



**Introducing the new MEDIA TEAM.**

**Monthly  
Newsletter**

Vol-AUG 2023 | issue 7 | Editor- Deb Grant- Reporters- Chloe Scott. Tim Seeley. Daz Jaye.

*Announcement*

**The new media team.**

**Family day and BBQ**

**Hiking for STEPWAY**

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# Welcome to the new media team!

**STEPWAY**  
Supporting all Veterans in civilian life

## The Media Department



**Head of Media- Deb Grant**  
**media@stepway.org**  
**07398 732598**

STEPWAY CIO-Registered Charity in England and Wales- 1186465



**Tim Seeley**



**Chloe Scott**



**Daz Jaye**

### Media Team

Some of you may or may not know by now Stepway now has a media team. The team is being managed by a group of committed and valuable volunteers.

Let me introduce you to us all.

#### **Volunteer Deb Grant** (veteran)

I've been crowned with the position head of media (gulp). For the first few weeks while I get used to how things work, you may need to forgive any fubars that might happen!

**Volunteer Chloe Scott** working predominantly from Oldbury hub.

**Volunteer Daz Jaye** (veteran) working throughout Stepway.

**Volunteer Tim Seeley** (veteran) working throughout Stepway.

Both Chloe and Daz will be visiting sites from time to time, so you will have a chance to talk with them face to face.

**Thank you! Mr. Mike Wroe & Mr. Ian Fothergill on behalf of the White Ensign 9169.**



STEPWAY CIO would like to thank everyone at the Masons Lodge who donated funds towards our cause where we were delighted to receive your generous donation of £700.

Donations go directly to support all veterans and family members in civilian life, no matter their background or circumstance.

Therefore, with your kind donation, we can continue to make positive changes on the ground level by not only improving lives but also saving them too.

**Would you like to fundraise for STEPWAY?**

**To find out how to get involved call or email our Fundraising lead Sam Bartlett on-**

**0121 7922 723**

**Sam.bartlett@stepway.org**

# HIKING FOR STEPWAY



Brendan is the son of a veteran who gained support from STEPWAY. As a thank you, he is raising funds for the charity with his two friends, Marley, and Callum by hiking from Worcester to Lands' end start date- 3<sup>rd</sup> Sept.

Hi friends, join me in making a difference by supporting a good cause! I'm raising money for STEPWAY, and any donation will help make a difference. We will be trekking 260 miles across the UK, from our hometown Worcester all the way to Lands' end. Whilst Wild camping along the way (with one hotel stop in between to freshen up!). That's a 15-day journey!

Would you like to support them along the way? please visit- [DONATE-](#)

## Family Day and BBQ

We have moved the date for our Family Day and BBQ at the Community Garden in Worcester after receiving several requests to move it, as most people had prior arrangements for the August Bank Holiday.

Family Day and BBQ at Worcester Community Garden is on **Sunday 10th Sept 2023.**

**Lots of activities on offer for all ages and abilities-open to the whole community.**

For more details, please contact the Community Project Lead, Paul Taylor on – 07522 965645.

Or email- [paul.taylor@stepway.org](mailto:paul.taylor@stepway.org)



## Family Day and BBQ

**Sunday 10th Sept 2023**

11am - 3pm

**Free entry**

**STEPWAY Community Garden, North Stables, Pitch WRI 3JW**

For more details, contact Paul- 07522 965645



# COMMUNITY PROJECTS

## Worcester Community Garden

The shed was kindly funded by Prime Foundation and has now been put up. Heartfelt thank you to all the volunteers for your help and support in building the shed Bren Taylor, Blain Taylor, and Jade. Many hands make light work. Great efforts from you all.



Paul has also been beekeeping the colonies helping them stay safe and healthy to provide for their queen and produce golden nectar. Bees are the unsung heroes of our planet, and the importance of beekeeping is vital to help them thrive and survive.



## Oldbury Community Garden-



Support from Equans (Sian Dhillon) bringing in volunteers to put in Windows, a door, walls, and insulation into the garden for the container to be made into a workshop.

It's not stopping there! They continue to support us by supplying painters & decorators and materials for this project too. A big thank you to Equans, Sian Dhillon and all involved in the project. And of course, thank you Neil Binder Regional Coordinator for finding Equans.

Both Worcester and Oldbury Community Gardens are always in need of volunteers to help with the never-ending tasks that Garden projects bring. Volunteers are greatly appreciated and valuable.

**Worcester Community Garden** is open Monday Wednesday Thursday.

**Oldbury Community Garden** is currently open on Tuesday.

# BANTER and BREWS

**VETERAN BANTER AND BREW**

**Bromsgrove**

**STEPWAY**  
Supporting all Veterans in civilian life

**FREE REFRESHMENTS**

**Parkside, Market Place, Bromsgrove. B61 8DA**  
**First Monday of the month**  
**1000 - 1400**

**Activities**  
Seetec Employment plus Refreshments 1000 - 1400

**Seetec PLUS**

**Support**  
Guest speakers  
Warm referrals to partner charities (VPPP)  
Buddy system

STEPWAY. CIO-Registered charity number1186465 | The Trinity | Worcester | WR1 2PN | 01905 745 253  
STEPWAY Wellbeing Centre | Merton Close | Oldbury | West Midlands | B68 8NG | 0121 792 2723  
Facebook, Twitter & Instagram: @stepwayorg | www.stepway.org | info@stepway.org

**THE ARMED FORCES COVENANT FUND TRUST**

The newest of Stepway Banter Brew sessions is in Bromsgrove and have enjoyed 2 gatherings so far. A lot of us veterans are up for banter, pulling up a sandbag and free refreshments, so come on up and join us.

**VETERAN BANTER AND BREW**

**Worcester**

**STEPWAY**  
Supporting all Veterans in civilian life

**FREE REFRESHMENTS**

**The Salvation Army, The Trinity, Worcester WR1 2PN**  
**First Tuesday of the month**  
**1000 - 1400**

**Activities**  
Waterloo Uncovered  
Free breakfast and refreshments 1000 - 1400

**Support**  
Guest speakers  
Primary care Network  
Warm referrals to partner charities (VPPP)  
Buddy system

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**THE ARMED FORCES COVENANT FUND TRUST**

**VETERAN BANTER AND BREW**

**OLDBURY**

**STEPWAY**  
Supporting all Veterans in civilian life

**FREE REFRESHMENTS**

**The Salvation Army, Merton Close, Oldbury B68 8NG**  
**Last Wednesday of the month**  
**1000 - 1400**

**Activities**  
Walk and Talk- 9:30 10:30  
Table Tennis- 1000-1400  
Free breakfast and refreshments 1000 - 1400

**SCVO**  
connecting. enabling. transforming.

**Support**  
Guest speakers  
Armed forces champions from DWP  
Warm referrals to partner charities (VPPP)  
Buddy system

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**THE ARMED FORCES COVENANT FUND TRUST**

**VETERAN BANTER AND BREW**

**Upton Upon Severn**

**STEPWAY**  
Supporting all Veterans in civilian life

**WARM REFERRALS TO THE VPPP AND OTHER PARTNER CHARITIES**

**Café 8- New Street, Upton upon Severn. WR8 0HR**  
**Every Monday**  
**1000- 1300**

Pop along to Cafe 8 and grab yourself a breakfast or a cuppa.  
Lots of banter and a game of crazy golf!

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**THE ARMED FORCES COVENANT FUND TRUST**

For more information about the Banter and Brew sessions please email- [info@stepway.org](mailto:info@stepway.org)

or call

Worcester 01905 745 253

West Midlands 0121 7922 723

# Oldbury Walk, Talk & Table Tennis

Walk & talk starts at 9:30-10:30 on Wednesdays everyone week for veterans, their families including children.

Table tennis is 10am-2pm Wednesdays open to all the veteran community see photos below both activities are being run by James Reid (veteran).

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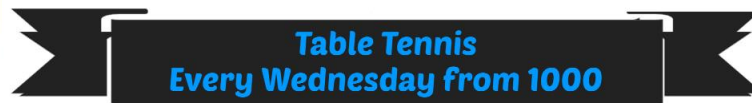
## Weekly Walks

Friendly and free and all welcome



Barnford Park,  
Oldbury

Every Wednesday-- Times- 9:30 -10:30  
Meet outside- STEPWAY Wellbeing Centre,  
Pound Rd, on Merton Close, Oldbury B68 8NG



### What will walking do for you?

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Improve wellbeing and social connectedness
- Strengthen your bones and muscles
- Improve your balance and coordination



[www.stepway.org](http://www.stepway.org)  
[Info@stepway.org](mailto:Info@stepway.org)  
0121 7922 723



Kidderminster's final Banter and Brew held at the Salvation Army was held on Wednesday, 23<sup>rd</sup> August.

A small number of veterans were on parade, yet a good time was had by all.

The venue will be relocating to St. Peters Church, 5 Meredith Green, Walter Nash Road, Kidderminster, DY11 7EJ.

As soon as the new venue has confirmation of its opening date, we'll update social media.

## Useful information

**British Forces Resettlement Services (BFRS)** offers free advice and help for the Armed Forces Community (AFC) as well as solutions for companies wishing to employ or work with the AFC.

You can contact them by:

T: [02476 939931](tel:02476939931)

E: [info@bfrss.org.uk](mailto:info@bfrss.org.uk)

[Contact Us \(bfrss.org.uk\)](http://bfrss.org.uk)

**Armed Forces Pension Awareness Week 11-15<sup>th</sup>** September 2023, which will mainly be aimed at Service Personnel, but there will be information provided on the 2015 Remedy, which some of us Veterans may find useful.

If you'd like to see if you might be affected by 2015 Remedy please follow the link.

[Remedy - Retirement Modeller - Civil Service Pension Scheme](#)

## Carers Card

If you or someone you know provides care then a carers card may be useful to provide proof of this whenever it's needed, such as at hospital a shop, attraction or in an emergency. It is available in debit/credit card size as well as an app on your phone. If you want more information, please see the link below.

[Carers Card UK - Carers ID Card](#)

If you'd like to receive any 2015 Remedy related info please email [people-afpension-mccloud@mod.gov.uk](mailto:people-afpension-mccloud@mod.gov.uk) after the week has finished.

For help and support with your Armed Forces Pension Scheme you can call 0800 085 3600 Mon – Fri 0700-1900

## DATES FOR YOUR DIARY

### Courses, Presentations and Workshops

**6<sup>th</sup> Oct**– Monthly morning workshop and afternoon training course. FREE course equipment, lunch, and refreshments provided.

STEPWAY Veterans HUB, The Trinity, Worcester WR1 2PN. Times- 1000 – 1500

For more information and to reserve your FREE place on a course or to book a company presentation, please click [HERE](#)

## Free Training Programs and Courses for your organisation

### External training programme: Understanding Veterans'

THIS COURSE IS BENEFICIAL FOR PROFESSIONALS WORKING IN THE HEALTH AND WELLBEING SECTOR, WHO WOULD LIKE TO GAIN AN INSIGHT INTO WHY VETERANS MAY 'TICK DIFFERENTLY' AND MORE IMPORTANTLY, HOW TO RETAIN THEIR ENGAGEMENT.

BOOK YOUR FREE WORK PRESENTATION [HERE](#).

# VOLUNTEERING OPPORTUNITIES

Volunteers are an important and valued part of STEPWAY. We hope that you enjoy volunteering with us and feel a full part of our team.

## Ask about Volunteering days at your workplace.



### What sort of Volunteering roles are there at STEPWAY?

At STEPWAY we like to give you the freedom to try your hand at all volunteering roles. This gives you the opportunity to gain experience across all departments and enjoy the role you choose to do in the end.



### STEPWAY will do their best to-

Introduce you to how the organisation works and your role in it.

Provide you with a role description and a full explanation of your duties/responsibilities, including the days/times when we would like you to volunteer within the organisation.

Invited to monthly workshops.

Where possible, meet the costs of/provide funding towards courses and expenses endure during your volunteering hours.

Respect your skills, dignity and individual wishes and do our best to meet them.

Consult with you and keep you informed of possible changes that will affect you.

Provide a safe and friendly workplace.

Provide you with free accredited courses to build your CV.

Provide mental wellbeing support.

STEPWAY Wellbeing Centre | Merton Close | Oldbury | West Midlands | B68 8NG | 0121 792 2723

BANTER & BREW

7-STEP CIVILIAN SKILLS PROGRAM

COMMUNITY PROJECTS

WORCESTERSHIRE AND THE WEST MIDLANDS

The Veterans' Places, Pathways & People Programme- Midlands portfolio  
Funded by



THE ARMED FORCES COVENANT FUND TRUST



EMPLOYER RECOGNITION SCHEME

GCLD AWARD 2023

Proudly supporting those who serve.

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