

VETERANS SUPPORT SERVICES

Operation Courage

Norwich
0300 034 9991
mevs.mhm@nhs.net

You can self-refer to Operation Courage or a friend, family member, GP or charity can refer you. This service can support you and your family with a range of support and treatment, including mental health, and liaising with charities and other organisations to help with practical needs such as housing and employment.

Bridge for Heroes/Norwich City Football Club

0300 111 2030 / 01553 760230
Yellows, Carrow Road, Norwich, NR1 1JE
Norwich City hosts a monthly social event in collaboration with Bridge for Heroes. This is for veterans, serving personnel and their families.

Forces2Canaries is a supporters' club for veterans and serving personnel. The Community Sports Foundation offers a range of sporting and wellbeing activities which are inclusive for all.

Outside The Wire

Norwich
01603 626123
outsidethewire@matthewproject.org

This charity offers support with alcohol and substance misuse. All staff are military veterans; they offer bespoke one to one support and group activities.

Operation Fortitude

Freephone: 0800 952 0774
This is a housing hotline for homeless veterans and offers a network of support including housing providers, charities and local authorities.

Operation Restore

A GP can refer you to Operation Restore. This supports veterans who have physical health problems relating to their service, no matter when these first appeared and when you left the armed forces. You can be referred even if you were not medically discharged.

Stand Easy

01603 666546
www.standeasy.org.uk
Stand Easy is a charity offering targeted acupuncture treatments for veterans experiencing PTSD symptoms. No formal diagnosis is necessary and you can self-refer. Treatment is available to all veterans regardless of when they served.

Royal British Legion

0808 802 8080
7 days a week, 8am to 8pm
The RBL provides lifelong support to serving and ex-serving personnel and their families. Support is offered with physical and mental health, finances, employment, housing and longer-term care. They also provide a Telephone Buddy scheme. The Norwich branch meets on the 1st Wednesday of each month. (01603 488572)

Operation Nova

Freephone: 0800 917 7299
Email: opnova@forcesemployment.org.uk
Operation Nova supports veterans who are in contact with the justice system and their specialist team includes those who have served in the armed forces. They also support family members. A GP can refer you or you can make a self-referral.



Your GP surgery is Lakenham Surgery, 1 Ninham Street, Norwich, NR1 3JJ 01603 765550; 8am to 6pm Mon-Fri (closed 12.30-2 Weds); out of hours 111/999

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Hear For Norfolk

01603 404440

nda@hearfornorfolk.org.uk

A charity dedicated to helping people with hearing loss and hearing related conditions, including Cuppa Care which provides emotional and wellbeing support, information and advice to people of all ages.

Norfolk and Waveney Mind

0300 330 5488

<https://www.norfolkandwaveneymind.org.uk/community-support-groups>

<https://www.norfolkandwaveneymind.org.uk/support-information/our-service-directory>

Mind offers support with mental health and a range of social activities at the Rest Hub on Bethel Street and in the community.

SSAFA Norfolk Branch

0204 566 9129

east.region@ssafa.org.uk

Their support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. Their focus is on providing direct support to individuals in need of physical or emotional care.

For urgent help; **ForcesLine** – 0800 260 6780

9am – 5pm; Mon – Thurs; 9am – 4pm Fri

Help For Heroes

0300 303 9888

Monday to Friday, 9am – 5pm

Help For Heroes supports members of the Armed Forces community, whether veterans or serving personnel, with their physical and mental health and a range of welfare issues. If you are in pain, feel anxious, stressed or lonely, have money trouble, need support with housing or applying for benefits, or just need a listening ear, they can help.



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