

Welcome Guide

RBL Network for Carers



ROYAL BRITISH LEGION

What is Network for Carers?

Network for Carers project will support carers within the Armed Forces Community, offering monthly social groups, both face-to-face and virtually. These will provide opportunities for carers in the armed forces community to share experiences, give support to each other and have a short break from caring responsibilities.

The groups will be located across the UK, in locations with an Armed Forces Community connection which will provide a safe and welcoming environment for the groups to meet.

Volunteers will play a vital role in the project. Each group will be coordinated and led by Support Group Facilitators and Support Group Administrators.



Network for Carers is funded by a grant from the Armed Forces Covenant Fund Trust's Tackling Loneliness programme.

 **THE ARMED FORCES
COVENANT FUND TRUST**

How we can support you

Our groups will provide you with the opportunity to share your experiences with likeminded people, as well as develop new friendships and interests.



Face-to-Face Social Groups

- ❖ Monthly face-to-face social group sessions
- ❖ A programme of activities, themes and discussions tailored to the interests of the group
- ❖ Hosted at unique venues associated with the Armed Forces community



Virtual Social Groups

- ❖ Virtual social group sessions for those who cannot attend a face-to-face group
- ❖ Held on a regular basis with greater flexibility
- ❖ A varied timetable of events, activities, and talks covering a wide-range of interests

Where you can find us

South-East

- ❖ Imperial War Museum London
- ❖ The Historic Dockyard Chatham
- ❖ Royal Air Force Museum London

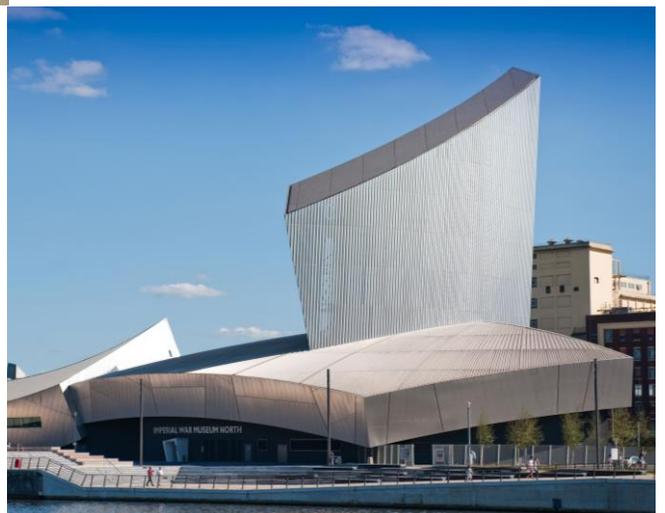


West Midlands

- ❖ National Memorial Arboretum
- ❖ Royal Air Force Museum Cosford
- ❖ Galanos House

North-West

- ❖ Imperial War Museum North



Where you can find us

North-East

- ❖ York Army Museum



East Anglia

- ❖ Imperial War Museum Duxford



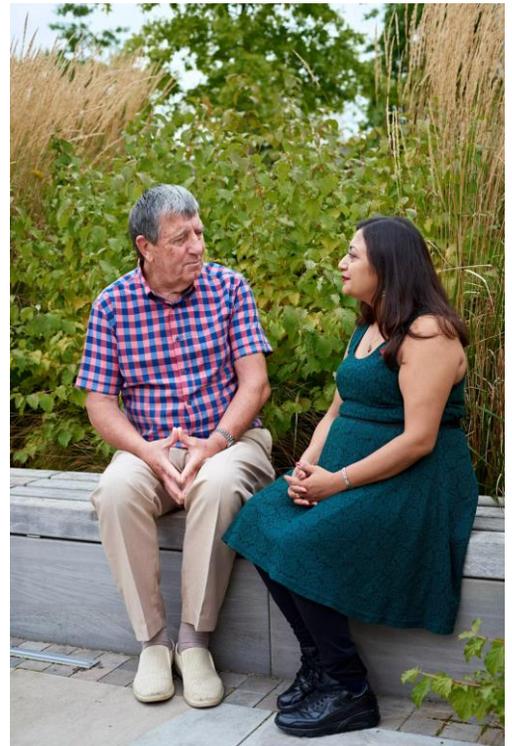
South-West

- ❖ Dunkirk Memorial House

More venues to be confirmed soon, please contact the Network for Carers team for details of groups in your area.

How to sign up

1. Your first step is to complete the Network for Carers registration form, this provides us with the necessary information to process your request.
2. A member of the team will then get in touch and welcome you to the project, providing you with all the information you need. This will also give you the opportunity to discuss any expectations or apprehensions and ask any questions.
3. Before you attend your first session, you will be provided with the opportunity to complete a survey known as the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS). Completion of this survey is **optional** however we are required to offer all participants the opportunity to complete the survey as part of the project's grant requirements.
4. You're now ready to attend your first session, whether that's face-to-face or virtual.



Who we support

- ✓ You must either be serving, have served in the Armed Forces, or be the dependent or carer of someone who is serving or has served. Dependents include children, spouses, and partners.
- ✓ We consider an adult or child to be a carer if they look after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem, or an addiction and cannot cope without their support.
- ✓ Please note that Network for Carers is not aimed at paid care workers who provide care as part of their employment.



Examples of who we support include:

- Veterans who have caring responsibilities
- Carers who care for a member of the Armed Forces Community
- Carers who currently serve in the UK Armed Forces

Additional support we offer

We know that it is often difficult for carers to take a break from their caring responsibilities so we can help with a range of support to help you to attend the face-to-face and virtual groups.

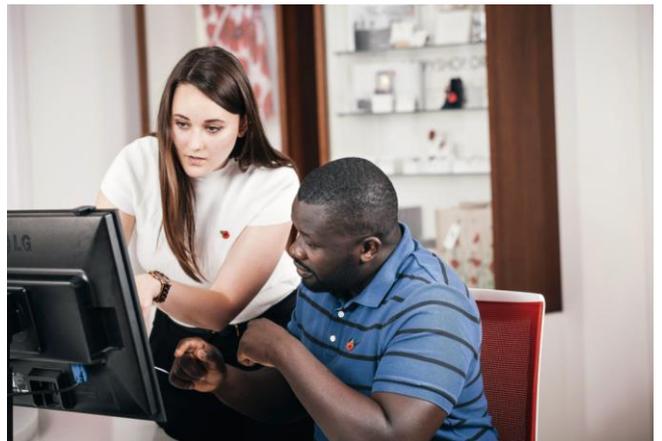


Support for face-to-face groups

- ❖ Respite care
- ❖ Travel
- ❖ Childcare

Support for virtual sessions

- ❖ Digital equipment
- ❖ Familiarisation and training on digital equipment



If you think you may require any of the support detailed above, please select the corresponding tick-box when completing your registration form. You will have the opportunity to discuss your requirements in greater detail with a member of the team during your welcome call.

Frequently Asked Questions

Face-to-Face Social Groups

How often do the groups meet?

The groups will meet monthly to start with but may eventually decide to meet more frequently.

When are the sessions held?

This will be different at each location so to check please email us.

How long can I attend group sessions?

You can attend the monthly group sessions for as long as you like.

How long is each session?

We think that each session will be 60 - 90 minutes but the group may eventually decide to meet for longer.

Do I have to attend each monthly session?

We would like you to attend each monthly session, if possible, as this will help build relationships in the group.

Do I have to stay for the duration of the session?

No, if for whatever reason you wish to leave the session early you may.

I am worried about attending a group session.

Being anxious about attending a new group is completely normal. We will support you to help you feel more at ease before attending a session. Always remember that everyone will be feeling nervous, you are all in the same boat.

Virtual Social Groups

How often do the virtual groups meet?

Virtual sessions have more flexibility and are may be held more frequently. We will provide you with a timetable of available sessions for you to choose from.

How many virtual sessions can I attend?

You can attend as many virtual sessions as you like, subject to availability, and you can attend the virtual sessions for as long as you like.

How long is each virtual session?

This will vary between sessions. Please contact us for more details.

Can I attend both face-to-face and virtual sessions?

You are welcome to attend virtual sessions in addition to a face-to-face group.

Do I have to stay for the duration of the virtual session?

No, if for whatever reason you wish to leave the virtual sessions early you may.

General

Is there an age requirement for attendance?

Network for Carers social groups are open to individuals aged 18 years and over, there is no upper age limit. We hope to extend our programme of support to young carers in the future.

Is there an end date to the project?

The project's external funding ends in April 2023. However, the RBL aims to ensure that the groups can continue in the future, and we will ask you to let us know how you would like the project to continue.

General

How do I get involved as a volunteer?

For information on our volunteering opportunities, please see our webpage: <https://www.britishlegion.org.uk/get-support/care-and-independent-living/support-for-carers/network-for-carers/network-for-carers-volunteers>

Covid-19

The Network for Carers project will always act in line with Government Covid-19 guidance.

To contact us please email

networkforcarers@britishlegion.org.uk