

Practice Participant Invite Email

Dear [Participant Name],

[Practice Name] is contacting you because we have identified that you are eligible to participate in the Veteran Connection Programme (VCP). This is a group-based, peer facilitated programme that supports veterans and service-leavers to manage identity loss and loss of social connections after leaving the military. You can find more detailed information about the focus of the programme at www.vetconnectprogram.org.

Participation in VCP involves:

- a one-hour individual induction with the VCP leads, where we will discuss your experience of transitioning out of the Armed Forces
- one day of VCP workshops (interspersed with activities, such as breathwork, yoga, etc.)
- some anonymous surveys – one just before the workshop, just after the workshop, and 3 months afterward
- an interview (where you can give us your feedback on how you found the programme)

We are providing a £150 participant payment for full participation in VCP, as well as travel reimbursement. If you will require accommodation (e.g., if you are travelling from far afield), we can book this for you.

VCP workshops will largely be run in civilian delivery sites (e.g., community centres). There will be four workshops: 1) Somerset (Ark at Egwood, Merriot), 2) Devon (Plymouth), 3) Cornwall (Penryn), and 4) North Yorkshire (Catterick).

If you would like to participate in VCP, please complete our expression of interest form at this link: [link]. The VCP team will then get in touch with you as soon as possible.

If you have any questions, please email info@vetconnectprogram.org.uk or Dr Summer Bedford at S.L.Bedford@exeter.ac.uk.

Kind regards,

[Practice Name]
