

Autumn/Winter 2017



# Introducing

# Care for Veterans



## Newsletter

The Queen Alexandra Hospital Home since 1919

[www.careforveterans.org.uk](http://www.careforveterans.org.uk)

# Welcome

## Dear Supporters

I am delighted to have been appointed the new Chief Executive and to be joining the charity at such an exciting time. This has given me the opportunity to continue within the 'military family', having completed a 37-year career in the military with my final role as the Assistant Director of Defence Rehabilitation at DMRC Headley Court (DMRC). The focus at Care for Veterans, on delivering the very highest standards of care, with an emphasis on the residents achieving their maximum potential, mirrors that which DMRC provides for personnel serving within the Armed Forces.

Our proposed name change, as mentioned in

our last newsletter, has now gone ahead and as of October 5th The Queen Alexandra Hospital Home is called Care for Veterans. The change of name was a difficult decision but you will see our reasons for doing so on page three opposite. Our President, HRH Princess Alexandra, fully appreciated the need to make this change and offered her support from the outset. I wish to reassure all our much-valued supporters that we remain committed to the QAHH legacy of giving our residents the very best care and quality of life.

As you can see below, we have now completed the extension to our Norfolk South Ward. As a physiotherapist,

I can truly appreciate both the space and the ergonomic design that has gone into providing this truly exceptional accommodation for our residents. I am delighted that Her Royal Highness Princess Alexandra has agreed to formally open these new rooms later this month.

On the back page, you will see a list of our forthcoming events and I do hope to see you at one of these. We also enclose a Care for Veterans car/window sticker and hope you will display yours with pride. It can never be forgotten that we are a charity dependent on fundraising to continue our care for veterans and their family members. We



remain extremely grateful to all our supporters and thank you on behalf of all our staff and residents.

**Andy Neaves**  
Chief Executive

## Looking lovely - our new extension built on time and on budget

**Thanks to a generous grant from the LIBOR Fund, we have been able to build an extension to our Norfolk South Ward, to enlarge and improve the facilities in two existing rooms and build two extra single en-suite rooms.**

This means that not only do we have two more beds, enabling us to care for more veterans and their family members, but it also gives us greater flexibility when admitting both permanent and respite residents.

We are pleased to tell you that the new extension has come in on time and on budget and it blends in very well with the existing building.

CEO Andy Neaves said, "The extension project has gone well and I would like to thank all the staff who worked hard to make this possible. We

are very proud of what has been achieved and the rooms had their first occupants from September. Furthermore, we can accommodate the two extra rooms within our current staff level so our staff costs have not increased. We are so grateful to HM Treasury, the Chancellor and all those who made this possible using LIBOR funds - we could not have done this without their generosity."

Although the new rooms opened to residents from September, we are delighted that the

extension will be officially opened by our President, HRH Princess Alexandra, at a ceremony later this

month, when the Norfolk South Ward will become the Richmond Wing.



# Introducing

# Care for Veterans

**In our last newsletter, we advised that the name of The Queen Alexandra Hospital Home (QAHH) was being changed. As of Thursday 5 October, our name is Care for Veterans.**

This decision was not taken lightly, but after 18 months of research, and holding focus groups comprising supporters, staff, volunteers, residents and their family members, we realised that a change of name was needed. We also consulted another Armed Forces charity, which was very successfully renamed a few years ago, who now raise more money, are supported by a greater cross section of people and receive more referrals for their care.

Research showed that our charity is not well-known. Our name did not reflect what we do nor who we care for. We found that some people thought that QAHH was an NHS funded hospital or an old people's home, which we are not. As a charity which must fundraise to survive, this was detrimental to our fundraising efforts and resulted in a constant struggle to raise the money we need. Furthermore, QAHH did not state that we care for ex-Service personnel and their families, and we needed a name which has instant recognition and informs those who need our care now and in the future. Finally, there are other charities with similar names with which we are confused, which adds to the problem.

The results from our research showed that

we needed a new name which states exactly what we do, who we care for and will have immediate impact. Our forthcoming centenary provides a perfect opportunity to give our charity a name that makes our purpose clear and will best equip us for the next 100 years of caring for our nation's ex-Service personnel.

Now Care for Veterans, we are proud to present our new logo which comprises the colours of the Army, Royal Navy and Royal Air Force, and the purple of the Joint Services, in the form of a medal ribbon. We enclose with this newsletter a car sticker and would be delighted if you would display this in your vehicle - this will not only show your support but will help us to publicise Care for Veterans.

We wish to reassure all our supporters that this process has not cost a lot of money. This was because we did much of the research, groundwork and rebranding work ourselves which has greatly saved on costs. We had the support of an excellent marketing/design company who have charged only a small fraction of what this would ordinarily cost, and for which we are most grateful. We remain committed to keeping our costs as low as possible so that as much of what we raise goes directly to

caring for our veterans - currently 94p of every £1 raised - a figure we are extremely proud of. We spend very little on marketing but know that our new name, which is more clear and direct, will help people get to know who we are and what we do.

Although we have changed our name, what will never change is our commitment to provide the best possible care and rehabilitation for our nation's veterans and their family members. This has been the ethos of our charity since we were founded in 1919, and will be for the next 100 years and beyond. Our residents will always be at the centre of all that we do and our first class and award winning care will continue as it does now.

Thanks to a grant from The Covenant Fund we've produced an exhibition which details our history from 1919 to the present day, as well as information about our care and

rehabilitation, case studies of our residents and much more. The exhibition will be available to see at our Boundary Road facilities between Friday 13 October and Tuesday 17 October inclusive, from 10am to 2pm. Entry is free so please do come along and see the exhibition, have some refreshments and meet some of our staff and residents. The exhibition is portable so if your company or organisation has space, please contact us to display the exhibition. It is free of charge and we'll set it up and dismantle it. Call our fundraising team on 01903 218444 for more information.

Our thanks to Fast Labels for their support and so generously producing the car stickers.



## Care for Veterans



# Step back in time...

In the lead-up to the charity's centenary in 2019, we continue our history series, as we look back at another 20 years of caring for veterans.

## 1960 - 1980

During this period we saw many famous faces at QAHH...

**1.** On 21 October 1963, Mary, Princess Royal paid a visit to Gifford House (pictured right).

**2.** On 23 September 1965, Lady Juliet Duff died. She was one of the co-founders (along with Mrs Verena Hay) of The Queen Alexandra Hospital Home. She was the daughter of the 'creator of the idea' of QAHH, Gladys, Marchioness Ripon. When her mother died in 1917, it was Lady Juliet and Mrs Hay who took up the baton and carried on the task of creating QAHH, firstly at Roehampton and then at Worthing (pictured below left).



**3.** 9 November 1966 – Visit by Queen Elizabeth, the Queen Mother to Gifford House. This was the first of many visits by the Queen Mother (pictured left).

**4.** On 4 July 1972, Princess Alexandra visited the charity. She was greeted by Sir Michael Duff and Mr A G Linfield (pictured below).



**5.** Open Day at Gifford House in 1975 was held on Saturday 19 July. The guest celebrity was Kenneth More, a renowned actor of the period. He had served in the Royal Navy during World War II. This photograph shows him talking with a resident, Joseph John Davies, VC. He won his VC in the Battle of the Somme (pictured below).



**7.** Open Day held on Saturday 15 July 1978 - the guest of honour was the actress Penelope Keith (below).



**6.** The Queen Mother paid a visit on Wednesday 30 June 1976. On arrival, she was met by The Chairman, Sir James Bowes-Lyon, Secretary, Jo Holgate and Matron, Daphne Morris and was presented with a bouquet by Tom Comben, a Resident of Gifford House (right).



**8.** 26 June 1979 was a memorable day. It was the day that His Royal Highness, the Duke of Edinburgh paid a visit to Queen Alexandra Hospital Home. The sun was shining making it good for the visit (right).



Special thanks to our volunteer, Brian Coward, for his research into our history.



# Resident focus: Irene Barclay



Philip Snr, Philip Jnr and Rene

**Irene (Rene) Curtis was born in Shoreditch in the East End of London in 1918, two months before the end of the First World War.**

Her father had served in the Army in the Boer War and her mother looked after Rene and her two brothers. When Rene was 17, she was at a friend's house where she saw four men playing cards and one of them, a handsome chap called Philip Barclay, kindly offered to walk Rene home. It was love at first sight and they began dating. However, Rene's mother did not approve as she did not like Rene riding pillion on Philip's International Max Norton motor cycle, and she made them split up. Rene was heartbroken, but a few years later whilst at the local cinema, she bumped into Philip; their relationship restarted and a few months later they were married in June 1940.

Rene remembers, "We married quickly because our country was at war and we did not know what the future held for us. We thought it was the best thing to do. We started married life in the first year of the war and Philip was initially in the Air Raid Precautions Service branch, but was then conscripted into the Army, joining the Royal Artillery."

Rene became pregnant and their son, Philip Jnr, was born on one of the worst nights of the London blitz. Rene recalls, "I went into labour as the bombs were dropping all around us. It was dreadful and very frightening. There were no ambulances to take me to hospital so I had to go in a fire engine with some firemen. I was very scared but there was nothing I could do – in those days we just got on with it. Philip was born just as the all-clear sirens sounded – he must have known it was then a safe time to pop out!"

Rene saw little of her husband during the war but they treasured the times he came home on leave. Thankfully, Philip returned home in 1945 safe and sound, having been awarded a certificate by Field Marshall Montgomery for 'outstanding good service', which Rene treasures to this day. After the war, Philip set up a second-hand furniture and upholstery business and Rene was a dressmaker, on London's Oxford Street. They were a happy family but money was very tight

in London, so when Philip retired they left and moved to Worthing.

On 5 November 1999, Rene received a telephone call that would change her life forever, when the hospital called to tell her that her beloved husband, Philip, had died. Rene never married again as she knew she could never replace Philip and she lived alone in their Worthing bungalow until she was 90, when sadly she suffered a stroke and was no longer able to walk.

As Philip had served in the Armed Forces, Rene qualified to come to us as we care for veterans and their close family members. Rene says, "When I came here in 2009 I was quite poorly and couldn't do much, but I soon became better and now every day I get up, go to breakfast and then into the Social & Recreation room where the fun of the day begins. I like doing weaving which keeps me busy, but most of all I have a real laugh with the other residents, especially my best friend Ruby." Rene particularly enjoys the trips out on the coach from garden parties at Buckingham Palace to visits to Drusilla's Animal Park. However, her favourite is when she and

other residents attend the Remembrance Sunday parade in London and she wears Philip's four war medals. Rene says, "I love it here. The staff are so friendly and I feel safe. There's always something going on and I do like the music concerts when we have a good old sing-a-long, just like in the East End of London when I was a girl."

Philip, Rene's son, says that after Rene had her stroke, he was so pleased that Care for Veterans was recommended to him. He says, "This is definitely the best place for Mum to be. She gets the care that she needs as well as the physiotherapy and occupational therapy which makes such a big difference. It's what I call a 'comfortable, clinical environment' in that Mum receives excellent care like she would in hospital, but in a very homely and friendly environment. Mum interacts really well with other residents and really enjoys her time here."

Rene is looking forward to her 100th birthday next August when she will be having a special birthday party on Worthing Pier with her family, as well as a party here with Ruby and her other friends.



(L-R) Rene, Physio Assistant, Carlos, and Ruby

# New name but still the same first class and award-winning care for our veterans

We may have changed our name, but our commitment to providing first class and award-winning care for ex-Service personnel and their families remains the same. As we fast approach our centenary year, we appreciate that the need we experience today may be far removed from what inspired Lady Ripon over 100 years ago, but we maintain a strong tradition of adapting to meeting the needs of our veterans and their families.

Whatever changes happen, our trademark has, and always will be, to care for veterans by providing a unique quality of care and rehabilitation in a home from home environment, giving our residents the very best quality of life, irrespective of their disability.

When we receive new visitors, we often hear that they are amazed by both the high standard and the range of care that we provide to our residents. Here is a resume of just some of what we achieved thanks to your support during last year:



- We cared for a total of 124 residents
- We provided 4,155 physiotherapy sessions, helping to keep our residents as mobile and active as possible
- We provided 3,836 occupational therapy sessions
- 47 residents received speech and language therapy, helping them to regain their speech and communication skills
- The majority of our residents attended social and recreational activities, sharing fun times and interacting with other residents
- Trips in our wheelchair accessible coach included destinations such as Buckingham Palace, the Bluebell Railway, and Drusilla's Wildlife Park, a boat trip on the river Thames, and the Remembrance Day parade at Whitehall (pictured below)
- 104 residents benefitted from using our on-site Wheelchair Clinic
- We received an award for our end of life care at Beacon status – the highest award possible
- We provided end of life care to 18 residents, ensuring they were as pain free and comfortable as possible, as well as providing emotional support to their family members
- We provided physiotherapy at the weekends to veterans aged over 65 years living in the local community, helping to keep them as mobile and independent as possible



In 1967, a then long-term resident, who fought in the First World War wrote:

*"Here there is an atmosphere of home-care and attention which has made our disability tolerable, our increasing years venerable and the thought of the final farewell less anxious."*

We continue this ethos to this day. The same ex-resident also wrote: "To a person of courage an obstacle is a challenge." At Care for Veterans we shall continue to help our residents face their challenges and overcome them – that will never change.

**94p of every £1 donated goes directly towards caring for our residents – of which we are very proud**

Thank you to everyone who has and continues to support us. You are the life-blood of our organisation and we thank you on behalf of all our past, present and future residents. We receive no regular government funding and this year alone must raise over £1.3 million to enable us to continue to provide our first class and award-winning care. We can only do this with your support. Each donation, no matter how small or large, is vital to us and is greatly appreciated. We would be grateful if you would consider donating to Care for Veterans today using the form below. Thank you.



### Donation form - one-off donation

Donate today and make an immediate impact on the lives of our disabled veterans.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

I would like to donate:

☐ £20 ☐ £50 ☐ £100 ☐ Other £ \_\_\_\_\_

☐ I enclose a cheque made payable to Care for Veterans

OR

☐ Please debit my credit/debit card No: \_\_\_\_\_

Start date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Expiry date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Security No: \_\_\_\_\_

Gift Aid it and make your gift worth 25% more at no extra cost.

I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ **Please tick here to receive our twice-yearly newsletter, with interesting information about our charity and events.**

### Donation form - for a regular donation via your bank

Here is what a regular donation for one year can buy for our veterans:

A monthly donation of £5 (plus Gift Aid) over the course of a year will pay for three physiotherapy sessions

A monthly donation of £10 (plus Gift Aid) over the course of a year will pay for a trip out for eight veterans

A monthly donation of £20 (plus Gift Aid) over the course of a year will pay for a year's worth of arts and crafts materials

Please complete your name and address above and return to Care for Veterans – DO NOT send to your bank.

To The Manager of (name of bank): \_\_\_\_\_

Bank Address: \_\_\_\_\_

Account Holder Name: \_\_\_\_\_

Account No: \_\_\_\_\_ Sort Code: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Please pay the sum of £ \_\_\_\_\_ to Care for Veterans, A/c No 10093912, Sort Code 20-98-74 at Barclays Bank, 1 Chapel Rd, Worthing, BN11 1EX

every month starting from \_\_\_\_\_ from my account above.

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

Make your donations worth more by completing the Gift Aid section above if you are a UK tax payer.

**Please return this form to: Care for Veterans, Gifford House, Boundary Road, Worthing, BN11 4LJ**



# Resident Focus

## Rob and Vardre

Here at Care for Veterans, we encourage our residents to interact socially with each other as much as possible. Not only is it fun for them, it helps with their emotional well-being, encourages participation and increases their social inclusion. So, it is heart-warming to see when genuine friendships are formed.

Rob and Vardre share a room in our Norfolk Wing and, since meeting, have become great friends.

Rob has MS, and as his condition developed, his needs became more complex. Although he was a musician, being frontman of 1970's rock sensations, Rocky Sharpe & The Replays, his father, Stanislaw, served in the Polish Army and was involved in allied campaigns in North Africa and Italy, and was awarded the Polish Cross and British War Medal 1939-1945. Rob, as his son, qualified to receive our care, initially for short-term respite care and then becoming a permanent resident in 2013.

Vardre originally came to us for a five-week physio and respite stay, but became a permanent resident in November 2015. He served in the Royal Electrical and Mechanical Engineers for two years in the 1950s. He explains: "I spent one year in Libya. I was a vehicle mechanic, working on centurion tanks, as well as servicing all the other vehicles. I was out there for the Suez Crisis. I'll admit, I actually enjoyed my time out there because of the hot climate!"

Vardre explained that when he arrived at Care for Veterans, it was very much 'Rob's room', as Rob had already lived here for two years. But the two

quickly found that they had something in common – they're both dedicated Arsenal supporters!

Vardre explained: "I didn't have any doubts on a shared room when I came here. After being in barracks, where you're sleeping in the same room as 40 other men, a shared room with one person is nothing! But then I found out he was an Arsenal supporter, which was a bonus! If it wasn't Arsenal, it would be Brighton and Hove Albion, as we're both Brighton boys. Arsenal gave us lots to talk about, and Rob has Sky, so that's another reason to be nice to him – so I can watch the matches too!", he laughed.

Rob said he was pleased to find that Vardre supported the same

football teams too: "We get frustrated when Arsenal are losing. We shout at the TV telling them what to do." When asked if they discuss match strategies, Rob replied: "To score a goal would be a good start!"

The charismatic duo have also come to know each other's families quite well: "I really enjoy when Rob's family come to visit with his three grandchildren. They're little trouble makers! One day they came with these transfers that you put on your skin. They put one on Rob's arm and insisted that I have one too. They branded me with the Arsenal badge – I had it on for about a week! It was so hard to get off," Vardre says, laughing. "But it's

delightful when they come in. I enjoy seeing them too, and I have to remind myself that they're his grandchildren, not mine."

Living together means they've learnt each other's likes and dislikes very well too. Vardre said, thanks to Rob's love of tea, he's been able to try many weird and wonderful varieties, including ginseng and liquorice, mountain oolong and Gurkha tea to name a few!

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*"The relationship we have is lovely, and so helpful. It is really like a family here."*  
Vardre

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(L-R) Rob, Health Care Assistant, Emma, and Vardre



# 'I no longer feel like a bent old man!'

**Last year, we were awarded a grant from the Aged Veterans Fund to provide free physiotherapy sessions to veterans aged over 65 living in the local area. At weekends, we opened our doors to non-residents, to help those local veterans in need of physiotherapy. During the year-long project, we welcomed 68 veterans, aged between 66 and 96 years old.**

One of the first veterans to benefit was 90-year-old ex-Serviceman, Hadley Norris. Hadley joined the Royal Air Force Volunteer Reserve in 1944, aged just 17, but later that year was discharged as surplus to requirement. However, aged 18 he was called up to the Army and served until he was discharged in 1948.

He was delighted to find out about the physiotherapy project via our newsletter and explains, "I was having dreadful problems with my back and had seen many professionals but no one could help me. Then I came to the weekend physiotherapy here and within one session, the Physiotherapist, Karan, diagnosed scoliosis, a curvature of the spine. Karan knew exactly what was wrong with me and exactly what to do, giving me exercises that I did in the sessions and then again at home. The improvement has been amazing. I have less pain, I stand a lot straighter and can now walk five miles, which I have not managed for many years. I feel better from top to toe."

Following their physiotherapy sessions, many veterans reported big improvements, including greater flexibility and mobility, reduced pain levels, the ability

to walk further and an overall increase in their quality of life and self-confidence. One veteran said, "The pain I had is now considerably reduced and I am off Morphine and walking with greater confidence." Another reported, "The improvement in mobility of my shoulder is beyond my wildest dreams."

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*"I am so pleased I had this opportunity and was one of the lucky participants. This is by far the best physiotherapy I have ever had and Karan and Carlos were so respectful and treated me so well. I still do my exercises every morning and I no longer feel like a bent old man!"*

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**Hadley Norris**

**We would like to thank the Aged Veterans Fund for the grant we received, awarded by The Chancellor using LIBOR Funds.**



Hadley (centre) with Physiotherapists, Camilla and Karan

# Care for Veterans

## Resident Focus

### Doug Waghorn

**Current resident, Doug Waghorn, has quickly become our new resident photographer. He is often found around the grounds and at events snapping away and capturing great moments.**

A former Flight Engineer and Air Gunner, Doug was called up to the RAF a year or so after marrying his wife, Brenda, in 1951 at the age of 20.

Doug explains, "I was called up just as the Korean War was ending, so most of our guys were coming home when I joined."

"I didn't see any conflict; we just took part in training exercises, flying in Sunderland and Shackleton aircrafts. We used to take gunnery practice at Chesil Beach, near Dorset. It was a well-known practice range for the RAF, but one time we flew over and there were crowds of people sunbathing on the beach." Laughing, Doug continues, "Me and my colleagues decided to shoot blanks from our machine guns into the sea right next to the beach – I can tell you, the beach cleared pretty quickly after that! But we did get into a lot of trouble for it."

Doug recalls another time when he and his fellow crew members made light of a situation: "We weren't keen on our navigator. He was a bit of a know-it-all and felt he had to re-check all of our work before each flight! A navigator checking an engineer's work? It was

crazy and used to really annoy us. He used to inspect the tail and tail wings, so he had to jump onto the tail wings to see it. My mates got so fed up, they said 'Right!' and rubbed grease on the tail wing, so when he jumped onto it he slipped right off and fell 25-ft into the water!" Laughing out loud again, Doug said, "we got into trouble for that as well!"

After two years' service, Doug returned home and continued his manufacturing work, and became a very successful factory owner.

His interest in photography started when he was 14 years old. He began by playing around with gaslight and lith paper, holding it up to the light to create various images. In time, it grew into a passionate hobby. He got a camera and began taking portraits of his children. He'd managed to smuggle a camera out of Gibraltar when on a trip there, but had to sell it when his son needed a bed.

"I just carried on taking photos, and when me and my mates used to go on fishing trips, I became the 'official' photographer."

Doug's wife sadly passed away 10 years ago, and his friends urged him to

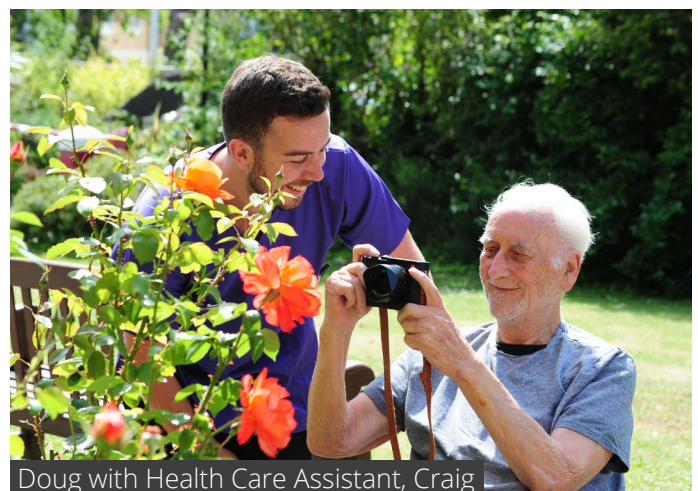


Doug's crew (photo taken by Doug)

get out there, be proactive and take more photos: "So I did, and surprisingly, it really helped me deal with the grief. It gave me a reason to get up and get out of the house, rather than sit around moping. It really helped me."

Doug came to live with us following a stroke at the end of last year: "I went first to a place in Lancing, which was very nice, but they didn't have any on-site facilities. My daughter started looking around and

found this place, which has the physiotherapy department. It's much better to have it in-house as it gives you a better chance of making some progress, and I like to have a challenge. All of the facilities here are great; it has everything, so my family don't need to worry about me."



Doug with Health Care Assistant, Craig



# Thank you for helping us Care for Veterans

We are very grateful to everyone who has supported us in recent months. Whether you have held a fundraising event, made a donation, undertaken a challenge, or attended one of our events, we cannot thank you enough for your vital support. You are very important to us and very much valued. Here are just some examples of how you have supported us recently....

Intrepid Brian Pate celebrated his 80th birthday by undertaking a tandem skydive and raised an amazing £1,276. Andy Henry ran the Worthing Half Marathon and then the Steyning Stinger, raising £1,253. Our thanks also go to our 15 fantastic runners in the Worthing 10k. The Community Prefects from Davison CE High School for Girls raised an incredible £1,300.

Long term supporters, BAE Systems at Rochester, donated £10,000 making their total contribution in recent years to be £55,000. The GSK Summer Ball raised £555.

Heartfelt thanks to ABF The Soldier's Charity for their £50,000 grant for ex-Army veterans, The Royal Navy & Royal Marines Charity and Greenwich Hospital for their grant of £30,000 for ex-Navy & Marines veterans, and The Covenant Fund for funding our 'Reaching Out, Looking In' project, including our upcoming exhibition.

Last but by no means least, a massive thank you to all our volunteers who so kindly give their time to support us. We are proud to have you as part of the Care for Veterans family and are so grateful for all you do.



## Leave a lasting legacy

Making a Will is one of the most significant decisions you can make. Providing for your loved ones is the most important consideration but, having done so, will you consider supporting Care for Veterans by leaving a gift in your Will? 32% of donations to us come from legacy giving, making it a vital source of funding for our work.



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If you would like to leave a legacy, or if you need further information, please contact Elizabeth Baxter on **01903 218444** or email [elizabeth.baxter@careforveterans.org.uk](mailto:elizabeth.baxter@careforveterans.org.uk)

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# Dates for your diary

Here's what we have coming up over the next few months. There's something for everyone and we do hope to see you at one of our events....

**2017**

## **From QAHH to Care for Veterans - An Exhibition of our History, Care and Veterans**

**Exhibiting from Friday 13 – Tuesday 17 October inclusive, 10am - 2pm**



Come to the Day Room at our facilities at Gifford House, Boundary Road, Worthing, BN11 4LJ and see an exhibition about our history, the care we provide and the veterans we are proud to support. Enjoy tea and cake and peruse the canvasses, which tell our history from 1919 to the present day. Entry is free of charge and the exhibition is open from 10am to 2pm each day. Contact Kim for more details.

## **The Glitter Ball**

**Saturday 18 November, 6.30pm**



Following the success of last year's event, we are holding our second Glitter Ball at the beautiful Hilton Avisford Park Hotel near Arundel. Guests will be treated to a drinks reception, sumptuous three course meal, dancing to our fabulous live band, a magician, spot prizes, fundraising games and an auction. We'll even take you there and home again afterwards on our vintage bus! Tickets cost £55 each and include drinks reception, three course meal and half a bottle of wine per person. For more information or to reserve your tickets, contact Sam.

## **Christmas Bazaar**

**Saturday 2 December, 1.30pm – 4pm**



Come and join the festivities at our annual Christmas Bazaar! Visit Santa's grotto, enjoy live family entertainment, choir, stalls selling crafts, Christmas gifts, cards and decorations, mulled wine, mince pies, cakes and Owls About Town. We shall also be selling real Christmas trees (Nordmann Non-Drop variety) and you can order yours in advance. Contact Kim for more details or if you would like to have a stall at the event.

## **Christmas Carol Concert**

**Sunday 17 December, 2pm**

This annual concert at the stunning Lancing College Chapel features a fabulous choir singing favourite carols and is always a sell-out event. Tickets cost £6.50 each. To book your tickets, contact Sam.

**2018**

## **Worthing Half Marathon**

**Sunday 11 February**

If you are up for a challenge, why not run the Worthing Half Marathon and support our veterans? Contact Sam.

## **All Seasons Fashion Show**

**Thursday 1 March**



Following the success of our first sell-out show, we are holding another Fashion Show with clothing for all occasions, including evening wear, day wear, vintage and formal wear. Followed by stalls selling some of the items modelled, accessories, brand new, second hand and vintage items. Come along and grab some bargains for your wardrobe. Tickets cost £10 and include a glass of wine and goodie bag. Contact Kim.

## **An Evening with Peter James**

**Thursday 15 February**

Come and see the UK's number 1 thriller writer talk about his life and work. Contact Kim for more details.

**NEW  
EVENT!**

**Thursday 3 May - Quiz Night**

**Sunday 3 June - Worthing 10k**

**Saturday 14 July - Summer Fayre**



**Contact the Fundraising Team for more information...**

[kim.bowenwood@careforveterans.org.uk](mailto:kim.bowenwood@careforveterans.org.uk) or call **01903 218444**  
[samantha.stokes@careforveterans.org.uk](mailto:samantha.stokes@careforveterans.org.uk) or call **01903 218444**

Care for Veterans, Gifford House, Boundary Road, Worthing, BN11 4LJ