

# CVS WEEKLY ROUNDUP



Welcome to the Community Veterans Support's weekly newsletter, where we bring you a complete roundup of the week's activities. From the latest insights and highlights to exciting developments, we've got everything you need to stay informed and engaged. Join us as we explore the noteworthy events and updates that shaped our week!

## PROVIDING HEALTHY MEALS

At CVS we focus on healthy, hearty meals. Our team has been working hard to make sure everyone's getting nutritious food packed with plenty of fresh veg - A key offering we provide and more importantly ensures no one goes without the basics



## LINBURN WALLED GARDEN

Thursday brought a real highlight as the lads headed out to the Linburn Walled Garden, where they had the chance to meet and mingle with some of our good friends at [Help For Heroes](#), [@cyrenians](#), [@sightscotland](#) and [@sacroscotland](#). It was a brilliant day out, taking full advantage of the great weather and sharing plenty of laughs



## SPECIAL MENTIONS

Of course, we couldn't go without mentioning the return of Scoff and Banter, which made its comeback with a bang! Great food and lively conversation as always

We wrapped up the week with a busy Friday - lots of faces and energy, and a fitting end to a fantastic few days 📍

Heads-up, free haircuts for veterans next Wednesday at 13:00. Some come for lunch at 12:30, leave with a whole new Barnet! 🇬🇧

Thanks to everyone who dropped in. We hope you all enjoy a well-earned weekend and take full advantage of the sunshine while it lasts ☀️

We'll see you back in on Monday at 09:30am sharp!

[COMMUNITYVETERANSSUPPORT.ORG.UK](http://COMMUNITYVETERANSSUPPORT.ORG.UK)