

Forces For Change

Supporting our Veteran Heroes

Funded by the Armed Forces COVENANT



Supporting veteran heroes, aged 50 and over to improve their mental health, wellbeing and to reduce loneliness and isolation.





What is Forces For Change?

Age UK Sunderland is working in partnership with the Armed Forces Covenant to improve social opportunities for our local veterans.

The project aims to improve mental health, wellbeing and to reduce loneliness and isolation.

Age UK Sunderland will do this by providing veterans a space to mix with other veterans who may have shared the same or similar experiences and who share a common understanding of those unique experiences.

We will provide support and help veterans to gain access to our 'Forces for Change - Supporting Our Veteran Heroes Project' where they will have the opportunity to take part in many engaging activities.

Support offered by Forces For Change:

- Weekly group activities
- Face to face group sessions
- Support and advice
- Safe space to talk and listen
- Wide range of activities — Veteran led
- Tea/Coffee and refreshments

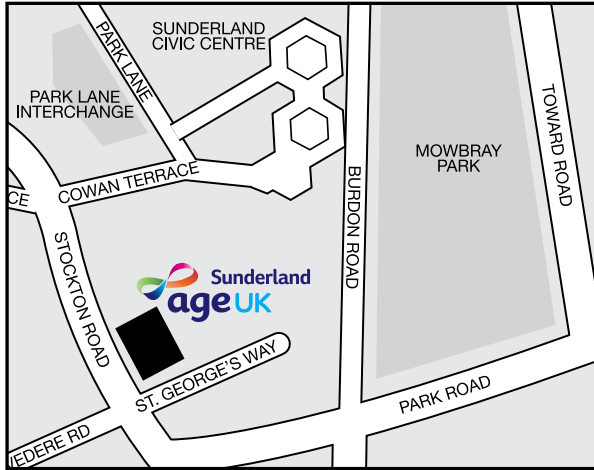
Potential activities can include:

- Discussions on current affairs, or other pre-selected topics
- Watch a short video on a chosen subject and discuss as a group
- Quizzes & puzzles
- Dominoes & card games
- Fitness and exercise
- Plus many more entertaining and engaging activities, led by you the Veteran.

The service is available for veterans who:

- Are resident within the City of Sunderland
- Are over 50

Sessions will be held on a Friday, 10am until 12 noon at the Bradbury Centre on Stockton Road, Sunderland.



For further information about joining the group please contact: Age UK Sunderland's ActivAge Team on: 0191 514 1131

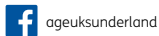
Age UK Sunderland

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