

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!



WELLBEING WALK

On our Thursday Wellbeing walk, we ventured to Blantyre to explore the birthplace of the famed explorer David Livingstone. Despite gusty winds and intermittent rain, we cracked on for 6.5 miles. We wandered the historic loop, enjoying it's rich history and scenic views, offering a refreshing escape from city life. It was another excellent walk with great company, that allowed us to take a step away from the city and appreciate Glasgow's rich culture.

NEW MUSIC!

The Glasgow Barons have been abuzz over the past week as they rehearse for the upcoming Govan music festival in our therapy suit. We were fortunate to receive an exclusive preview of their performances, featuring collaborations with local Govan talent.



SPECIAL MENTIONS

Tuesday was all about learning, with our staff getting some great dementia awareness training from SSAFA Glasgow & Renfrewshire and Dementia Services Development Centre (DSDC)

Friday night, our staff were lucky enough to attend an amazing mental health and wellbeing talk by veteran artist Jason Fearnley of The Warhead Project (sponsored by the Royal Navy and Royal Marines Charity). It was inspiring to hear his story and connect with other veteran support groups.



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