



Navigator

The Navigator service is for veterans who want to find meaningful employment in the future but face barriers that make returning to work difficult.

poppyfactory.org/navigator
support@poppyfactory.org



Simon is inspired to make new connections

With support through The Poppy Factory's Navigator service, Simon became less isolated and began training to become a counsellor.

"I realised that I didn't have a future if I didn't change things. People in my kind of situation don't ask for help.

"My advice is to give it a chance and reach out, because it's made a massive difference to my life."



Simon, Army veteran, supported by the Navigator Service in Merseyside

Navigator helps veterans to improve health, wellbeing, confidence and motivation by connecting with specialist services, taking part in activities and building a support network.

Navigator offers up to six months of person-centred support for veterans who are experiencing isolation, loneliness and poor mental or physical health.

Any professional who is involved in supporting the Armed Forces community can make a referral, including those working within the NHS and in mental health organisations.

Available in key locations in the North West, West Midlands, South Wales, London and South Coast

The Navigator service is currently offered in: London, Cheshire, Merseyside, Birmingham, Coventry, Solihull, Sandwell, Dudley, Wolverhampton, Walsall, Portsmouth, Fareham, Gosport, Southampton and Havant. South Wales: Blaenau Gwent, Bridgend, Caerphilly, Monmouthshire, Newport, Torfaen and South Powys, Swansea, Neath, Port Talbot & Rhondda Cynon Taff.

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