



Defence Medical  
Welfare Service  
Supporting  
the frontline

**THE ARMED FORCES  
COVENANT FUND TRUST**  
Funded by HM Government



**THRIVE TOGETHER**

Empowering Veterans and Families:  
Creating Connections, Building Futures



# Defence Medical Welfare Service



## Midlands

### *Health and Wellbeing Community Caseworker*

Our Health and Wellbeing Community Caseworker will provide dedicated welfare support to fill the gaps in statutory services. This service will be accessible via phone and online referrals, and will offer person-centred support that integrates with local community resources, creating a sustainable pathway of care for beneficiaries.

### Referrals

Our helpline is free to call and  
available Monday-Friday 9am-5pm

Call us: 0800 999 3697

Email us: [referrals@dmws.org.uk](mailto:referrals@dmws.org.uk)



## Care After Combat:

### *Potential links between Military Service and Offending Behaviour.*

Providing a specific package of justice system awareness training to veterans that will be delivered via face-to-face and online seminars across the region to multiple partners and stakeholders.



## Combat Stress:

*The Achieving Better Collaboration Project* is the development of a direct referral route for all portfolio partners across the region to refer veterans to our new 2-week intensive treatment programme VICTOR (Veterans' Intensive Complex Trauma Organised Recovery) with an additional offering of wraparound care via our 24-hour Helpline and Peer and Family Support services.



## City of Wolverhampton Council:

*The Fitness in Mind Project* seeks to bridge the significant gap in upstream provision aimed at promoting emotional wellbeing across the armed forces community. Supported by the Public Health Team, this innovative project will implement evidence-based emotional wellbeing strategies and deliver activities designed to enhance emotional health and reduce the number of people reaching crisis point.



## Derbyshire Addiction Advice Service:

*The 'Stand to Hub'* will provide an accessible disability friendly veteran community hub offering a safe space to veterans, their families, and armed forces professionals to gain information, advice, support and signposting to a range of veteran specific and generic support services.





## **Every-One (Cares):**

***The Thrive Together Regional Awareness and Information Outreach Project*** will provide improved intra-regional and inter-regional links between veteran community hubs and services. By doing so, increased awareness of current trends, themes, and available services will enable a more collective and collaborative approach to supporting the needs of the veteran community.

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## **Forces in the Community**

***The Twogether Project*** aims to enhance couples' relationships by providing participants with valuable insights and tools. This includes improving communication abilities; fostering deeper emotional connections; learning effective conflict resolution strategies; gaining insights into relationship dynamics; increasing empathy and understanding; acquiring tools to sustain positive changes; and providing networking opportunities and support.

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## **Tri Services Veterans Support Centre:**

***The Zero to Hero in the Kitchen Project*** provides cookery classes to the armed forces community including: food hygiene; dietary; and nutritional education and practical skills associated with being able and confident to provide themselves and their families with a nutritional, balanced, and interesting meal.

***The Health & Wellbeing Service*** that will deliver health promotion via a nurse practitioner open clinic that will include advice and support with smoking cessation; drug and alcohol misuse; poor diet; lack of exercise; and lack of uptake of NHS screening for cancer, immunisation, and mental health.





### **YSS:**

***The Veterans' Families First Project*** will provide emotional and practical support to veterans in the criminal justice system and their families. Whole-family support will focus on building resilience, enhancing emotional well-being, and fostering peer-support networks. Veterans will be supported to successfully reintegrate into their family units and communities following release from prison.

### **thewarriorprogramme The Warrior Programme:**

***The Supporting Families and Carers of Veterans Project*** will transform the lives of veteran families and carers who suffer severe stress and strain experienced by Service and post- Service life. This project enables change through a highly effective 12-month resilience programme which empowers individuals to take control of their lives, build mental strength, and lead a more fulfilled life.



### **Veterans Contact Point:**

***Veterans' Health & Care Facilitator.*** This project will bridge the gap across statutory agencies (NHS/Local Authority/Police), local charities, and community groups to deliver increased and improved access and support to veterans and their carers/families. Facilitating referrals in, through treatment/care and integration into community-based support.



### **Paul Rhodes Consulting:**

Providing co-production and through project evaluation services.

**Contact our Thrive Midlands Project at:**  
**ThriveMidlands@dmws.org.uk**