

Welcome to the Original and Official Armed Forces & Veterans Breakfast Clubs, the organisation is run with the Official Logo, Official Domain Names and Original Values. The Official Armed Forces & Veterans Breakfast Clubs is run for 'by veterans for veterans' and for the benefit of Veterans.

ORIGINAL BREAKFAST CLUB VALUES

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We run the CIC with the "Original Breakfast Club Values" run "By Veterans For Veterans".

The CIC is the umbrella organisation for the Breakfast Clubs with no fees or sub's paid, all funds raised will go back into veterans' charities.

All funds are fully accountable and since it is run "By Veterans For Veterans" the costs are small, so more funds can go back to helping veterans.

The CIC is run by veterans and in line with CIC Regulations.

There are no "official" or "unofficial" Breakfast Clubs, they are all here to help Veterans gain the help/support they require. If being the only Armed Forces & Veterans Breakfast Club listed on the Government website for supporting Veterans recognised by the Armed Forces Covenant, recognised by the Royal British Legion, and more makes an organisation "official" then we are the official Armed Forces & Veterans Breakfast Clubs.

LOW CATEGORY OFFENDERS/PRISONERS

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Some clubs help low category (veterans) offenders/prisoners, this is after a risk assessment has been carried out by the Prison Service or the Probation Service. Since each club is run autonomously by the Admins, it is in the best interest of each club to consider any threat/risk to its members. Each club must take into account and discuss with all members any risk/threat which may harm/damage its members or visiting family members.

SOCIAL MEDIA GROUPS (INFORMATION)

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Social Media Groups are run by their members/admins, no person other than those who attend the club should be an admin (unless otherwise asked to be).

Social Media Banners can be anything, as long as it shows our trademark/logo. It can be images of your Breakfast Club, but it must show our trademark/logo.

How the Social Media Group/Breakfast Club is run, is up to its members/admins, there should be no interference from anyone who does not attend the Breakfast Club.

The CIC is here to advertise and help when and if needed to point veterans to their nearest club or further help when and if required.

BUSINESS INTERESTS & CHARITIES

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The main aim of the Breakfast Clubs is the welfare of its members and NOT for financial gain by ANY person/organisation. If a member needs financial support, then to some extent this may be possible through their local Breakfast Club the CIC DOES NOT giving funds to individuals. We do however, donate funds to Veterans Organisations who provide services to help veterans and will continue to do so.

Even though we try to keep business interest and charities away from Breakfast Clubs it is up to the individual club to make their own decisions, as each club is run separately and by its members not the CIC. The CIC is here to produce the guidelines for how clubs should be run not the rules of how clubs should be run, it is run "By Veterans for Veterans" NOT "By Veterans to fill the pockets of the few".

To raise funds some clubs do raffles and does bus stops etc, this allows them to gain funds to have a Summer Ball or Christmas/New Year Ball, it is up to the individual if they participate or not as there should be NO FORCED selling or making members feel guilty if they do not wish to participate.

Each Breakfast Club is run by an Admins in their free time. It is up to those Admins who attend whether it be families/carers of veterans or just veterans, but it has been found to be more helpful if families/carers can attend as some members may wish to bring them along when they first attend, as it would make them feel more at ease. In some cases, a veterans may not be able to get out without a career or family members.

BREAKFAST CLUBS EXPLAINED TO PUBLIC

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In the military, everything is available in one place: medical, social, the welfare system, your home, wage, clothing and the team you have come to trust. You are trained to do a job, but if you lose that job then your whole life needs to change, unlike civilian life. If you lose your job, you simply look for another one, in the military because you are trained/conditioned for a single purpose you lose your job in the military you lose everything.

As more and more people are leaving the Forces some with PTSD or other illnesses it has come down to the Government to pledge "that together we acknowledge and understand that those who serve or who have served in the armed forces, and their families, should be treated with fairness and respect in the communities, economy and society they serve with their lives."(<https://www.armedforcescovenant.gov.uk>)

All services are represented at the Breakfast Clubs and no one should be discriminated against, if they have served or are associated with such then they may be able to attend a Breakfast Club. The military has a 'black sense of humour' so when attending the visitor may have to cope with this, as the Breakfast Clubs are worldwide then even some members are attending whilst on holiday.

FIND YOUR NEAREST BREAKFAST CLUB

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<https://afvbc.com/armed-forces-veterans-breakfast-clubs-directory>

If you would like to search for your local

SOCIAL MEDIA

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The CIC do have Social Media Pages, they are listed below.

PUBLIC PAGE

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<https://www.facebook.com/ArmedForcesVeteransBreakfastClubs/>

ADMIN PAGE

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www.facebook.com/groups/AFVBC.ADMINS/

MEMBERS GROUP

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<https://www.facebook.com/groups/AFVBC>

X (formerly twitter)

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<https://x.com/AFVBC>

Instagram

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<https://www.instagram.com/official.afvbc/>

BREAKFAST CLUBS AND WHAT THEY DO

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The Breakfast Clubs are for groups of service personnel and veterans of H.M Forces to attend to have a Butty & Banter (Breakfast and Drink).

There should be no financial gain by ANYONE from a Breakfast Club, there is no dress code, no rules, no subs and no fees, the only thing a person should pay for is their Breakfast.

This allows members to get together and have a bit of squaddie banter and a butty without having to explain themselves as some civilians do not have the same sense of humour.

Some Breakfast Clubs also get together during a week for social meet ups, just because it is called a Breakfast Club it does not mean a meeting has to be first thing in a morning, it can also be later in the day if it meets the needs of the veterans.

The main aim is to get members who have served talking to someone who may have gone through the same experiences they have without feeling the person does not know what they are talking about.

ARMED FORCES & VETERANS BREAKFAST CLUB WELFARE AIMS.

Armed Forces Veterans Breakfast Clubs (AFVBC's) are informal, community-based organisations that provide a supportive and welcoming environment for veterans of the armed forces. These clubs aim to address the welfare needs of veterans through a variety of activities and initiatives. The welfare aims of AFVBC's include:

1. **Social Connection:** AFVBC's seek to alleviate feelings of isolation and provide veterans with a sense of belonging. They offer a social setting where veterans can meet, bond, and share their military experiences, fostering camaraderie and a sense of unity.
2. **Peer Support:** These clubs encourage open and non-judgmental discussions among veterans about their experiences, challenges, and concerns. Peer support is an essential element in helping veterans cope with the unique issues they may face, such as post- traumatic stress disorder (PTSD) and the transition to civilian life.
3. **Mental Health and Well-being:** AFVBC's recognise the importance of mental health for veterans and work to create an atmosphere where veterans can discuss mental health issues openly. They may also provide information about mental health resources and encourage veterans to seek professional assistance if needed.
4. **Assistance with Benefits and Services:** Many veterans are entitled to various benefits and services from government agencies and non-profit organizations. AFVBC's often help veterans understand and navigate these systems, ensuring they receive the support they are entitled to, such as healthcare, disability compensation, and educational benefits.
5. **Information Sharing:** These clubs serve as a valuable source of information, sharing updates on resources, events, and opportunities that are relevant to veterans. This may include job fairs, educational programs, legal assistance, and other pertinent information.
6. **Charitable Activities:** Some AFVBC's engage in fundraising and charitable activities to support veterans in need. They may raise funds to assist veterans experiencing financial hardship or donate to local veterans' charities.
7. **Community Engagement:** AFVBC's aim to connect with their local communities and create awareness about veterans' needs and contributions. Engaging with the public helps bridge the gap between veterans and non-veterans and build a supportive network.
8. **Advocacy:** In some cases, AFVBC's may advocate for policy changes or improvements related to veterans' issues. They may work with local, state, or national organisations to raise awareness and address the challenges faced by veterans.

It's important to understand that the specific welfare aims and activities of each Armed Forces Veterans Breakfast Club can vary based on the club's location, leadership, and the needs and preferences of its members. These clubs play a vital role in providing support and a sense of community to veterans while also contributing to the overall well-being and integration of veterans into civilian life, these clubs are run with the welfare of veterans as their number one priority, making sure veterans are signposted to the right help which meets their requirements and needs.

STARTING A BREAKFAST CLUBS

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To start a Breakfast Club, it is important that you are a Veteran or serving member of H.M Forces or partner to someone who is, and they can assist you. Breakfast Clubs are created for veterans by veterans and are not a charity or a business, it is a Community Organisation run "BY VETERANS FOR VETERANS" and no funds/monies should be paid for membership or subs.

Each Breakfast Club is independent, and the group should be run by your members for the benefit of your members. You can do as much or as little as you want because what you put into your group will help it grow and it will interest more members and pull more veterans into attending.

The AFVBC (Armed Forces & Veterans Breakfast Clubs) organization, is set by the CIC Admins, these admins will help you set up a Breakfast Club and point you in the right direction of what has worked and what has not worked. The only thing we ask is that we all maintain the one thing in common and that is we all use the same "Corporate Brand/Identity" and run by the same principles as when we all served:

- A. The Breakfast Clubs are not a business/charity and should be run so there is no financial gain to any person/organisation, if this is the case then you should let the members know and the National Administrators, they should be run "BY Veterans FOR Veterans".
- B. There should be no prejudice or different treatment of any member due to race, sex, physical ability, age or ability, ANY bullying/harassment by ANY person may result in been removed from the National Organisation.
- C. The Breakfast Clubs are for veterans and anyone who tries to impersonate a veteran or serving member of H.M Forces will be asked to provide further information about their service, we DO NOT tolerate 'Walt's' and we will exclude, expose and block that person from attending any other Breakfast Club.
- D. Sometimes non-veterans are accepted but this is under the agreement of the Breakfast Club Admins, they should remain as a guest and should not be consulted when it comes to making decisions on how the Breakfast Club should be run this is down to the Veterans and the Admins of the Breakfast Club.
- E. Finally, the nature of military service involves a lot of laughs and humour resulting in posts which are not as some may see politically correct. However, please refrain from sharing posts of a sexual nature, sexist, racist or homophobic which are not deemed acceptable and will be removed. Persistent offenders may be removed from the Facebook page.
- F. There are always a few things which should not be discussed because they always cause arguments; these are politics and religion. These are your views and should be your own business. You can have political views but do not express them and do not try to force your views onto others.

SETTING UP A BREAKFAST CLUB

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1. Find a suitable location, this can be a café, public house or other location, as long as it is suitable for veterans needs (this should not be an organization who's aims are to promote their own business needs).
2. Register your club on our website, <https://afvbc.com/register-a-breakfast-club>
3. Create/Setup a Facebook Group (we can do that, if you would like us to)
4. Website page created with events page (once we confirm the correct information, we will create these on the website. Admins will have access to alter them when/if the event location changes)

BREAKFAST CLUB FUNDS

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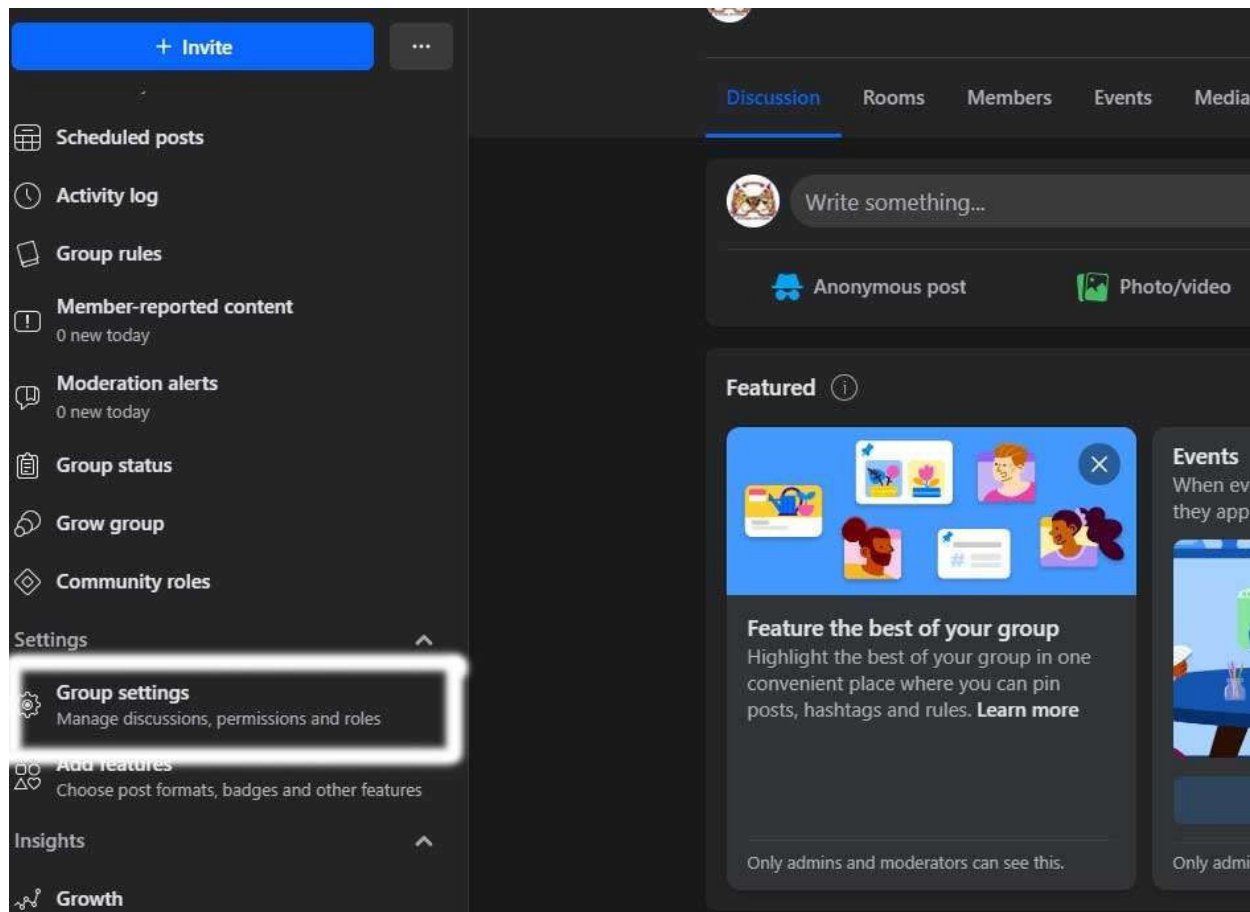
If a Breakfast Club decides to hold funds they must be done in the correct way, and must be able to be viewed by any member who asks. Usually, when a Breakfast Club has funds there is a treasurer who looks after it and can account for all the funds. If any member wishes to see where the funds are spent at anytime then this must be allowed, because the funds belong to their club.

Some Banks provide a community bank account, where they do not charge any fee's. We recommend using one of these accounts, there is no point in paying for something when the members of the Breakfast Club can gain by keeping the funds for their members.

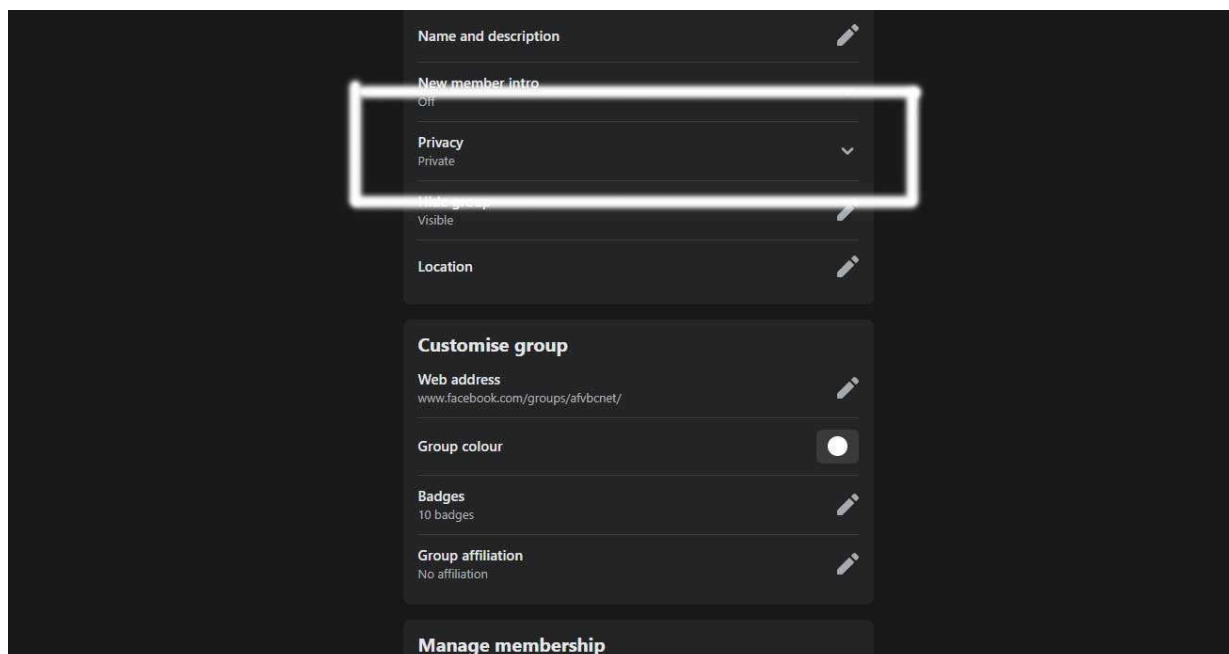
Breakfast Clubs are not here to promote any agenda other then the welfare of veterans, there should be no pressure marketing or selling, NO ONE should have any financial gain from the Breakfast Club, if a business wants to attend the Breakfast Club then it should be up to their members not an individual.

SETTING UP FACEBOOK GROUP

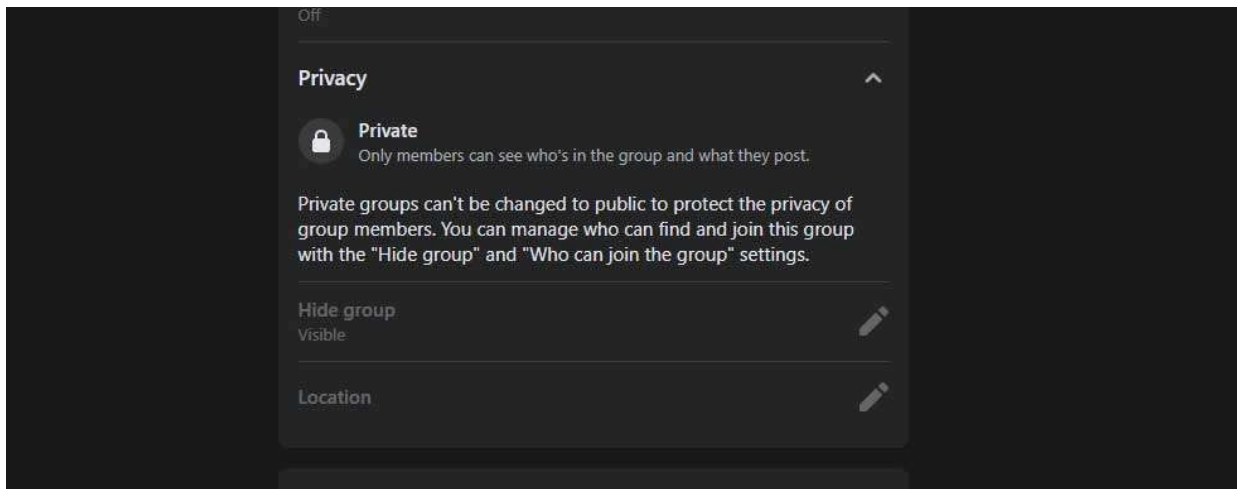
Go to Group Settings (on the left side)



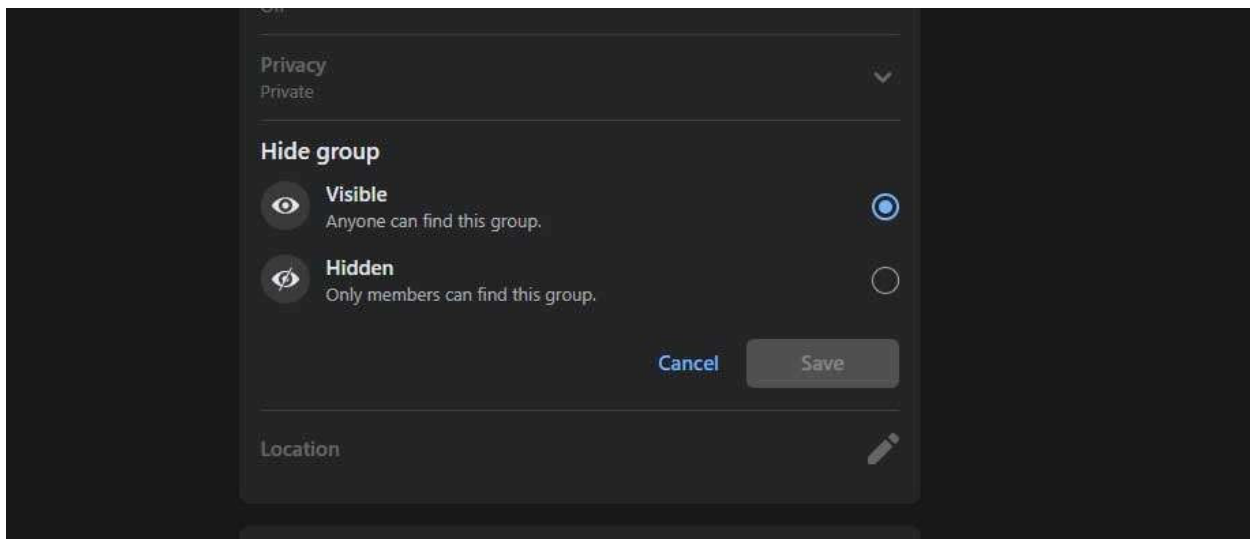
Then go to Privacy



The make sure it is set to PRIVATE



Then go to Hide Group Setting and make sure it is set to VISIBLE



This will allow people to find the group but not see what is discussed within the Group.

NOTICE

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If an Admin is unclear about a person's service, then you can ask them to provide proof; if they state they do not have anything then they can write to the following addresses and ask for proof.

Army Royal

Joint Personnel
Administration Centre (JPAC)
Mailpoint 480
Kentigern House
65 Brown Street
Glasgow
G2 8EX

Navy

CN Pers
Disclosure Cel,
MP G-2, Room 48
West Battery
Whale Island
Portsmouth
PO13 9XA

Royal Air Force

RAF Disclosures Section
Room 221b Trenchard Hall,
RAF Cranwell
Sleaford
Lincolnshire
NG34 8HD

As you are aware there are many organisations out there which class themselves as charities we are NOT one of them, the AFVBC is run 'BY Veterans FOR Veterans' and is not a money-making scheme for any individual person/business or organisation. It is up to the Veterans of the Club to decide if you allow any of the hundreds of charities to attend and talk to them, but they should not be allowed to turn up and pressure your members into purchasing from them.

All information entered via the forms on the website is encrypted and is secure, this means that unless you have the password for the admin panel and the secure key you cannot see the information held in the Database.

We have 5 forms on the website which store information, none of this information is passed to third party organisations or sold to any third-party business. All information we hold is for our use only.

Testimonials Form - <https://afvbc.com/leave-a-breakfast-club-testimonial>

Register a Club Form - <https://afvbc.com/register-a-breakfast-club>

Alter a Clubs Details - <https://afvbc.com/change-breakfast-club-address>

Complaints - <https://afvbc.com/complaints>

The complaints form also gives a brief outline of information which will be required so we can investigate a complaint fully. If your complain is about GDPR then please read the GDPR information on our website.

If you would like your club listed on the Club Directory Page then please complete the Register a Club Form (<https://afvbc.com/register-a-breakfast-club>) and we will contact you. By registering your club, it allows you to use the logo for NON COMMERCIAL use.

You can also see by our website that we use https (HyperText Transfer Protocol Secure) instead of http (HyperText Transfer Protocol) for our website address and all pages. HTTPS is the secure version of the protocol when data is sent between your website browser and the website you are connected to. The 'S' at the end of https stands for 'Secure', which means all communications between your browser and the website are encrypted. We take your security seriously and protect our visitors as much as we can whilst viewing our website whether it is the shop, forum or website.

If you need any further help, then please feel free to contact support@afvbc.com

NO Person is paid, NO Single Person has access to the *Community Bank Account. FULL Accountability and Transparency.

Please note that Veterans Breakfast Clubs CIC (Company Number 11161286) trading name is Armed Forces & Veterans Breakfast Clubs (AFVBC). We (the CIC) are in no way connected to any other organisation with a similar name and any orders made through that organisation will not be fulfilled by afvbc.com and no bills/invoices will be paid for any organisation other than Armed Forces & Veterans Breakfast Clubs (afvbc.com)

OUR AIM IS TO SUPPORT VETERANS, not to listen to idle talk with no evidence. Which distracts away from supporting veterans and those who spread the idle talk are trying to cover their own failings and faults by blaming others.

* A Community Bank Account is free as no one is paid.

Website – <https://afvbc.com>

Email – support@afvbc.com

Mob: +44 (0)7392 180903

Mob: +44 (0)7580 061409