

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 'by veterans' for veterans' and for the benefit of Veterans'.

## **HOW IT STARTED**

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It all started at a Garage when three friends used to meet on a Saturday morning, they used to get together and have a morning butty and banter.

Then one day a Sapper brought a BV206 military tracked vehicle in for some work doing to it, as he was looking for someone who knew about military vehicles. Once the vehicle was there it generated interest in mates getting together, lads from an old army unit whilst looking at the tracked vehicle.

Then after that, it started by word of mouth, first to someone in Newcastle who was visiting Hull, then it grew from there.

Since the start of the first Butty & Banter Club, it has grown worldwide, with clubs in multiple countries.

## **ORIGINAL BREAKFAST CLUB VALUES**

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We (the admins) 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' community, via donations we have made and continue to make.

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, it does not have to be the default banner we provide.

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 individual/organisation, or to push any individuals/organisations agenda. If a member needs financial support, then to some extent this may be possible through their local Breakfast Club, the CIC does not hold funds to support individuals.

Even though we try to keep business interest and charities away from Breakfast Clubs this is up to each 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 individuals/organisations".

To raise funds a local club nearby 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 administrator(s) in their free time. It is up to those administrators 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.

## **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, 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**

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

## **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 are no rules, subs, 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.

A local club also gets together during a weekday to meet socially and go to other events in the area.

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 Clubs 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:** AFVBCs' 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/relative 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.

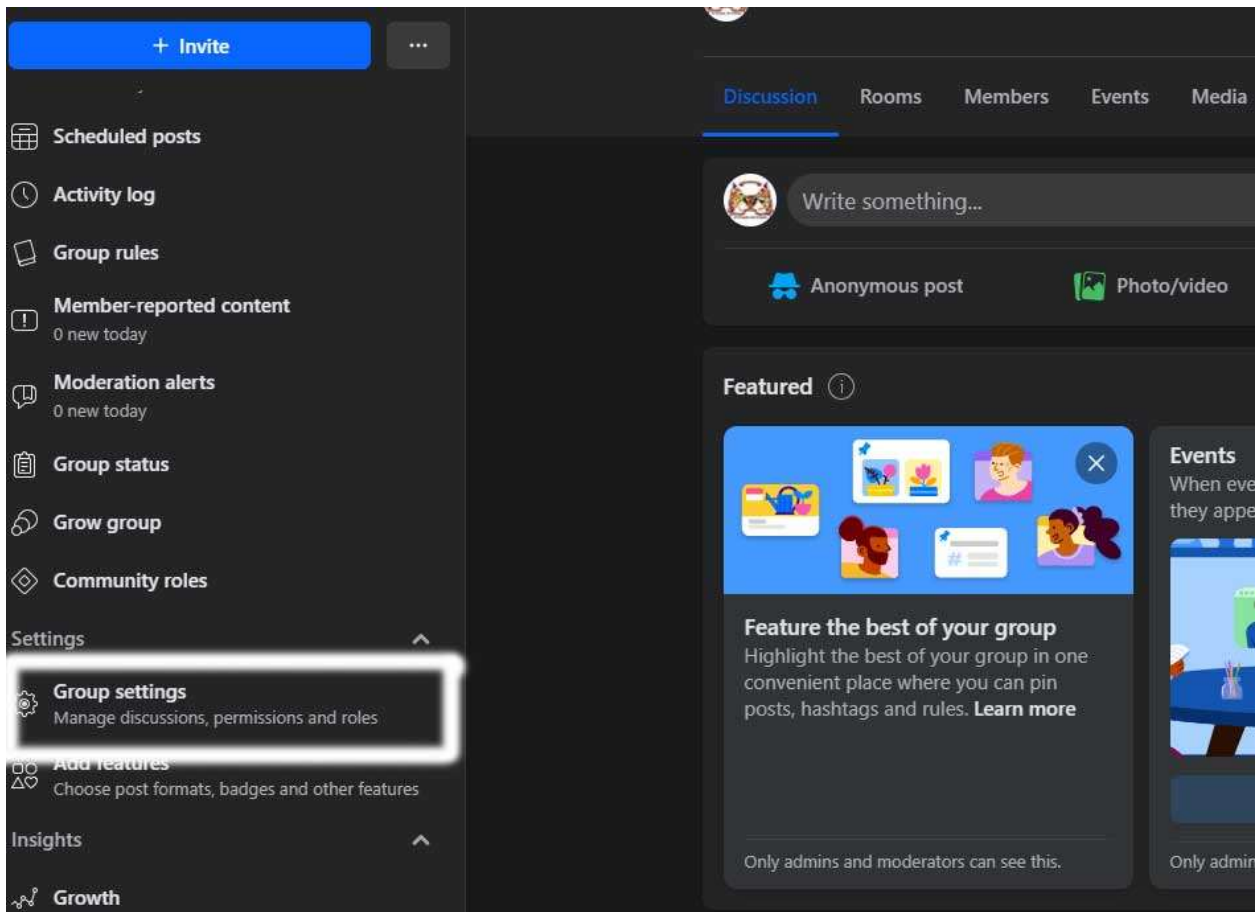
Each Breakfast Club is independent, and the group should be run by your members for the benefit of your members. You can do as much or as little as you want because what you put into your group will help it grow and it will interest more members and pull more veterans into attending.

The AFVBC (Armed Forces & Veterans Breakfast Clubs) organization, is set up so there are Regional Admins, these admins will help you set up a Breakfast Club and point you in the right direction of what has worked for them and what has not worked for them. 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 :

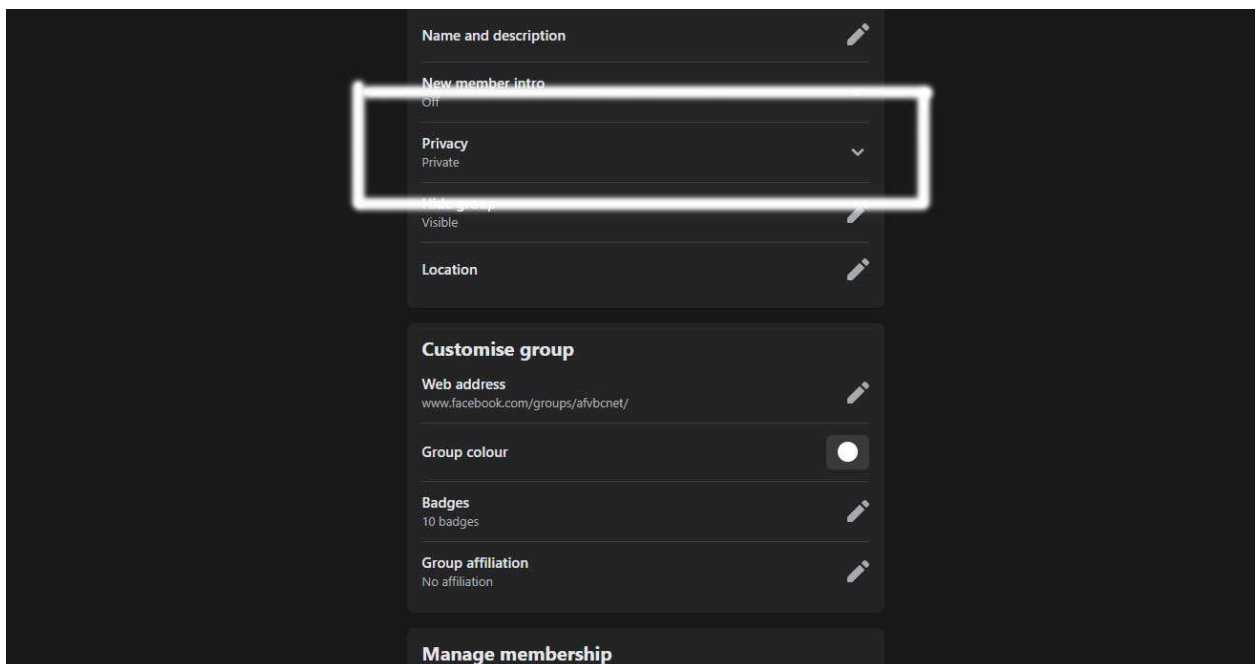
- A. The Breakfast Clubs are NOT a business/charity and should be run so there is no financial gain to any person/organisation, if this is the case then you should let the members know and the National Administrators, they should be run "BY Veterans FOR Veterans".
- B. There should be no prejudice or 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 FACEBOOK GROUP

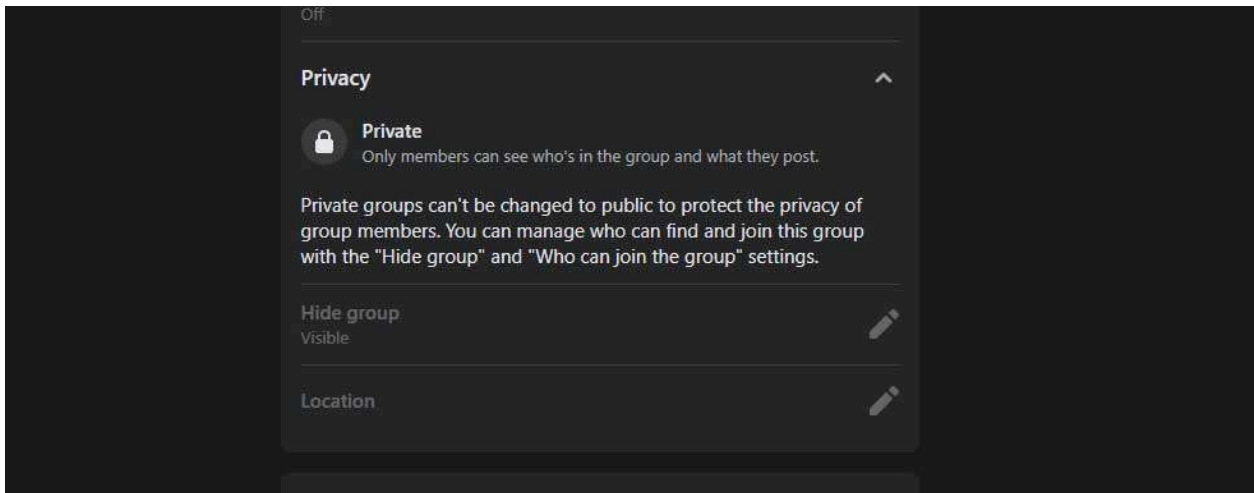
Go to Group Settings (on the left side)



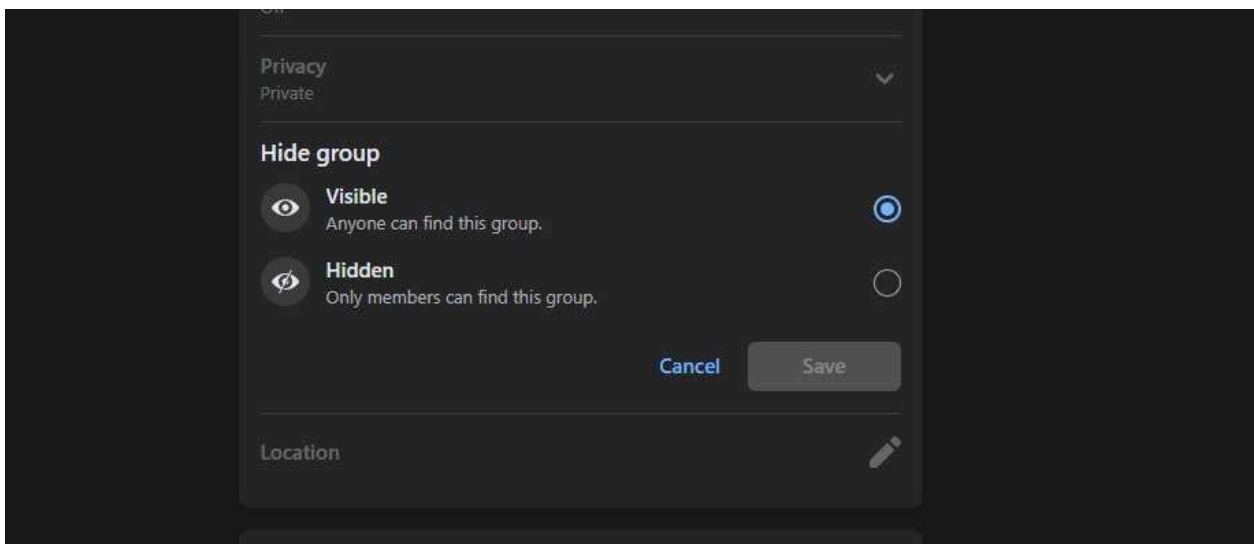
Then go to Privacy



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.

## **VENUE**

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To start a Breakfast Club you need a venue, you should look at the map (<https://afvbc.com/armed-forces-veterans-breakfast-clubs-directory>) and see if there is another club nearby and what day/time it is running, you should then set your club up on a different day/time, this gives members a chance to visit more than one club.

## **FREQUENCY**

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How often you have your club depends on its members, some members may find it beneficial to meet every week, or even every 2 weeks, or like a club nearby they meet the First and Last Saturday of the month.

## **SOCIAL MEDIA**

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This will be set up for you and your club will be listed on the website, the logo is placed on the Facebook page and this can be used for NON-COMMERCIAL use only if you need to purchase anything this can be done through the AFVBC Shop (<https://shop.afvbc.com>). Unlike other groups all we would like is for one of our Admins to be on the Facebook page as a member (NOT an ADMIN) this would allow us to post any new items/products which are in the shop. The Facebook Group is your group and you run it as you feel fit (providing you stick to the principles above) . We will help by advertising your group on the website and pointing people in that direction.

We have 3 Facebook Pages/Groups and NO Secret Meeting Groups/Pages these are:

<https://www.facebook.com/ArmedForcesVeteransBreakfastClubs> - this is the public page of the AFVBC and anyone can see it, we would suggest you post any press/events in this group to help advertise your club.

<https://www.facebook.com/groups/AFVBC.ADMINS> - this is for club Admins, so any problems or queries can be asked, and other Admins may be able to help you.

<https://www.facebook.com/groups/AFVBC> - this is for members from all groups so if they want to be in the national group and their club group then it is there to help them.

When we create your Facebook Group it will be set to "closed group" this gives that extra security to your members as it only allows members to see what is posted/shared, when someone new applies to join it is the Admins job to look at their profile to check if they have or are a serving member of H.M Forces. You can use the invite button on your Facebook Group to invite your members and this will allow them to get to know each other so when they attend a meeting, they are not strangers, we would recommend that any new members are introduced to the Admins this will allow them to know who to speak to if there are any problems.



## 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  
Army Personnel Centre  
Disclosures 2  
Mailpoint 515  
Kentigern House  
65 Brown Street  
Glasgow  
G2 8EX

Navy  
RN Disclosures Cell  
Room 48 Room 221b,  
West Battery  
Whale Island  
Portsmouth  
PO13 9XA

Royal Air Force  
RAF Disclosures Section  
Trenchard Hall,  
RAF Cranwell  
Sleaford  
Linc  
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/afvbc-testimonials>

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

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

Newsletter Form - <https://afvbc.com/club-registration-newsletter>

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.

For more information about the secure website please visit the links below.  
<https://www.cloudflare.com/en-gb/learning/ssl/why-use-https/>

If you need any further help, then please feel free to contact [support@afvbc.com](mailto: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 just at the Breakfast Clubs but also outside the Breakfast Clubs when needed, 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.

The CIC Team can be seen at the bottom of the page on the website and can be contacted by sending an email to [support@afvbc.com](mailto:support@afvbc.com)

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Email – [support@afvbc.com](mailto:support@afvbc.com)

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