



Veterans Covenant
Healthcare Alliance



Armed Forces Community Rehabilitation Pack

Veterans Covenant Healthcare Alliance



The Veterans Covenant Healthcare Alliance

This pack has been designed by the Veterans Covenant Healthcare Alliance (VCHA), as part of their rehab project, to help you get the most out of your rehabilitation and better manage your overall health. The VCHA is a group of NHS providers, including acute, mental health, community, and ambulance trusts that have agreed to be exemplars of the best care for, and support to, the armed forces' community. We do this through our Veteran Aware accreditation model, which encourages providers to identify those patients with an armed forces background.

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: [RESOURCES](#)

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

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

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NHS App guide

The NHS App has been shown to be useful to help co-ordinate your care by storing all your GP letters and scan results in one place

NHS App user guide created by Kingston Hospital can be found by clicking [here](#).

- You may need to notify your GP to make sure all information is correctly uploaded.



Values-based SMART Goals Sheet

This goal setting worksheet is designed to help you get the most out of your rehabilitation. 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

- What are your problems?

- Do you know what you need to do to overcome them?

- What's important to you? Set your priorities (guide below)

- Consider a goal or goals to work towards.

- Barriers to change?

Priorities to consider

Self-care	Productivity	Leisure
<ul style="list-style-type: none">• Personal Care (dressing, bathing, feeding, hygiene)• Functional Mobility (moving round the house, getting out)• Community Management (transport, shopping)	<ul style="list-style-type: none">• Paid/Unpaid Work (finding/keeping a job, volunteering)• Household Management (cleaning, laundry, cooking)• Play/School (play skills, homework)	<ul style="list-style-type: none">• Quiet Recreation (hobbies, crafts, reading)• Active Recreation (sports, outings, travel)• Socialization (visiting, phone calls, clubs or groups)

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

SMART goal setting sheet	
Initial goal	Write your goal below:
S Specific	Define your goal; Who, what, when, where?
M Measurable	How will your goal be measured? Reps, steps, distance, weight, activity?
A Achievable	Can you achieve your goal given your available time, skills, financial status etc.?
R realistic	Is your goal realistic?
T Timed	What is the time frame? set a start and end date:
	Start date: _____ Finish date: _____
SMART goal	Write your SMART goal below:

Supporting services - NHS

Op RESTORE

Op RESTORE: The Veterans Physical Health and Wellbeing Service is for anyone who has served at least a day or more in the Armed forces, and as a result of their time in service, has developed a physical illness or injury.

Op RESTORE work with both military and civilian healthcare professionals, alongside military charities, to provide a holistic approach to supporting veterans. Whilst they are unable to reduce NHS waiting times, they can ensure you wait well and are seen by the most appropriate clinician for your needs.

Op RESTORE only accept GP referrals. If you feel you may benefit from this service then speak to your GP to find out if it's appropriate for you. GPs can obtain a referral form by emailing imperial.oprestore@nhs.net



Op COURAGE

An advertisement for Op COURAGE. It features a profile of a man in a white shirt looking upwards against a light background. The NHS logo is in the top right, followed by 'The Veterans Mental Health and Wellbeing Service'. The main text reads 'The first call for help takes courage' in large blue font, followed by 'Op COURAGE: The Veterans Mental Health and Wellbeing Service' in black. Below that, in smaller blue text, it says 'Specialist care and support for Service leavers, reservists, veterans and their families'. At the bottom left, a blue box contains the text 'Visit the NHS website at www.nhs.uk/opcourage'. At the bottom right, the Op COURAGE logo is displayed. A red and blue wavy graphic runs across the bottom of the image.

NHS
The Veterans Mental Health
and Wellbeing Service

**The first call for
help takes courage**
**Op COURAGE: The Veterans
Mental Health and Wellbeing
Service**
Specialist care and support for Service leavers,
reservists, veterans and their families

Visit the NHS website at www.nhs.uk/opcourage

Op COURAGE

Op COURAGE is the mental health service for veterans. They can be contacted directly by yourself or a friend/family member. Alternatively, you can discuss with your healthcare professional for more advice.

[Click here to find contact details for your region](#)

Supporting services – Third Sector

Below are 2 charities that can support you through your healthcare journey. They provide assistance with co-ordination of care, travel to appointments and support in all aspects of life. They can also keep you fit and healthy by helping you find fun physical activities that are appropriate for your level of fitness.

Get in touch today. They rely heavily on your contact to help support their growth and help them gain further funding. The more people who contact them, the better. Get in touch with them today and help build a bigger network, **strengthening the armed forces community for all.**

DMWS

The 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: [08009993697](tel:08009993697)

Email: referrals@dmws.org.uk



Defence Medical
Welfare Service
Supporting
the frontline

Help for heroes

Help for Heros 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. You can contact the charity directly on their website, [here](#).

They also run free '[My recovery college](#)' courses on various topics designed to help people better manage their physical and mental health.

HELP for HEROES

