

## Online Regional Community Cafés Introduction

Fighting With Pride's Online Regional Community Café is a new initiative being introduced across the Regions for LGBT+ Veterans. The primary aim is to connect veterans regionally, help reduce social isolation, make friendships, form peer support and buddy systems, and gain an understanding of what Veterans would like to see happening in their regions. It is an opportunity for you to share ideas and how together we can grow and develop community in the respective localities.

### **Key Aims**

- To reduce social isolation
- To gain a better understanding of support needs in the region
- To share ideas and knowledge
- To cascade any new information and updates from FWP
- To develop a peer support group and/or buddy up system
- To explore how we can work together to grow and develop FWP within respective localities
- To develop and grow regional events suited to the needs and interests of Veterans

### **What it isn't**

- It isn't a campaigning space. FWP has Operation Crescendo in place to take campaigns forward. Any future campaigns will be addressed by the organisation as a whole.
- It isn't a membership group. FWP does not have members, we are a connected community, with supporters and allies.
- It isn't a forum to complain about the organisation / partner organisations/ veterans / staff. There are official channels on our website for individuals to raise concerns or complaints.
- It isn't compulsory to join our online forums. We will leave that choice entirely up to you.

### **Conduct of Attendees**

#### **Dignity, Respect and Conduct Guidelines**

Be Kind. Please remember, you might not know what the person 'sitting next to you' is going through or difficulties they may have, and this may be their first venture into this kind of group. Please, first and foremost, be mindful, respectful and kind.

Be Considerate. Negative comments can put people off from joining our forum, this will have the opposite effects of what they are designed to do. We do not wish to bar anyone from any of the forums, but we must manage the impact on individual wellbeings. If disrespectful and negative comments are being made, any caution or, if necessary, decision to remove that individual from the group, will be made in the best interests of others and the group's success.

## National Helplines for the Armed Forces Community:

[Op Courage](#) (NHS veteran mental health line)

24 hours call: 0300 323 0137

[Samaritans](#) (Military & Armed Forces community support available)

24 hours call: 116 123

Or download the [Samaritans Veteran App](#) to your mobile device

[Combat Stress](#)

24 hours Support (for veterans and their loved ones.)

Call: 0800 138 1619

Text Helpline on [07537 173 683](#)

Email [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)

[Veterans Gateway](#)

24 hours call: 0808 802 1212

Or download the [Veteran Gateway App](#) to your mobile device

### Other Support:

[Galop LGBT+ Domestic Abuse](#) (LGBT+ Anti-Abuse)

Monday Tuesday: 10:00- 17:00

Wednesday / Thursday 10:00 – 20:00 Call: 0800 999 5428

[Switchboard LGBT+](#) (LGBT+ Helpline)

10:00 – 22:00 call: 0300 330 0630

[Refuge Domestic Abuse](#)

24 hours call: 0808 2000 247

[Frank – Confidential Drug Advice](#)

24 hours call: 0300 123 6600

[Alcoholics Anonymous](#)

0800 917 7650