

## LOCAL INFORMATION RELEVANT TO YOU

Intake and Assessment Team

01904882053

*“When the world feels unsafe, don’t make your home unsafe. Get help to manage your behaviour”.*

A question that you may wish to ask yourself is ‘am I causing harm to others?’ Have you ever said any of the following?

- “When I get angry, I just can’t control myself”.
- “Well you’ve got to stand up for yourself, haven’t you, otherwise they walk all over you”.
- “Sometimes when we argue, I shout, and my partner is afraid of me”.
- “I don’t know, a few drinks and things just get a bit out of hand”.
- “I’ve never hit him/her, I just pushed, him/her and she/he fell over”.

If you check up on your partner or ex-partner frequently (listening to their phone calls, check their mileage, emails, texts), frequently put them down (call them names, criticise them, humiliate them), if you try to control them (telling them whom they can/can’t see, where they can/can’t go, what they can/can’t wear), if they are afraid of what you will say or do, if you are being physically violent, emotionally abusing your partner, intimidating your partner, sexually abusing your partner – you are behaving abusively. For help, contact:

[Respect UK](#)

Email: [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk)

Helpline: 0808 8024040

## ARMY WELFARE SERVICE COVID-19





## INTRODUCTION

The Army Welfare Service (AWS) is the Army's professional welfare provider: it delivers a comprehensive and confidential welfare service responsive to the needs of individuals, families and the Chain of Command in order to maximise operational effectiveness of Service Personnel.

The ongoing COVID 19 pandemic has seen that our usual ways of engaging with our community has significantly changed. As a service we are quickly adapting to new ways of operating, thereby ensuring we continue to support you in the best way possible during this very unusual and challenging time. This has meant an increase in our use of online engagement, including the use of Unit/Garrison Facebook pages, as well as other forms of social media. As the situation progresses, we will no doubt expand the ability to access the various forms of support to suit our community's needs.

This communication is designed to provide information which may support you and your family in a time of uncertainty, to offer some advice and guidance on how you can maintain your health and wellbeing, whilst complying with Government guidance on Social Distancing and Working From Home (WFH), and to let you know that AWS remains available to support where it can.

Some additional information including HIVE and Army Parents Network can be found at the link below.

- [British Army - AWS Welfare Support](#)

## AWS PERSONAL SUPPORT

Teams are continuing to provide one2one support via telephone, SKYPE or email and the AWS Intake and Assessment team (IAT) remains open. Staff there are able to provide you, Unit Welfare Officers and other key personnel from the Chain of Command advice and guidance on a range of welfare matters. For those who want to contact AWS in person, referrals are continuing to be made and received although there may be a slightly longer waiting time for cases to be allocated.

**The Intake and Assessment Team can be contacted by telephone on 01904 882053**



## AWS COMMUNITY SUPPORT

Community Development Workers are continuing to liaise with your Units and making use of various electronic tools to remain connected. They are setting up 'virtual' coffee mornings and youth clubs, to enable our communities to stay in touch and feel less isolated. To ensure you are connected please join via the Virtual Military Families Garrison (VMFG) Facebook page or your own Unit Information page.

## GENERAL HEALTH AND WELLBEING

The Government has provided some really useful help on health and wellbeing for the public which can be found in this [link](#). It provides advice and further points of contact for specific issues including how to support children and young people.

Each devolved nation's NHS also provides a wide range of advice and guidance, and useful information on managing stress and anxiety as well as how to support others who may be finding it difficult. This can be found in the links below:

- [NHS England - Every Mind Matters](#)
- [NHS Inform - Scotland](#)
- [NI Direct - Northern Ireland](#)
- [NHS Direct - Wales](#)

We understand that for some this sudden change to daily life may be welcome, for others it is part and parcel of military life and our resilience and ability to adapt helps us to manage. However, this is unlike other situations, and it may impact on our emotional and physical wellbeing with the potential to create some really challenging situations within the confines of a family home, a space which should always be safe for those who live within.

As individuals it is important that we recognise those situations and if possible, seek out ways of keeping ourselves safe and well, and that may mean reaching out to others for support i.e. a trusted friend or relative or a specialist organisation which recognises the issue.

There lots of different sites available on the internet which can provide support and information specific to your circumstances. Some of which are shown under Useful Links.

Armed Forces charities continue to be available to assist with various types of support and can be contacted through their



central websites.

## USEFUL LINKS

**Samaritans - Support/Information 116 123**

**Refuge/Domestic Abuse - 0800 2000 247**

**Scottish Domestic Abuse - 0800 027 1234**

**SSAFA UK - 0800 731 4880**

**Army Benevolent Fund**

**The Royal British Legion**

**Poppy Scotland**



Further service charities can be found at <https://cobseo.org.uk>