

## Armed Forces Covenant across Gwent

The Covenant is a promise from the nation ensuring that those who serve and have served in the Armed Forces and their families are treated fairly.

## Aneurin Bevan University Health Board - Proud to support our Armed Forces

### Some of our recent developments include: Armed Forces Covenant

Our Chief Executive, Judith Paget, has arranged to re-sign the Armed Forces Covenant as a display of our continued support of the Armed Forces. This is planned to take place on National Reserve Forces Day on 26th June in St Cadocs Hospital Headquarters building.

### Proud To Serve - Wear Your Uniform to Work Day

We are proud to support and recognise the contribution many of our colleagues make to the Armed Forces.

To mark this contribution we are inviting all reservists and CFAVs to wear their uniform to work on National Reserve Forces Day

when our Chief Executive Judith Paget will also be re-signing the Armed Forces Covenant to demonstrate our ongoing commitment as an organisation.

We are encouraging all our staff who are serving in the Reserve Forces to wear their uniform to work on that date and will also be hosting Reserve Forces recruitment stands to encourage others to join.

### Step into Health

The Health Board are also in the process of agreeing to sign up to the 'Step into Health' programme to ensure we recognise the transferable skills and cultural values that Armed Forces personnel have developed, and how these skills and values are compatible with working in the NHS. We are also planning to sign up to this on Reserve Forces day in June.

## HMF Education Support Officer

**This is an MOD grant funded post, established to ensure that Service Children within our schools are not disadvantaged by mobility or deployment.**

Part of my role involves working with schools to raise awareness of the needs of Service children and if needed provide advice and support to put in place the best possible interventions. This could include supporting schools to make successful bids to obtain grants for educational resources, running of clubs, ELSA and Thrive support.

I can signpost schools/families to additional support, arrange social opportunities for service families/children, work directly with children to provide a pastoral provision as required. Furthermore in the longer term I can provide training within schools so there is ongoing support in the future so all Service children reach their full potential.



*I am Emma Ashmead the newly appointed Partnership Officer (HMF Education Support) for Newport and Monmouthshire.*



**Follow us on: Facebook Gwent Armed Forces Community & Twitter @GwentAFC**  
page that promotes the work & events for the Armed Forces Community!

# Updates from your local authority

## Blaenau Gwent

**Blaenau Gwent Council and partners representing Gwent's Armed Forces community came together at a special opening ceremony of the new Jack Williams Gateway Bridge that towers above the A465 at Brynmawr.**

The Council's Armed Forces Champion, Councillor Brian Thomas, attended the official opening ceremony alongside councillors representing the Nantyglo and Brynmawr Wards and representatives of the local armed forces community.

Decorated four times for his bravery during World War One, local Blaenau Gwent man John Henry Williams – better known as Jack – was born in Nantyglo in 1886. He was awarded the Victoria Cross for single-handedly saving his company and an entire nearby village from almost certain destruction in October 1918. The Welsh Government Deputy Minister for Economy and Transport unveiled the new Jack Williams Gateway in front of 12 members of Jack's family.

Blaenau Gwent council recently applied for and received the Defence Employer Recognition Bronze Award for demonstrating support to the local Armed Forces community. The council is currently in the process of applying for the Silver Award so we hope to update you about the progress of that application soon!

## Armed Forces Day 2019

Once again Tredegar Town Council will be organising a fun, family-friendly event for Armed Forces at Bedwellty House and Park from 12noon until approximately 5pm on Sunday 30th June. There will be live music, stalls, bouncy castles and various other exciting activities, including a performance from the Royal Welsh Regimental Band.

The event is open to all so please come along to have fun and pay tribute to the Armed Forces community! Please check the Tredegar Town Council website for more information:

[www.tredegartowncouncil.co.uk/whats-on/](http://www.tredegartowncouncil.co.uk/whats-on/)

## Monmouthshire

### HMS Monmouth march in freedom parade.

**One hundred and twenty-two members of the ship's company of Type 23 frigate HMS Monmouth received a warm Welsh welcome as they marched through their namesake town, exercising their rights to the freedom of the town.**

Led by the Band of the Royal Marines, the sailors from HMS Monmouth began their march from the ancient historical Monnow Bridge with their 'drums beating, flags flying and bayonets fixed'. Hundreds of well-wishers lined the streets, clapping and cheering as the crew proudly marched by.

The ship's Commanding Officer, Commander William King was delighted by the warm welcome received today. He said: "I take great pride in my Ship and the name it bears. But what is more important to me are the men and women that serve in it with me."



In his welcome the Mayor said: "We first bestowed the freedom of the town to HMS Monmouth in 2003 and since then our ties have gone from strength to strength, and I am sure over the coming years the ties will become even stronger."

# Caerphilly

## Welsh Veteran Awards Finalists!

Caerphilly County Borough Council is pleased to become a shortlisted finalist for this year Welsh Veterans Awards in the category of Employer of the Year sponsored by Student Digz. The awards are due to be held in the Village Hotel & Leisure Club Swansea on 26th June 2019.



Caerphilly County Borough Council has a long history of support for the Armed Forces which is demonstrated through their robust HR policies for Reservists who work for the authority. CCBC is the lead organisation in delivering on the Armed Forces Covenant at a local level. The Caerphilly Armed Forces Forum, comprising of statutory and third sector organisations, is the delivering body.

# Newport

## HMF Education Support – Newport City Council and Monmouthshire County Borough Council

At Newport we've been reviewing our HR policies relating to the Armed Forces community. We have revised our Reservist policy and introduced a guaranteed interview scheme for the Armed Forces community. The new scheme means that Reservists, Cadet Force Volunteers, Veterans and military spouses are guaranteed interviews for council jobs if they meet the essential requirements for the post.

Newport's Public Services Board (PSB) met at the city's Raglan Barracks in March to strengthen links with 104 Regiment and support the Armed Forces Covenant. Captain Matthews presented to the Board which included the council, health board, Fire and Rescue, Police, social housing landlords, Natural Resources Wales, Probation, the voluntary sector, further and higher education, and Newport Live. It identified opportunities for working more closely together. In April, our new HM Forces Education Support Officer, Emma Ashmead, joined us. Emma is supporting Service children in education across Newport and Monmouthshire.

### ARMED FORCES DAY:

**Flag raising event at 10.00 on Monday 1st July at the Civic Centre, Newport. All welcome.**

# Torfaen

## Guaranteed Interview Schemes

The authority employs many from the Armed Forces Community and realises the need to capitalise on military talent. The local authority has adopted the Guaranteed Interview Scheme for Service Leavers, Reservists, Veterans and Spouses if essential criteria are met of the job description.

### Two memorial benches installed in Abersychan car park to reflect on the fallen.

Two memorial benches were installed in Abersychan car park to honour fallen soldiers from Abersychan in the First and Second World Wars.

A remembrance ceremony, organised by Cllr Giles Davies saw a wreath being laid at the benches after a short prayer and reading from Pastor John Funnell of Noddfa Baptist Church. Nancy Felton, who has sold poppies in the ward for the Royal British Legion for 50 years attended the ceremony and laid a wreath.

The ceremony was attended by members of The Royal British Legion, Torfaen AM Lynne Neagle, Nick Thomas-Symonds MP, leader of the council Anthony Hunt, Torfaen council's armed

forces champion Cllr Alan Jones, the Gwent Police cadets and the local ward members.

Cllr Davies said: "I'm really happy about how the ceremony went. The community really came together, and it was great seeing pupils from Blaenavon Primary Heddlu Bach getting involved too. You can see the benches as you pass the main road, so I'm hoping that people will stop to take a look at them and reflect on the fallen."

## Get involved... Sign The Covenant

**Businesses, charitable organisations and public sector organisations of all sizes who wish to support Gwent's Armed Forces Community can join ... in signing the Covenant.**

Each organisation can tailor their own pledge to offer the support they want to provide, each pledge can be unique. Options range from ensuring employment policies support veterans, reservists, and forces' families, offering discounts for services/ products through the Defence Discount service and supporting Armed Forces Day every June.

To find out more visit [www.armedforcescovenant.gov.uk](http://www.armedforcescovenant.gov.uk)

## There are some amazing charities working closely with the Armed Forces Community. Here's just some of them....

### ■ SSCE Cymru

The SSCE mission is to provide the best possible educational support to Service children in Wales. Working with schools, local authorities, Armed Forces families and support organisations.

We are asking schools to gather data of the following:

**How many pupils are in the following categories?**

- Army
- Navy
- RAF
- Reservist
- None
- Veteran (up to six years after leaving Service)

Please contact: [armedforces@caerphilly.gov.uk](mailto:armedforces@caerphilly.gov.uk) for further information.

Latest SSCE Cymru Newsletter

[https://www.sscecymru.co.uk/home.php?\\_dds=true&fileID=77&inline=true](https://www.sscecymru.co.uk/home.php?_dds=true&fileID=77&inline=true)



### ■ Forces in Mind Trust

Forces in Mind Trust improves the civilian lives of ex-Service personnel and their families by providing evidence to deliver transformational and sustained change.

With the evidence our awards produce, we advocate changes to policy and service delivery by both the State and Voluntary sectors.

<https://www.fim-trust.org/reports/>

### ■ Career Wales Support

Careers Wales is a Welsh Government owned organisation that has been tasked to deliver the Working Wales programme which involves the provision of careers advice, guidance and information for all people in Wales, (who are not in compulsory or Further Education).

Our vision is "for a Wales where individuals are inspired to take control of their careers." The benefits of careers guidance include; helping customers to improve their self-awareness, explore personal motivations, better understand the labour market, enhance customer's ability to make informed decisions and provide practical advice when searching and applying for employment, learning and training opportunities. In summary, we help people to navigate their career paths.

We are also able to sign post customers to a variety of support and training programmes, such as the Welsh Government Redundancy Action Scheme, (ReAct), which is aimed at people who usually reside in Wales and are under threat of redundancy or have been made redundant in the last 3 months.

**We offer our free services through a number of ways, including:**

- A network of Careers Centres and community outreach venues across Wales.
- Our website, [www.careerswales.com](http://www.careerswales.com) provides useful information and resources to help you plan your career journey, alongside tips to enhance your employability skills.
- Via our YouTube and Careers Wales TV channels.
- We can also provide information and advice over the phone and via our e mail and web chat services.

See the contact us section of the Careers Wales website, <http://www.careerswales.com/en/contact-us/> or call **0800 028 4844** (if you are ringing from a mobile we will call you back for free). You can also follow us on Facebook and Twitter. We look forward to helping you.

<https://www.facebook.com/careerswales> and <https://twitter.com/careerswales>

## The Poppy Factory



### Are you ex-Forces?

Is a physical or mental health condition making it tough to find a job?

The Poppy Factory is here to help you. We support hundreds of veterans with disabilities back into meaningful work across England, Wales and Northern Ireland every year.

We provide:

- 1:1 support to prepare you for work
- Assistance in CV preparation
- Local job searching
- Interview skills
- Guidance on how to share information with employers about a disability or a criminal conviction.

For more information please call 020 8939 1837 / 020 8939 1877 or visit [www.poppyfactory.org](http://www.poppyfactory.org)



Reg Charity No.225348



## Ffrind I Mi



### A Volunteering Opportunity

Would you like to **volunteer** to support someone who is **lonely** or socially isolated?

**Ffrind i mi/Friend of Mine** is a partnership approach to combatting loneliness and social isolation across our communities. **Loneliness** can affect anyone, at any time and at any age.

Ffrind i mi/Friend of Mine provide a robust volunteer recruitment process, all our volunteers will have:

- DBS check at **no cost** to the volunteer
- Occupational Health Check
- Reference check
- **Free** training
- Volunteer Peer **Support**

For more information please contact the **Ffrind i mi / Friend of Mine** team:

 01495 241257

 [Ffrindimi.abb@wales.nhs.uk](mailto:Ffrindimi.abb@wales.nhs.uk)

 [www.ffrindimi.co.uk](http://www.ffrindimi.co.uk)

 @FfrindIMi

## Cardiff City Football Club Foundation

# VETERANS' PROJECT

ARE YOU OR DO YOU KNOW A RETIRED OR EX-ARMED FORCES (REGULAR OR RESERVIST):

- Who would benefit from re-building old connections and develop new ones?
- Would like to become more mentally and physically active?
- Interested in having fun and taking part in a range of activities?
- Just wants to meet other retired or ex-service personnel?
- Old and young alike, you just have to have served in HM Armed Forces.



# FOUNDATION



For more information,

please contact:

Finola Pickwell,  
07495 485053 or 02920231212  
[finola.pickwell@cardiffcityfc.org.uk](mailto:finola.pickwell@cardiffcityfc.org.uk)

Find out more at:  
[cardiffcityfcfoundation.org.uk](http://cardiffcityfcfoundation.org.uk)



# 203 (Welsh) Field Hospital

## Army Medical Services Reserve

203 (Welsh) Field Hospital is part of the Army Medical Services (AMS) Reserve which provides vital support to the Regular Army and is one of 10 regionally recruited Field Hospitals around the UK.

We are looking for healthcare professionals drawn from most occupational areas throughout Wales who will have a unique opportunity to expand their existing skills and experience. The AMS Reserve will help develop confidence, leadership and communication skills. It is a spare time or part time career which runs alongside your NHS career.

The AMS Reserve selection criteria takes into account the value of professional qualifications, so a wide range of people are eligible to join, for most professions the maximum entry age is 50 and for some specialisms up to 55. You can also join if you are studying to be a doctor, nurse or allied health professional. The unit has deployed twice to Afghanistan in 2008 and 2013 and individuals have also deployed to Iraq, the Balkans and Sierra Leone.

Annual training is varied and incorporates military, military medical and adventurous training as well as the opportunity for representative sports. In the last few years the unit has been on its Annual Collective Training to Germany, the USA and Gibraltar.

If you are interested in finding out more then please telephone any member of the Recruiting Team on 02920 562291 or e-mail 203HOSP-Recruiting-0GroupMailbox@mod.gov.uk or search Army Reserve Jobs.



# 104th Regiment

## Royal Artillery

### Army Reserve

104th Regiment Royal Artillery (the Welsh Borderers) is part of the Army Reserve which provides vital close combat support to the Regular Army and is one of 3 Royal Artillery Reserve Light Gun Regiments around the UK and the only Light Gun Regiment in Wales. The Regiment delivers as part of its ceremonial role, six Royal Salutes in Cardiff each year.

There are many opportunities for people to have a varied and interesting career in the Regiment, from a Gunner operating the L118 light gun, being a forward observer in the front line, observing enemy targets and bringing in fire support to being a communications specialist ensuring that everyone has the right information and communications around the battlefield. You can also join the regiment in non-artillery roles, you can be a Combat Medic, Human Resource Specialist, Logistics Specialist or Chef. The Army Reserve will help develop confidence, leadership and communication skills. It is a spare time or part time career which runs alongside your civilian career.

The Reserve selection criteria takes into account the value of professional qualifications, so a wide range of people are eligible to join, for most professions the maximum entry age is 50.

The Regiment has deployed Battery's and individuals to all theatres operationally, home and aboard, since its formation. These include Op TELIC and Op HERRICK in the middle East, Op TOSCA (UN Cyprus) Op ISMAY (NATO summit) and Op OLYMPICS (2012 Summer Olympics). Annual training is varied and incorporates military and adventurous training as well as the opportunity for representative sports.

If you would like to do something that is different, which will have a unique opportunity to expand your existing skills and experience, or you are interested in finding out more then please telephone any member of the Recruiting Team on 01633 242628 or e-mail 104RA-Recruiting@mod.gov.uk or search Army Reserve Jobs.

## Veteran Groups - Change Step Wales

Change Step offers effective support for veterans in Wales - including dedicated services for those in crisis, older veterans, and people with mental health and substance misuse needs.

### ■ Drop ins

**Caerphilly Coffee Morning** is the first Tuesday every month from 1000hrs-1200hrs Cedar Tree.

**Tredegar Coffee Morning** is the 3rd Tuesday every month from 1000hrs-1200hrs in Tredegar Library.

### ■ Royal Navy Association

**Meetings: We meet on the second Thursday of every month at 8pm. (Except August).**

RNA Chepstow & District Branch, Conservative Club & RBL, 10 Moor Street, Chepstow, Gwent, NP16 5DD

<https://www.royal-naval-association.co.uk/branches/no-07-area/chepstow-district/>



## Armed Forces Covenant Trust

### Do you have an idea for a project that you think would benefit Armed forces and their families?

The people who benefit from our grants are from the Armed Forces Community. This includes serving personnel, families, veterans and families of veterans. In some of our programmes, the wider community around a base or in an area with an Armed Forces population can also benefit; as we will support projects on one of our programmes that will help to encourage good relations between Armed Forces and civilian communities.

The popular Armed Forces Covenant Fund Local Grants Programme makes grants of up to £20,000 for projects that meet local needs, or help bring Armed Forces and civilian communities together. We also run the Veterans Mental Health and Wellbeing Fund and the Veterans Community Centres Programme.

The Armed Forces Covenant Local Grants - Next round is **OPEN NOW** [www.covenantfund.org.uk/](http://www.covenantfund.org.uk/)

*You maybe interested in applying to the MOD Covenant Fund.*

[www.gov.uk/government/publications/covenant-fund-guidance-on-how-to-apply](http://www.gov.uk/government/publications/covenant-fund-guidance-on-how-to-apply)

## Get involved... *Sign the Covenant*

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*To find out more visit*

[www.armedforcescovenant.gov.uk](http://www.armedforcescovenant.gov.uk)

## Military charities Join Forces for Veterans' Gateway

**A new 24-hour Gateway to help veterans access the support they need quickly and easily as they transition from military to civilian life launched 20th June 2017.**

Backed by £2 million from the Ministry of Defence's Covenant Fund, Veterans' Gateway is designed to help former Servicemen and Women of all ages and backgrounds navigate their new lives as civilians. From advice on housing and finance to help with health concerns, the Gateway will bring together the vast range of charities and support on offer, guiding veterans directly to the help they need, when and where they need it.

The new 24-hour online chat, phone, and text message service brings the Armed Forces support community together in a single place for the first time – delivered by a Royal British Legion-led consortium with Poppyscotland, Combat Stress, Connect Assist, The Ministry of Defence and SSAFA, the Armed Forces Charity.

The service centre, based in Nantgarw near Cardiff, is manned partly by



**VETERANS' GATEWAY**

veterans to help ensure that callers can speak to someone who can understand their experience.

**The Veterans Gateway can be contacted by:**

- Calling **0808 802 1212**
- Texting **81212**
- Visiting [www.veteransgateway.org.uk](http://www.veteransgateway.org.uk)

EVENTS ■ EVENTS ■ EVENTS ■ EVENTS ■

**SOUTH WALES ARMED FORCES DAY**

ARMED FORCES DAY  
SHOW YOUR SUPPORT

9 TO 5 ON 22ND & 23RD JUNE 2019

WAUNFAWR PARK, CROSSKEYS, CAERPHILLY

[www.rbladaytoremember.co.uk](http://www.rbladaytoremember.co.uk)

ONLY 2 MINUTES AWAY FROM CROSSKEYS STATION

Market stalls | Artisan foods | Slides | Rides  
A walk through time with WW1 & WW2 living history  
Classic Cars | Military Equipment | Face Painting  
Childrens Play Ground and a Funfair

A DAY TO REMEMBER

**Armed Forces & Veterans Breakfast Club**

■ **Blaenau Gwent**

Brewers Fayre Victoria Park, Victoria Business Park, Waun-Lwyd, Ebbw Vale, NP23 8AN  
**Ray Taylor - 07746043666 Jim Warnock - 07523 582945**  
**email: [cafbbc@gmail.com](mailto:cafbbc@gmail.com)**  
 Fourth Saturday of each Month 09.30 onwards.

■ **Caerphilly**

Toby Carvery, Corbett Lane, Pwll-Y-Pant, Caerphilly, Gwent, CF83 3HX  
**Tel: 029 2086 7049** Every Saturday.

■ **Monmouthshire**

Coach & Horses, Chepstow  
**email: [Davefoxfordbrown@gmail.com](mailto:Davefoxfordbrown@gmail.com)**  
**Tel: 07539268440**  
 Meet 1st Saturday of the month from 09.30 am onwards.

■ **Newport**

The Potters Pub, 22-24 Upper Dock Street, Newport, NP20 1DL  
**Phone: 01633 223311** (Venue's number)  
**Email: [Newport\\_AFVBC@outlook.com](mailto:Newport_AFVBC@outlook.com)**  
**Contact: Mark Hayden**  
 Meet 1st Saturday of the month from 9.00am onwards.

■ **Torfaen**

The Crows Nest, Llangorse Road, Llanyravon, Cwmbran, NP44 8HU  
**Phone: 07887 566048 Contact: Iain McGregor**  
 Meet 2nd Saturday of the month from 9.00am onwards.

**ARMED FORCES DAY**

**A DAY OF CELEBRATION FOR ALL THE FAMILY**

**SUNDAY 30th JUNE 2019**

BEDWELLY PARK, TREDEGAR 12 NOON - 5PM

**FREE ADMISSION**

MUSIC FROM THE ROYAL WELSH REGIMENTAL BAND

BOUNCY CASTLE

STALLS

FUN ACTIVITIES FOR EVERYONE

**Armed Forces Covenant across Gwent**

The Covenant is a promise from the nation ensuring that those who serve and have served in the Armed Forces and their families are treated fairly.



**Lisa Rawlings** Regional Armed Forces Covenant Liaison Officer Penallta House, Tredomen Park, Ystrad Mynach, Hengoed CF82 7PG

☎ **01443 864447** 📞 **07717 467341** @ [armedforces@caerphilly.gov.uk](mailto:armedforces@caerphilly.gov.uk) ✉ [rawlil@caerphilly.gov.uk](mailto:rawlil@caerphilly.gov.uk)

📘 🐦 There is now a **Facebook** and **Twitter @GwentAFC** page that promotes the work & events for the Armed Forces Community!