



Veterans & Families – Listening Project

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www.vflp.org.uk



Welcome to January 2021 Newsletter

Welcome to January 2021 V&F-LP's first newsletter of the New Year. We hope that you are doing well. While working from home, we've been updating our platforms and introducing new ideas. Here's the latest news from the V&F-LP production team.

As this year unfolds Team V&F-LP were looking forward to welcoming more of you back to our regular monthly Drop-In. However, after the Prime Minister's speech Monday 4th January 2021 we will not be able to until further notice.

In the meantime....

Team V&F-LP have been focussing their efforts on supporting our weekly ZOOM Well-Being group as well as monthly ZOOM drop-ins, with the distribution of hampers, keeping Team V&F-LP with paperwork & newsletters up-to-date and with that all important cup of tea afterwards! As our new, carefully risk managed venue re-opens sometime in the future, we will be sure to let you know. We wish to thank you for your support, patience and perseverance throughout these past months.

Let us introduce this month's guest speaker on ZOOM, **Tuesday 12th January 7:00 pm** is The PTSD Project, Veterans In Crisis Line Manager – Kate.



Kate's role at The PTSD Project UK is to manage the Veterans In Crisis Line, which operates from 10am-midnight seven days a week. She set the crisis line up in late September this year, shortly after I got involved with The PTSD Project UK after responding to a call for volunteers on social media.

Kate's role involves recruiting volunteers and getting them set up on the telephone system, sorting out the rota every two weeks, covering any unfilled shifts and covering at short notice if volunteers are unable to make their shifts, as well as monitoring the telephone system for any issues.

Kate also help out with The PTSD Project UK's social media and will hopefully be involved in helping to set up the walk-in centres as soon as they have raised enough funds.

When Kate is not volunteering for The PTSD Project UK, she is a trainee counsellor as well as a volunteer Caseworker for the RAF Association. You can contact Kate by **email:** kate@ptsdproject.org and

telephone mobile: 079 66 71 91 70

For further information please visit their website:

www.ptsdproject.org



For your VIP seat email us today:

veteransnfamilies@yahoo.com

for your ZOOM link...

Tuesday 12th January 7:00 pm

Happy New Year
to the
Well-Being group



It's time for



Listen UP:

Even though we are in Lockdown scams are becoming more sophisticated and many people do fall victim to them. This can be very upsetting, but don't feel embarrassed or ashamed – you have been the victim of a crime and it's important to report it and get the help that you need.

We have been notified of the following scam concerning the Covid vaccination:

VACCINATION SCAM ALERT

COVID Vaccination Scam Alert

There have been reports of a new scam where a person receives a text saying they need to book a vaccination appointment and it takes them to a fake NHS form which then asks for their bank details to prove their identity.

The NHS will never ask for a person's banking information so please do not provide as it will be a scam

There is a texting scam leaflet you can download here: <https://cfa.nhs.uk/resources/downloads/fraud-awareness/covid-19/COVID-19 SMS and Text Message Scams.pdf>

The scam has been reported in the media here: <https://www.express.co.uk/life-style/science-technology/1378158/NHS-Covid-19-Vaccination-Vaccine-Appointment-Pfizer-BioNTech-Text-Scam-How-To-Avoid>

Please do not let your guard-slip just because were homebased at the moment, if you have fallen victim to a scam, make sure you report it. You may not always be able to get your money back, but you might be able to reduce the damage and take steps to stop it happening again – to you or other people.



Scams are crimes and should be reported to **Action Fraud**, the national fraud and

cyber crime reporting centre **0300 123 2040**. You can also report phishing scams or computer viruses that you've received but haven't fallen victim to. Phishing is when scammers send fake messages by text, email or social media to fish for your personal information, such as bank details or passwords, or promise rewards for an upfront fee.



Certain scams can also be reported to **Trading Standards using the Citizens Advice consumer helpline 0808 223 1133**. Trading Standards looks at cases where companies have acted illegally or unfairly – for

example, if they've pressured you into buying something you didn't want or haven't carried out work on your home properly.

BIG Thank you

To Camberley Rotary club for all their support, especially over the Christmas period with their provision of hampers for the Veterans & Families of our Armed Forces. We are all extremely grateful, thank you.

Rotary



Club of
Camberley



FIZZIN'
WITH
FLAVOUR



In April 2018, BT agreed to cut its monthly line rental for landline-only customers by £7 – from £18.99 a month to £11.99 a month.

The commitment was for three years to March 2021, and also included a cap on any subsequent overall increases to line rental and call charges to inflation. Currently, these 1.2 million customers pay £12.14 a month.

BT landline-only customers are set for further price protections.

More than a million BT landline-only customers are set for five more years of price protections as part of a voluntary commitment by the telecoms giant which is subject to consultation by the regulator.



The move came after the communications watchdog, Ofcom, said elderly and vulnerable landline-only customers have been getting “poor value for money” compared to those who buy bundles made up of landline, broadband and/or pay TV services.

BT’s monopoly in the landline-only market also allowed it to increase prices, even where wholesale costs were falling, without much risk of losing customers.

As the current commitments are due to end in three months, Ofcom has now launched a consultation to ensure the voice-only customers are protected.

REF: Written by: Paloma Kubiak 10/12/2020

www.yourmoney.com/household-bills/bt-landline-only-customers-set-for-further-price-protections/

Answers to the Christmas quiz:



**In the image
opposite...
Can you spot
the 30
hidden pop
groups?**

Congratulations

If you got all the answers without any extra help.... The answers are:

Bewitched, Arctic Monkeys, Eagles, Guns & Roses, One Direction, Police, Pet Shop Boys, Alice in Chains, Smashing Pumpkins, Radiohead, Garbage, Cream, Pearl Jam, The Jam, Salt N Pepper, Texas, White Stripe, T Rex, Oasis, Four Tops, Rolling Stones, Thompson Twins, Red Hot Chilli Peppers, Sound Garden, Beach Boys, Black Grape, Shed 7, The Beatles, The Cranberries, Atomic Kitten, Zombies, Harmony Grass, Pink, Dune, Wall of Roses.

Should you have found any more well done.

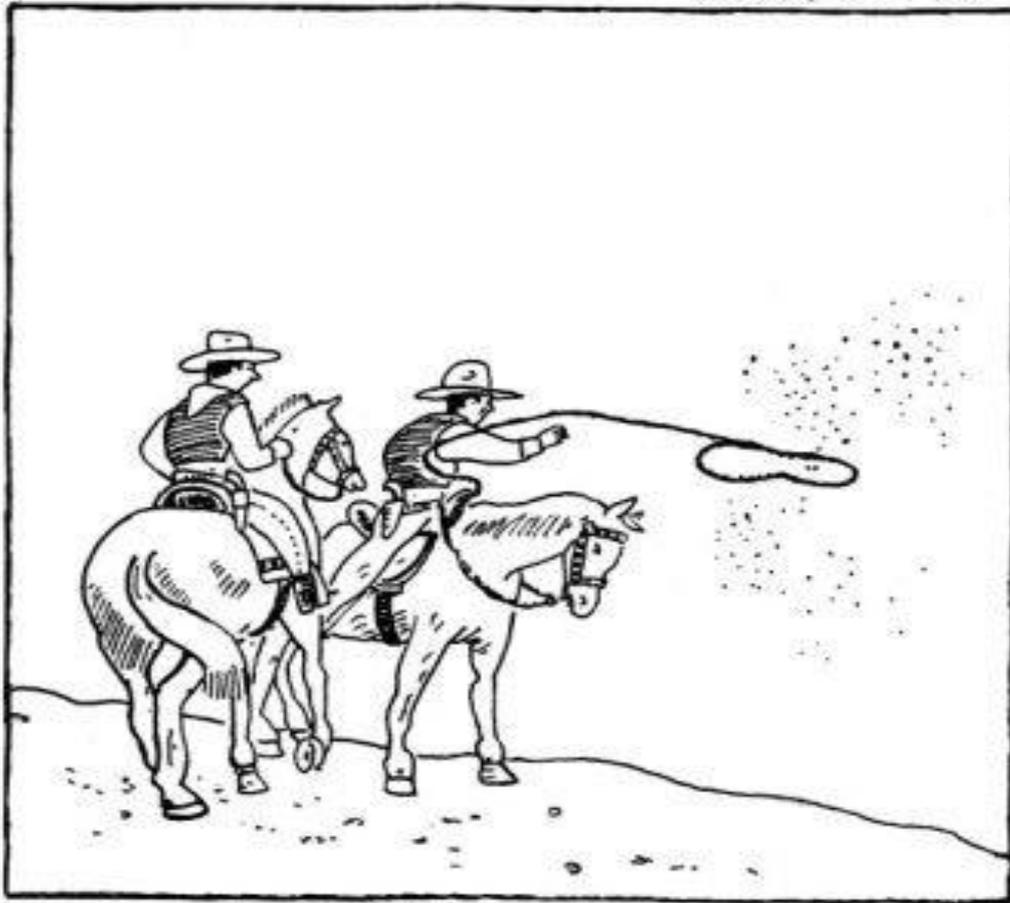


Tuesday 12th January 7:00 pm

Not only is it a time to catch-up with each other and find out what's new. But also an opportunity to hear more about The PTSD Project from Kate.

We'd really like to see you and know how you are doing so please drop-in to ZOOM evening. Thank you for all your continual support.

Glen Baxter



MY FIRST JOB WAS TO CLEAR THE
RANGE OF MOSQUITOES.

Take care
From the team V&F-LP

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