

Autumn 2019



Saluting our

World War II Veterans



Care for  
Veterans

Newsletter

The Queen Alexandra Hospital Home since 1919

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

# Welcome

## Dear Supporters

We are now over halfway through our centenary year and there have been some truly memorable events. On the 9<sup>th</sup> of July, our 100<sup>th</sup> birthday, there was a service and presentation of our history in the day room, followed by a BBQ and party in the grounds for current and past residents, staff, trustees, volunteers and supporters. Staff who had worked here for 10 years or longer were presented with a small gift to celebrate their long service. There are still some fantastic events to come, including the Glitter Ball and our special event at Arundel Castle.

The solar panels are now generating power and to date, we have saved over 26,400kg of CO<sub>2</sub> from going into the local environment (the equivalent of planting 85 trees). As well as the environmental benefits, the financial results are

also impressive – savings of over £2,000 per month. This long-term saving will benefit the charity into our next 100 years and allow us to focus our resources on delivering more first-class care. A huge thank you to supporters, without whom this would have been impossible. Internally, we have now banned plastic water bottles, straws, cups and are trialling biodegradable plastic aprons.

It is with great sadness that I must pass on the news that we have lost two much-valued supporters. Firstly, Michael Walker, a Trustee and Chair of the Finance Committee, who had supported us with both his time and his attendance for many years. Secondly, Michael Constantinidi, an ardent supporter who grew up within a stone's throw of the charity. Despite relocating to London, he never lost interest in our



veterans. They will both be remembered with great fondness by us all.

I also must report that our Director of Operations, or Matron, as she is better known, retired at the end of September. She started here in 2001 and has developed the service to deliver first-class multidisciplinary rehabilitation to the benefit of thousands of residents over the years. She will be greatly missed, and we wish her well in her retirement.

In this newsletter you will find some of our Grand Prize Draw tickets,

which we hope you will be interested in buying. There is also a leaflet for our lottery where every month three lucky people are winners of cash prizes. On the back page is a list of our forthcoming events and I do hope to see you at some of these. Thank you for your kind and continued support for our veterans.

**Andy Neaves**  
Chief Executive

## Lottery winner delighted with her win!

**Pictured is Valerie who was one of the lucky winners in our new lottery. She signed up to take part, and in July won £200 cash.**

Valerie said, *"I was so surprised when they rang me to tell me I had won on the Care for Veterans lottery, as I have never won anything in my life! I've had some difficult times recently and needed some good news, so that made it even better."* When asked what she will spend the money on she replied, *"I shall make a donation to Care for Veterans, as I think you should pass on good luck. As for the rest, I haven't decided yet but I am sure I shall have fun spending it!"*

You can enter for as little as £4 per month and EVERY month there are 3 lucky winners with 1<sup>st</sup> prize being £200. As we run the lottery ourselves, there are no administration costs, so after paying the winners, 100% of the profits go to fund the care and rehabilitation of our veterans. To sign up simply complete the enclosed form and return it to us. If you do decide to join us – good luck!



Valerie with her winnings

# Ooooh, Matron!

For some, the word 'Matron' conjures up a vision of Hattie Jacques in the 'Carry On' films - indomitable, fierce and causing fear in her colleagues and patients alike. However, not so the Matrons at Care for Veterans. The ladies who have held this post have always exuded care, compassion, empathy and a real dedication, above and beyond the call of duty.

## History

Our first Matron was Miss Pollock, who nursed wounded men through WWI years before coming to the charity in 1919. The longest serving Matron was Beth Fletcher, a special woman who remained in post for 38 years, devoting her life to the charity and those it served. She stayed at Gifford House every night of the Second World War and was duly awarded the MBE in 1945 for her dedication to the veterans. When she retired, one of them wrote, *"For many years you have been Matron, an indulgent and understanding Mother to whom we have brought our complaints and our whimpers, our problems and our suggestions. Never once have you failed us during these years."* She actually returned to the charity years later when she needed nursing care and spent the last 18 months of her life here until she died in 1975.

Our most recent Matron, and yes, everyone does call her Matron, has been Valerie Walker, who joined in 2001 after 15 years at The Royal Hospital for Neurodisability. She saw the job vacancy after the application deadline date, so was not hopeful when she rang and spoke to the then CEO, John Paxman. However, John asked her to come and meet with him and showed her around. Matron says, *"I greatly enjoyed meeting*

*the veterans and I liked the lovely, homely feel about the place. I could also see the great potential for rehabilitation and how I could help improve the quality of life of the residents."* Thankfully, she was interviewed, got the job and the rest, as they say, is history.

Matron has seen many changes over the last 18 years, not only due to national changes in healthcare funding, the introduction of the national care standards, and care delivery, but also in the veterans who need our help. *"Nowadays, those coming to us are more dependent with more complex needs and we have specialised increasingly in treating acquired brain injury and end of life care. Initially, I had to teach staff about how to identify brain injury and associated rehabilitation needs in order to give residents the best chance of recovery and a better quality of life. Now, this is one of our specialisms, our multi-disciplinary team are very experienced and committed which makes us a centre of excellence for this condition,"* says Valerie.

## Farewell

We are very sad to report that after 18 years of dedicated service, Matron has retired from her post and is taking a well-earned rest and spending quality time with her husband. Before she left, we asked



Beth Fletcher



Valerie Walker

her what the best things about working at Care for Veterans are. She answered, *"Definitely being with the veterans and seeing the progress they make, especially when someone comes to us needing considerable rehabilitation, and then over time is able to go home again. Also nursing long-term residents until the end of their lives. I have got to know them and their families and see how humble and brave they are – nursing people like this has been a pleasure and a privilege."*

Matron also loved working with her team and, in particular, developing the social and recreation department and being part of the end of life care team that has been awarded Platinum Status - the highest award possible. *"I've also greatly enjoyed the trips out with the veterans, especially taking part in the annual Remembrance Sunday parade, which has been such an honour. My job has also taken me to Buckingham Palace for the Queen's Garden Party, and I've equally enjoyed the Care for Veterans' Summer Fayre every year."*

Matron knows that the

care at Care for Veterans is excellent, so much so when her own mother became ill, she had no hesitation in bringing her to the charity for the last few years of her life: *"Nowhere else could compete with the standard of care delivery here."*

We shall greatly miss Matron and she has certainly made her mark, even receiving a personal hand-written thank you for her dedication and support from our President, HRH Princess Alexandra. What will she miss most? *"I'll miss the life I have had here over the last 18 years and working with such great staff and, of course, the wonderful veterans."*

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***"Nowhere else could compete with the standard of care delivery here. I'll miss the life I have had here over the last 18 years and working with such great staff and, of course, the wonderful veterans."***

**Valerie Walker**

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# Resident Focus: Steve

We introduced you to former Royal Engineer, Steve, in our last newsletter. Steve had only been at Care for Veterans for a short time when we last spoke, so we caught up with him to see how he is progressing.

Five years ago, Steve was involved in a road traffic accident that changed his life forever. He suffered a brain injury which has greatly affected his speech and paralysed one side of his body. After three years in different hospitals, Steve came to live at Care for Veterans in December 2018.

In the last newsletter, Steve explained that one of the main reasons he chose to come to Care for Veterans was for the on-site physiotherapy department. He now has a daily physio session, which he particularly enjoys: *"I have a one-hour physiotherapy session every day. It is my favourite part of the week. I like working hard, and I like having a goal to work towards. It really helps to motivate me, and I like to show my determination."*

Care for Veterans' Physiotherapist, Vilma, said, *"Steve is making good progress in his physiotherapy sessions. His tolerance is getting much better; when he first came here, he could only manage 20 minutes of cycling but now that has increased to 45 minutes. We've also*

*increased the resistance on the bike, which means he is working harder and travelling further. He was initially covering 2km, now he covers around 4.5km. Steve is also working on his posture with active standing exercises, which he started in May. When he stands, he shifts to one side, so we're working on straightening up. He uses a mirror placed in front of him to see how he is standing and what needs correcting. With help and prompts he can maintain his posture for longer; his trunk control has really improved. Steve is easy to work with as he always tries to do his best."*

The physiotherapists have now printed out a map showing the route from Land's End to John O'Groats, and they will add the distance Steve covers on the bike from each session to track his progress on the route.

Steve has also recently taken part in Sussex Sailability, which provides sailing opportunities for people with a wide range of physical, sensory and learning disabilities at Sussex Yacht Club. Steve explained, *"I was hoisted*



*into the boat and I got the chance to steer it once we'd started sailing. It was great to be in control of a boat again, as I spent a lot of time on boats in the Army."*

As well as all of his physical activities, Steve also attended the Sussex Masonic Charity Grants evening with his Dad, Peter, and our Head of Fundraising and Marketing, Elizabeth. He said: *"It was very good. I got to learn about what the Freemasons*

*do and how much they help various charities. I want to thank them for having me and for their amazing donation; it was a lovely evening."*

Steve is making fantastic progress and it is truly inspiring to see him develop. He is still determined to walk his five assisted steps by the end of the year.



# We remember Leslie 'Les' Longman – an inspirational man and one of a kind

Recently we welcomed Howard and Jennifer Longman to Care for Veterans, who visited as Howard's late father, Leslie, was a resident here for 37 years. A chat over coffee revealed the story of an amazing veteran – a man who, although facing the toughest of battles, soldiered on, becoming a true example of triumph over adversity.

## His Story

Leslie 'Les' Longman was born in 1921 near Farnham, Surrey and in 1942 joined the Royal Hampshire Regiment. Whilst in the Army, he had a serious accident which in later years led to him developing Buerger's Disease, a recurring and progressive inflammation of the arteries, resulting in clotting in the veins in the hands and feet. The disease ravaged his body for over five years and, unfortunately, after 20 operations, Les lost both his legs and both his hands. Without his limbs he found normal family life impossible and came to Care for Veterans, then called The Queen Alexandra Hospital Home (QAHH), in 1963.

Les found the early days of being disabled "rather puzzling" but still did everything for himself: *"I had to learn by my mistakes and that nobody can help you. Practically everything I have done since I became disabled, I have had to learn myself. I always set myself a target and then think 'how I can achieve it?'"*

## Fiercely Independent

The nursing staff found Les to be fiercely independent and resourceful, always insisting on doing things for himself rather than having others help him. He shaved and dressed himself every day and was known for always being smartly attired.

A keen photographer, he was a founding member and Chairman of

the QAHH Camera Club. Without hands, he initially had difficulty operating the cameras but with determination, he soon found a way of doing so. He became proficient in loading film, developing and printing photographs, and always insisted that he wanted to be seen as a photographer and not someone with a disability. Ever resourceful, he also taught himself how to thread a needle and operate a sewing machine, mastered how to use a computer and even wrote his own letters!

## A Remarkable Achievement

In 1973, The Worthing Gazette published an article about Les when he passed his driving test in a green Ford Cortina, specially adapted by his son, Howard! The article said, *"To pass a driving test at the first attempt and after only five week's tuition is an achievement in itself. But when you consider that Les has no legs and no hands, it is a remarkable achievement."* Les loved the independence that the car gave to him and would often drive from Worthing to Surrey to visit family, and even went as far as Jersey and France.

Les loved the visits of VIPs and members of the Royal Family, and whilst here, met Dame Vera Lynn, HRH Princess Alexandra, HRH Prince Philip and HRH Queen Elizabeth The Queen Mother, who showed a special interest in him on many of her



Les meets HRH Prince Philip in 1979

visits when Les was always there, snapping away taking photographs. He lived here for 37 years and got to know The Queen Mother quite well, sending her photographs he had taken of her visits and receiving a hand-written letter of thanks from her in return.

Our archives at Care for Veterans revealed a quote about Les, which really sums him up: *"His attitude to life gave him the strength and tenacity to overcome a situation that would have made a lesser man give in. He adjusted his body and his mind to the tasks required and conquered them all, always finding ways to do whatever was necessary."*

Les passed away here in 1999 aged 78. Such was the impact he made on the charity and those around him, that a special commemorative wall fountain was installed in his memory by our chapel.

## One Of A Kind

During his visit, Howard said of his father: *"He really was one of a kind and was a cheerful and resilient man who, after each part of his body was removed, simply said it was another challenge for him to overcome. Coming here was the best thing for him, as the care he received and the opportunities afforded to him meant he could rise to the many challenges he faced, and he could undertake all his hobbies which were so important to him. You gave him a quality of life he could not have got elsewhere."*

**His gravestone reads 'brave and courageous' – a fitting testimonial to a unique man.**

# Why I work here... Reverend Beverley

Here at Care for Veterans, we have our very own Chaplain, Reverend Beverley Miles - or 'Bev the Rev' as she likes to be known! We spoke to her about how she came to work here, and why she enjoys it so much...



Beverley (back right) with Matron, volunteer, Paul, and residents, Tony, David, Barbara and Peter

*"I started working at Care for Veterans in October 2014. I was working as Chaplain at Worthing Hospital at the time, but was going to be giving more time to my parish in Findon Valley, so had to leave. I love the role of Chaplain, so when the Care for Veterans' post came up, I was so pleased! Everything fell into place. It meant I could continue the chaplaincy role and bring my experience from the hospital with me.*

*The chaplaincy role is very special. It's about people; about their life journey and their spiritual journey, and also the challenges they face. I can help them make sense of all of that within a spiritual framework. There is comfort, strength and enjoyment in finding sense in the 'more than', and 'more than' doesn't necessarily mean religion.*

*Chaplaincy is about life – celebrating what is good, offering support through the sad times, enriching the ordinary, remembering the values that we uphold, enjoying the simple things and being together.*

*Care for Veterans is a special place because it is the veterans' home; it has a homely feeling. It's also a working environment, a leisure environment where people can relax and enjoy. It's also a place of wellbeing, with the rehabilitation and therapy, helping residents to be the best they can be. The combination of all that makes this place unique and special.*

*The painting in the chapel reinforces the fact that chaplaincy has been a core part of the charity since the beginning. Care for Veterans grew out of the dramas and horrors of World War I, and the strong*

*connection with the Forces still stands today.*

*I'm very proud to work with veterans as my father served in the RAF just after World War II. To support those who have helped and fought for our country is very special indeed."*

As well as the personal chaplaincy services, Reverend Beverley also holds weekly services in our chapel, including a 'songs of praise' service. Following the popularity of this, she decided to organise the Care for Veterans' Choir, which is made up of residents and their families, staff, and volunteers and celebrates the joy of singing. The Choir performs at events, such as our Summer Fayre and Christmas Bazaar, and has improved the well-being of the residents who take part by boosting their confidence and stimulating their creativity.

As part of our centenary year, Beverley pledged to work 100 hours across the charity on 'work experience' to highlight the work of those here. She has been spending time with every department within the charity, including fundraising, housekeeping, H.R, physiotherapy and healthcare. Rev. Beverley has even set up her very own blog where she will be sharing her experiences of her 100 hours. You can view her blog via our website, and make sure you check back regularly to see her progress.

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***"I'm very proud to work with veterans as my father served in the RAF just after World War II. To support those who have helped and fought for our country is very special indeed."***  
***Beverley***

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# Our Veterans Need Your Support

This year, we have to raise over £1.9 million to be able to continue to provide our first-class and award-winning care for our veterans, many of whom are facing the toughest battle of their lives. We receive no regular Government funding and rely on donations to help us ensure that we can be there for those who need us now, and those who will need us in the future. We could not do what we do without the generosity of our supporters, and we kindly ask if you would consider making a donation to our veterans. A donation, no matter how large or small, will help us to deliver our first-class and award-winning care and rehabilitation, both now and in the future.

Here's what your donations could fund:

£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 difficulties

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

Also, Christmas is fast approaching and will be here before we know it. £15 will pay for a veteran to have a wonderful Christmas lunch with all the trimmings



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## 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

☐ I enclose a cheque made payable to Care for Veterans  
OR

☐ Please debit my credit/debit card No: .....

Start date: ...../...../..... Expiry date: ...../...../..... Security No: .....

☐ I would like to make a small regular donation to Care for Veterans – please send details to me

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!

*"I feel so secure here and the staff are amazing. I have really improved since I came to Care for Veterans and I now do things I never thought I would be able to do again. I was so lucky to come here and now feel that I really am on the road to recovery."* **Resident**

# Giving a Voice to our Veterans

Speech and Language Therapy (SALT) is a vital and key part of the rehabilitation that we provide at Care for Veterans. As we have come to specialise in treating those with acquired brain injury and neurological degenerative conditions, we have seen an increase in the number of our residents needing this therapy due to communication and/or swallowing problems, so much so that we have greatly increased the provision of this therapy.

## Communication is Key

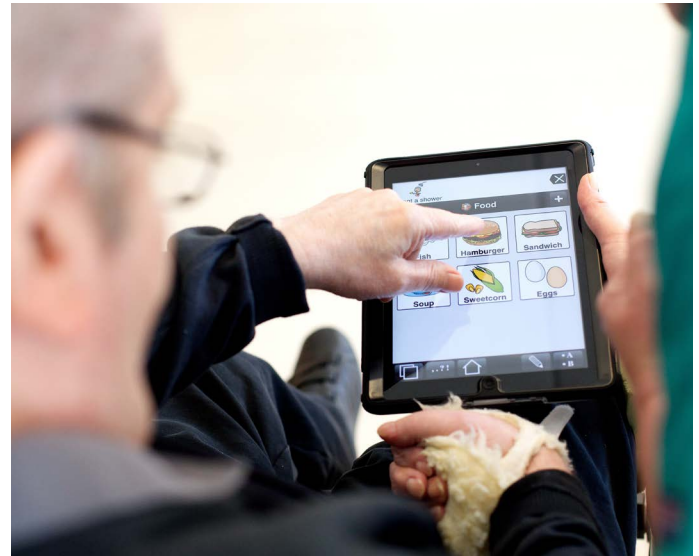
Our new Speech and Language Therapist, Caroline, came to us five months ago and has many years of experience supporting a diverse range of people across different types of organisations. Caroline says, *"Speech and language therapy is absolutely the first steppingstone to rehabilitation because communication is key. If someone cannot communicate that they are in pain, uncomfortable, upset, hungry or thirsty for example, then that can be a real challenge for them."* Speech and language therapy involves speech, comprehension and communication needs. It also helps those who are experiencing difficulties with swallowing. Caroline continues, *"Therapy aims to ensure that people can eat, drink and swallow safely. Swallowing problems put people at risk of choking, chest infections, malnutrition and dehydration, for example. So, you may say that this therapy can be life-saving for some."*

Those who suffer an acquired brain injury can often have problems communicating afterwards. One third of people who have a stroke experience some level of communication difficulties, whilst 40% initially experience swallowing difficulties which, left untreated, can lead to

aspiration pneumonia. Speech and language therapy, provided at the correct time, can help with communication and swallowing, but also mental health and improve quality of life for a person. Being able to communicate is paramount in preventing a person from feeling isolated or depressed. Every £1 spent on SALT saves medical organisations millions of pounds every year preventing other problems and disabilities.

## Opportunities for Recovery

If one of our veterans cannot learn to speak again, due to the nature of their injury or disease, then Caroline works with them, and their family, to ensure they are supported with non-verbal ways of communication. This may include alphabet boards, yes/no boards, or symbol emotion boards to let staff know how they are feeling and what they require, or other types of augmentative and alternative communication technology. Residents are assessed to create a plan tailor-made for them. Many of our residents have brain injuries and each brain injury is unique. Some will require therapy straightaway, whereas others may need time to adapt before they start therapy. Caroline works closely and hand in hand with everyone in the



Care for Veterans' team; Occupational Therapists, Physiotherapists and the Neuropsychologist in joint sessions, to ensure quality, personalised care for each individual. This gives them the very best opportunities for recovery and the very best quality of life.

In the last six months, Caroline has worked with many of our veterans and she has seen a great improvement in many cases. One resident who came to Care for Veterans was non-verbal and did not want to interact with people nor go outside of the facility. But teamwork over the last few months has resulted in the resident beginning to speak again and to be more outgoing, so much so that a recent trip was arranged along the seafront with a member of the Occupational Therapy team – something the resident may never have achieved before therapy. This was a major breakthrough and he continues to go from strength to strength. Caroline tries to make the therapy fun as well as rewarding and may choose

vocabulary that she knows an individual may want to and recognise. For example, for one Royal Naval veteran, therapy has included speech productions of 'ship shape and Bristol fashion' and 'snotty' (Naval slang for a midshipman).

Caroline loves working here and said, *"There is something very special about Care for Veterans. The great mix of skills that the staff have here is remarkable and I know we are doing the very best that we can for our residents. It is a privilege to work here and I really enjoy being with the veterans. Recently, I accompanied some of them on a Sunday to the Worthing 10K run and we cheered on the 104 wonderful people who were running in aid of Care for Veterans. What a special day seeing them cheering and being excited about the event, and what a great way for them to communicate their joy and thanks to the runners."*

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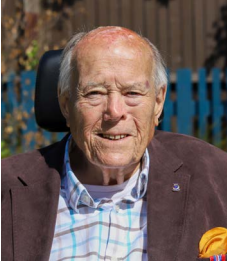
***"There is something very special about Care for Veterans."***  
**Caroline**

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# Resident focus | We Salute Our WWII Veterans

We owe much to the brave men and women who fought in the Second World War; it is thanks to them that we live in the democracy that we have enjoyed for many years. We have been privileged to care for many veterans of this conflict. Some have come to us to be rehabilitated and have been able to return home again. Others have died here after many years of being a much-loved resident. We are proud of what they sacrificed and achieved, and during this, our special centenary year, we thought we would pay tribute to the Second World War veterans currently residing here at Care for Veterans.

## Peter Hines



Peter served in the Royal Navy in his early twenties and specialised in meteorology. He was tasked with gathering weather forecasts and combining all the sources onto a single chart - all with the aid of coloured pencils. Peter loved his spell in the Navy and treasures the friendships and camaraderie from that time. After leaving the Navy, Peter went to Cambridge University where he gained two degrees, including Agriculture and Estate Management. Now in his early 90s, Peter is fiercely independent, and his determination to keep active is an inspiration to us all.

## Peter Hawkins



Originally from Worthing, Peter was 18 years old in April 1943 when he was called up for Army Service and posted to a regiment of the Royal Armoured Corps at Catterick. A year later, with training complete, he was then posted to the Royal Tank Regiment at Deepcut Barracks and found the battalion was in an advanced state of preparation for the imminent assault. The Battalion landed in Normandy and was soon in action, and Peter's first operational experience was as a crew member in a Churchill Tank. Peter recalls this and other subsequent events of that moment in time, and says he remembers those who he was with who now lie in Saint Manvieu War Cemetery. He explains, *"After the War, I visited the immaculately maintained cemetery and found them. Standing by their graves, I immediately noticed the poignant date inscribed upon the stones. By the same time, I saw that their regimental numbers were very close to my own and therefore, we 18-year-olds were probably in the same intake. As I stood by their graves, I was deeply saddened and thought, 'I am standing here, and you are lying there.'"* Peter was recently awarded a belated Légion d'Honneur (Legion of Honour) by President Hollande, for 'recognition of military service for the liberation of France.'

## Bob Morrell



Originally from Brighton, 97-year-old Bob joined the RAF in September 1938. He trained as a mechanic and became a qualified Fitter 2E and worked on aircraft engines, including Hawker Hurricanes. Bob took part in a few tours during his service; firstly, to France, but returned to the UK shortly after. He then went to Northolt, which is where he was stationed during the Battle of Britain. Soon after, he was sent to Singapore fighting against the Japanese. It was during this posting that Bob was captured and spent the next three and a half years in a Japanese prisoner-of-war camp. He was moved around the Pacific Islands as a prisoner, and returned to the UK in 1945, after the Japanese had surrendered. Bob finds his experience extremely difficult to talk about as so many of his comrades did not return home, and understandably becomes very upset whenever it is mentioned.

## Anita Smith



Originally from Wales, Anita moved to Worthing at the age of 14 as she and her family needed to find work. A few years later, the Second World War started: *"At the beginning of the War, they changed the age of sign-up from 18 to 17 and a half, so I volunteered. Within 10 days, I was in uniform!"* Anita served in the Women's Auxiliary Air Force (WAAF) as Leading Aircraftwoman (LACW) throughout WWII. She explained, *"I was first stationed at North Weald Airfield, Epping Forest. I visited many places throughout my Service and was posted to Belgium for almost a year. I was there when the War ended, and in 1945, I served the last supper to all the top officers from the Army, Navy and RAF."* Since being at Care for Veterans, Anita has become very involved in all the facilities available to her. She is very social and loves to chat, so she goes to the Social and Recreation room every morning to be with her new friends. She also attends her Physiotherapy sessions twice a week. In spite of being blind, Anita never complains. She is always willing to take on the task, and always with a smile.



## Geoffrey Kayman

Geoffrey joined the Sherwood Rangers Yeomanry Tank Division in 1943, aged 20 years old, and fought in France, Belgium, The Netherlands and Germany. He spoke many languages so became involved in vital communications work. Geoffrey has seldom spoken about his time during the War, preferring to keep what he endured private. After the War ended, he stayed in Service for two more years, being promoted to Sergeant, working in The Intelligence Corps. Geoffrey is a very gentle and kind man who is very intelligent and well-read. He never married or had a family of his own, but is much-loved and visited regularly by his extended family, especially his two nieces.

# Heroes in our Community

We receive no regular Government funding and each year, we have to raise over £1.9 million in order to be able to continue the first-class and award-winning care of our veterans. We could not do so without the generous support of those who donate or raise money. You are all heroes in our eyes, but here are some examples of the amazing support we have received in recent months, for which we are extremely grateful.

## Our Green Project Supporters

Our green project has been such a success and has benefitted our veterans, the charity and the wider community. We are most grateful for the support of the Edward Gostling Foundation, The Postcode Local Trust and the Sussex Masonic Charities for their generous contributions to this important project. Pictured below are our resident veteran, Steve Boylan and his father Peter, with Elizabeth our Head of Fundraising, at the annual awards ceremony of the Sussex Masonic Charities with Michael Harris, after being presented with a donation of £32,500 for our LED lighting project.



## A Runaway Success

A huge thank you to all our 'Heroic One Hundred', who braved the intense heat of an extremely hot day to run the Worthing 10K and raised over £10,000, cheered on by some of our veterans and volunteers.



Veteran, Steve Boylan, with some of the Heroic One Hundred

## Corporate Heroes

BAE Systems at Rochester continued their long-term support again this year by donating an amazing £10,000, which will go to sponsor our event at Arundel and pay for the running costs of our ambulance vehicle.

We must also acknowledge the support of two companies who are also celebrating their centenary year. Westfield Health in Sheffield generously donated £20,000 as a centenary gift; and Draper Tools near Eastleigh invited some of our veterans to their 100th birthday party, presenting them with a cheque for £10,000 which is in addition to various fundraising initiatives they have undertaken. Pictured below are our veterans Peter, Tony and Doug accepting the cheque from John Draper, Chairman of this family-run company, with his sons.

A huge thank you to Bellmans Auctioneers for hosting our Centenary Auction and especially to Philip Belcher for his sterling efforts in raising £16,500. Our heartfelt thanks too to all the donors of the 60 Lots which were auctioned, and to all those who purchased the items.

Thanks also to Andrew Wellfare and all his colleagues at Crane Building Services in Hitchin for their donation of US\$ 5,000.



## Trusts

We are indebted to ABF The Soldiers' Charity for their grant of £67,959 towards the care and rehabilitation of our Army veterans; and to the Royal Navy & Royal Marines Charity and Greenwich Hospital for their grant of £50,000 for our naval veterans. Their continued and generous support is vital to us.

We must also thank The Ernest Kleinwort Charitable Trust for their £30,000 grant for mixed rehabilitation of our veterans and The Francis Winham Foundation for their £10,000 donation.

We owe, as ever, a huge debt of gratitude to all our heroes who help Care for Veterans so whether you attend our events, organise your own event, bake a cake, buy a raffle ticket or donate your money or time to support us, a heartfelt THANK YOU from all the veterans and staff.

# A CENTURY IN MUSIC, PROSE & POETRY

IN THE PRESENCE OF HRH PRINCESS ALEXANDRA  
THE HON LADY OGILVY KG, GCVO

ON SATURDAY 9<sup>TH</sup> NOVEMBER, 6.30PM IN THE  
MAGNIFICENT BARON'S HALL AT ARUNDEL CASTLE

Join Care for Veterans as  
we celebrate 100 years  
of caring for physically  
disabled ex-Servicemen and  
women with a journey from  
1919 through to 2019

Enjoy two hours of musical  
performances, prose and  
poetry relating to major  
events, read by celebrities

£50 per ticket includes drinks  
and canapés reception

Supporting the care and  
rehabilitation of  
disabled veterans

**For tickets, call us on 01903 218444 or  
complete and return the form below**

## Ticket Application Form

Full name:

Company name (if applicable):

Address:

Postcode:  Tel No:

Email:

- ☐ I/We would like  tickets at £50 each
- ☐ I attach a cheque for £  made payable to Care for Veterans
- ☐ I would like to pay £  by debit/credit card

(Complete card details below or call us to pay over the phone)

Card No.

Start date  Expiry date

Security code (last 3 digits on back of card)

- ☐ Please invoice me/my company for £

**Please send the completed form to:**

Care for Veterans, Gifford House, Boundary Road, Worthing, BN11 4LJ  
Enquiries and card payments, please call 01903 218444  
Registered charity no. 1072334

# Dates for your diary

A great way of supporting our veterans is by attending one of our many events; we have something for everyone. For more information about any of these events, or to book tickets, please call the Fundraising Team on 01903 218444.

**2019**

## **Jumble Sale**

**Saturday 19<sup>th</sup> October, 10am - midday at Care for Veterans**

Following the success of our first jumble sale earlier this year and by popular demand, we shall be holding another one on October 19<sup>th</sup>. Come and see a large range of clothing and accessories, bric-a-brac, books and DVDs, records and CDs, games and all sorts of goodies. Come and grab a bargain! Entry by donation. Contact Sue

## **Worthing Beer & Cider Festival**

**Friday 25<sup>th</sup>-Saturday 26<sup>th</sup> October**

Care for Veterans will be benefitting from this great annual event where 100 beers and 20 ciders will be on offer. There will also be a gin bar and food.

For more information, see [worthingtheatres.co.uk/show/worthing-23rd-beer-festival/](http://worthingtheatres.co.uk/show/worthing-23rd-beer-festival/)

## **A Century in Music, Prose & Poetry**

**Saturday 9<sup>th</sup> November, 6.30pm at Arundel Castle**

Join us to mark 100 years of Care for Veterans at an evening looking back over the last century, celebrated in music, poetry and prose. The event will be attended by our President, HRH Princess Alexandra and will be held in the stunning Baron's Hall at Arundel Castle. The event will feature musical performances, and poetry and prose read by celebrities. Tickets cost £50 each and include a drinks and canapés reception.

Contact Elizabeth or see the previous page of this newsletter to order your tickets.

## **The Glitter Ball**

**Saturday 23<sup>rd</sup> November at Fontwell Park Racecourse**

Get dressed up and in the party mood and join us at Fontwell Park Racecourse for our annual Glitter Ball. Tickets cost £59 each and guests will be treated to a drinks' reception, sumptuous 3 course meal, including half a bottle of wine per person, dancing to a fabulous live band, a magician and other entertainment. A coach to and from the event is available. Contact Christine.

## **Christmas Bazaar**

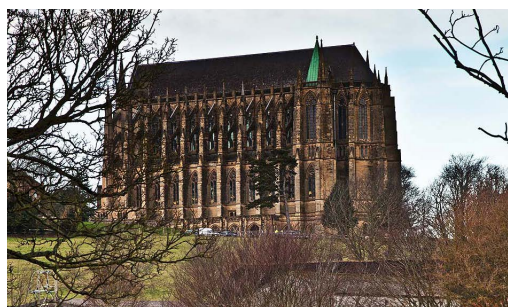
**Saturday 30<sup>th</sup> November, 1.30pm - 4pm**

Everything you need for Christmas is on sale at our annual Christmas Bazaar, including presents, cards, 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. Entry by donation. Contact Bianka.

## **Carol Concert**

**Sunday 15<sup>th</sup> 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 featuring the amazing Worthing Voices with 'Cantamus'. Tickets cost £7 and £5. Contact Bianka.



**2020**

## **Singalong Bohemian Rhapsody**

**Friday 24<sup>th</sup> February at Connaught Studios, Worthing**

Come and see the award-winning film, 'Bohemian Rhapsody', at this special singalong evening. Contact Christine.



**Contact the Fundraising Team on 01903 218444**  
**[elizabeth.baxter@careforveterans.org.uk](mailto:elizabeth.baxter@careforveterans.org.uk)**  
**[christine.gillott@careforveterans.org.uk](mailto:christine.gillott@careforveterans.org.uk)**  
**[sue.harris@careforveterans.org.uk](mailto:sue.harris@careforveterans.org.uk)**  
**[bianka.vekony@careforveterans.org.uk](mailto:bianka.vekony@careforveterans.org.uk)**

Care for Veterans, Gifford House, Boundary Road, Worthing, BN11 4LJ  
[www.careforveterans.org.uk](http://www.careforveterans.org.uk)