

## Letting us know

We can support your activities in so many ways – we have publicity resources that you can adapt for your own needs and useful experience that can really help your event get off the ground. If you agree, we can also signpost local beneficiaries to your event as part of a wider wrap-around care package for them. You just need to let us know what you are planning to do and to make this as easy as possible, you can scan the QR code or follow this link:



<https://www.surveymonkey.co.uk/r/WGZYJFV>

# Supporting the wellbeing of our community



## Supporting welfare and wellbeing activity through your branch network.

The RAF Association is proud of the amazing work of our branches, RMGs and branch clubs, and with a renewed focus on welfare and wellbeing, want to work with your network of volunteers to support the wider RAF community. Your branch or RMG may already be providing wellbeing events to our community, whether this is a monthly meeting or a day out, and we would like to build upon this.

For more than 90 years the RAF Association has been here for the RAF community, providing life-changing help and support to serving personnel, veterans and their families.

From their involvement with peacetime operations, to overseas deployments where they are separated from family and friends, the contribution of the RAF community to our society is significant. Whatever their need, we ensure that those who have given so much on our behalf are able to lead the dignified, fulfilled and independent lives they deserve.

It is important that we, as representatives of the RAF Association, ensure that we are there to support the wider RAF community through difficult times. To do this the Association is enhancing its welfare and wellbeing activities, building upon the success of the past 12 months.

A huge part of this is the amazing work of the branch network to support people within their community. By engaging every person possible within your community, as an Association we are able to be there to support those feeling isolated or lonely, or those in need of the assistance of our Casework team. Linking former or serving members of the Royal Air Force into a local support network this could encourage them to thrive, supporting them on their journey.

## Meet the team



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## Resources Available

The Community Hub page has several resources to support you in delivering wellbeing activities. If you feel that there are other resources that would help, please let us know through your BMWO.

*Thank you!*

Thank you so much for all your efforts and support. The team are here to support you and can't wait to hear all your plans!

If you are unsure about anything, you can contact the team on [branch@rafa.org.uk](mailto:branch@rafa.org.uk)

# What is wellbeing and welfare?

'Wellbeing' is a state of being. The Association's definition of wellbeing is that individuals and communities are thriving: feeling happy, purposeful and resilient.

'Welfare' describes the help and support provided by the Association to assist individuals to attain a state of wellbeing.

The RAF Association recognises that utilising the [5 Ways to Wellbeing](#) helps promote positive life choices to support a persons wellbeing.

## 1. Be active

Do you get out to experience nature? Savour time outdoors being active? Do you keep a healthy routine and eat well for your body type?

## 2. Take notice

Are you mindful (aware of your thoughts and emotions)? Do you understand what triggers your responses, and why? Do you understand how to practise distancing yourself from your thoughts and feelings, and take notice in a non-judgemental and compassionate way? Are you aware of the habits you engage in, and are they helpful to your overall wellbeing?

## 3. Connect

Do you talk about your wellbeing and share your experiences openly and honestly? Do you build strong relationships with others? Do you have people who you can be yourself with?

## 4. Learn

What are you doing to keep your brain stimulated? Are you working towards something? Do you strive for growth in areas that you feel passionate about? Do you find ways to learn more about yourself and how you best operate?

## 5. Give back

What increases your self-esteem? How do you find ways to give back and show kindness to those who need it? Does anyone do that for you? How have you felt in the past when you made a difference to a project or a person?

## Wellbeing project ideas

Delivering wellbeing activities as a branch or RMG should not be a daunting or difficult process. There have been plenty of excellent examples of branches and RMG's delivering successful activities over the past 12 months, and your BMWO is always available to assist you in developing any ideas that you might have.

In addition to Association activities there are several potential partnerships that you could explore in your local area. Most projects are looking to develop partnerships and it is always worth asking, especially when looking to ease the burden for smaller branches and RMG's. An internet search is usually the easiest way to find projects in your area. Some examples are:

- Veterans' drop-in centres. Hubs that support veterans that are usually willing to open activities to service organisations.
- Local projects that have been developed to support individuals. There are a wealth of local initiatives that provide wellbeing projects to support individuals. Most projects are willing to open activities to veteran's groups if asked.
  - Community, village hall or church hall events such as coffee mornings and activities.
  - Other military charity events such as veterans' breakfasts, coffee mornings or outdoor pursuits.
- National organisations such as the National Trust, Historic England, Canal and River Trust, National Parks and Local Council projects.