

HEAD START

FAMILY AND CARER SUPPORT

The Veterans' Places, Pathways and People programme (VPPP) is supporting veterans and their families in the East of England

Walking With The Wounded (WWTW) deliver support in collaboration with the NHS to get those who served, and their families, whether mentally, socially or physically wounded, back on their feet and making a positive contribution once more. Why? Because those who served, deserve.

Walking With The Wounded is a member of the VPPP programme in the East, offering Head Start Family and Carer Support to those who are supporting a veteran partner, husband or wife with their mental health.

If you are supporting a veteran who is struggling with their mental health, you are playing an important role in their recovery.

It can be hard work and it may be that sometimes you feel you need support or help yourself.



**THE ARMED FORCES
COVENANT FUND TRUST**

VPPP is a AFCFT funded programme

WALKING WITH THE WOUNDED
Supporting Those Who Served

WWTW delivers the Head Start programme

FOR ADULT FAMILY MEMBERS.

The experience of mental illness not only affects the individual, but also those around them.

It is important to acknowledge that supporting someone living with a mental illness can be a demanding and isolating experience.

It is essential to look after yourself as well as the person you are caring for.

Head Start Family and Carer Support can provide advice to help you cope with the stress and anxiety that may arise as a consequence of your caring role. This would take place via six sessions of 1-2-1 support with an accredited therapist. This service is free to you.

FOR FELLOW MEMBERS.

Are you supporting a service user where you feel their adult family members would benefit from Head Start Family and Carer Support?

If so, you can make a referral to us via wwwttw.org.uk/sf

FURTHER INFORMATION

For more information we're available on **01263 863906** or email headstart@wwwttw.org.uk (please note our working hours are Monday to Friday, 9am to 5pm).



Photo: East Anglian Daily Times