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 THE ARMED FORCES
COVENANT FUND TRUST



Solihull
ageUK

Registered Charity Number
1055887

Linking Veterans Together



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What is the Linking Veterans Together Project?

The Linking Veterans Together Project is a new service run by Age UK Solihull designed to **tackle loneliness** and **improve wellbeing** amongst older veterans and their spouses living in Solihull.

What are the aims of the project?

The project's approach will be **person-centred**, focused around helping you to

- develop **lasting friendships**
- widen your **support networks**
- become **active participants** in your local communities.

We will work to **remove barriers** that currently stand in the way of accessing **local activities** and other forms of **social interaction**, empowering you to **improve connections**, try new things and increase your **independence**.

What support will be available?

Support will be tailored to you but could include:

- Linking you with other members of the community on a **one-to-one** basis via phone, internet, or face to face
- Identifying **local groups and activities** you can attend and supporting you to access these where required
- Assisting you to get online or improve your **digital skills** (this can include the loan of a tablet)
- **Quarterly activities** for Linking Veterans Together clients e.g. day trips, pub lunches
- Providing **information and advice** across other areas of health and wellbeing

