

The Fantastic Fifty

Autumn/Winter 2018



We are proud to

Care for Veterans



Care for
Veterans

Newsletter

The Queen Alexandra Hospital Home since 1919

www.careforveterans.org.uk

Welcome

Dear Supporters

It has been, for many, a truly glorious summer. However, I think both the residents and staff are relieved to see the temperatures fall back to a level in which it is comfortable to live and work.

We have had a busy fundraising summer and on a very hot day in June 58 supporters ran the Worthing 10k on behalf of Care for Veterans, dwarfing the 13 last year. It appeared that there were Care for Veterans' t-shirts everywhere and we received great coverage from the commentator and the Worthing Herald, whilst raising an impressive £8,500. The challenge is now on to get a minimum of 100 runners for our centenary next year – please come and join us for this fantastic event in 2019.

This was followed in July by a highly successful Summer Fayre, which raised our best figures for many years. These events help us to continue to provide high quality care for Britain's Armed Forces Veterans and their families. You can find details of all our forthcoming events on the back page of this newsletter. We look forward to seeing you at some of these soon.

The 'green project' is progressing but projects like these take time due to planning restrictions and selecting the right supplier. I am delighted to report that we have received a grant of £50,000 from Rampion towards the installation of solar panels which will be in situ ready for our centenary year.



Our next project is the installation of LED lighting around the site. Again, this spend to save will make long-term savings and shows our commitment to environmental responsibility. The tendering process has started for this work.

As you can see our delivery of care and fiscal responsibility continue apace, which is why you, our supporters, are so vital to Care for Veterans. Enclosed, you will find a book of tickets for our Grand Prize Draw, where

you can win £250 cash plus lovely assorted prizes. We kindly ask you to participate and wish you luck in the draw!

Thank you all for your generosity of both money and time and I look forward to celebrating our centenary with many of you in 2019.

A handwritten signature in black ink.

Andy Neaves
Chief Executive

100 years young!

On Saturday 11 August, our eldest resident, Rene, celebrated her 100th birthday! A special party was organised at Care for Veterans in her honour and was attended by Rene's family and friends, fellow residents, Care for Veterans' staff, and Worthing Mayor, Cllr Paul Baker.

Rene was born in Shoreditch in the East End of London in 1918, two months before the end of World War I. Her father had served in the Army in the Boer War, and her mother looked after Rene and her two brothers.

Rene's husband, Philip, served in the Royal Artillery during the Second World War. Rene recalls: "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 had worked all her life as a dressmaker, so it was fitting that her birthday cake replicated a sewing machine.

We asked Rene how she felt about being 100, and what her secret was. She explained: "You notice I am not deaf, at my age.



I can't make it out. I had an operation on one ear when I was 21, all because of flu, but it doesn't seem to have affected me. I just can't believe I am 100. I have never smoked, which is a help."

"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."

Good news...

We have had lots to smile about at Care for Veterans and we would like to share with you some of the good things that have happened here in recent months...

The Fantastic Fifty (58 actually!)

Our Fantastic Fifty campaign to find 50 people to run the Worthing 10k was so successful that 58 people signed up. They braved the soaring heat in support of our veterans and raised £8,500. In 2019, we hope to recruit 100 people in recognition of our centenary who will be called The Heroic One Hundred.

Linda's Training Success

Congratulations to Senior Nurse, Linda Lee, for successfully completing her Mentorship training. She can now mentor all our student nurses who come to Care for Veterans from Brighton, Portsmouth and Surrey Universities and from the MoD. The student nurses always enjoy their placements here and are a welcome addition to our staff.

VIP Treatment

Long-term supporters, 12th Regiment Royal Artillery at Thorney Island, invited 6 of our veterans to visit them on Minden Day recently. Our veterans were treated like VIPs and enjoyed a lovely lunch and drinks in the officers' mess before watching sporting activities organised by Sgt Major Vance Walker and his colleagues.

Free Social & Recreation Sessions

Following the success of our free physiotherapy sessions for aged veterans in the local community, funded by The Libor Fund, we are now able to provide free social and recreation sessions to aged veterans on Saturdays up until end January 2019. If you are a veteran aged over 65, you can come along and enjoy arts and crafts sessions, play games and make new friends. Call 01903 218444 for more information.

Lily - our youngest fundraiser

Thanks to Lily Pariser and her Nana, Sandie Foster, for taking on the Just Walk 10km challenge. Lily was brilliant, and at just 8 years old, did an amazing job of raising £505. A celebratory ice cream for Lily, and two glasses of wine for Nana, made up for their aching feet!



A Random Act of Kindness for Karan

Karan Dhanak, our Lead Physiotherapist, was very shocked when Theresa and Lucy from More Radio interrupted his training session to give him champagne and chocolates as part of their Random Act of Kindness initiative. Karan was nominated as he always goes the extra mile and does an amazing job, helping keep our veterans as mobile and active as possible.



Keith is our Hero

When Keith Hicks decided to support us, he also chose to take on a huge challenge by completing the Transcontinental No.6 Bike Race across Europe. This tough and uncompromising race covers approximately 3,000 km of challenging terrain. Keith raised a superb £1,360, all to thank us for caring for his father years ago. Well done Keith!

A Huge Thank You

A significant proportion of the money we raise every year is donated by trusts and foundations. We would like to acknowledge the generosity of The Royal Navy & Royal Marines Charity, ABF The Soldiers' Charity, Ernest Kleinwort Charitable Trust and the Ian Karten Charitable Trust for their kind and continued support and recent donations of substantial grants which are so vital to our on-going work.

Hear us on the Radio

Thanks to the generous support of Darren Crabb Wealth Management and Saywell International, Care for Veterans has received free radio advertising on More Radio. We are so grateful for this valuable opportunity, enabling us to publicise some of our recent events.

Last but by no means least...

Well done to our resident, Will, who came to us several months ago not being able to walk at all due to Guillane Barrie Syndrome. Will has worked very hard in physiotherapy and occupational therapy and can now walk with the help of a walking aid! He and all his friends at care for veterans are delighted and Will hopes to be home for Christmas.

Step back in time...

In the lead-up to our centenary next year, we conclude our history series, as we look back at the last 20 years of caring for veterans.

2000 - 2018

1. On 7 November 2005, Care for Veterans' resident, the late Chris Binns, helped to officially open the new Occupational Therapy area (below).



2. Our President, HRH Princess Alexandra visited on 2 February 2006 to officially open the new Alexandra Wing (right).



3. On 19 January 2009, a new device was installed in the Occupational Therapy area. A reader which allows residents to magnify small print on documents, like newspapers and books, to be read on a screen in a much larger font (left).

4. On 16 April 2010, late Care for Veterans' resident, Harry, turned 100 years old. Here, Harry proudly holds the card he received from HM The Queen as he sits with the then Mayor of Worthing, Councillor Noel Atkins (below).



5. In September 2013, around 3,000 historic photos were found in our attic, documenting the history of The Queen Alexandra Hospital Home and Care for Veterans. Here is our volunteer, Brian Coward, who took on the project, sorting through all the photos, putting them in order, and writing up these stories (right).



6. In June 2015, we were awarded funding by the Ian Karten Charitable Trust, to purchase a range of equipment, including EyeGaze technology, which enables residents with limited movement to control a computer screen using just their eyes, allowing them to communicate their thoughts and feelings (right).



7. 5 October 2017, The Queen Alexandra Hospital Home was renamed Care for Veterans (left). Whatever changes have happened over almost 100 years of caring for our veterans, the trademark of this charity has always been the unique quality of first class and award-winning care and rehabilitation which continues to this day. Those we care for will always be at the heart of everything we do and will always be our priority, whatever the future holds.

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

'As content as he possibly could be'

Geoffrey Kayman was born in Hackney, London in 1923. His family came from Poland to England in the late nineteenth century and settled in London where Geoffrey lived with his parents and younger sister.

WWII

In 1943, aged 20, Geoffrey joined the Sherwood Rangers Yeomanry Tank Division, fighting in the Second World War in France, Belgium, the Netherlands and Germany. Geoffrey spoke French and German which was very useful and he was involved in communications.

When the War ended, Geoffrey stayed in the Army for two more years, was promoted to Sergeant, and worked in the Intelligence Corps. Like many who served in World War II, Geoffrey seldom spoke to anyone about his experiences, preferring to keep what he had been through to himself, so his family know little of what he endured during his two years in combat. However, his sister often told the story of one occasion when she had gone to the cinema to watch a film. During one of the Pathe newsreels

about the War, shown at the cinema, she saw a tank with a man on top of it and his face then filled the cinema screen – it was her older brother Geoffrey fighting in Europe! Shocked and surprised, it was at that time that she fully realised what her brother, and many like him, were undertaking for our country and the great danger that they faced. She was very upset, but at the same time very proud indeed.

Life After the Army

When Geoffrey left the Army, he went to work at the Tax Office and as a Supervisor in the Post Office and British Telecom. Geoffrey never married but devoted his life to caring for his mother until she sadly passed away in 1973. After he retired, he moved to Kent and pursued his hobbies which included running 12 miles per day – something that

he did into his early 80s. Geoffrey loved cars and was the proud owner of a Ford Buckler Special. He also enjoyed collecting stamps, sketching and spending time with family. He would stay with his niece, Carol, for holidays by the sea. Carol says, "We loved being with Uncle Geoffrey as he is a lovely person, very well read and interesting, and he would always take us for lovely meals out which we greatly enjoyed."

Sadly Geoffrey had a stroke in 2017 which left him unable to look after himself and needing round the clock care. He came to Care for Veterans in November 2017 and the location here in Worthing is perfect for his family who live locally.

Safety and Comfort

Geoffrey says what he likes most about Care for Veterans is the peace and quiet and he loves to sit and relax in the tranquil gardens. His family are nearby and visit often, including his 94-year-old brother in law.

His nieces Carol and Steph are also frequent visitors and are so pleased their beloved uncle is nearby. Steph says, "What we appreciate most about Care for Veterans is that Uncle Geoff's safety and comfort are guaranteed

here. We know he is well looked after and when he became poorly recently, the staff picked up on this immediately, and got him instant attention so the condition did not become serious. How reassuring for us to know he is in very safe hands and that he is as content as he possibly can be." Carol adds, "The care staff here are so kind to Uncle Geoff and they tell us that he is one of the nicest people they have ever met as he is so polite and well-mannered, and he appreciates everything that is done for him."

A Special Place

Carol and Steph so appreciate the care and attention given to Geoffrey that they have decided to become more involved. Steph is a member of a singing group who are coming to entertain our residents with singing, piano playing and poetry. Carol has signed up to become a volunteer, donating her time to help in our Social & Recreation department, being an escort on the trips out and reading and chatting with our veterans. Carol says, "This is such a wonderful and special place and Uncle Geoff is so well looked after that Steph and I just wanted to help and to give something back."



Geoffrey with his nieces, Steph and Carol

Celebrating our Success - 100 Years of Care and Rehabilitation

As we fast approach our centenary year, we are starting to celebrate 100 years of providing first-class and award-winning care and rehabilitation to our veterans. Nowadays, the people who need us have more complex disabilities and we tailor our care to each individual, many of whom are facing the toughest battle of their lives. Here's what we provide to help give those in our care the very best quality of life we can.

Physiotherapy - improves flexibility and muscle strength and gives our residents better mobility and independence. Many suffer from multiple disabilities affecting their mobility and at their initial assessment each individual is set achievable targets. Each small step they complete on the path to recovery improves their confidence and encourages them to go further.

Occupational Therapy (OT) - helps our residents to perform daily living activities, allowing as much independence and dignity as possible. They can re-learn everyday tasks, which may have been lost after a brain injury, for example eating, washing and dressing. Or they can learn new skills like operating a computer so they can keep in contact with friends. Residents are able to re-learn cooking skills safely using our adapted OT kitchen and our OT gardening sessions enable residents to grow fruit and vegetables which they cook and eat.



Speech & Language Therapy - provides support to residents with swallowing problems and communication difficulties which may be the result of a stroke, progressive neurological condition or cognitive decline. Our regular speech and language sessions, address swallowing and language problems and enable residents to interact more easily with others and better express themselves.

Neuropsychology - addresses the cognitive and psychological effects after a brain injury which can be devastating and include lack of awareness of physical limitations, attention deficit, difficulty concentrating, memory problems, and communication difficulties. Our Neuropsychologist conducts assessments, providing recommendations to our specialist therapy teams. He also provides coping strategies which have proved to be vital for many of our veterans.

Social & Recreation & Trips - Our Social and Recreation Department is a thriving, vibrant environment with various daily activities including music, films, arts and crafts (stenciling, weaving, painting) and games (dominoes, quizzes, skittles), all designed to provide enjoyment and encourage participation with others. Our wheelchair-accessible coach provides trips out, from a short journey for a fish and chips lunch, to attending a garden party at Buckingham Palace.



Chaplaincy

Our Chaplain, Bev, supports the social, emotional and spiritual needs of our residents and their families. She is there for people of all faiths and none and is on call to offer care and a listening ear at difficult times, such as at the end of life.

"I am so grateful that we found Care for Veterans in time. The care that both John and I received was excellent. I really don't know what I would have done without them as they made John as comfortable as possible, right to the end. John was in the very best place when he died and for that I shall be forever grateful." **Wife of RAF Veteran**

"We wish to thank you for the exceptional care, attention and kindness that you showed our Dad. We can't imagine that any other place could have done a better job of keeping him safe and caring for his physical and emotional needs. What makes Care for Veterans so outstanding is the way he was made so welcome and treated as an individual with great warmth and respect." **Family of ex-Naval Resident**

"The difference the physiotherapy has made to my mobility and pain is remarkable. The team are so polite, cheerful and very professional." **Ex-Army resident**

A Christmas Gift of Care

This Christmas, we kindly ask if you would consider giving a Christmas gift to our veterans. A donation, no matter how large or small, will help us to deliver our first-class and award-winning care both now and into our centenary year. Here's what donations could fund:

£15 will pay for a veteran to have a wonderful Christmas lunch with all the trimmings

£27 will pay for a physiotherapy session to keep our veterans active and mobile

£43 will pay for a cooking session in our OT kitchen teaching veterans how to cook again

£74 will pay for half a day of speech therapy helping with swallowing/communication problems

£114 will pay for a Care Assistant for two days to provide the essential personal care our veterans need

£294 will pay for the running costs of all our vehicles for a week including our coach for outings and our ambulance for dental and hospital visits



Donation form



Name: Address:
Postcode: Tel:

I would like to donate £.....

I wish my donation to go towards general running costs OR

I wish my donation to go towards (please tick) ☐ Christmas meal; ☐ physiotherapy;
☐ occupational therapy; ☐ speech therapy; ☐ Care Assistant or ☐ vehicles and trips out

☐ 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.**

Please return this form to:

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

Thank you!

"The biggest blessing of all is the efficiency, kindness and friendliness of the staff. I feel like they are part of my extended family and this means that this is my home." Resident

Why I work here...

Craig is one of our Occupational Therapy Assistants (OTA). We chatted to him about his role and why he enjoys working at Care for Veterans...

"I started working at Care for Veterans four years ago as a Healthcare Assistant, and earlier this year, I applied for a role in Occupational Therapy (OT). I had no idea what OT involved, but once I'd started, I obviously had training and worked with the Senior OT, who acted as my mentor. Now that I'm in the job, I love it!

"Since being an OTA, we've started gardening groups, as well as upper limb groups, which help improve communication between all the other therapies. We also run individual and group cookery sessions. I just love it; it's so fulfilling.

"I can introduce my passions into the role, and I try and tailor my therapies so it's fun, and

so the residents can participate more in their sessions.

"One resident used to restore old furniture, so we'll be starting that with him, restoring some furniture that was donated to the Fundraising Team.

"Another resident, Will, used to play badminton. In his physiotherapy sessions, his aim is to get walking again, so they focus on his legs. I started by taking him to play pool so that he could get some movement back in his arms, while staying seated in his wheelchair. He was also given 'homework' exercises that he could do by himself in his room. Eventually, he could start going to the putting greens on the seafront; he sits forward in his wheelchair,



Craig in the rehab garden with resident, Tyron

then uses his arms to putt. The strength in his arms started to come back, so now we play badminton in the Day Room, with other residents coming in to watch.

"Will is really focusing now on being discharged. His goal is to walk into his house by himself. I've started cookery sessions with him so he can adapt back to independent living.

"It's great; he's the first resident that I could really work with properly, designing his therapies myself. He's so competitive

and driven, and he's progressed in such a short space of time.

"You can see the progress in small stages. I don't need someone to necessarily walk out of here for it to be a success.

"The social groups are really helping residents to socialise; they're all talking to each other. The OTs have helped introduce them to each other, so now they meet and chat, go around together. That, I feel really proud of."

Healthcare Supervisor, Jen, has worked at Care for Veterans for almost four years. She told us about how she came to work here and why she enjoys it...

"My Dad had a stroke and went to Donald Wilson House in Chichester. They specialise in helping adults with ABI to live as independently as possible. I saw the progress my Dad made whilst he was there, even after a couple of weeks, which I didn't know was possible. This inspired me and I knew I wanted to be a part of that.

When I came across Care for Veterans, it offered the rehabilitation services as well as the nursing care, which is exactly the kind of place I wanted to work. I came in for a chat and had a tour, and found out more about the rehabilitation services.

It was very appealing as that is exactly what Dad had had.

I started as a Healthcare Assistant, and, in time, progressed to Healthcare Supervisor. I'd done my NVQ Level 3 in healthcare before I joined, and since being here I've done my Level 4.

I was also given the opportunity to attend an Enteral Feeding course at Worthing Hospital. They teach you about the surgery involved and how to use the equipment.

There's always more to learn in this role. The nurses are great as they really don't mind answering questions.



Jen with actress, Pam St Clement, at The Queen's Buckingham Palace Garden Party

They're always willing to listen to us and encourage us to learn. We work closely with the physiotherapists and occupational therapists too, so we get to dip into these disciplines.

I love working here; the atmosphere is great, especially on Norfolk Wing. There's a real family and

friendship culture among the staff, the residents, and the residents' families.

We get to see the residents' progress too, and we get just as excited as they do about any progress they make. It's amazing to be a part of that journey."

Veteran focus: Betty Deason

Former WREN (Women's Royal Naval Service), Betty, 96, came to live at Care for Veterans earlier this year.

Betty served in the WRENS during the second half of World War II and was stationed at Portsmouth. The city had experienced repeated bombings, with tens of thousands of incendiaries and bombs being dropped, almost 400 people killed and devastation to the local housing and infrastructure. Betty remembers the devastation and many people left homeless, but also remembers the resilience and great spirit of the people of Portsmouth to carry on with their daily lives as best they could, which she so greatly admired. After the War, Betty returned to her home in Worthing where she lived until recently.

Unfortunately, Betty had had a few falls at home. After losing a lot of confidence, she had started to become quite isolated and her independence began slipping away.

A friend went to visit Betty at home one day, and found her on the floor following another fall. It was decided then that Betty needed full-time care, so she came to live here.

Betty is no stranger to Care for Veterans, having volunteered with us for many years. Back when the charity still only cared for male veterans, she used to visit each ward with her trolley, selling items such as aftershave, combs and snacks to the residents; she was known as the 'Trolley Dolly'. Following this, she started to help in the Social and Recreation department, helping residents with their arts and crafts, or playing games like dominoes and crosswords, and she always attended the events hosted by the charity.

Having volunteered at Care for Veterans for so long, Betty already knew some of the staff, and since living here she has



Betty with her trolley of goodies

really come out of her shell.

Betty can be found in the Social and Recreation department every day; she's usually the first resident through the doors in the morning, and last to leave in the afternoon. She has been busy weaving, making crafts which will be sold at the charity's Christmas Bazaar in December.

Thanks to the activities she takes part in, her hand/eye co-ordination and her finger and thumb dexterity have improved greatly. Betty also takes part in group activities, becoming a regular at the monthly darts match

between Care for Veterans and the local Rotary Club, and going on day trips on Care for Veterans wheelchair-accessible coach.

Living at Care for Veterans has given Betty some of her independence back; she takes herself to and from the dining room each day for her meals, and she can visit Social and Rec whenever she likes.

"They take good care of me here; they're all lovely. It's wonderful because I can do what I like."

Betty Deason



Betty receives a certificate in recognition of her service, by the High Sheriff of West Sussex, Colin Field (who later became Chairman of Care for Veterans)

Our Centenary Year

There is an air of excitement building here at Care for Veterans as we fast approach our centenary year. As well as a celebratory party for our residents and staff, and a very special Summer Fayre in July, there are many plans afoot to mark and celebrate this important milestone of which we are so proud.

100 Lots for 100 Years

An auction of 100 auction Lots – one to mark every year we have cared for our veterans – at Bellman's Auctioneers on Thursday 9th May. A huge thanks to Bellmans for waiving the buyer and seller commissions. We are busy obtaining our 100 Lots and if you have an item you could donate, please contact our Fundraising Team on 01903 218444. We need items such as jewellery, sporting/music memorabilia, holidays, designer or 'money can't buy' items, tickets to major events etc. The Lots will be auctioned at Bellmans at Wisborough Green where bidders will be treated to a cocktail party, but you can also submit commission bids and bid online.

Golf Day

Golf Day at Ham Manor Golf Club, Angmering. More on this in our next newsletter but for more information please contact Elizabeth on 01903 218444.

Event at Arundel Castle

We are most grateful to the Duke of Norfolk for so kindly donating Arundel Castle for a centenary event which will be held on 9 November 2019. This is so generous and we are in the process of organising what will be a very special and wonderful evening. More details in our next newsletter.

Worthing Artists Open Houses 2019

Throughout the year, our residents produce some lovely pieces of art in our Social & Recreation Department. We have decided to show off their talent by taking part in Worthing Artists Open Houses, where members of the public will be able to see the art on display and have refreshments in our beautiful gardens. Opening dates: 15-16; 22-23 & 29-30 June.

Support from The Mayor of Worthing 2019-2020

We are so grateful to the current Deputy Mayor of Worthing, Cllr Hazel Thorpe (pictured right), who has so kindly chosen Care for Veterans as one of her charities of support when she becomes Mayor of Worthing in May 2019. Hazel came on a tour of our facility, met some of our staff and residents, and even before the end of the tour said she wanted to support us there and then! Hazel is already busy planning events for her mayoral year, including a Variety Show at The Assembly Hall, Worthing on September 14th.



A huge thank you also to Sainsburys Littlehampton, Draper Tools and Worthing Rotary Club for also choosing Care for Veterans as their charity of support during our centenary year. You'll hear lots more about this amazing support over the coming months.

Lady Ripon (pictured right) first broached the idea of a facility to care for disabled veterans in 1916. The formation of our charity was made a reality by Lady Juliet Duff and Mrs Verena Hay and we are grateful to these three inspirational and compassionate women. Little did they know that their charity would still be caring for disabled veterans and their families 100 years later, and we are sure they would be proud of how the charity has adapted and expanded to provide first-class and award-winning care to those who have served our country.



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.



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

Care for Veterans' Choir – The Joy of Singing

Our chaplain, Reverend Beverley Miles, holds weekly services for our residents and their family members in our chapel, one of these being a 'songs of praise' service. Following the popularity of this, she decided to organise the Care for Veterans' Choir.

Made up of residents, family members and volunteers, the choir was formed and began rehearsing together.

Pianist, Fiona, saw an article Beverley had put in the local paper and got in touch immediately: "I saw the article and knew that I wanted to be involved. I've worked with lots of organisations before, I've been in orchestras and taught music classes, so this suited me really well."

Fiona has quickly become the choir leader, leading rehearsals, booking performances, and teaching the choir various warm-ups and

vocal exercises. She explained, "I'm loving it! You couldn't meet more lovely people; it's so rewarding. They honestly don't know how good they are!"

"We did our first concert in Findon, and it was amazing. It was such a good experience for them. It was the first time they all thought, 'Wow! We're actually doing this!'"

"I've read that music and singing can help victims of stroke or brain injury; it is medically proven to help. The concentration helps to stimulate their brain. And then the singing acts as a form of speech therapy. People relax when they're



singing and listening, so they're not worrying about their voice or making mistakes; their voice and projection becomes a lot clearer.

"We play lots of games before we start singing, things like tongue twisters to music, sitting up straighter; it all helps their jaw to relax more, which in turn, helps to sing.

"Resident, David's, speech is improving so much because of singing and vocal coaching. There's also a big

social aspect to it too; we have a lot of laughs, and Anna has really come out of her shell since joining the choir.

"I'm trying to get solo roles for each of them eventually, whether it be spoken word or singing, and we've got lots of performances coming up, for the Lions, Lancing College, and Sainsbury's Lyons Farm!"

"I honestly love them all. I'm so proud."

Our amazing volunteers!

Whether our residents are with us long- or short-term whilst they are here, Care for Veterans is their home. It is essential that our gardens look attractive so that our residents have a lovely environment both inside and outside. Keeping our gardens looking well-tended and creating an environment where people can sit and relax with other veterans or with their family and friends is very important.

To save on costs, we have no paid gardening staff but rely on the support of volunteers to dig, weed, prune and plant throughout the year. And what amazing volunteers they are! We have our regular team of five lovely volunteers – Elizabeth, Marion, Paul, Wilma and David – who come to Care

for Veterans, week in and week out, and are often seen, trowel or spade in hand, pottering around the gardens in all weathers. In recent times they have totally transformed an over-grown area near reception, laying slate and exposing a wonderful asian pear tree which had been planted by Queen Elizabeth The Queen Mother on a visit back in 1966. They have also created and tended the stunning pots of colourful plants that have regaled the courtyard areas over the summer, with help from our resident, Peter. Thanks also to Brain and Marian who volunteer in a variety of ways but have also totally transformed one of our inner courtyard areas which looks amazing since they have weeded it and created some lovely



pots of colour for our residents to enjoy. The difference these seven have made to our gardens is remarkable and we are so grateful for all their hard work and gardening talents.

We are also fortunate to have groups from companies who come and volunteer from time to time and these groups can really make a difference in just one day. Recently we have welcomed groups from Lloyds Banking Group, Southern Water, GSK and Shoreham Port.

Roche Diagnostics based at Burgess Hill have been exceptionally supportive and in the last year have provided over 120 amazing volunteers who have taken specific areas of the grounds and made them look beautiful. Many came over the long, hot summer and braved the scorching temperatures to help make our gardens look so attractive for those who live here. Roche Diagnostics have also paid for many plants and bulbs for which we are so grateful.

Dates for your diary

If you like cars, Christmas, dressing up and dancing, football, fireworks, singing or showing off your quiz skills – we have something you! For more information about any of these events or to book tickets please call the Fundraising Team on 01903 218444 or 01903 213458.

2018

A Grand Football Match

Sunday 14 October, 1pm



Join us at Worthing FC for The Grand Football Match, a re-enactment of an historic 100-year-old football match from 1918, when a team of ladies played against disabled soldiers. In this match, a ladies' team will play against serving male soldiers from The Princess of Wales's Royal Regiment. There will also be WWI themed dress and refreshments, and live performances by Lancing Brass Band and 1066 Pipes & Drums Marching Band. Tickets are £4 for adults and children/concessions are £2. Tickets can be purchased in advance from Care for Veterans, or on the gate on the day.

Littlehampton Bonfire Parade

Saturday 27 October

Littlehampton's famous Bonfire Celebrations which includes a spectacular torchlight procession, mammoth bonfire and seafront firework display. FREE to attend!



Goodwood Track Day

Saturday 27 October, 9am - 5pm



Calling all petrol heads! Come to Goodwood Motor Circuit on 27th October to the Saywell International Track Day and see a line-up of amazing supercars including Zondas, Lamborghinis, Ferraris, Aston Martins, Porches and many more. Open from 9am to 5pm, there will also be a track parade from 12.30pm till 1.30pm and you're welcome to join in if you have an unusual car. FREE entry! Food and refreshments available or bring your own picnic.



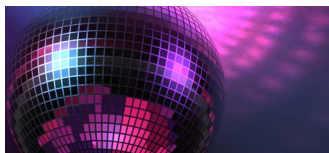
Worthing Rotary Concert

Saturday 17 November, 6.30pm

A showcase of local talent, including the Care for Veterans' Choir. Tickets cost £8 adult and £4 child and are available in advance on 01903 773056 / 07715720363. At Bohunt School, Worthing.

The Glitter Ball

Saturday 24 November, 6.30pm



Slip into your party frock or smart suit and join us for a glamorous night out at our annual Glitter Ball at Fontwell Park Racecourse. Tickets cost just £56 each and include a drinks reception, 3 course dinner, half a bottle of wine per person, dancing to a fabulous live band, magician and more. We'll even take you there and back on a coach free of charge!

Christmas Bazaar

Saturday 1 December, 1.30pm - 4pm



Everything you need for Christmas is on sale at our annual Christmas Bazaar, including presents, decorations and even real Christmas trees. Visit the many stalls, sip mulled wine, eat mince pies and cakes, visit Santa in his grotto and see the Care for Veterans Choir sing. Our real Christmas trees (Nordman non-drop) cost less than you would pay in the garden centre or supermarket – you can order yours in advance to pick up on the day.

Carol Concert

Sunday 16 December, 2pm

Get your tickets now to avoid disappointment as this event always sells out fast! The stunning Lancing College Chapel is the venue for our annual Christmas Carol Concert. Tickets cost £7 and £5.

Quiz Night

Thursday 17 January, 6pm

This event, organised by supporters Fizz Creations, really is the quiz of the year held at the County Cricket Ground, Hove. Teams of 6, interactive rounds, supper, drinks and even a 'Pointless' themed round that will really shake things up. Last year was a sell-out so book early. £95 for a team of 6 and includes a lovely supper.



For more information, contact the Fundraising Team on 01903 218444

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