

Armed Forces Network video transcript

0:00:00.160,0:00:07.760

I am a veteran. I am a military wife.

I am an ally. I am a veteran. I am a veteran's

0:00:07.760,0:00:15.360

wife. Coming into the NHS was my first
job after joining the armed forces and

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um having been out for a while going through my
own recovery. Being able to speak to people with

0:00:20.080,0:00:26.000

the same language, shared experiences
made coming into the trust feel so much

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easier and actually felt to me that the trust
really valued my experiences and my background. I

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signed up to join the armed forces network
because it was really really important for me to

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meet other people who were going through the
same experiences as I had. So I have uh both

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a brother and an uncle who serve in the
armed forces or served in the armed forces and

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myself I was part of the cadet forces for a long time part of the Royal Air Force air

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cadets. So I'm really really passionate about the armed forces network and supporting

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people at work to be able to do both or to transition from the armed forces into places like

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Berkshire Healthcare. The Armed Forces Network is there to support families, not just those

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that have served. It's there for reser. It's there for the spouses, for the partners,

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and for the children. Knowing now that we've got a network where we can help the wider armed

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forces community makes me feel a sense of pride that um others might not have to go through

0:01:29.280,0:01:36.480

such difficult times alone. Often our husbands and wives are abroad on active duty.

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Therefore that support is greatly appreciated. The armed forces network provide a lot of

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support not just for veterans but also those who are family or have connections to the military.

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It doesn't always just affect those who have been through the armed forces. It also

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affects the family and the friends and the children who have maybe got connections to

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those who are in the armed forces. And having that ability as a network for us to all connect

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together to be able to stand as one and say we are here for each other is really important. To join

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the armed forces network, you don't necessarily need to be part of the armed forces.

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You can join as a veteran, a spouse, or an ally. Attracting allies to the network like the armed

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forces community network is absolutely vital because it spreads the information that we

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we will have within our network and brings other viewpoints in. I think it's very dangerous

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sometimes to actually stay within just

saying that you need to be part of perhaps the

0:02:37.760,0:02:43.520

veteran community having perhaps you've served
or you're still serving early to to join

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but actually it's so important because there
are other people who want to get involved who

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want to support our network and we would
absolutely love to have you as part of our network if you've got any interest whatsoever.
As part of the network, we've got a team of armed

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forces champions who are trained
with a nationally recognised CPD course,

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um, which will enable you to understand
more about what it is to be a veteran, but more

0:03:11.440,0:03:17.120

importantly, it's about learning more about the
resources available to provide support to

0:03:17.120,0:03:23.840

somebody in need. If you're considering joining
the Armed Forces Network, I would say 100% go

0:03:23.840,0:03:28.480

for it. If you've got the experience of
being within an armed forces or a military family,

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it's a really wonderful way to meet

people. It can seem really lonely sometimes. So,

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just having other people around to chat to or even to meet up with is great

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and it will provide you with a whole new set of family that you never knew you had

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before. If you're thinking about joining the network just because you want to support it,

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then again, go for it. It's a really wonderful way to not only meet staff across

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the trust that you will have never met before, but maybe to learn something new about a

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another service or something new about the armed forces that you might have not known before.