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Important QAHH dates for your diary



REMEMBERING HARRY

16 April 1910 – 6 March 2015

Supporting physically disabled ex-Servicemen and women of the past, present and future





16 April 1910 – 6 March 2015

Remembering Harry



» We are profoundly saddened to deliver the news that Harry, our oldest resident, passed away on Friday 6 March, just one month shy of his 105th birthday.

Understood to be the eldest surviving member of the Honourable Artillery Company, Harry signed up after his house in Bow was bombed in 1940. He drove tanks across Egypt, Libya, Palestine and South Africa before being wounded in the battle of El Alamein during his time with the Desert Rats.

Harry lived at QAHH for 9 years, during which time he brought us wisdom, humour and kindness. We will deeply miss him and our thoughts are with his family.





Photos: John Young Photography

REMEMBRANCE DAY AT QAHH

>> On the morning of Tuesday 11 November, soldiers from 12 Regiment, Royal Artillery based at Thorney Island arrived at QAHH, in order to attend the Remembrance Day Ceremony at the War Memorial in Worthing. Following the Ceremony, all returned to QAHH for refreshments and the planting of bulbs at the front entrance. The soldiers returned in March to see the residents, and to check the progress of the bulbs they planted.



QAHH launches the Unity Lottery

>> QAHH has partnered with Unity Lottery to launch a new way to raise extra funds for Veterans' care. Unity run lotteries on behalf of over 250 small and medium-sized UK charities, enabling them to reach new supporters without having to take on the considerable responsibility of setting up their own scheme. They have just been voted 'Best Lottery' at the

Institute of Fundraising Awards for the second year in a row.

By playing the QAHH Lottery you could win up to £25,000 whilst supporting the Hospital Home each week. For every £1 played, 50p goes directly to supporting our residents' care and rehabilitation. The remaining 50p will be used by Unity to provide the prize money and

cover administration costs.

The draw takes place every Saturday, the lucky winners are selected at random and the prize cheques issued and posted directly. There is a one in 63 chance of winning each week.

To play the QAHH Lottery, visit www.qahh.org.uk/lottery or call us for an application form on **01903 218444**.



ITV Meridian film at QAHH

>> ITV Meridian came to QAHH in November to interview some of our residents about their time in the Armed Forces.

Nathan, Harry, Alistair and QAHH volunteer, Brian, were joined by Invictus Games Gold Medallist and QAHH ambassador, Mike Goody. All were interviewed for a news piece which went out on ITV Meridian on Friday 7 November, in the lead up to Remembrance Day.



Photo: Attila Orban Photography

A volunteer's story

» «As a serving Royal Navy Officer I am acutely aware of the problems facing Veterans when they leave the Armed Forces. That is why The Queen Alexandra Hospital Home (QAHH) is so important. As a charity, QAHH relies on the generosity of the public and businesses to donate money. My role is to get out and about to promote the cause, and gently persuade people how much difference even a small contribution can make.

I do this in a variety of ways, including writing letters, sending emails and texts; but the best and most effective way is for me to meet people face-to-face and brief them. This is usually delivered as a Power Point presentation or a general chat. Using my wide network across the Defence, Policing and Security industries, I aim to develop even more contacts and spread the word on behalf of QAHH, and in doing so I hope to persuade more

people to engage with us. It's not always about donating money; they can support in other ways, such as becoming volunteers themselves, or offering other facilities and events to our patients.

I hope you will consider how you can best help QAHH. It will give you a feeling of having done something worthwhile and I strongly recommend it to you.”

**QAHH volunteer ambassador -
Commander Neil J Hall,
Royal Navy**

If you would like to volunteer for QAHH, please contact Jackie on **01903 218444** or email: jackie-bulmer@qahh.org.uk

OUR DIGITAL ARCHIVE IS LIVE!

» After a year of hard work scanning, organising and uploading, 3,000 historical photographs are now ready to browse on our new archive website: archive.qahh.org.uk

We welcome you to visit the archive and share with us any photographs or memories you have of QAHH from the past.

If you have any photographs taken at QAHH that you would like to see featured on the

archive, please send these to fundraising@qahh.org.uk.

Likewise if you have any further information on any of the photographs featured on the archive, we would love to hear from you. We are holding an official launch event on Wednesday 24 June to share the results of the heritage project. For more information, or if you would like to attend, please contact **Jennifer Hanraads** on **01903 218444**.



PROJECT YOUTH FORCE

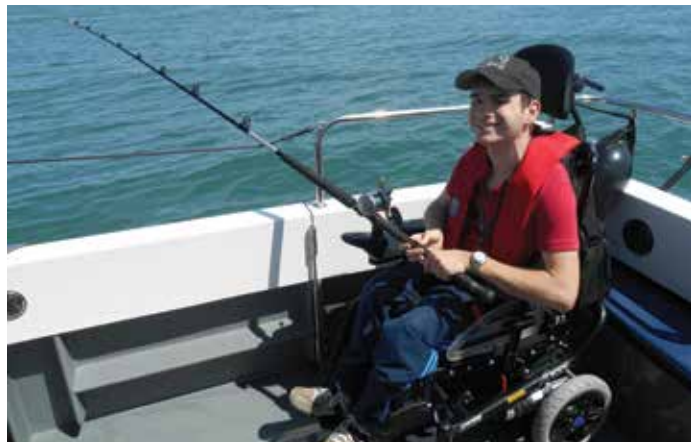
» With support from **The Armed Forces Community Covenant Grant Scheme** and **The Lake House Charitable Foundation**, QAHH have launched a new project, **'Project Youth Force - winning the war on disability'**, aimed to educate and inspire young people through real-life stories and experiences provided by our veterans through a FREE, fun and interactive workshop.

QAHH Ambassador Richard Hunt - an above-knee amputee, Naval Veteran, athlete and former teacher - will deliver the workshops in schools across West Sussex and Hampshire.

The inspirational, disability awareness and character building workshops for all ages include

a real-life story from Richard, thought-provoking simulation activities, a face-to-face Q and A session, teachers' activity pack and a goody bag!

To find out more, or to book a FREE workshop, please call **01903 218444** or email **info@qahh.org.uk**



Wetwheels

» At QAHH we are always looking for ways to broaden our social and recreational experiences. Wetwheels is a not-for-profit organisation based in Portsmouth that offers fishing trips to wheelchair-bound people on a fully-accessible, 9-metre long catamaran. A day at sea for up to four residents costs £500, which includes the cost of providing

nursing staff to accompany them. Several of our residents will enjoy the chance to be at sea, especially Ron, our able Seaman!

If you are interested in treating our residents to a day of sea fishing, you can contact the fundraising team on **01903 218444** or via email at **info@qahh.org.uk**

Remembrance Charity Ball

» We are proud to announce that our charity partner, Red-Inc, will sponsor our Remembrance Charity Ball on Saturday 7 November at Fontwell Park Racecourse.

Our charity ambassador, Lance Corporal Derek Derenalagi, will be talking about his experience in Afghanistan where he lost both of his legs in a roadside bomb. Having gone on to compete in the 2012 Paralympics and winning two golds at the Invictus Games, Derek will tell you that there is no challenge too large, even in the face of the greatest adversity.

Tickets are £70 each and include a half bottle of wine, three course meal, fabulous entertainment, an auction and raffle. To book, please contact **Tanya** on **01903 218444** or email **fundraising@qahh.org.uk**.

Red-Inc
POSITIVELY DIFFERENT



QAHH

CHRISTMAS APPEAL

>> A wonderful £5,190 was raised from our Christmas Appeal. Your money will fund social and recreational activities during 2015, such as special events at the Hospital Home and evening entertainment, including hosting the Worthing Rotary Darts Team who challenge our residents once a month. In addition to our planned activities, Nathan, our appeal champion is now running a weekly art session for his fellow residents.

GENEROUS DONATIONS!

>> Thank you to Seafarers UK for their donation of £20,000 towards the costs of running our physiotherapy service in 2015.



Thank you to The Royal Navy & Royal Marines Charity for their donation of £39,200 towards the costs of providing our rehabilitation services to ex-Navy beneficiaries.



QAHH

CHARITY OF THE YEAR

>> Worthing-based firm, Red-Inc, which offers leading office-supply solutions to businesses in and around Sussex, has chosen QAHH as its charity of the year.



We were delighted to have been chosen as the charity partner of Carpenter Box in 2014. During the course of the year, Carpenter Box managed to raise £7,116.99 which is a fantastic amount of money.



Carpenter Box
Chartered Accountants
Chartered Tax Advisers

Corporate support

EQUINITI

Equiniti Investment Services, are supporting QAHH for the third year running. They are sponsoring our social and recreation programme which arranges wonderful activities for our residents, including trips to places such as Buckingham Palace and The London Eye.



We have once again teamed up with corporate partner **Southern Water**, who is sponsoring our charity abseil down the Spinnaker Tower on Tuesday 12 May. Event ambassador and rugby hero, Ben Kay MBE, will be joined by 49 other brave souls as they descend the 320ft tower! Nineteen members of staff from Southern Water will be taking part, making it the largest attendance from a corporate supporter ever! Having raised over £55,000 for us in 2014, we would like to thank Southern Water for all the generous support it gives the charity.

BAE SYSTEMS

National defence corporate, **BAE Systems**, have once again pledged their support by making a generous donation to our ongoing nursing care. This is the fifth year that BAE have chosen to support QAHH and they also have 8 members of staff abseiling for us in May.

Heroes in our community



>> QAHH would like to say a special thank you to Chippingdale Cricket Club who adopted us as one of their chosen charities this year.

Community Fundraiser, Hollie Lucas, was delighted to receive a cheque for £750 raised by members of the breakfast club and the cricket club at an auction and curry night in the Mahaan Restaurant, Worthing.

We are currently looking for people to join a QAHH cricket team for a match against Chippingdale CC on Sunday 2 August and Saturday 15 August. For more information contact Hollie on 01903 218444.

QAHH Open Day and Grand Prize Draw 2015

» Our annual Open Day fête is on Saturday 11 July this year from 1.30pm. Each year we welcome hundreds of local people to join the residents of QAHH for an afternoon of live music, military marching bands, and fun for all the family.

We have a fantastic array of musicians, entertainers, market stalls and games. Entry is just £2 for adults and children go free! All money raised will go towards the care and rehabilitation of our residents.

The annual QAHH Grand Prize Draw will take place at 3.45pm on Open Day. We have enclosed two books of Grand Prize Draw tickets with this newsletter. If you would like to take part in our draw, please return the ticket stubs and £1 for every ticket you wish to buy. Don't forget to keep hold of the main part of the ticket to claim your prize if you win!

How can you help support our Open Day?

- Spread the word - Tell your friends, neighbours and colleagues about our event.
- Donate any bottled goods, cakes or prizes for our tombola.
- Volunteer your time on the day.
- Buy some of our Grand Prize Draw tickets.
- Sell our Grand Prize Draw tickets to your friends and colleagues - For more tickets, contact **Hollie** on **01903 218444**.



Photo: Attila Orban Photography

Bill left a Legacy of Freedom - What will you leave?

» Bill was born on 2 June 1924. Raised in Kennford, Devon he joined the Royal Navy in 1942 aged 18. In 1944, just as WW2 was ending, the motor torpedo boat he was on was besieged by a German vessel off the coast of Cherbourg. In the attack, Bill sustained a severe injury to his leg which couldn't be saved, and was subsequently amputated.

When his beloved wife, Joan, passed away in November 2011 Bill decided to re-evaluate his life, and in August 2012 he came to live at QAHH. His daughters Heather and Carrie said: "Dad had been so impressed with the Hospital Home. He loved the military connection and the fact that the charity had cared for injured soldiers from both World Wars. It really was the best decision for him. Dad was

given expert care. He enjoyed the Physiotherapy Suite and would attend sessions there with the therapists. He also enjoyed the outings and was very proud to attend the Remembrance Service at the Cenotaph in London."

Tragically, Dad was diagnosed with cancer, but being at QAHH enabled him to cope during the latter stages of his life."

Heather and Carrie decided to hold Bill's funeral in the chapel here at the Hospital Home. "Although Dad had only been at QAHH a short time, it was a very significant time in his life and he made many wonderful friends. We felt it was only right that those who knew him and cared for him were able to say goodbye at the end."



Help us provide more care to people like Bill, so that they can live their lives to the full. Leaving a gift to The Queen Alexandra Hospital Home in your will enables us to care for veterans like Bill, whenever they need us most. www.qahh.org.uk/get-involved/legacies/

Dates for your diary

2015

**Saturday 27 and
Sunday 28 June**

Armed Forces Weekend

QAHH will join other Worthing-based Forces charities at the annual celebration event at Steyne Gardens to show support for our Service personnel.

Saturday 11 July



Open Day

Fun for all the family at our annual summer Open Day, including market stalls, live entertainment, children's entertainment, military vehicles and memorabilia, and representatives from HM Armed Forces.

Tuesday 25 August

Fontwell Park - Armed Forces Race Day

Sunday 11 October

Warrior Run

Sunday 18 October

Bright 10

Saturday 24 October

Great South 5km Run

Sunday 25 October

Great South Run

Saturday 7 November

Remembrance Ball

Saturday 5 December

Christmas Bazaar

Sunday 13 December

Carol Concert

If you would like to get involved with any of these events, please contact the fundraising team on 01903 218444 or email: fundraising@qahh.org.uk

The Queen Alexandra Hospital Home
SATURDAY 11 JULY 1.30pm-4pm

Open Day & Fête

Live Music • Military Vehicles And Exhibitions
Market • Games, Children's Entertainment & Bouncy Castle

Fun For All The Family

ADMISSION: ADULTS £2 + CHILDREN GO FREE

All proceeds go towards the care and rehabilitation of disabled ex-Servicemen and women.

qahh.org.uk The Queen Alexandra Hospital Home, Boundary Road, Worthing, BN11 4LJ
Tel: 01903 218444 | Email: fundraising@qahh.org.uk



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