



Northern Ireland Veterans' Support Office

www.nivso.org.uk

028 9521 6784



**Services for
Veterans in
Causeway
Coast & Glens**



**Causeway
Coast & Glens
Borough Council**



Northern Ireland Veterans' Support Office

The Northern Ireland Veterans' Support Office is the lead support and signposting service linking individual Veterans, Veterans' groups, statutory and non-statutory bodies, and charities supporting Veterans in Northern Ireland.

We build the capacity to deliver the Armed Forces Covenant - the Nation's commitment to Veterans. It is a pledge that ensures Veterans and their families have access to a wide variety of support and are treated fairly.

We educate key players within local communities regarding the needs of Veterans, offering solutions to problems, suggestions and ideas, advocacy, signposting and practical help.

We work collaboratively with the Office of the Veterans' Commissioner for Northern Ireland, and support individual Veterans, their families and carers, as well as groups and organisations that provide a range of support services and activities for Veterans.



028 9052 7734



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VeteransSupportOffice

LOCAL SUPPORT CAUSEWAY COAST & GLENS

Veterans and their families often experience life events which impact on their mental health. Services are available in your area that can help.

Asking for help can seem daunting, but there are so many people who will support you if you choose to take that first step. To learn more about mental health support in Northern Ireland, please go to our website and download [A Guide to Veterans' Mental Health Provision in Northern Ireland](#) and our series of Local Support Mental Health Leaflets, which are designed to help you access those services.

Your Veterans' Champion can also help. A Veterans' Champion is an elected member of the council with an interest in the Armed Forces Community.

Veterans' Champions have good knowledge of local services and are a first point of contact for Veterans who need information, signposting, or referral. They can also identify and advise local charities who may be eligible to apply for funding from the Armed Forces Covenant Fund Trust.



**Causeway
Coast & Glens
Borough Council**

**Veterans' Champion:
028 7034 7034**

On the following page, there are 6 Key Mental Health Referral Partners, highlighted in red, and several other organisations who provide Mental Health outreach and associated support across Northern Ireland, and in your local area.

Mental health support across Northern Ireland

Andy Allen Veterans Support 028 9074 7071	Brooke House 028 8953 1223	Combat Stress 0800 138 1619
The Ely Centre 028 6632 0977	Inspire Wellbeing 03308 089 294	UDR & R Irish (HS) Aftercare Service 028 9042 0145

Mental health referral & associated support across NI

Action Mental Health 028 9182 8494	Beyond the Battlefield 028 9122 5610	Blesma: The Limbless Veterans 020 8590 1124	Blind Veterans UK 0771622 7622	Defence Gardens Scheme 07399201986
Family Works NI 028 9182 0341	Help for Heroes 0300 303 9888	MindWise 028 9040 2323	Parent Line 0808 802 0400	PIPS 028 9080 5850
Royal British Legion 080 8802 8080	SSAFA 0800 2321 271	VSS - Victims & Survivors Service 028 9027 9100	The War Widows Association 0845 2412 189	WAVE Trauma Centre 028 9077 9922

Mental health and support online

Combat Stress selfhelp.combat stress.org.uk	Icarus www.icaruscharity .org	PTSD Resolution www. ptsdresolution .org	Samaritans www.samaritans .org	Togetherall www.togetherall .com
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What specific support is available in your area?

Ashes to Gold 028 7044 0386	AFVBC Coleraine Breakfast Club/The Bee Keepers Lodge 07740580123	Be Safe Be Well Men's Sheds 028 777 69829	Links Counselling Service 028 3834 2825	WAVE Trauma Centre Ballymoney 028 2766 9900
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Organisations committed to welcoming Veterans across NI

Through our links in the community, voluntary, private and statutory sectors we have identified Veteran-friendly organisations in Northern Ireland that welcome Veterans to join in and take part in their activities. From archery to golf, embroidery to filmmaking, there are activities on offer to suit everyone's taste.

Some of these organisations have received direct funding to offer Veteran-specific programmes, others run year-round activities that are also open to the public.

Sports & Outdoors

Athletics NI
028 9060
2707

Age NI
028 9024
5729

Bullseye
Archery
07964421665

Civil Service
Rugby Club
028 9052
2690

Disability
Sport NI
028 9046
9925

Everybody
Active 2020/
House of Sport
028 9038
1222

Irish
Disabled
Fly fishing
Association
07512665379

Irish
Football
Association:
Ahead of the Game
028 9074
7071

Lough Erne
Yacht Club:
Veterans Water
Access Project
028 6638
8432

NI Army
Golf Society
028 9049
4265

Outdoor
Concepts NI
028 9073
7271

Outdoor
Recreation NI
028 9030
3930

Powered by
Sport Sledge
Hockey
07925351317

Spokes in
Motion
Wheelchair
Tennis Club
07711692485

Arts, Culture & Heritage

AA Veterans
Support:
Veterans'
Film Project
028 9074
7071

Veterans'
Piping and
Drumming
07964421665

Reading
Force
07566200299

The Not
Forgotten
Association
0784321002

Places to Visit

HMS
Caroline
028 9045
4484

Irish Linen
Centre &
Lisburn Museum
028 9266
3377

Northern
Ireland War
Memorial
Museum
028 9032
0392

Portadown
Post/
NI Bunker
07921167775

Royal Irish
Fusiliers
Museum
028 3752
2911

Royal
Ulster Rifles
Museum
028 9023
2086

The Somme
Association &
Somme Museum
028 9182
3202

Titanic
Belfast
028 9076
6386

Ulster
Aviation
Society
07724896215

War Years
Remembered
028 9335
4125

Organisations and activities for Veterans in your local area

Ashes to Gold
Defence Gardens
Scheme hub
028 7044
0386

AFVBC
Coleraine
Breakfast Club
07740580123

Be Safe
Be Well
Men's Sheds
028 777
69829

Causeway
Archers
07936769164

GEHQ Gym
Ballymoney
028 2766
4094

Millburn
Community
Association
028 7035
5510

The Bee
Keepers Lodge
07740580123

For more information on Arts,
Culture & Heritage activities
in your area, contact our
Positive Pathways
Coordinator
Laura: 07935753803

For more information on
Sports & Outdoors activities
in your area, contact our
Positive Pathways
Coordinator Dennis:
07528858820

For information about the
Defence Gardens Scheme,
contact our
DGS Regional Coordinator
Charlie: 07399201986

If you or someone you know
is leaving the Armed Forces,
contact our Families in
Transition Navigator for
information and support:
07825866084

If you or someone you know
requires specialist support
or help with a particular
case, contact our WWTW
Care Coordinator Louise:
07516502758

For information about other organisations
running Peer Support activities and services
in your local area, please contact your local
Veterans' Champion or scan the QR code to
visit the NIVSO website for more information
and to access individual organisation
websites and links to social media.

For more info



SCAN ME

NIVSC

We facilitate the Northern Ireland Veterans' Support Committee (NIVSC). The NIVSC was established under Ministerial guidance to improve cooperation between organisations based in Northern Ireland and is committed to delivering practical support to Veterans.

NIVSC Member Organisations

Core Members:

- BLESMA
- Blind Veterans UK
- Combat Stress
- Regular Forces Employment Association (RFEA)
- Reserve Forces and Cadets Association (NI) (RFCA (NI))
- Royal Air Forces Association (RAFA)
- Royal Naval Association (RNA)
- SSAFA
- The Not Forgotten Association (NFA)
- The Royal British Legion (TRBL)
- UDR & R IRISH (Home Service) Aftercare Service
- Veterans Advisory and Pensions Committee (VA&PC)
- Veterans UK

Associate Members currently include:

- 38 (Irish) Brigade
- ABF The Soldiers' Charity
- Andy Allen Veterans Support (AAVS)
- Ashes To Gold
- Brooke House
- Decorum NI
- Help for Heroes (H4H)
- MAPS of West Tyrone
- MAST
- MUVE
- Out of The Shadows
- RAF Benevolent Fund
- Regimental Associations
- South East Fermanagh Foundation (SEFF)
- The Beekeepers Lodge
- The Castlehill Foundation
- The Ely Centre
- The War Widows' Association

Northern Ireland Veterans' Support Office



New Veterans' Hubs

Caledon
Social &
Economic
Development
028 3756
8874

Cormeen
Social &
Economic
Regeneration
Partnership
07740674272

Greater
Rathfriland
Community
Development
Forum
07938899822

Londonderry
Veterans'
Hub
07496593146

Redrock
Development
Partnership
07979252441

New Programmes of Support

We are the Regional Lead for the Veterans' Places, Pathways and People Programme. This funding, from the Armed Forces Covenant Fund Trust, will support Veterans' mental health through the delivery of our Northern Ireland Vital Veterans' Network.

We will work with partner organisations to deliver regional psychology and psychiatry services, connect Veterans with mental health navigators and care coordinators, and offer training for front line volunteers within organisations.

Another new service will see a silent hours NI-based helpline created and some emergency respite beds made available. To find out more, please get in touch: info@nivso.org.uk

**THE ARMED FORCES
COVENANT FUND TRUST**

**VETERANS' PLACES,
PATHWAYS, AND PEOPLE
PROGRAMME**

Part of the Veterans' Mental Health
and Wellbeing Fund

Hard copies of our quarterly newsletter are available on request.
To receive a copy, please contact: comms@nivso.org.uk