



Warwickshire & West Mercia AFC CJS Remember Veterans Project Case Studies



Alex (Male 39 – Veteran - Former Royal Signal Reservist)

In 2011 I had a relationship break down and I hit rock bottom, I had no confidence and started to think what's the point in being here and because I received no help and I was ignoring my problems. I also had a minor contact with the Criminal Justice System where I was cautioned for drunk and disorderly.

I found out about the Veterans Contact Point (VCP) and what they do so with nothing to lose, I went down the town hall for help, also to meet Len Hardy who had formed the VCP. I told him what happened and I got the help which I seeking, they offered me support. So, after a very long chat with Len and the volunteer staff, I slowly took in the advice and started to turn my life around as their say, in "little steps".

I can remember thinking at last someone is listening to me, and that after months of going to the doctor and just being giving pills, somebody wanted to help me.

Since becoming involved at the VCP, I have become involved in:

- Fundraising - attending events, helping with street collections and being Victor
- Training - I have attend various courses and gained qualification to better my employment chances
- Meeting and Greeting – I meet people when they come into the VCP and make them a brew. I answer the phone
- Other help – I will pitch in and do any odd jobs that need doing

The VCP has helped me, it gave me more confidence and my mind set has changed to a more positive one.

Through my contact and volunteer role with the VCP and Ubique Partnerships Ltd, the New Leaf Veterans Project and the current Remember Veterans CJS Project, I have been put on courses to better myself so far, I have gained qualifications in:

- Certification in Employability and Personal Development April 2014
- HABC LEVEL 2 Award in SIA Door Supervision May 2014
- Mental Health Awareness Nov 2016
- Volunteer Peer Support/Mentoring Training Nov 2016
- AoFAQ LEVEL 2 Emergency First Aid At Work Feb 2017
- Employability Skills Aug 2017
- Peer Support / Mentoring Training Sep 2017

I have also completed personal development courses with: -

Remount Course 47 helping with:

- Enhancing self-awareness
- Demonstrating the behaviours and characteristics of an effective team member
- Understanding the importance of disclosure and feedback
- Getting the most from relationship by appreciating different levels of communication
- Recognizing and controlling emotions
- Understanding and embracing the process of change
- Harnessing the power of positive reframing
- Employing effective listening skills
- Recognizing the values of having a balanced lifestyle
- Understanding the importance of a mentor



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- Setting and achieving personal goals

RBL Lifeworks Employability Programme (Residential) in 2014: -

- Develop a winning CV
- Job searching skills
- Coaching 4 Change
- Interview skills
- Professional networking
- Working to your personal strengths
- Identify and overcoming barriers
- Present yourself with confidence
- Identify career goals
- Identify development opportunities
- Vocational options
- Recognize your transferable skills
- Job applications
- Personal Development
- Next steps
- Present to an audience

Wolverhampton City Council - Completing the Army Employability Course in 2015

The Warrior Programme 2016 – A personal development programme

In short, The VCP, Ubique Partnerships and their various projects, including the Remember Veterans CJS Project and others they have delivered in support of the Armed Forces Community, have helped me develop my self-esteem, confidence. I have also received welfare and other support from SSAFA and The Royal British Legion, and I feel that without them I would not be here today looking forward to a future.

My aim for the future is to find permanent employment and somewhere independently to live.