

STAND TO sitrep

our quarterly newsletter

issue 1 *ready when you are*



Welcome to the first edition of **STAND TO sitrep**, our new in-house publication.

2019 has seen some useful additions to the STAND TO service, including BACP accredited counselling services, the development of our new website and the award of the Armed Forces Covenant Employer Recognition Scheme Bronze Award.

We have continued to forge links with partner organisations in order to deliver the best possible service to Veterans.



The Recovery Through Nature project, run by Derbyshire Recovery Partnership held an open day at their Shipley Park base on Thursday 27th June. The event was very well attended, despite a few of our DAAS team getting a bit lost in the wilds of Shipley Country Park!

The RTN Commandos were excellent hosts, with service users giving us guided tours of the site, dishing out the barbequed burgers and sausages as well as explaining how the project has helped their recovery from alcohol and substance addiction. The project lead Mark Bolton is an ex-Royal Marine (hence the RTN Commandos name) and has a great relationship with the folks on the programme. STAND TO are able to refer into RTN, so if you feel like giving it go, let your keyworker know and they will make it happen! Transport is provided from St Mary's Gate Chesterfield with pickups on the way to Shipley.



York St. John University - Bringing the Armed Forces Covenant to Life event 19th June 2019

The STAND TO Project Co-ordinator Jane and Project Workers Andy and Danny were invited to attend the event at York St. John University. It was an extremely useful event and showcased how the South Yorkshire local authorities were delivering the Armed Forces Covenant on the ground. Speakers included the Veterans Lead officers from Sheffield, Barnsley, Doncaster and Rotherham Borough Councils, Dr Dan Barnard - clinical lead for Midlands and East TILS and Dr Katherine Albertson, lecturer in Criminology from Sheffield Hallam and Nick Wood - Falklands Veteran and Development Lead on St John University's Military Human project.



It would be fair to say that we are lagging behind a bit in Derbyshire delivering the Covenant, so an invitation for Andy to attend the first meeting of a new Derbyshire-wide NHS initiative on June 21st was an interesting development.

The Derbyshire NHS Foundation Trust is focussing how it delivers services to the Armed Forces community and is looking at supporting Veterans into NHS jobs. It is early days, but things seem to be heading in the right direction. Watch this space!



VETERANS WALK

Trans Pennine Trail - 10.5 miles
with joining points at 8 and 5 miles
Saturday 27th July 2019

STAND TO: Alcohol Services Dedicated to Derbyshire's Armed Forces Community - referrals are made through DAAS single point of contact - **Tel: 01246 206514** or email: **daas@daas.uk.com**

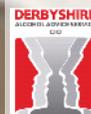
Website: www.standto.co.uk



Standtoservice



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Visit to Beardwood Farm 21/06/19 **What a fantastic resource!**

When I arrived at the farm I was greeted by Christine the owner of the farm and taken to the `Brew Room` to meet the rest of the team and clients over a brew. Over introductions we were briefed on the events of the day, health and safety and orders for lunch.

The first part of the morning we spent on mindfulness and relaxation before we set off on our foraging walk around the local woods. We were introduced to lots of types of trees, flora and fauna some of which we were invited to eat including wild gooseberries and were shown how to make foliage crowns, necklaces and bracelets. We were introduced to the pagan celebration of the Summer Solstice and the team explained about the trees which had mastery over the woods from mid winter to mid summer, and midsummer to mid winter.



After lunch, and a little more mindfulness we ventured into the woods again to talk more on the Summer Solstice and were briefed on fire skills, so we could make a fire to make some nettle and elderflower tea.

While the kettle was boiling we learnt how to make simple cordage out of nettle stems and bracelets out of Para cord so you would have at least 10ft of cord when needed. Once the copper kettle had boiled we made our herbal teas which to some were an acquired taste, in the main the group liked the hot chocolate and toasted marshmallows while we were shown how the woods and bracken are managed in the area.



Then back to the Farm and the garden where we were to sow seeds, plant flowers and weed the patch.

A well run programme which is enjoyed by all- hard work and learning new skills ensures recovery progress is made and friendships formed. All a large part of personal recovery capital. Danny



Events Diary July to October 2019

July -

Staveley Armed Forces Weekend, Poolsbrook Country Park, 13th and 14th July

Boot Camp- pre-Recovery Games training and team building, Queens Park Leisure Centre, Tuesday 16th July
Chesterfield Veterans Hub, Chesterfield Town Hall, Friday 26th July
Walk- Trans-Pennine Trail (various start points, ask for details), Saturday 27th July

August -

Recovery Games, Hatfield Outdoor Activity Centre, Doncaster. Friday 16th August

September - Recovery Month

Accessible Fly Fishing day, Ladybower Reservoir, Tuesday 3rd September - ask for details

Langwith Show, Rhubarb Farm - 7th September

Mocktails! Town Centre, Monday 9th September

October -

Veterans Hub, location TBC, Friday 25th October



with

DERBYSHIRE
ALCOHOL ADVICE SERVICE
CID



To celebrate Recovery Month
Derbyshire Alcohol Advice Service
and STAND TO invite you to join us
for a days' fly fishing for trout in the
heart of the Derbyshire Peak District
on

Tuesday September 3rd 2019

For details on how to book call:
01246 206514
or email andy.hazard@daas.uk.com



DERBYSHIRE
County Council
Improving life for local people