



## VETERANS AND FAMILY ENGAGEMENT SERVICE

Veterans and Family Engagement Service is a 2 year service, running from January 2021, funded by the Armed Forces Covenant Fund Trust and provided by TGP Cymru.

This service aims to provide support for Veterans and their families to help build positive relationships, minimise conflict leading to family breakdown and empower them to seek specialist services when needed.

### WHAT WE DO

We know that in all aspects of life, the quality of our relationships is essential to our wellbeing and our ability to deal with situations.

Our service looks at strengthening the family relationships to make a positive impact on the mental health and wellbeing of all family members. Supporting the family to jointly identify solutions that enable everyone affected to move forward.

We engage with, and take referrals from, other services and organisations as needed (including Veterans NHS Wales, Change Step, etc). Self-referrals are also encouraged.

### WE OFFER A 4-WEEK STRUCTURED PROGRAMME and/or DIRECT FAMILY INTERVENTIONS

The 4-week structured programme is facilitated by our team through live online sessions with other families. These sessions enable participants to explore communication skills that help to manage conflict more effectively.

The direct family interventions are facilitated by our Restorative Practitioner through individual and family sessions. These sessions help families to communicate effectively and understand each other as they identify their strengths and needs. This enables families to move forward with sustainable relationships.

### FROM THIS...

*"We find it hard to deal with everyday problems"*

*"We seem to go from one crisis to another"*

*"Things always go wrong for my family"*



### TO THIS...

*"Each of us gets listened to in our family"*

*"We are good at finding new ways to deal with things that are difficult"*

*"We talk about things that matter to us"*

### YOU CAN ACCESS OUR SERVICE IF YOU...

Are a veteran/service leaver or are a family member of a veteran/service leaver

Would like support with family relationships and/or are struggling with family life

There is at least one child that is a member of your family – whether you live with them or there is separation (provided that all parties agree to our intervention).

If you would like to refer yourself or a family please complete a professional or self-referral form and send back to: [RAVFS@tgpcymru.org.uk](mailto:RAVFS@tgpcymru.org.uk)

Any queries or further information, please contact Tina (Service Manager) on 07951096208



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