

SUPPORT TO THE ARMED FORCES COMMUNITY IN ROTHERHAM

ARMED FORCES

The Armed Forces Covenant is a promise by the nation that the armed forces community should be treated fairly and face no disadvantage when accessing public and commercial services. Those who have served have a unique and often difficult role. Most will make a successful transition into civilian life after service, but for those who do not, there is a wide range of support available.



The Rotherham Armed Forces Covenant and Rotherham Armed Forces Community Covenant Group is responsible for enhancing and joining up the services, organisations and resources available to the local community ensuring those bodies responsible for providing local services (healthcare, education and housing) are meeting the legal obligation in line with the Armed Forces Covenant Duty.

Armed Forces Community drop-in morning

Rotherham Military Community Veterans Centre (MCVC) runs weekly drop-ins for all the armed forces community and details can be found on Rotherham MCVC's website <https://mcvc.org.uk>

This is a chance for veterans to raise any issues, concerns or just have a friendly chat. The offer is also extended to any member of the Armed Forces community.

Events

There are various events that take place in Rotherham throughout the year.

- **Armed Forces Day** – held towards the end of June in Rotherham Town Centre.
- **Armistice Day** – 11th November in All Saints' Square.
- **Remembrance Sunday** – held on the 2nd Sunday in November in Clifton Park.

Further information on support to the Armed Forces Community - www.rotherham.gov.uk/armed-forces

www.rotherham.gov.uk

SUPPORT



“People assume loneliness is being alone but it’s not always. You can be surrounded by people and still be quite lonely.” *Rotherham Veteran*

Many people struggle with feelings of loneliness. When you’re lonely, you feel isolated and disconnected from others. Sometimes you can feel lonely even when you’re around a lot of people. You may feel you have little in common with those around you and that you don’t belong.

Loneliness and isolation can affect physical health as well as emotional wellbeing.

“By keeping busy, keeping active, that helps to combat it” *Rotherham Veteran*

There are ways to overcome loneliness and forge meaningful connections wherever you are.

The Five Ways to Wellbeing are a set of five simple actions that can help improve mental and social wellbeing:

- **Connect:** Spend time with friends, family, colleagues, and neighbours. You can join a group, help a friend, or volunteer in your community.
- **Be active:** Find an activity you enjoy, like walking, swimming, cycling, or playing football.
- **Keep learning:** Learn a new skill, like cooking, playing an instrument, or photography.
- **Give:** Do something nice for a friend or colleague.
- **Notice:** Make time to appreciate the world around you

For more visit: www.rotherham.gov.uk/homepage/91/five-ways-to-wellbeing

The Open Arms Community Support Hub offers information on money management, energy advice and cost of living support. A range of organisations provide information and advice at hubs across the borough.

Visit www.rotherhamfederation.org or call 01709 368515.

Further information around cost of living support:

www.rotherham.gov.uk/money-matters





STAYING CONNECTED

“Go out and meet people, you feel different just leaving the house.”

Rotherham Veteran

Having a network of good relationships improves your wellbeing and can keep your mind active. Say yes to staying connected with others and taking part in social activities can also increase your confidence and improve how you feel about yourself.

Gismo is an online directory of not-for-profit groups providing help and support to people living and working in the Rotherham area.

Visit: <https://rotherhamgismo.org.uk/>

While meeting people face to face is important, it might not always be easy to meet up as often as you'd like. Technology can help you stay in regular contact with friends and family, as well as giving you the opportunity to connect with new people.

The Digital Inclusion programme aims to help Rotherham residents develop the skills and confidence with using your phone for video calls, online shopping and even online banking.

Visit: <https://www.rotherhamdigital.co.uk/>

An easy way to find out what's happening in your community is by signing up to our neighbourhood newsletters where you'll get information sent about the area where you live, work and visit.

Sign up here: <https://public.govdelivery.com/accounts/UKRMB/signup/13606>

You can also find out more about what's going on in your area by visiting your local Library and Neighbourhoods Hub or other community venues.

Our libraries are open throughout the week, offering you a range of free activities and services that you can enjoy in your own time. Find out what's on in your local library here: www.rotherham.gov.uk/libraries



WELLBEING SUPPORT



“The hardest part is telling people how you feel” - Rotherham Veteran

We all have mental health, just like we have physical health and it's important that we take steps to look after it.

Across Rotherham, there is a range of mental health and loneliness support and places to go for advice.

RotherHive – provides a range of verified practical mental health and wellbeing information, support, and advice for adults in Rotherham. There is also a Wellness Hive on the website that includes lots of tips, information and advice.

Visit: <https://rotherhive.co.uk>

NHS Rotherham Talking Therapies – talking therapies for adults who are experiencing common mental health problems such as depression, anxiety and stress. You can self-refer to the service online or by calling 03000 215 108.

Visit: <https://talkingtherapies.rdash.nhs.uk>

Qwell – provides free, safe and anonymous online mental health support whenever you need it.

Visit: www.qwell.io

Be the One – has lots of information on about spotting the signs someone may be thinking about suicide, having conversations and what the response should be.

Visit: www.be-the-one.co.uk/

Amparo – A suicide liaison service offering practical and emotional support to all those bereaved and affected by suicide.

Visit: www.amparo.org.uk or call 0330 088 9255.

Find out how to access NHS mental health services and where to get urgent help.

Visit: www.nhs.uk/mental-health

