



# SISTERS IN SERVICE

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Supporting Women Veterans in Healthcare





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IN SERVICE**  
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## Who We Are

Sisters in Service is a safe, supportive network created by and for female veterans in healthcare. Founded by Dr. Bex Bennett, a former Army Officer and psychiatrist, and Gemma Saunders, a psychotherapist working with the veteran community, we understand the unique challenges of moving from military to student life.

**We help women from military backgrounds thrive as students and future healthcare professionals.**

Leaving uniform behind and stepping into university can feel like a real adjustment. The pace, the language, and the expectations are all different - and balancing study, placements, and family life can feel overwhelming. We're here to remind you: you don't have to navigate it alone.

**"I found going back to university a real culture shock."**

- Rebecca, ex-Army officer and medical student

If you're studying Nursing, Radiography, Occupational Therapy, Medicine or another Allied Health course, we're here to help you succeed, grow, and feel connected.

## Our Mission

Our mission is simple: **to support female students from military backgrounds as they begin their healthcare careers.**

We provide connection, advocacy, and mentorship to help you succeed - academically, professionally, and personally.

Whether you're starting your course, on placement, or balancing family life, our aim is to help you feel supported and confident in this next chapter.

**“It can feel lonely sometimes, but it just takes time to adjust.”**

- Sarah, student nurse  
& ex-Army



# Academic & Career Support

## Academic Mentoring

We match each Sister with someone who has already made the transition. Having a mentor who truly understands what you're going through can make all the difference.



**We provide guidance with:**

Study skills  
& time  
management

Navigating  
placements &  
assessments

Balancing  
study with  
family life

Building  
confidence  
and identity  
outside the  
Forces

## Career Guidance

**We provide support with:**

CVs &  
personal  
statements

Mock  
interviews &  
skills prep

Connection with  
key people from  
the veteran  
community and  
recent graduates

**“Translate your strengths and carry yourself professionally. Academia often undervalues military experience until it sees it in practice.”**

- Alice, ex-Army officer & PhD student

# Connection & Wellbeing

## Support & Connection

**We know the transition can take its toll. That's why Sisters in Service brings you both connection and care.**

- Regular meet-ups and peer groups
- Links with local NHS Armed Forces Networks
- WhatsApp and Facebook groups
- Collaboration with your university's EDI initiatives

## Wellbeing Support

**We'll also signpost you to services and resources that understand your journey. We provide reflective tools to help you process placements and stress management.**

- Clear signposting to university services and veteran-specific resources
- Reflection prompts and journaling tools
- Links to wellbeing advisors who can help with boundaries, resilience, and stress



# Practical Tools & Tips

We've gathered advice from Sisters who have already made the leap into university life.

## **Learn how to learn:**

focus on patterns, critical thinking, and applying knowledge.

## **Time management:**

structure your week, protect downtime, accept different academic pace.

## **Find your people:**

build a new tribe through networks and peer groups.

## **Rest & boundaries:**

schedule rest, food, exercise, and non-study time.

## **Reflect weekly:**

process experiences, not just tasks.

## **Use your strengths:**

leadership, organisation, resilience - own them.

## **Use digital tools smartly:**

study apps, calendars, but avoid endless scrolling.

## **Advocate for yourself:**

set expectations, ask questions, and request support when needed.

**“Demonstrate your value. From your work ethic, to leadership and teamwork, project management skills, communicating with clarity, to decision making in ambiguity and maintaining integrity.”**

- Louise, ex-Army officer & Masters student



# Get Involved

Joining Sisters in Service is simple. Join our network at [sistersinservice.org.uk](https://sistersinservice.org.uk) and we'll connect you with our private community and mentoring network.

Ways to get involved:

Join as a  
mentee or  
mentor

Volunteer  
or attend  
events

Follow us on  
Instagram,  
LinkedIn, and  
Facebook

**“Build your new  
tribe - you don’t have  
to do this alone.”**





## Key Contacts & Resources

- **Op COURAGE:** NHS mental health support for veterans and families
- **Op RESTORE:** the veterans' physical health and wellbeing service
- **Combat Stress:** clinical treatment for trauma-related issues
- **Samaritans:** 24/7 listening service - Call 116 123
- **Your University Wellbeing Team:** counselling, workshops, and self-help resources







**Join the network.  
Find your people.  
Take your next steps.**



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