

Supporting your rehabilitation

a guide for the Armed Forces community



This pack has been designed by the Veterans Covenant Healthcare Alliance (VCHA), as part of their veteran rehabilitation project, to help you to get the most out of your rehabilitation and better manage your health.

We have included key information in this pack. If you are keen to find more, there is an abundance of resources on our website, which can be found [here](#).

Additionally, further information on the rehab project can be found [here](#).

Any specific questions or feedback relating to this project please email rnoh.rehab.vcha@nhs.net

NHS App guide

We recommend patients download the NHS App as it has been shown to be useful in helping them co-ordinate their care by storing all GP letters and scan results in one place.

The NHS App user guide created by Kingston Hospital can be found [here](#). They may need to notify their GP to make sure all information is correctly uploaded.



Values-based SMART Goals

The key to effective rehabilitation is good goal setting. This goal setting worksheet is designed to help you. Firstly, identifying your values will help establish more meaningful goals. Then structuring them to be Specific, Manageable, Achievable, Realistic and Timed (SMART) will guide you in creating a rehab plan that is tailored to you.

Part 1 – Ask yourself the following questions and write down your answers. You can be as brief or in depth as you like but it is important to be honest with yourself.

What problems, caused by your physical health, are you experiencing in day to day life?

Do you know what you need to do to overcome them? If so, write this down.

What are your priorities?

Your priorities may include self care, for example washing and dressing; functional mobility, for example getting out of the house, playing with your children, housework; or leisure activities, for example hobbies, crafts, sports, keeping in touch with friends.

Thinking about your priorities (above), what do you need to be able to do to achieve these? These are your 'goals'.

What may get in the way of you achieving your goals?

Part 2 – Using your goals from above. Answer the questions below to turn them into SMART goals. Your therapist can discuss these goals with you and advise which are suitable for your rehab and any changes that may need to be made

Write your goal below:

Initial goal

Specific

Be specific about your goal, how will you achieve it, why, when etc.

Measurable

How will your goal be measured? Steps, distance, weight?

Achievable

Can you achieve your goal given your available time and resources?

Realistic

What time is realistic, when would you like to complete this goal by?

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Op RESTORE: The Veterans Physical Health and Wellbeing Service

Op RESTORE is an NHS service that ensures those who have served in the UK Armed Forces access the right NHS treatment for significant, continuing physical injuries and illnesses caused by their time in the Armed Forces. Op RESTORE works with military and civilian medical professionals, along with charities, and understands military life and the physical issues that can result from this.

Op RESTORE can help by:

- ensuring you can access the care you need within the NHS,
- making sure you're treated by people who understand the military world and specialise in the type of physical health problems you have,
- putting together a care plan shaped around your needs.

Who is it for?

It doesn't matter when the physical health problem happened or when you left the Armed Forces, Op RESTORE can help if you:

- served at least one day in the British Armed Forces (including reserves),
- have a physical health problem is attributable to their time in Service,
- ask a clinician at your GP practice to refer you.

Referral forms can be obtained by emailing: imperial.oprestore@nhs.net

Once a referral is received a support worker from a military charity will get in touch with you – this usually takes about five working days. The support worker can help you access non-clinical support and keep you updated as your referral progresses. Referrals are normally reviewed within 8 weeks after which, your GP will be updated.

Op RESTORE is unable to reduce NHS waiting times and works to ensure you are seen by the most appropriate clinician, this may not be local to you. Further information can be found at nhs.uk/oprestore.



Op COURAGE: The Veterans Mental Health and Wellbeing Service

Op COURAGE provides specialist care and support for people who have served in the Armed Forces and are experiencing mental ill health. This service provides a range of support and treatment that has been informed by people who have served in the Armed Forces.

Who is it for?

Op COURAGE can help if you:

- served at least one day in the British Armed Forces (including reserves),
- live in England,
- are registered with a GP (or will be) in England.

Referral to Op COURAGE

You can get in touch with Op COURAGE directly or be referred by your GP, healthcare professional or supporting charity, friends and family can get in touch on your behalf too. For further information, go to: www.nhs.uk/opcourage.



Op NOVA: Supporting Veterans in the Justice System

Op NOVA provides specialist non clinical support for people who have served in the Armed Forces and find themselves in the criminal justice system or, at risk of arrest. This service provides a range of support that has been informed by people who have served in the Armed Forces. Op NOVA is an NHS service which is delivered by the Forces Employment Charity.

Who is it for?

Op NOVA can help you if you:

- served at least one day in the British Armed Forces (including reserves) and,
- live in England.

Referral to Op NOVA

You can refer yourself to Op NOVA or they can ask someone else to do it for them. Information can be found at www.forcesemploymentcharity/opnova

DMWS

[Defence Medical Welfare Service \(DMWS\)](#) is an independent charity providing medical welfare to those who have, and continue to, operate on the frontline. They place trained professional welfare officers in locations throughout the UK to deliver much-needed additional support for those who are on the clinical pathway.

Telephone: 0800 999 3697

Email: referrals@dmws.org.uk

Help for Heroes

[Help for Heroes](#) provides physical, financial and social support to promote the health and wellbeing of veterans. Their Sport, Activity and Fellowship programme offers something for everyone, whatever your interests and abilities. Patients can contact the charity directly on their website, [here](#).

Help for Heroes run free 'My recovery college' courses on various topics designed to help people better manage their physical and mental health.

Battle back Centre - Royal British Legion

[The Battle Back Centre](#) was established by the Royal British Legion in 2011 to support wounded and injured service personnel returning from Iraq and Afghanistan.

The aim is to help ensure the best possible recovery for the Armed Forces community, whether it's returning to duty or successfully transitioning to civilian life.

As well as continuing to support wounded, injured and sick service personnel, more recently they have expanded their service with the introduction of wellbeing courses for veteran se

Complete the online application using the link [here](#). The course includes activities such as cycling, climbing, archery, walking, bowling and much more. Participants must:

- be independently mobile,
- be able to independently transfer from one vehicle to another ,
- be able to participate in activities,
- have a moderate level of mobility and fitness and,
- not have been detained under Sec. 2 or Sec.3 of the Mental Health Act within the last three months or currently under a Community Treatment Order.

The Battle Back Centre:

- is unable to provide clinical, medical or nursing support,
- will give precedence to those who have not benefitted from other Recovery programme courses,
- allocation process will be based on perceived need based on the facts presented,
- confirms there is no age restriction and,
- will require basic medical information, to ensure your safety, but details will be destroyed once the course has finished, in accordance with RBL GDPR policies and procedures.

The course is fully funded by the British Legion and is free to attend. All meals and use of equipment is included.

The Warrior Programme

For veteran patients struggling to manage chronic conditions, [the Warrior Programme](#) provides a behavioural change programme. This consists of either a three day residential course or five days online. Then follow up monthly phone calls for 12 months after. They have a wide catalogue of online resources and work closely with Op COURAGE. Patients Can contact directly on +44 (0)808 801 0898 or Enquiries@warriorprogramme.org.uk

Breakfast clubs

Social clubs for veterans to come together over breakfast. Veterans must make an account online at <https://www.afvbc.world/>