



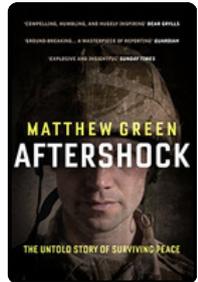
# Resource Guide

# Armed Forces

# Community Network

Books

**Aftershock: The untold story of surviving peace (2016) by Matthew Green. ISBN: 9781846273315** Over the last decade, we have sent thousands of people to fight on our behalf. But what happens when these soldiers come back home, having lost their friends and killed their enemies, having seen and done things that have no place in civilian life? In *Aftershock*, Matthew Green tells the story of our veterans' journey from the frontline of combat to the reality of return. Through wide-ranging interviews with former combatants -- including a Royal Marine sniper and a former operator in the SAS - as well as serving personnel and their families, physicians, therapists, and psychiatrists, *Aftershock* looks beyond the headline-grabbing statistics and the labels of post-traumatic stress disorder to get to the heart of today's post-conflict experience.

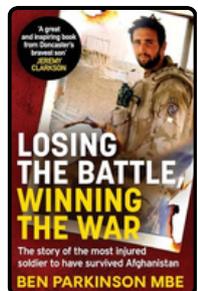


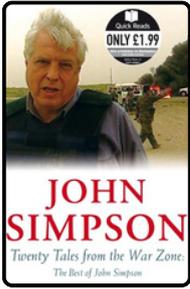
**Military wife (2022) by Elise Spencer-Hughes. ISBN: 9781528992671**

*Military Wife* is a powerful, honest and true autobiography of an incredibly strong, independent and family-orientated woman. The catalogue of emotions of love, loss and endurance of adulthood embrace relatable situations, some familiar and some alien. Her brutal honesty and humour captures you in the web of family values whilst fighting her own war in her internal family. A fantastic read from an original perspective, Elise Spencer-Hughes has opened up the door to what life is really like on the other side of the battleground. Be embraced by a mother, sister, friend and an ex-army wife that fought for her own self-worth.

**Losing the battle, winning the war (2022) by Ben Parkinson. ISBN: 9780751580259** What were you doing when you were 22? Where were you in the world? What did you want to do with your life?

Ben Parkinson was a 6'4" Paratrooper. He was in Afghanistan fighting for his country. He wanted to always be a soldier, to be a father and to get home in one piece. But we don't always get what we want. So the question is: how do we react when that happens? Easy: You find something new to fight for.



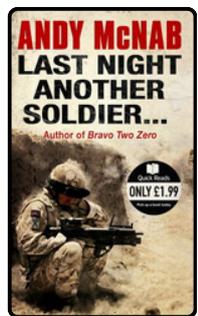


**Twenty tales from the war zone: The best of John Simpson (2007) by John Simpson. ISBN: 9780330449991**

The Quick Read book draws on John Simpson's acclaimed volumes of autobiography and hitherto unpublished material. Whether dodging guerrillas at a cocaine market in Colombia, narrowly escaping a murderous Osama bin Laden in Afghanistan, interviewing a flatulent Colonel Gaddafi, crossing the border into Afghanistan dressed in a fetching bright blue burka or being kidnapped at gunpoint – or was it a finger in a pocket – in the backstreets of Belfast at the height of the troubles, Simpson paints a vivid picture of what being a journalist on the front line is all about, from low comedy to high drama.

**Last night another soldier... (2011) by Andy McNab. ISBN: 9780552161688 Afghanistan, 2009.**

A Rifle section is halfway through their six-month tour of duty in Helmand Province. Sixteen men from their Battalion have already been killed. Fortyseven others have been wounded and flown back home. The last three months have been tough and it shows. Their kit is in a bad way. They are in a bad way. Young men with tans, scruffy beards, peeling noses and lips burnt raw by the Afghan sun. This Quick Read book is the story of four of the young men in this Rifle section, partly told from the point of view of eighteen-year-old squaddie, David 'Briggsy' Briggs.



All of the books listed above are available from the library. Scan the QR code to search the library catalogue and reserve them, or ring/email the library.



## Online Resources

### Tinnitus – Armed Forces Hub

<https://tinnitus.org.uk/armed-forces-hub/>

Support for veterans, service personnel and their families living with tinnitus.

### NHS: Step into Health

<https://www.militarystepintohealth.nhs.uk/>

Works to support the Armed Forces community to access the career opportunities available in the NHS.

## NHS Employers: Armed Forces Networks

<https://www.nhsemployers.org/networks/supporting-armed-forces-reservists-workforce-connect-share-and-learn>

Connect, Share and Learn is NHS Employers regular online forum for those managing, championing or supporting Armed Forces reservists in the NHS.

## Armed Forces Covenant: Service Leavers

<https://www.armedforcescovenant.gov.uk/armed-forces-community/service-leavers-and-veterans/>

## NHS: Healthcare for the armed forces community

<https://www.nhs.uk/nhs-services/armed-forces-community/>

## NHS: Charities and support groups who help the armed forces community

<https://www.nhs.uk/nhs-services/armed-forces-community/charities-support/>



Find out more about the Armed Forces Community Network on the Trust Extranet, or email: [armedforces.staffnetwork@sthk.nhs.uk](mailto:armedforces.staffnetwork@sthk.nhs.uk)



Contact us

## Library & Knowledge Service

Mersey & West Lancashire Teaching Hospitals NHS Trust

 Nightingale House - Whiston Hospital

 0151 430 1242

 [library@merseywestlancs.nhs.uk](mailto:library@merseywestlancs.nhs.uk)

 Hanley Library - Southport Hospital

 01704 704202

 [library.merseywestlancs.nhs.uk](http://library.merseywestlancs.nhs.uk)