



Veterans Central West Raynham SHQ

Charity #: 1208763



Veterans Central is a facility for Military and Emergency Services veterans, serving personnel and families, as well as associated charities, organizations and veterans to support activities, wellbeing and engagement.

**OPEN all year:
Wednesday, Thursday, Saturday 10 to 3.**



Veterans Central Provides FREE to veterans:

- 4C (coffee-cake-conversation-company) Drop-in centre, three days a week (Wed, Thur, Sat)
- Monthly Veterans Breakfast (2nd Saturday each month)
- Monthly Veterans Lunch (3rd Wednesday each month)
- Activities and events
- Military Research Library
- External wellbeing and support spaces



External Landscape Areas

- Memorial garden: Rose Garden and memorial wall.
- Sensory Garden: sound, scent and touch planting;
- 'Dig for Victory' Therapy garden: grow your own!
- Wild Garden and Herb Garden



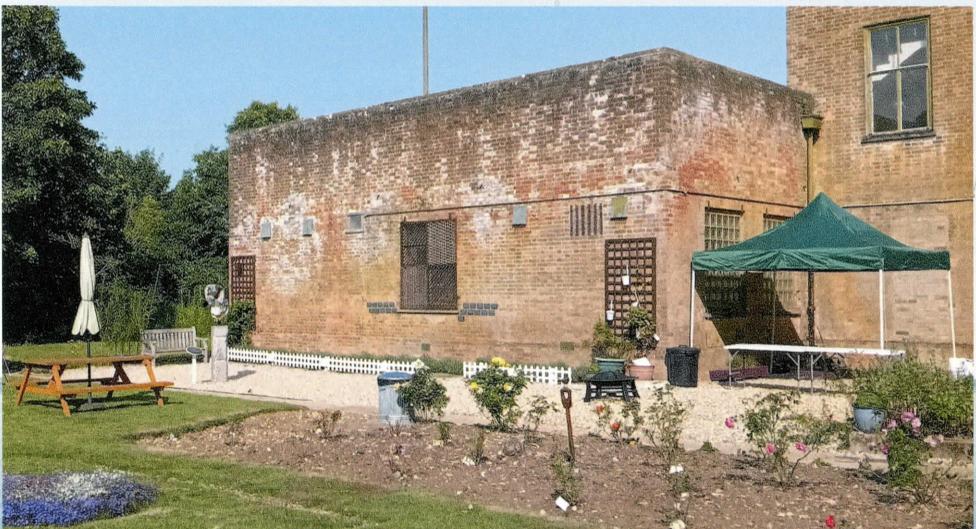
How can Veterans Central help YOU?

A sense of purpose: enabling you to achieve something as part of the team. Make a difference by joining with other veterans and supporters in developing the West Raynham SHQ building and gardens and creating a welcoming location for veterans. *"A reason to get up that day and achieve something."*

Company - and banter: Come and socialize with other veterans – a bit of banter, an exchange of stories, with a few cups of coffee (or tea) and a piece of cake or two, plus a look around this fantastic building and its gardens. *"A great way to spend an hour or two."*

New Skills or Hobbies: Learn new skills as part of the project team, or join in one of our activities and 'classes', such as Creative Writing, Communication Skills, Scale Modelling, Wargaming, and more.

Events and Displays: Help organize and run our public events and our heritage displays! A chance to help get your favourite subject or hobby on public view.



"I do know many feel a loss after leaving so I can see a great future for our fantastic building, not only as a place to visit, but also as a place to forge new friendships and a sense of belonging, which can be vital to the mental wellbeing." (RAF Veteran)

History and Location: The Station Headquarters (SHQ) building has been abandoned since the RAF left in 1994. It is an iconic 1930s building on an airfield that was operational in World War Two and throughout the Cold War. Located within 10-20 minutes of Swaffham, King's Lynn and Fakenham, the facility provides a centralized location for the West and North Norfolk area.

Come for a Visit! SHQ is an amazing World War Two and Cold War building, full of history. In addition to having a tour of the building itself with a number of unique features, SHQ houses a range of interesting displays, the research library, a Virtual Reality 'Lancaster' experience, and more, including the cockpit of Canberra PR.9 XH135.

Volunteers: 100% volunteer led and delivered, with volunteers from a wide range of Service and non-service backgrounds and experience. The project provides opportunities for individuals to share, learn or enhance skills, and provides a socializing environment that volunteers say is "thoroughly engaging and enjoyable". Come and join in...

Facebook: West Raynham SHQ Veterans Central
Web: <https://veteranscentral.co.uk>

Contact us: info@veteranscentral.co.uk



*SHQ, 5 Blenheim Way, West Raynham Business Park,
Fakenham, NR21 7PL*