

THE
VETERANS
RVP

Wanstead Mental Health Clinic

The Veterans RVP



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www.wansteadmhclinic.com



Position Statement

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence

Delivers a new approach to Counselling, Psychotherapy and Mental Health services. With over 20 years of private practice experience our Clinical Director brings together a functional and effective process to support professional development and maximise the delivery of Positive Client Experience.

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence

is owned and managed by Wanstead Well-being CIC is a Mental Health Service Provider that goes beyond the traditional scope of a clinic that is nothing more than a collection of soul traders.

Wanstead Mental Health Clinic The Therapeutic Centre of Excellence

The Gold is in you – Our team guides you to find it

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence is a Collaboration Partner of Ayanay Psychological Accreditation (APA) and operates to the Ethical & Professional Framework of their elevated protocols.

Point of Focus



Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence

Provides a dedicated Counselling, Psychotherapy and Mental Health Wellbeing Environment.

WE ARE PROUD TO OFFER THIS TRULY UNIQUE SUPPORT SYSTEM

The Veterans RVP

www.wansteadmhclinic.com



*Rebuilding Purpose. Restoring Pride. For Veterans. For Their Person of Significance.
For the Future.*

VETERAN AND SERVICE FAMILY LED SUPPORT

The Veterans RVP



Provides beneficial outcomes to:

- Those that served.
- Their Person of Significance
- Employers that support Ex-Military Families
- Health & Social Care Professionals
- Community Economic Development

The RVP Elements of Focus

- Elevated Wellbeing Awareness, Resilience & Empowerment
- Providing Effective Cohesion and Veteran Led Therapies
- Increasing Positive Communication
- Creating Positive Transition from Service

Your Freedom to Choice

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, is not a coercive service provider. We believe that everyone should be empowered to make the choices that are right for them. We therefore offer the following information to support your Freedom of Choice.

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence offers multiple additional services and support programmes. There is NO OBLIGATION to participate in these offerings.



What you should know

Current Support Provision	Current Outcomes
Support is based on Peer support networks Often Length of Service Dependent Predominantly Vocationally Focused ALL Transitional Support is Personnel ONLY Family support is often isolated	Higher % of Over 21's In custody are Ex-Military Higher % of Over 21's Homeless are Ex-Military Higher % Drug and Alcohol Dependency Higher % Suicide rates

THE ONLY PROVEN WAY TO IMPROVE THESE OUTCOMES IS
WITH:

PSYCHOLOGICAL AWARENESS
AN EFFECTIVE SUPPORT NETWORK
ON-GOING TASK RELATED FOCUS /
MEANINGFUL EMPLOYMENT

THE RVP Programme

A Monthly Peer Support Space	Drop In, Chat & Connect
B.I.T.I.M.O. GREEN LIGHT	1 Day Positive Mental Health Awareness
HeadStrong	8 Week Beyond the Wire Skills Learning
F.O.B READY	4 Day Reflection & Recognition CPD



The RVP Support

A Monthly Peer Support Space	Drop In, Chat & Connect
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By providing a dedicated Drop In and Chat service to those that served and their Person of Significance, that does not risk confidentiality, the Blue Light Community will have an opportunity to receive support from Qualified Counsellors & Coaches as well as each other.

The Drop In & Chat Support will be structured in 3 sections

Section 1 Person of Significance / Privileged Member, 10am - Noon

Section 2 Shared Lunch (a structured conversation around the topics raised in the Morning Drop In & Chat Session)

Section 3 Those that Serve or Served, 2 hours 1pm – 3pm

RVP Affiliation

Green Light Professional - £144 per year

Nominated Person of Significance £96 per year

- Monthly Peer Support Space
- VIP Access Rate to B.I.T.I.M.O. GREEN LIGHT Seminars

OR

Pay as you go

£18 per visit to the Monthly Peer Support Space



B.I.T.I.M.O. GREEN LIGHT	1 Day Positive Mental Health Awareness
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B.I.T.I.M.O. GREEN LIGHT Supports those that served and their Person of Significance. Allowing both to develop their knowledge and understanding of the building blocks for Positive Mental Health.

This experience enhances the capacity for mutual support to be active throughout the transition phase and beyond.

With a focus on tools for the future. Supporting positive Mental Health, without talking about Mental Health. Boosting the bonds and enhancing the support for transition.

6 CORE ELEMENTS THAT SUPPORT SUCCESSFUL TRANSITION

Effective Interactions

TRACK

Reactions Vs Responses

Building Your Own Team

Effective Planning

When Things Go Wrong

B.I.T.I.M.O. GREEN LIGHT Seminar

Non-Affiliated Ticket £199.00

Affiliated Green Light Professional - £100.00

Affiliated Person of Significance - £100.00



For 2026 Funding Dependent

Skills for Success

Life, Employment & Enterprise

HeadStrong	8 Week Skills Learning
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|---|---|
| <ul style="list-style-type: none">• Multiple Therapeutic Pathways• Wellbeing Workshops• Weekly Outdoor Activity | <ul style="list-style-type: none">• Personal & Professional Development Engagement• Weekly Peer Support and WMHC Personal Review |
|---|---|

F.O.B READY	4 Day Assessment and CPD
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F.O.B Ready is 4 Days of (R&R) Recognition and Reflection. Allowing participants to appreciate their personal growth and development. Whilst also acknowledging their commitment to their future, their family, their community and to each other.

The CPD recognition of their achievement is also recorded on The Veterans' RVP Roll of Honour.

The Veterans RVP Team

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, ensures that every professional that works with The Veterans' RVP Programme is pre-vetted. The commitment to protecting the safety and wellbeing of participants is paramount.

All Professionals engaged in The Veterans RVP Programme, have achieved the B.I.T.I.M.O CHAMPION Recognition Award. (excluding 3rd Party Guest Contributors)



This acknowledges the professional has demonstrated elevated awareness and understanding of factors that impact on those that served and their families.

Including:

- The Official Secrets Act
- Finance and Insurance
- Housing
- Relocation and Settlement

All Counselling Provision within the Programme is delivered by Qualified Affiliated Professionals.

The Programme Lead Personnel

Donna Murray – The Veterans RVP Programme Director

An Armed Forces Veteran having served in queen Alexandra's Royal Army Nursing Corps. Donna is an accredited Counsellor EMDR & CBT practitioner and life coach. Donna uses nature based activities to promote healthy wellbeing and better mental health.

Siobhain Crosbie – Clinical Director of Wanstead Wellbeing CIC

The Daughter of Staff Sergeant Crosbie, Royal Artillery 2nd Field Regiment, Siobhain has over 2 decades of Post Qualified experience as a Counsellor in Private Practice.

Dave Sleet – Non Clinical Director of Wanstead Wellbeing CIC

Raised to follow his family in to Royal Naval Service, Dave was ruled medically unfit due to a Head Injury prior to entry. Dave is the Author of The Psychological Hive – Connectivity for Success and has over 2 decades of experience as a Psychological Coach.



Confidentiality

Wanstead Mental Health Clinic– The Therapeutic Centre of Excellence, has a dedicated protocol for Risk of Harm Disclosures, This will also be explained to each client at the beginning of their engagement with **The Veterans RVP Programme**.

Safeguarding and Disclosures

This is not an exhaustive list and while acts of criminal and civil wrongdoing are clear, we acknowledge the boundaries of individual practice, to account for and take immediate action in relation to informing the correct authorities in situations of:

- Terrorism
- Money laundering
- Trafficking / slavery

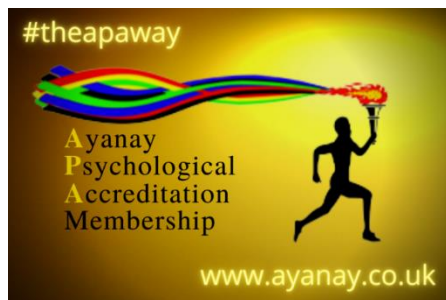
Whistleblowing and Complaint Process

In line with best practice and The Ethical & Professional Conduct Protocols **Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence**, upholds an elevated Whistleblowing and Complaint Process. This is available on request.

Accredited Facility

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence is a Collaboration Partner of Ayanay Psychological Accreditation (APA) and operates to the Ethical & Professional Framework of their elevated protocols.

It might surprise you to discover that in the UK the sector of Counselling & Psychotherapy is unregulated. This means that



there is Government Appointed Body to protect clients or professionals. This role is delivered by various VOLUNTARY registers. These are often Charities or Organisations that offer professionals a membership, with an Ethical Framework and Structured Code of Conduct. **Wanstead Mental**

Health Clinic – The Therapeutic Centre of Excellence, affiliates to Ayanay Psychological Accreditation (APA) as a committed Collaboration Partner. You are welcome to review APA's Framework at www.ayanay.co.uk

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, abides by the Ethical and Professional Conduct Protocols of Ayanay Psychological Accreditation (APA).

While the professions of Counsellor & Psychotherapist are unregulated, Professionals are free to choose the Voluntary Register of their choice. However, all professionals Affiliated to and / or receiving referrals from **Wanstead Mental Health Clinic** agree to work in accordance with APA's Oath of Commitment to Ethical Working.



Community Social Responsibility

Wanstead Mental Health Clinic – The Therapeutic Centre of Excellence, along with our Owners, (Wanstead Well-being CIC), Our Collaboration Partners, (Ayanay Psychological Accreditation - APA), believes that together we can demonstrate an effective engagement of Positive Mental Health in the communities we serve.

The Veterans RVP Programme is only possible through the support of Funding Grants, Sponsorship and CSR Donations.

CONTACT DETAILS

If you ever need to contact us our details are:

By telephone

Call our service team on 0203 488 5899

By email

info@wansteadmhclinic.com

In writing

11-13 Cambridge Park, Wanstead E11 2PU

Emergency Contact

Non Clinical 07516 148 280

Clinical 07977 460529

