



Chat from 'Loneliness in the veteran community'

00:24:59 Chrissy Henegan: Hi everyone - I'm Chrissy, one of Colchester City Council's Armed Forces Champions.

00:25:08 Darren Cunnington: Hi Richard and good morning I am Darren

00:25:09 Liat Starkman: Hi everyone! I'm Liat, I'm a researcher working with the Royal Hospital Chelsea Pensioners Veterans Outreach team

00:25:54 Freddie Jones: Hi everyone, great to hear some chatter to start today's webinar. My name is Freddie and I work down in Chichester, West Sussex as a Social Prescriber

00:26:42 Terry Inman: Hi I'm Terry Inman, Director of the ChitterChatter Club in Dorset. We deal with Loneliness for all.

00:26:43 Gareth Stanton: Good afternoon everyone my name is Gareth Stanton and I am a military veteran and a director of the Daparian Foundation CIC and a trustee of The Trojan Wellbeing Foundation, I'm currently trying to set up a workshop in Rotherham for military veterans and those in the emergency services who suffer from PTSD and mental health

00:27:01 community manager: Hi All, please feel free to put questions here in the chat

00:27:24 community manager: we'll have a Q&A session at the end and also try and answer questions during the session too

00:27:30 Sarah Lough: Hi Everyone, I am Sarah and I work for Help for Heroes as a Community Builder in Middlesbrough.

00:27:31 Liat Starkman: Reacted to "Good afternoon every..." with 🙌

00:27:36 Vina Randhawa: good morning everyone, I'm Vina Randhawa from Kirklees Council. Unfortunately I can only stay for the first half hour

00:27:48 community manager: Reacted to "good morning every..." with 👍

00:27:54 Darren Cunnington: No Rich please speak up

00:29:06 community manager: N.B - we will be discussing sensitive issues around trauma, PTSD and suicide

00:29:48 Robert Barker: Good morning everyone, I'm Robert Barker Team Manager for Sheffield Council, Housing Rep for Veterans.

00:30:07 Antonia Ypsilanti: Reacted to "good morning everyon..." with 👍

00:30:23 Antonia Ypsilanti: Reacted to "Good morning everyon..." with 👍

00:32:42 Mike Scott: Hi everyone! Mike Scott, Regional Peer Support Coordinator North and Central England, Combat Stress. micsco@combatstress.com

00:32:50 Antonia Ypsilanti: Reacted to "Hi everyone! Mike Sc..." with 👍

00:34:56 Sarah Lough: Reacted to "Hi everyone! Mike Sc..." with 👍

00:36:47 Liat Starkman: Reacted to "Hi everyone! Mike Sc..." with 👍

00:37:14 Terry Inman: Im a veteran of nearly 30 years and been through a number of war zones in my life. Falklands, NI, Bosnia, Iraq, Rhodesia, Angola. I understand what you have been through Mark.

00:38:41 community manager: Reacted to "Im a veteran of ne..." with ❤️

00:38:54 Antonia Ypsilanti: Reacted to "Im a veteran of near..." with ❤️

00:38:56 Darren Cunningham: I can understand that journey having been on that journey and done 12 yrs in the service

00:39:37 community manager: Reacted to "I can understand t..." with ❤️

00:41:16 Darren Cunningham: Reacted to "Im a veteran of near..." with ❤️

00:41:18 Darren Cunningham: Reacted to "I can understand tha..." with ❤️

00:41:36 Antonia Ypsilanti: Reacted to "I can understand tha..." with ❤️

00:43:06 Darren Cunningham: I would disagree Richard with you on that statement

00:43:11 Andy Wilson: No army service here but a 30 year Police career and lots of what I'm hearing has parallels with institutionalisation in a variety of workplaces and that same 'vacuum' when it all ends. I spent 5 yrs working with the ABF, then years with a male mental health peer support charity after I retired and had some really interesting conversations across the two worlds. Loneliness is a huge issue across society, seen from different positions.

00:43:32 Antonia Ypsilanti: Reacted to "No army service here..." with 👍

00:44:05 Andy Wilson: Which statement Darren please?

00:44:38 Darren Cunningham: About support as it is very regional

00:44:44 Emma Rodwell: Reacted to "Im a veteran of near..." with ❤️

00:44:48 Antonia Ypsilanti: Reacted to "About support as it ..." with 👍

00:44:53 Emma Rodwell: Reacted to "I can understand tha..." with ❤️

00:44:53 Andy Wilson: Reacted to "About support as it ..." with 👍

00:45:06 Andy Wilson: Cheers pal. Correct!

00:45:07 Antonia Ypsilanti: Good point Darren, something to discuss in the end

00:45:56 Andy Wilson: Reacted to "Good point Darren, s..." with 👍

00:46:27 Gareth Stanton: I did 4 years then and was attacked by another soldier from the same regiment who caused a blood clot in my brain which when removed made my brain swell that much I had to have the right hand side of my frontal lobe removed, I received 8wks of intense rehabilitation at DMRC Headley Court where I learnt to walk talk count and read again then went back in the army for 5 years to then be attacked by a padre, I was made to leave the army with a more severe criminal record and the soldier who gave me a brain injury.

I'm using my understanding and 🧠 lived experience to support other military veterans and those in the blue light services as a director of www.TheDaparianFoundation.co.uk and a trustee of www.trojanwellbeingfoundation.co.uk

00:46:44 Rachel Bishop: You're right Mark - the World Health Organisation have stated that loneliness is a global health crisis

00:46:47 community manager: Reacted to "I did 4 years then..." with ❤️

00:46:50 Antonia Ypsilanti: Reacted to "I did 4 years then a..." with ❤️

00:46:52 Andy Wilson: Reacted to "You're right Mark - ..." with 👍
00:46:56 Antonia Ypsilanti: Reacted to "You're right Mark - ..." with 👍
00:47:13 Terry Inman: The ChitterChatter Club has been asked to roll out Natioanally by the Head of Social Care in Westminster. the statistics are staggering. 1 in 5 people across UK according to World Health Organisation. We are now getting involved with the veteran community.
00:47:16 community manager: Replying to "I did 4 years then..."

wow Gareth! Such an inspiring story - thanks for sharing with us!

00:47:29 community manager: Reacted to "The ChitterChatter..." with ❤️
00:47:30 Freddie Jones: Reacted to "The ChitterChatter C..." with ❤️
00:47:34 Antonia Ypsilanti: So many carers, family members and support network remain unacknowledged.
00:47:56 Darren Cunningham: I have that picture too Rich
00:47:59 Rachel Bishop: Reacted to "The ChitterChatter C..." with ❤️
00:48:02 Antonia Ypsilanti: Reacted to "I have that picture ..." with 👍
00:48:20 Gareth Stanton: Me to, it's a great picture
00:49:05 Darren Cunningham: Yes it is great x
00:51:28 Andy Wilson: Replying to "So many carers, fami..."

Our marriage has gone through 3 stages. The first 'me', the old 'me' and the new 'me'. Thankfully my wife and son still love versions one and two. The middle one was hard work for them

00:51:33 Mike Scott: Thousand Yard Stare picture is very powerful. Served 37 years leaving the service in 2023. I could be most lonely in a room full of people but overawed by a room of silence.

00:51:44 Toya Dunscombe: Reacted to "Our marriage has gon..." with ❤️
00:52:59 Darren Cunningham: I Ply Veterans Rugby League and we are full of military vets
00:53:09 Antonia Ypsilanti: Reacted to "Thousand Yard Stare ..." with ❤️
00:53:12 community manager: Reacted to "I Ply Veterans Rug..." with ❤️
00:53:15 Antonia Ypsilanti: Reacted to "I Ply Veterans Rugby..." with ❤️
00:53:17 Emma Rodwell: Reacted to "So many carers, fami..." with ❤️
00:53:19 community manager: Hi All,

If you'd like to connect with other attendees and continue the conversation, join our group 'Stigma & Prejudice around Loneliness' where we'll share the webinar, links and any other resources shared during the session

<https://tacklinglonelinesshub.org/groups/stigma-prejudice/>

00:53:23 Antonia Ypsilanti: Reacted to "Our marriage has gon..." with ❤️
00:53:36 Emma Rodwell: Reacted to "Thousand Yard Stare ..." with ❤️
00:53:55 Emma Rodwell: Reacted to "Hi All,
If you'd li..." with 👍
00:54:18 Andy Wilson: Reacted to "Hi All,
If you'd li..." with 👍

00:55:05 community manager: If you'd like to find out more about social prescribing to tackle loneliness, register for our upcoming webinar: 'Could Social prescribing be a cure for loneliness'

https://us06web.zoom.us/meeting/register/qJ6J6O8GSoa-dhir_2kYrw

00:55:47 Liat Starkman: Reacted to "Hi All, If you'd li..." with 👍

00:56:31 Sarah Lough: Help for Heroes have a Wheelchair rugby Team, full of veterans, who play in the WCR5's League. We also have a Community Clubs sessions where WCR have monthly training sessions.

00:56:36 community manager: Reacted to "Help for Heroes ha..." with ❤️

00:57:07 Emma Rodwell: Reacted to "Help for Heroes have..." with ❤️

00:57:41 community manager: <https://www.creative-roots.uk/>

00:58:28 Liat Starkman: Reacted to "[https://www.creative...](https://www.creative-roots.uk/)" with ❤️

01:02:52 Andy Wilson: Photography - literally seeing life through a different lens mate. Psychologically - connected but at a safe distance

01:02:59 community manager: Reacted to "Photography - lite..." with ❤️

01:03:08 Antonia Ypsilanti: Reacted to "Photography - litera..." with ❤️

01:03:12 Antonia Ypsilanti: Reacted to "[https://www.creative...](https://www.creative-roots.uk/)" with ❤️

01:03:49 Darren Cunningham: Hi Sarah would you like to work with a veteran run Rugby League team in Catterick

01:05:00 Antonia Ypsilanti: Reacted to "Hi Sarah would you l..." with 🙌

01:05:47 Emma Rodwell: Reacted to "[https://www.creative...](https://www.creative-roots.uk/)" with ❤️

01:06:03 Emma Rodwell: Reacted to "Photography - litera..." with ❤️

01:07:54 Terry Inman: Contact and Founder of the ChitterChatterClub is Anne Anderson. We are looking for volunteers around the UK to help us roll out the project. Contact Anne by email: thechitterchatterclub.co.uk

01:08:05 Antonia Ypsilanti: Reacted to "Contact and Founder ..." with 🙌

01:08:12 Emma Rodwell: Reacted to "Contact and Founder ..." with ❤️

01:08:29 Julie Dawes: Unfortunately I have to leave. Thank you all for sharing.

01:08:37 Antonia Ypsilanti: Reacted to "Unfortunately I have..." with 🙌

01:08:52 community manager: The links will be shared in this group

<https://tacklinglonelinesshub.org/groups/stigma-prejudice/>

01:09:13 community manager: Reacted to "Contact and Founde..." with ❤️

01:10:48 Emma Rodwell: Reacted to "The links will be sh..." with ❤️

01:11:14 Andy Wilson: Reacted to "The links will be sh..." with 🙌

01:11:45 Antonia Ypsilanti: Reacted to "The links will be sh..." with ❤️

01:12:01 Toya Dunscombe: Hello Mark and Terri, I am a care leaver also from Plymouth and my partner is a veteran. I now work with older care leavers and would love to have a chat with you both? you're amazing

01:12:37 Liat Starkman: Wonderful job, Mark and Terri, it's great to see all you're doing!

01:12:40 community manager: Reacted to "Hello Mark and Ter..." with ❤️

01:12:44 community manager: Reacted to "Wonderful job, Mar..." with ❤️

01:12:59 Liat Starkman: We're really keen to connect with others working to tackle loneliness in the veteran community and explore possible partnerships. Please feel free to reach out: Liat.Starkman@chelsea-pensioners.org.uk

Also happy to share our Veteran Digital Community, <https://oldcomrades.com/> a space to share banter (the main language!), and find and share events happening across different regions.

01:13:04 community manager: Reacted to "We're really keen..." with ❤️
01:14:12 Antonia Ypsilanti: Reacted to "We're really keen to..." with ❤️
01:16:14 helen ibbotson: Thank you, this has been so informative, thank you for sharing your experiences Mark and Terri as well as the amazing work you are doing 🙌
01:16:18 community manager: Reacted to "Thank you, this ha..." with 🙌
01:16:30 Antonia Ypsilanti: Reacted to "Thank you, this has ..." with ❤️
01:16:37 Toya Dunscombe: would it be possible to get contact details for Mark and Terri?
01:16:53 Antonia Ypsilanti: I will ask them now Toya
01:16:59 community manager: Replying to "would it be possib..."

Of course - we will share all details in the group on the hub

01:17:06 community manager: Reacted to "I will ask them no..." with 🙌
01:17:10 Antonia Ypsilanti: Reacted to "Of course - we will ..." with ❤️
01:17:13 Toya Dunscombe: Reacted to "Of course - we will ..." with ❤️
01:17:37 Mark Humphreys: humphreys616@yahoo.com
01:17:46 Antonia Ypsilanti: Reacted to "humphreys616@yahoo.c..." with 🙌
01:17:53 Toya Dunscombe: Replying to "humphreys616@yahoo.c..."

Thank you Mark

01:18:17 Mark Humphreys: Reacted to "Thank you Mark" with 🙌
01:18:30 Terry Inman: terry.inman@ntlworld.com
01:18:32 Darren Cunington: Replying to "humphreys616@yahoo.c..."

No it is not been rolled out

01:18:36 Antonia Ypsilanti: Reacted to "terry.inman@ntlworld..." with 🙌
01:18:49 Emma Rodwell: I help run a garden project for improving mental health through creative health as well as an intergenerational social club to reduce loneliness in North London and have done fundraising events for veterans mental health and would love to combine these skills if it would help emma@talkingaboutourgenerations.co.uk
01:18:57 Antonia Ypsilanti: Reacted to "I help run a garden ..." with ❤️
01:18:58 community manager: Reacted to "I help run a garde..." with ❤️
01:19:31 Rachel Bishop: Thank you for sharing your story Mark. You are such an inspiration
01:19:34 Ruth Prentice: there is a newly created post at the Citizen's advice bureau in North East Lincs specifically to support veterans
01:19:37 community manager: Reacted to "there is a newly c..." with ❤️
01:19:42 Emma Rodwell: Reacted to "there is a newly cre..." with ❤️
01:19:42 Antonia Ypsilanti: Reacted to "there is a newly cre..." with ❤️

01:20:54 community manager: Thanks for joining everyone - please fill in our survey
<https://s.zoom.us/m/bPFiovFXK>

And please join the group below to continue the conversation and connect with other attendees!

<https://tacklinglonelinesshub.org/groups/stigma-prejudice/>

Our next webinar (11th December) is 'Could Social Prescribing be a Cure for loneliness'

01:20:55 Mark Humphreys: Replying to "Thank you for sharin..."

you are more than welcome. Thank you

01:21:00 Robert Barker: Thank you for sharing your story Mark. This has been so informative, thank you for sharing your experiences. Keep up the amazing work everyone!

01:21:07 community manager: Reacted to "Thank you for shar..." with ❤️

01:22:15 Emma Rodwell: Thank you so much for your time and inspiring work everyone

01:22:31 community manager: Thanks for joining everyone - please fill in our survey
<https://s.zoom.us/m/bPFiovFXK>

And please join the group below to continue the conversation and connect with other attendees!

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Our next webinar (11th December) is 'Could Social Prescribing be a Cure for loneliness'

01:22:35 Ruth Prentice: thank you Mark, Teri and Richard

01:22:45 community manager: Reacted to "thank you Mark, Te..." with ❤️

01:23:33 helen ibbotson: Unfortunately I have a new meeting - thank you for your time

01:23:51 Kelly Brooks: Sorry I am going to need to leave as we have our drop-in today which starts at 13.30. if anyone would like information from veterans outreach support - contact myself Kelly on - admin@vosuk.org

01:24:06 Andy Wilson: Sorry folks but I need to jump out. It's been great to watch and listen to this. Rich G - I'll message you later my friend? Take care all!

01:24:16 Antonia Ypsilanti: Reacted to "Sorry folks but I ne..." with 👍

01:25:33 Gareth Stanton: It has been a brilliant presentation, thank you @Richard Gettings , @Antonia Ypsilanti , @Mark Humphreys and Terri

01:26:16 community manager: Please join the hub group @Kenneth Scott

01:26:33 community manager: we can share all resources there :-)

01:26:35 Antonia Ypsilanti: Reacted to "It has been a brilli..." with ❤️

01:26:37 community manager: Reacted to "It has been a bril..." with ❤️

01:27:02 Kenneth Scott: My email is ken@kentartsandwellbeing.org.uk, my phone number is 07884 497478. Ken Scott

01:27:13 Antonia Ypsilanti: Reacted to "My email is ken@ken..." with 👍

01:28:16 community manager:

<https://tacklinglonelinesshub.org/groups/stigma-prejudice/>

01:28:36 community manager: I'll also email this link to all attendees
01:28:48 Emma Rodwell: Reacted to "I'll also email this..." with 👍
01:29:14 Kenneth Scott: I thought I was a hub member. If not, please advise.
01:30:06 community manager: Replying to "I thought I was a ..."

we have groups on the hub that focus on specialist areas so log in, head to the groups and look for 'Stigma & Prejudice around Loneliness'

01:30:56 community manager: @Liat Starkman I just sent you an invite via the hub
01:31:05 Liat Starkman: Reacted to "@Liat Starkman I jus..." with ❤️
01:31:30 community manager: Replying to "I thought I was a ..."

I've sent you an invite too

01:32:32 Darren Cunnington: Replying to "humphreys616@yahoo.c..."

Yes I can also agree with Mark on the anger

01:32:50 Terry Inman: Please visit www.chitterchatterclub.co.uk

01:33:58 Antonia Ypsilanti: Reacted to "Please visit www.chi..." with 👍

01:37:02 community manager: Hi All, I'm afraid we'll have to wrap up unfortunately!

01:37:43 Antonia Ypsilanti: Reacted to "Hi All, I'm afraid w..." with ❤️

01:37:46 Emma Rodwell: I ran a weekly virtual cuppa on zoom for a few years starting in the pandemic which was a safe space for people to come and chat about whatever they wanted and taught pensioners how to get online and they liked it so much that is why it continued for so long

01:38:02 Liat Starkman: Reacted to "I ran a weekly virtu..." with ❤️

01:38:04 Sarah Lough: Sorry I have to go, but great event with a few more contacts.

01:39:50 Chrissy Henegan: Thank you everyone

01:39:56 Liat Starkman: Thank you so much everyone!

01:39:58 Mike Scott: Great session. Thank you everyone.