

Supporting Ex-Forces men and women
in Greater Manchester with autism,
a disability, or health related complex
needs



Helping you to improve your wellbeing, quality of life, and reduce your isolation

Join us for our weekly

Ex-Forces Park Brunch Meet Up

at

Etherow Country Park

George St, Compstall, Romiley, Stockport SK6 5JD

EVERY Tuesday 1030 - 1230

Pull up a sandbag for a brew, scan, and banter
in the fresh air on the park café patio (all weathers)

Bacon, Sausage, and Egg Barm's, and hot brews available to buy

Contact Gav Jones (Veteran Services Manager) on:

Mobile/Text/WhatsApp: 07458 306239

Landline: 0161 480 7248

Email: gavin.jones@disabilitystockport.org.uk

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Helping to reduce social isolation, and improve the wellbeing and quality of life of Ex-Forces men and women with autism and brain injuries

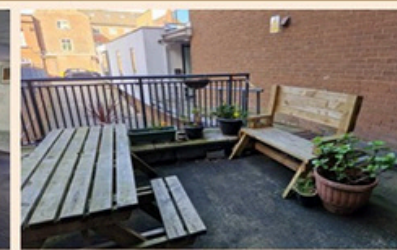


Promoting and valuing equality and inclusion throughout Greater Manchester



**Come along to our
Ex-Forces Autism & Brain Injuries Social Group**

**Every 2nd & 4th Monday of every month 1600 - 1800
At Disability Stockport, 23 High Street, Stockport, SK1 1EG**



Come and relax, have a brew and chat, in a safe, non judgemental, autism friendly environment

**Play Pool • Play Table Tennis • Quizzes
Model Making • Curry Nights • and much more....**

**Would you like to come along? It would be great to see you
Please get in touch with Gav Jones to let him know**

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 **VETERANS' FOUNDATION**

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We support Ex-Forces men and women with acquired brain injuries, to help them improve their wellbeing and their quality of life



Supporting neurodivergence within the North West, promoting inclusion and equality, and helping to reduce social isolation

Do you struggle with....

- Speech difficulties
- Social interaction & environments
- Processing visual information & problem solving
- Short term memory, concentration, mood swings
- Increased fatigue (mental and physical) and low mood
- Behaviour and personality changes
- Physical and sensory abilities

We can help.

Please get in touch with Gav Jones if you want advice or need support

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Working alongside and Supported by



We support Ex-Forces men and women struggling due to autism, to help them reduce their social isolation, and help improve wellbeing, and quality of life



Understanding neurodiversity, promoting equality, and inclusion within the North West

Do you struggle with.....

- **Social communication & interaction**
- **Feeling isolated**
- **Changes in routine**
- **Anxiety**
- **Over- or under-sensitivity to light, sound, taste or touch**
- **Meltdowns and shutdowns**
- **Do you have autism within the family**

We can provide both pre and post diagnosis support, and help you to understand your autism

Please get in touch with Gav Jones if you want advice or need support

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**THE ARMED FORCES
COVENANT FUND TRUST**

Working alongside and Supported by

NHS
Greater Manchester
Integrated Care

Greater
Manchester
Autism
Consortium

NHS
Central Cheshire
Integrated Care Partnership

We support Ex-Forces men and women, who are struggling due to ADHD, to help them improve their wellbeing, independence, and their quality of life



Understanding neurodevelopmental disorder, promoting equality and inclusion within the North West

Signs of ADHD include....

- Impulsive behaviour
- Always starting new tasks before finishing old ones
- Poor organisational skills
- Always losing or misplacing things
- Forgetfulness
- Restlessness and edginess
- Difficulty keeping quiet, and speaking out of turn

We can help.

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Supporting Ex-Forces men and women with a disability, ADHD, autism, or a brain injury



Registered Charity No. 1133529



LIVE AT EASE



Valuing equality and inclusion across the North West

We can help you with.....

- ✓ Benefits forms, reviews, appeals, and attend assessments with you
- ✓ Cost of living difficulties and budgeting
- ✓ Pre & Post autism and ADHD diagnosis support
- ✓ Advice on disability aids and adaptations, Blue Badge scheme, or the Motability scheme
- ✓ Struggles with alcohol and dependency
- ✓ Independent living support, at risk of homelessness, or managing a tenancy
- ✓ Accessing leisure activities, social groups, or support networks

Our Objective: To support ex-forces men and women who struggle with autism, ADHD, a disability, or a brain injury, that impacts on their daily living and executive functioning skills.

Our Mission: To help you to improve your self-confidence, mental wellbeing, and quality of life, and help you to reduce your isolation and feeling of social exclusion.

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