

Veterans MOT - Interview with Gwyneth:

From Soldier to Veterans Advice Officer

Q: Gwyneth, what is a Veteran's MOT?

A: Inspired by a car's MOT, it's a check-up for Veterans aged 65+ to ensure everything's running smoothly. Instead of an engine, we focus on the Veteran's overall wellbeing. Such as making sure that he/she has the correct benefits they're entitled to; their needs and care are considered; ensuring they can live independently with or without support; help with future planning; and connecting with other Veterans or Veterans services across Powys.

Q: Why is this service particularly important for Veterans in rural Powys?

A: There is a lack of services specific to ex-serving personnel in Powys. The county is very large and rural, but with a sparse population – a 3-hour journey end-to-end with no direct road and poor transport. No general hospital and a lack of access to mental health services. This leaves many older Veterans cut off from essential services and contributes to social isolation.



Q: What kind of support do you offer Veterans after the MOT?

A: We assist Veterans to access Veteran services eg SSAFA, The Not Forgotten and The Royal British Legion. Also local social groups, mental health services, or anything else that matters to them. We keep in touch with Veterans and Age Cymru Powys Veterans volunteers offer ongoing support.

Q: What are some of the most common challenges Veterans in Powys face?

A: Many are not aware of entitlements, resulting in financial hardship. Or they don't know about Veteran-specific services and social connections. Local Veterans can be very proud; it takes trust to build a relationship and discuss what would help them to make the most of later life.

Q: This sounds incredibly rewarding. What motivates you to do this work?

A: I served in the military for almost a decade, then worked as a Police Crime and Intelligence Analyst. The Veterans Officer role allows me to use my skills and experience, helping my fellow Veterans by having a conversation with someone who understands. I do get a buzz out of ensuring they're in receipt of everything they should be to make their life better.

Q: What advice would you give to Veterans who are hesitant to seek help?

A: You have nothing to lose by having a chat Veteran-to-Veteran. One phone call could make it worthwhile. You served our country, now it's our turn to ensure you have the support you need in your later life.

Call Gwyneth on 01686 623707 or email enquiries@acpowys.org.uk

Veterans MOT - Client Story:

Mr & Mrs Davies, Meifod, Powys



"We had two visits from Gwyneth - her knowledge of Veterans' services, allowances, housing and wellbeing was extremely helpful to myself and my husband, her help has been exceptional."

Meirion Davies, 83, and his wife Anne, 76, both have a military background. They were struggling to cope with the cost of living and the extra costs involved with Mr Davies' health conditions and mobility issues. The couple were reluctant to ask for help but were advised by their GP Surgery to contact Age Cymru Powys.

How did the Powys Veterans MOT help?

When Gwyneth, the Age Cymru Powys Veterans Officer, visited Mr & Mrs Davies at home, she conducted a Benefits Check and filled in the application forms for them, securing an extra £269.57 per week in previously unclaimed entitlements. Gwyneth helped to arrange adaptations for the couple's house to make daily living tasks easier.

Mr & Mrs Davies were pleased that Gwyneth put them in touch with local Veterans' services, as they both now enjoy spending time with other Powys Veterans, and are looking forward to joining the new Age Cymru Powys Veterans Camaraderie Club.



**Join the Camaraderie Club –
NEW Telephone Group
for Powys Veterans**



Age Cymru Powys is thrilled to announce the launch of the Camaraderie Club – a new telephone social group run by Veterans for Veterans.

We warmly invite all Veterans aged 50+ living in Powys to join the Camaraderie Club.

We will call you at a regular time and you will be joined to a small group of Veterans talking together on the telephone. Reconnect with old friends, make new ones, and be part of a great community. No technology or equipment is needed - just a landline or mobile phone.

Sign up now – call Age Cymru Powys on 01686 623707 or email enquiries@acpowys.org.uk

"I enjoy the camaraderie and shared experiences with the other Veterans. It's great to have a space to talk about topics of interest and things that only other Veterans can understand, without even having to leave the house."

Age Cymru Powys is proud to be funded by and working with The Armed Forces Covenant Fund Trust for the Veterans MOT and Camaraderie Club.

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