomplishing in other areas of the UK. The good thing is that

Veterans & Families are developing a voice, of what they need and want; and it can only get stronger and louder.



Welcome and congratulations to Tracy Bryant on her new role as Director Association of ex-Service Drop-In Centres (ASDIC). We wish her all the best.



## Medical Discharge & Pension

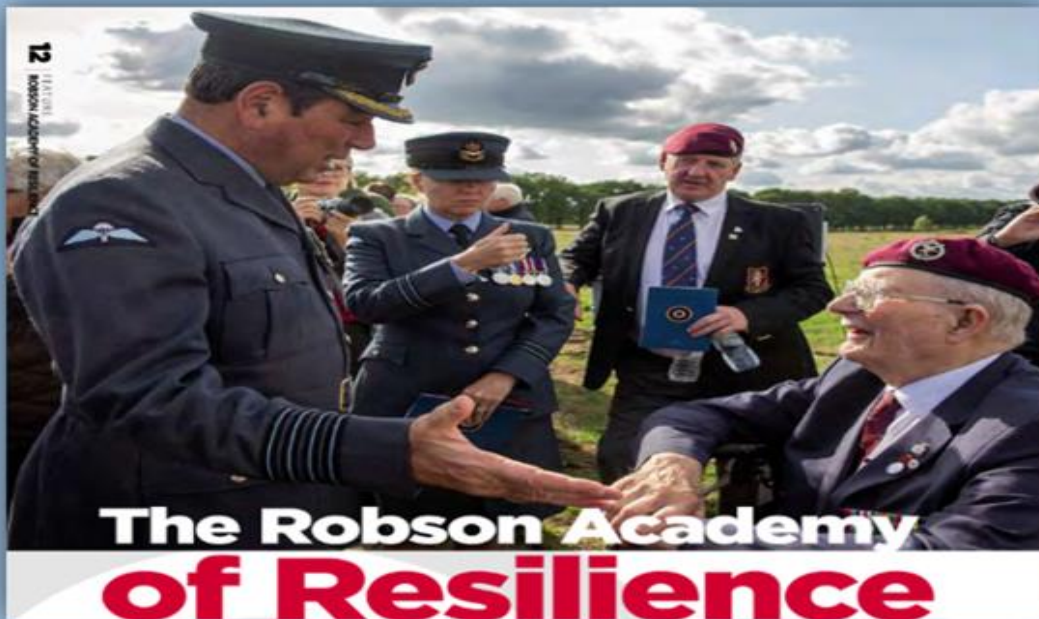
Forces Pension Society have recently received a number of requests from members asking them to assist in their appeals against the amount of their 'medical award'.

It is perhaps worth reiterating that any 'medical pension' is a direct result of the medical Tier that has been awarded under AFPS 05/15; the level of lump sum/award is dictated solely by the Tier under the appropriate pension scheme rules.

Therefore whilst they can assist with checking your award numbers, they can only do so against the Tier you have been given. **If it is the actual Tier you wish to challenge, then that is a matter for the medical chain.**

REF: [www.forcespensionsociety.org/news/medical-discharge-pension/](http://www.forcespensionsociety.org/news/medical-discharge-pension/)





#### DOES THIS SOUND FAMILIAR?

"Sorry Darling, but I've got to go away with work for a week next month, on 'Normandy Eagle'."

"Oh.... Okay, where are you going?"

"Er, France, for the Normandy commemorations."

"How are you getting there?"

"Well, we're sailing there and back on a yacht....."

"And what are you doing there???"

"We're visiting some memorials and laying a few wreaths and talking about what happened at the D-Day landings."

"So, you're away from home for a week, you're on a jolly to France, cutting about and living it up, and you expect me to believe that's a work trip???"

"Errrrr, well....."

It's perfectly understandable if you look at the photos on this page from some of the other 'Eagles' and draw the same conclusion, given the wide range of enjoyable outdoor activities and the happy smiling faces, that it's all play and no hardship. Admittedly, the vast majority of the people taking part do enjoy it (and who doesn't smile for a photograph?) and the activities are designed to give the participants a break from their normal daily work. However, there's an awful lot more to it than that.

For a start, most of the people who sailed to France had never been on a yacht before and had to learn how to crew it; they had to sail, eat and sleep on that yacht for the week, in quite cramped conditions; they had to learn to work as a team with people they'd never met before and might not get on with; they also had to endure some of the roughest conditions in the English Channel where even the very experienced skippers

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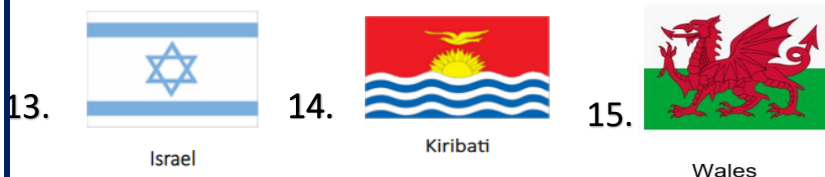
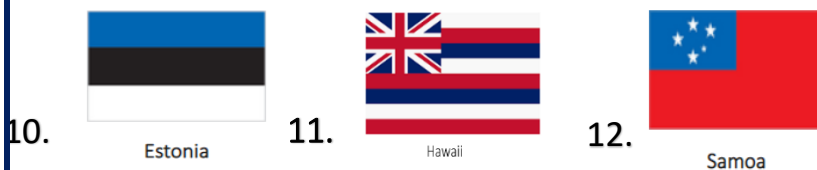
# Our Christmas newsletter wouldn't be a Christmas newsletter, without our Christmas quiz...



This year's Christmas quiz is all about matching the Country's flag, to the Country's Festive greeting. As well as guessing the song, that some of the lyrics feature throughout this month's newsletter. To make it that slightly harder, we have added a time limit – you have until our next newsletter January 2020 for the answers.... How good is that!!!



## Flag Country + Christmas Greeting = Good luck



- a. Monono ilo raaneoan Nejin
- b. Gleðileg jól
- c. Shobas gilotsavt
- d. il-Milied it-tajjeb
- e. Rôômsaid Jôule
- f. Feliz Navidad
- g. Crciun Fericit
- h. Mbotama Malamu
- i. Veselé Vánoce
- j. Nadolig Llawen
- k. Merii Kurisumasu
- l. Mele Kalikimaka
- m. Merry Christmas
- n. Moni Wa Chikondweler Cha X'mas
- o. Mo'adim Lesimkha
- p. Hambalyo kirismas
- q. Feliz Navidad
- r. Rôômsaid Jôule
- s. Manuia le Kirisimasi
- t. Webale Krismasi
- u. Milad bayraminiz mubarek



# 2020 CALENDAR DATES



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
EVERY 2 <sup>ND</sup> TUESDAY OF THE MONTH					
14 <sup>TH</sup>	11 <sup>TH</sup>	10 <sup>TH</sup>	14 <sup>TH</sup>	12 <sup>TH</sup>	9 <sup>TH</sup>
ST. MARY'S CHURCH & CENTRE, PARK ROAD, CAMBERLEY, SURREY; GU15 2SR 10:00 AM - 1:00 PM					

I said V-F, L-P, a BIG V with & Fam-er-lee  
I said we go by the unforgettable name  
Of the Veterans' group they call the V&F-LP....  
Well, our groups is known all over the world!!!



Please note that we have changed our email address to:

**veteransnfamilies@yahoo.com**

Feel free to share this information



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



If you would like to bake a festive treat  
or bring a plate of goodies along, free feel too; just remember  
to write-out a small tag with the ingredients on.

**REMEMBER**

You CAN. C.A.N. Wear your festive jumper / creation / outfit  
(delete where applicable) if you would like too.

From THE V&F-LP team, have an enjoyable Christmas & look  
forward to seeing you in the New Year; on

**Tuesday 14<sup>th</sup> January 2020**

All information correct at the time of going to press & PDF  
Veterans & Families-Listening Project (V&F-LP) does not endorse any products  
or service(s) advertised.

**PHEW!**

*all done now..*