

Spring 2020



Newsletter

The Queen Alexandra Hospital Home since 1919

www.careforveterans.org.uk

Welcome

Dear Supporters

As the days grow slightly longer, we can look back at a highly successful Christmas and New Year. We were extremely fortunate to have many local schools, musicians, cadets and organisations providing almost daily entertainment in the weeks approaching Christmas. It made December fly by for the veterans and staff and we are very grateful for their support. Additionally, one of the carers organised a 'bring your pet to work day' which proved very popular with the residents, who enjoyed the interaction pet therapy can bring. We changed Christmas arrangements this year and instead of all the veterans going to the Day Room, each of the wings did their own Christmas. Norfolk Wing's grotto was a sight to behold on the day and the veterans enjoyed the more relaxed atmosphere.

Although officially over, we remain in our centenary year until July, but the events held in 2019 were highly successful and the fundraising team worked incredibly hard to ensure we produced the centenary events whilst not neglecting our core events. They should be congratulated for their stirring efforts throughout the busy year.

The 'Green Project' continues and to date, the solar panels have saved 21,078 Kg of CO₂ from entering the environment, the equivalent of planting 108 trees. Between March and December, when based on the 2018 figures with the cost increase, it is estimated that the charity has saved £12,944 in those nine months. The true benefit is that these savings will continue for many years to come. In the later part of the year we managed

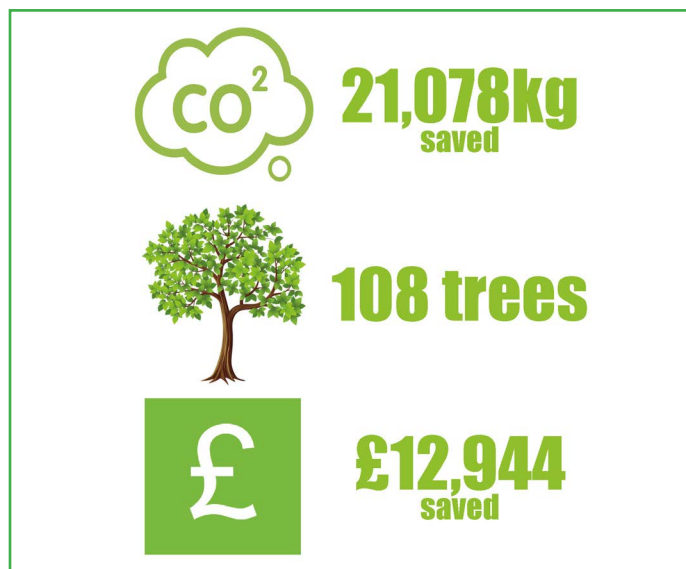
to raise the funds to replace the two aging and energy inefficient lifts to Alexandra Wing, which should again assist in reducing electricity costs. The next programme will be to fundraise to replace the eight aging boilers that provide hot water and electricity. Our monthly gas bill is almost as great as the old electricity bill, so a structured replacement programme with either energy efficient boilers, or possibly biomass boilers, will seek to reduce the

monthly expenditure.

It is finally my opportunity to thank each and every one of our supporters – without your generosity it would be impossible to continue to provide the highest levels of clinical care our veterans need and deserve. Thank you all.



Andy Neaves
Chief Executive



Volunteer Focus: Our Gardeners

Our team of volunteers give priceless support to Care for Veterans and we are most grateful for their fantastic help. We have three wonderful volunteers who come in regularly to maintain our large gardens. We asked them why they enjoy volunteering here...

"We are all retired now, so the main reason was to keep fit. You can't go from working full time to doing nothing, so it's a great way of keeping active. It also provides companionship. We all get on really well; it's nice to work as a group."

"The hours can be flexible. We have our set days and times that we stick to, but if you need to do something at home, or if you have an appointment, you can change if you need to. There's no pressure, which is

what you want when you're volunteering."

"We're also doing something we enjoy. We do it for the veterans; it's very rewarding to see the reaction from them. We get to know them too, as some of them come out to chat and show a real interest. They give us positive feedback and always thank us, which is really lovely. It makes it all worthwhile."

Whatever your background, age or abilities, you'll find



Our volunteer gardeners, Wilma, Paul and Marion with TV gardeners, Carol Klein and Mark Gregory

volunteering with Care for Veterans to be really rewarding, and you'll quickly get to be part of our team and know what a great feeling it is to be supporting our wonderful veterans.

If you have a few hours a week, or just a day every so often, we have something that will suit you. To find out more, contact us on 01903 218444.

What a Fabulous Year! Here's to the Next 100!

In 2019, we celebrated 100 years of caring for disabled veterans. We had much to celebrate and what a fun and successful year it was. We started our celebrations by producing our centenary video with veterans, staff and volunteers in true celebration mode. To see this, go to You Tube (search Care for Veterans) or see our website.

Centenary Events

We held special centenary events and our Centenary Auction, held at Bellmans Auctioneers, saw Philip Belcher auctioning special and money-can't-buy items kindly donated by supporters, businesses and celebrities, raising £16,500. In September, our Golf Day was such a success that we shall be holding another one at Ham Manor Golf Club on September 9th this year. The Duke of Norfolk kindly donated Arundel Castle for an evening where we celebrated the last 100 years in music, poetry and prose, with help from actors Christopher Timothy, James Bolam and Susan Jameson and TV presenters Tim Wonnacott and Nicholas Witchell. This amazing evening, in stunning surroundings, was a wonderful way to close our centenary year.

Goodwood Revival

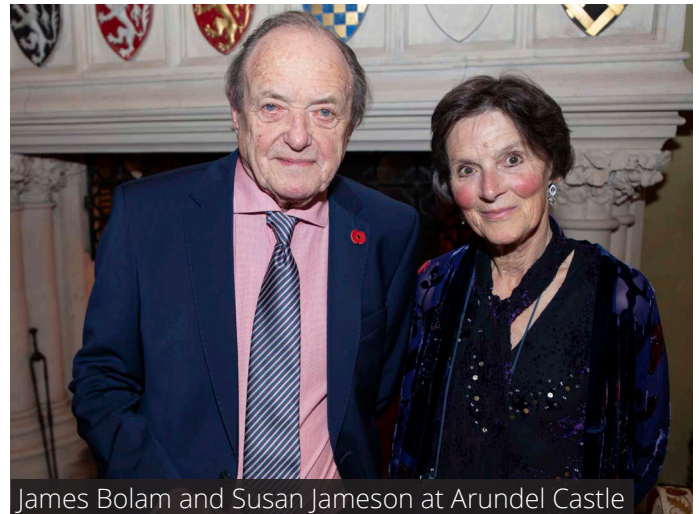
We were visited by the Duke of Richmond who then made us the charity to benefit from the 2019 Goodwood Revival. Not only was it fantastic to be associated with such an amazing event, but we also raised £60,000. Our heartfelt thanks to The Duke, event organisers and all who volunteered and made this possible.

Corporate Support

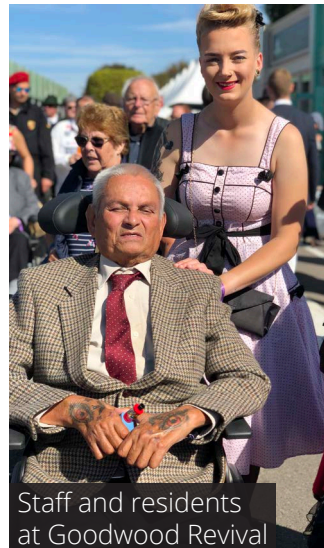
We shared our centenary with companies who were also celebrating 100 years. Draper Tools near Southampton joined our celebrations, raising £15,422 and three of our veterans were guests of honour at their centenary birthday party. Westfield Health in Sheffield also embraced Care for Veterans when they celebrated their 100 years, donating an amazing £20,000 and The Edward Gostling Foundation kindly donated an extra £10,000. BAE Systems at Rochester also continued their generous support donating £10,000 and Lancing Business Park continued its support with Fizz Creations leading the way with their ever-popular Fizz Quiz event.

More...

Our Heroic One Hundred Worthing 10K running team did us proud on a very hot day and two of our veterans, Tony and Steve, also participated in their wheelchairs, cheered on by the crowds of supporters. The Sussex Masonic Charitable Foundation donated an amazing £58,593 to our LED lighting and lift refurbishment projects, and a special thanks to all those who contributed to these very important initiatives, as well as our solar panels project, which is now saving us money on



James Bolam and Susan Jameson at Arundel Castle



Staff and residents at Goodwood Revival



energy costs every single month. Thanks also to Adur & Worthing Business Awards, Sussex Life and Worthing Beer Festival for their support during our special year. Finally, on 9th July, our official birthday, our

veterans, their family members, staff and volunteers were treated to a special birthday party. The sun shone, music played and everyone ate the tastiest ice cream served from a vintage ice cream van.

Thank you to all our supporters who helped us celebrate, raised money or volunteered during 2019. It is thanks to you that we can continue to provide our first-class and award-winning care and rehabilitation, and here's to the next 100 years of caring for our amazing veterans.

Care for Veterans

Don't Just Take Our Word For It

Whilst looking through some archived papers in the attic at Gifford House, we came across an open letter which was written by one of the patients of our charity back in 1967. The letter was printed in the programme for the 1967 Summer Fayre for all those who attended to see. It said:

The patients hope that your visit today will help you to realise what this home of ours means to us. In the short time you will be with us today, it will not be possible for you to absorb the atmosphere or appreciate the regard and affection which the patients have for the Home. It came into being 48 years ago on the noble impulse of compassionate and kindly-thinking people who were concerned with the future of the human wreckage thrown up by war. No adequate provision appeared to have been made for the totally disabled ex-Servicemen, and this concern took a practical form. In 1919 The Queen Alexandra Hospital Home was the result. There is an atmosphere here of home-care and attention which has made our disability tolerable, our increasing years venerable and the thought of the final farewell less anxious. We have a motto – 'To a man of courage, an obstacle is a challenge'. Think of this as you walk around our Home today.'*

**renamed Care for Veterans in 2017*

The veteran who wrote this did not print their name, but were quoted as 'wounded, disabled and a resident for 48 years'.

Inspired by these words, we thought we would ask our recent veterans and their families what they particularly value and appreciate about Care for Veterans and here is what they said:

"Care for Veterans is a little haven of friendliness and positivity and it is so reassuring to know that places like Care for Veterans can still be found."

Daughters of ex-Army Veteran

"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 singalong."

Resident



"How reassuring for us to know that he is in very safe hands and that he is as content as he possibly could be."

Nieces of ex-Army Veteran



"The staff at Care for Veterans have given me a new mindset and determination to succeed with my recovery. They also make simple but important things possible and there's nothing I don't like here."

Steve, ex-Afghanistan Veteran

"I am so pleased I came to Care for Veterans. It is important for me to be with other ex-Service people as we have shared experiences. Everything I need is here and the staff are lovely and treat me like one of the family."

Ex-RAF Resident

"Coming to Care for Veterans was the best thing for my dad as the care and opportunities afforded to him means he could rise to the challenges he faced and he could undertake his hobbies which were so important to him. You gave him a quality of life that he could not have got elsewhere."

Son of ex-Army Veteran

After 100 years of caring for physically disabled ex-Servicemen and women, and over 50 years since the testimony printed in the 1967 Summer Fayre programme, it is good to know that our veterans still feel happy and contented in our care and that their families feel their loved ones are in safe hands.

Resident Focus | Bernard Meyer

A Hero and A True Gentleman

Bernard Meyer, known fondly as 'Max', was born in 1917 in Worthing. Aged 20, he joined the RAF in 1937, and learned to fly Tiger Moths in Scotland. When war broke out in 1939, he was with No 144 Squadron at RAF Hemswell in Lincolnshire and Max was one of the first to fly the Handley Page Hampden Bombers. He once flew nine hours solo and when he landed, was so stiff that he had to be lifted out of the plane by ground crew.

Just one year into the War, Max was awarded the Distinguished Flying Cross by Air Vice Marshal Harris, for his great courage and devotion to duty. His granddaughter, Jocelyn-Anne, said, "When you think of the responsibility he had and he was only 21 but he had a natural aptitude for flying and a great tenacity." He was later awarded the DFC bar and by the time he left the RAF in 1946, had reached the rank of Wing Commander having flown 62 missions, which was twice the usual number of operations.

At an RAF party, he met Merva from the Women's Auxiliary Air Force, whom he married in 1951. Max later worked in an administrative role in the RAF and retired as Squadron Leader in 1972, having finished his time working in the careers information service. Jocelyn-Anne said, "The RAF was always a huge connection for him, but we

don't know too much about his role in the Second World War as it was difficult to get him to talk about those experiences."

Max and Merva were married for 65 years until Merva died in 2017. In late 2019, Max was diagnosed with inoperable cancer and his family had to find suitable end of life care for him. The family knew about Care for Veterans and had heard good things from friends who had had relatives stay there. Jocelyn-Anne says, "When he knew he was going to Care for Veterans, he was very happy as he knew he would fit right in and we were happy as we knew it was the best place for him. He settled in quickly and was comfortable and relaxed. He was treated as an individual and, from day one, it was his home. It was such a stressful time for us, but the situation was made so much better as we knew he was secure, safe and being well looked-after."



Bernard 'Max' Meyer

Jocelyn-Anne continues, "Although he was receiving end of life care and was only at Care for Veterans for three weeks, the staff ensured every day counted and that he had his meals in the dining room and was able to attend a Christmas carol concert which he greatly enjoyed. He was also offered many biscuits and chocolate which was wonderful for him as he loved his food!"

We asked Max's family about their experience of Care for Veterans and were told, "We came to Care for Veterans with good expectations and yet these were exceeded. It was a comfort to see that there was such a high level of personal care and attention available. Our sadness was made more bearable to see that there were people with the experience, knowledge and compassion to look after him. The respect and dignity he was given in the last few weeks of his life was incredible – his pain relief and comfort were always a priority. Care for Veterans is

an incredibly special place and we shall never forget what they did for us in our hour of need."

Max is survived by his four children Michael, Penelope, Tina and Rachel, five grandchildren and nine great-grandchildren. He is remembered by all who knew him as a war hero, being awarded the DFC for his bravery and commitment to our country. But he is also remembered as a true gentleman, with a great sense of humour and a loyal friend to those blessed enough to know him. What better epitaph than that?

"Care for Veterans is an incredibly special place and we shall never forget what they did for us in our hour of need."
Max's granddaughter



Why I Work Here...

Here at Care for Veterans, our on-site physiotherapy team provides daily sessions to our residents to help maintain their independence and mobility and help them to achieve their individual rehabilitation goals. Lead Physiotherapist, Emma, started working here last year. We spoke to her about her role and why she enjoys working at Care for Veterans...



Emma with Care for Veterans resident, Vardre

"I qualified as a physiotherapist in 2005 and worked at a few different places, including Medway Hospital and Blackheath Brain Injury Rehabilitation Centre. Me and my family then decided to move to Brighton, and I worked for Newhaven Rehabilitation Centre, which works with people who have suffered a stroke."

"I was taking some time out of work, looking after my children, when I got called by Care for Veterans to fill in some locum work here as the former Lead Physiotherapist had left. Inpatient rehabilitation is what I love, so I asked more about the full-time role and it was exactly what I was looking for. My grandparents and my Dad were in the Military, so I loved the thought of working with veterans. I applied for

the role, and here I am!"

"The team is absolutely fantastic and the facilities in the physiotherapy gym are great. I am really happy here. I like working with the other therapists too; the multi-disciplinary approach that Care for Veterans uses is really effective. We use evidence-based physio to maximise the outcomes. It means we can focus treatments to each individual to give them the best possible physiotherapy."

"I like to work closely with the healthcare assistants and nurses too. I want to help bridge the gap between the care side and the rehabilitation side. We can encourage the care staff to understand the on-going physio needs a resident has, so that they can help promote this even when the resident is not in physio."

"We have two students

from Brighton University with us at the moment. This will be an on-going programme with the University. We will also have some observational A-level students. It's good for them as they get hands-on experience, which is invaluable to their development. They've also been helping with other departments, like OT. They keep us on our toes too as they're asking questions and it's good for team morale. I enjoy teaching; passing on the knowledge to the next generation of physiotherapists. It also creates good awareness of Care for Veterans. A lot of people still don't realise that we have these amazing on-site facilities. It's important

for the local health community to know we are here, should someone need us in the future."

"I love my job. I'm a very active person, so I like to move around. I'm passionate about physical activity and the positive effect it has on wellbeing and mental health, and working here with these inspirational people allows me to pursue that passion."

"The team is absolutely fantastic and the facilities in the physiotherapy gym are great. I am really happy here."
Emma, Lead Physiotherapist

Will YOU Support Our Appeal?

**Great for our Veterans, Great for our Charity, Great for the Environment!
Can you Help us to Purchase this Much-Needed Vehicle for our Veterans?**



Many of our veterans have complex medical needs. Although we provide comprehensive on-site care and rehabilitation, they still need to go off-site for dental, hospital or specialist appointments. Being wheelchair users, our veterans need a specially-adapted, wheelchair-accessible mini ambulance to make these journeys. The vehicle is also used for admissions to, and discharges from, our facility.

Our current mini ambulance is 12 years old and used every day. It is no longer reliable, servicing and repairs are becoming increasingly expensive and running on diesel is costly and bad for the environment. We need to replace this with an electric wheelchair-adapted mini ambulance, the benefits of which are:

- ▶ a smoother, quieter, and more reliable journey for our veterans
- ▶ the vehicle will be powered with electricity generated by our solar panels
- ▶ running costs will be much cheaper, saving the charity money
- ▶ cost savings will be used to fund our care and rehabilitation
- ▶ electric vehicles, with zero emissions, are environmentally friendly, would reduce the charity's carbon footprint and benefit the environment

The Nissan Envy is the only electric wheelchair-adapted ambulance on the market and costs £52,254. We are delighted that The Rampion Fund at Sussex Community Foundation are kindly donating £24,343 towards the cost of the vehicle but we still need to raise £27,911.

Would you support our appeal to help us raise the money we need? If so, we would be very grateful and so would our veterans. Please use the donation form opposite to support this appeal or call 01903 218444 to donate over the telephone with a debit/credit card.

However, if you would prefer to donate to our everyday care and rehabilitation, please use the same form and tick the preference box.

Thank you very much for your kind consideration of this request.

Care for Veterans Regular Donation Form

Every donation is important to us but regular gifts are especially valuable as they provide us with more reliable income, allowing us to plan more effectively. Regular donations may be small, but have a mighty impact over time. It is easy to set up a standing order and you can change the amount you donate to us at any time. Just fill in the form below or turn over to give a one-off donation and **return in the Freepost envelope provided**. Thank you!

yes, I/we would like to give a regular donation of £_____

To be paid every: Month ☐ Quarter ☐ Year ☐

Date donations to commence: ____/____/____

Title:_____ Full name:_____

Address:_____

_____ Postcode:_____

Telephone no:_____

Email:_____

To the Manager of _____

Bank/Building Society

Branch address:_____

_____ Postcode:_____

Please debit my account number:_____

Sort code:_____-_____-_____

Please pay to:

Account: Care for Veterans

Sort code: 20-98-74 **Account number:** 10093912

Branch address: Barclays Bank plc, 1 Chapel Road, Worthing, West Sussex, BN11 1EX

Signed:_____ Date:____/____/____

Increase your donation by 25p of Gift Aid on every £1 you donate

Gift Aid is reclaimed by Care for Veterans from the tax you pay for the current tax year. Your address (as detailed above) is needed to identify you as a current UK taxpayer.

☐ I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past four years to Care for Veterans.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on my donations in that tax year, it is my responsibility to pay the difference ☐ (please tick)

Signed:_____ Date:____/____/____

Please notify Care for Veterans if you wish to cancel this donation, change your name or home address or no longer pay sufficient tax on income and/or capital gains.

One-off
Donation Form

Will you support our
appeal for a new
mini ambulance?



Any donation, no matter how large or small, will help us to achieve our target and purchase this vital piece of equipment.

☐ Yes! I/we would like to donate to the appeal

☐ Yes! I/we would like to make a donation but would prefer for the donation to fund general care for Care for Veterans residents

I/we would like to give a **one-off donation of: £**_____

Title:_____ Full name:_____

Address:_____

Postcode:_____

Telephone no:_____

Email:_____

Method of payment

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

☐ Please debit my VISA/MasterCard/Debit/Maestro card with the amount specified above
Card no:_____

Start date:____/____/____

Expiry date: ____/____/____

Security no:_____ (The last 3 digits on the back of the card)

If you'd prefer to donate by card over the phone, please call 01903 218444.

Increase your donation by 25p of Gift Aid on every
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Signed:_____ Date:____/____/____

Neuropsychology

At Care for Veterans, neuropsychology is available for residents who have an Acquired Brain Injury (ABI) and/or a neurological condition, or when there are changes to cognition (thinking), behaviour, personality and mood resulting in clinical distress.

What is
Neuropsychology?

Our neuropsychologist, Sarah, comes in one day a week to visit our veterans. She explains, *“Neuropsychology is a branch of clinical psychology. It looks at how damage to the brain, e.g. due to ABI or neurological illness, can affect a person’s thoughts, feelings and behaviours. Neuropsychology can be helpful when some of those difficulties affect a person’s independence and wellbeing.”*

Sarah’s work at Care for Veterans includes various different roles:

People’s feelings

“I work with residents who are experiencing difficulties with their mood and try to find ways to help them become less distressed by their thoughts and feelings due to, for example, depression and anxiety. Firstly, I need to assess what might be affecting their mood and understand the reasons for their distress. Once I have an understanding, I can make recommendations about what might help and, if appropriate, commence a particular course of psychological intervention.”

Behaviours that
challenge

Another part of Sarah’s role is working with behaviours that challenge. This might include verbal, non-verbal and physical behaviours that are challenging to the individual or to those around them. Sarah

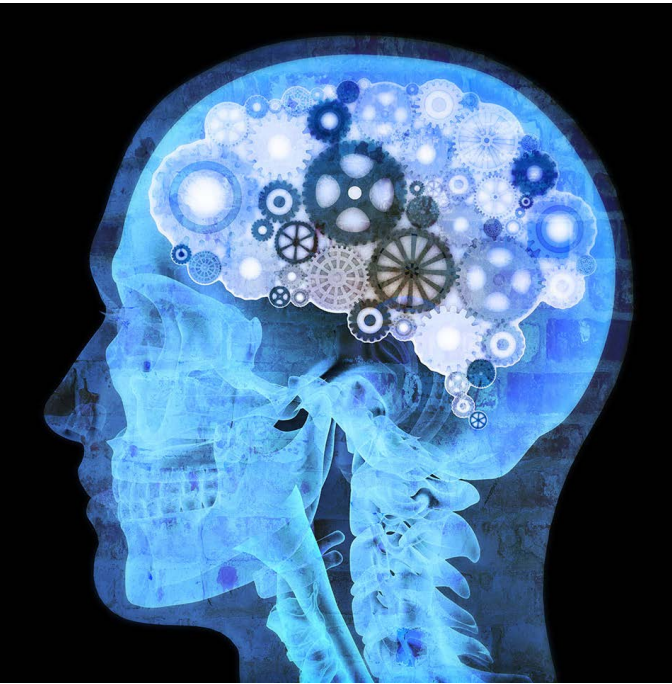
works to understand what is triggering these behaviours so she can help staff to understand what that behaviour might mean to the individual, what purpose it serves and find way to minimise the triggers.

Cognitive strengths
and challenges

Sarah also assesses a resident’s cognitive strengths and challenges using a range of neuropsychological tests. Identifying these strengths can help find compensatory or restorative strategies and approaches to try and improve the difficulties they are experiencing: *“I work with a resident who had a stroke which affects her ability to visually attend to information on her left side. We’re using exercises to help her scan to the left, for example approaching her from the left side, using prompts to draw her attention to the left and encouraging social and recreation to use brightly coloured card on the left when drawing and writing so she knows she has reached the left side of the page when she sees the card. The other therapies can adapt their approaches, too, so we’re all working towards the same goals.*

Sharing knowledge

Working with our nurses, healthcare assistants and other therapists, Sarah is helping to improve their knowledge of psychology,



for example helping them to apply communication approaches that can help to de-escalate challenging situations. Sarah has also taught relaxation exercises to our Occupational Therapy team, so they can provide a relaxation group for residents who are suffering from stress, anxiety or pain, and has provided training on helping some staff improve their knowledge of brain injury.

Care for Veterans

Sarah said that working for Care for Veterans is rewarding because she is able to develop relationships with residents over a longer period of time: *“Because this is their home, it gives me the opportunity to really get to know and build a relationship with the veterans who live here; to understand each person better as an individual with needs, wishes, hopes, losses, histories and stories like any one of us.*

“It is really humbling to be able to provide support to those, and their families, who have sacrificed so much. I am constantly learning something from every resident I work with here, and find it inspiring how people are able to draw on their resilience to cope with adversity. I constantly reflect on how I would cope with such challenges, sometimes life-changing, and perhaps there is something I can learn from those I work with about how to do that. Many of our residents are trying to find their way through a very difficult and emotionally challenging period in their lives, and I hope my skills as a psychologist can help them in some way, however small that may be.”

“It is really humbling to be able to provide support to those who have sacrificed so much.”
Sarah,
Neuropsychologist

Resident Focus | Len Gibbon

World War Two veteran, Len Gibbon, came to live at Care for Veterans in December 2019.

War Time

Originally from Elephant and Castle in London, Len joined the Royal Army Service Corps as a Despatch Rider when he was just 20 years old. In early June 1944, Len got married and four days later he was posted to Normandy as part of the Normandy Landings. He arrived on the 14th June, eight days into the operation.

He explained, "You had to climb down this rope netting which hung down the side of the boat. Each of us was carrying a pack of ammunition on our back which weighed pretty much the same as you. Then when we got down to a certain point, someone shouted 'Jump!' and you had to fall backwards, someone caught you and pushed you onto the smaller landing craft to take you to shore."

As a Despatch Rider, jobs included delivering despatches to units or escorting convoys. Len explained, "You were often on your own for long periods of time. I used to carry a tin with me that had holes punched all around the sides, half filled with soil. Then you would add some fuel and light it, and that was your

stove! I'd cook my tins of meat and veg on there for dinner."

Len was in Normandy through to the end of the invasion, then went to the Netherlands via Brussels, and was part of Operation Market Garden in September of 1944. From there, he was posted in Germany, which is where he was when the War ended: "I was on my way to Hamburg, riding my motorbike along the autobahn by myself. The woodland which ran alongside the motorway was alight where they'd destroyed the German ammunition stores."

"Suddenly a Spitfire was flying above me, came right down as if it was going to land on the road, then flew back up and did a loop! The pilot shouted down to me with thumbs up, shouting 'victory!' Then I knew it was over. I stood up on my bike, arms in the air, cheering!"

Civilian Life

Len left the Army in 1947 and returned home. He started out as a fitter in the building trade, then went on to become manager of plant and transport for a large



building company, which is what he did until he retired.

In 2006, Len received the Medal of Remembrance "Thank You Liberators 1945" as a token of gratitude for contributing to the Liberation of the Netherlands in the Second World War. Then in 2017, he received the Chevalier in the Ordre nationale de la Légion d'honneur 'in recognition of his acknowledged military engagement and steadfast involvement in the Liberation of France during the Second World War.'

Len came to live at Care for Veterans as he realised he needed extra help. He explained, "I thought I'd give it a try. I'd been to another place before, but the residents just sat

around doing nothing. I like it here as there's so much to do. I've been drawing and painting and today I got to pot some tomato seeds for the gardens. They keep you occupied, which I like. Although I'm 96, I still like to be doing something. I was up dancing yesterday at the concert they had on in the day room. I have physio as well, which I enjoy. I went on the bike today. I like going on the trips too; been to Devil's Dyke, and I'm going to the rugby soon. It's wonderful!"



Len at Care for Veterans

Thank You!

Care for Veterans receives no regular Government funding and we have to fundraise to survive. Each year we need to raise over £1.9 million to ensure we can continue to care for our veterans, so we are incredibly grateful to everyone who supports us. Whether you attend our events, fundraise or donate, play our lottery, volunteer or have left a gift in your Will, we very much appreciate your support and could not do what we do without you.

A special thank you to volunteer, Brian Coward, who has retired after 10 years of service to our charity. Brian was our historian and what he didn't know about the history of Care for Veterans was not worth knowing! He catalogued a photo archive from the thousands of old photographs we discovered in our attic, researched past veterans and helped with our history exhibition. He was always on hand to answer questions and has been very helpful to those who are researching members of their family that were cared for by our charity. He also volunteered at many events. We shall miss Brian very much and thank him for his loyal and long service to our veterans.



Your Trash Could Be Our Cash!

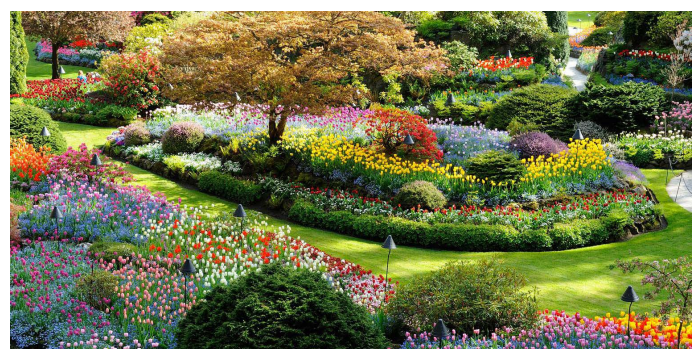
On Saturday 26th September, we shall be holding our first Vintage Fair at Care for Veterans. We'll be selling a range of vintage clothing and accessories, bric-a-brac, small items of furniture, jewellery and household items. Entry is by donation and we'll also be serving refreshments. If you love all things vintage then please do join us from 11am to 3pm.

We would also appreciate any donations of vintage items from our supporters. If you have anything you could donate from the 1920s to 1980s we would be very grateful. Anything you donate should be clean and in working order. You can drop off your donations at Gifford House, Boundary Road, Worthing, or if you live locally and have a few items, we can come and pick them up. For more information please contact Sue Harris on 01903 218444 or at sue.harris@careforveterans.org.uk



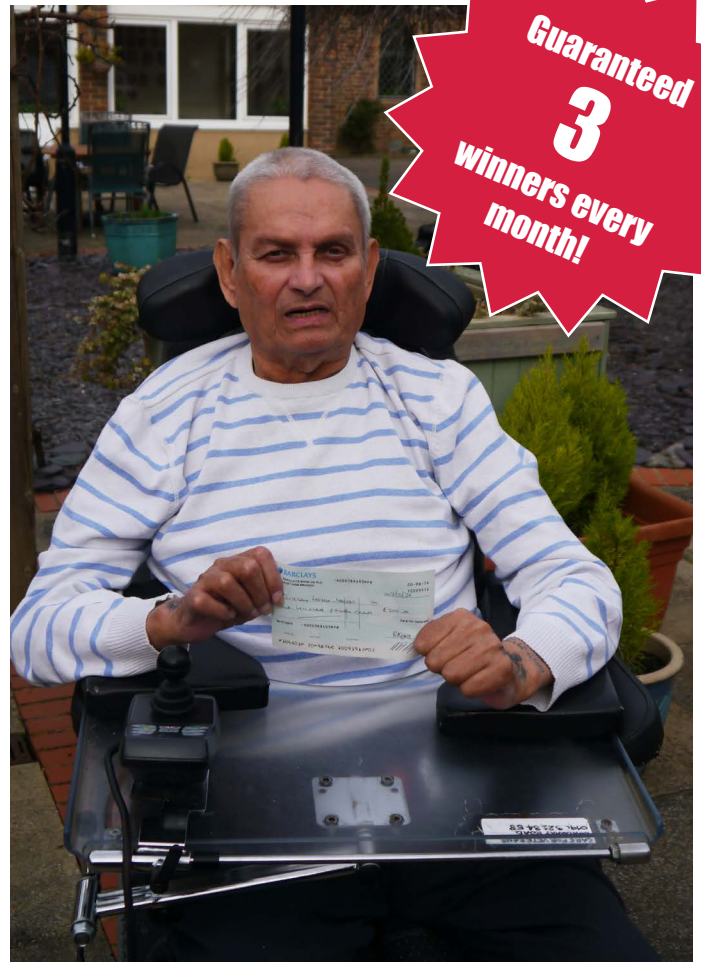
Open Your Garden and Support Our Veterans

Do you have a beautiful or quirky garden? Would you like to show it off to others and raise vital funds for our veterans? If so, you can take part in our Open Gardens initiative this year. You choose the date and time that you open your garden to visitors and we can support you with posters and promotional materials. For more information, please contact Sue Harris on 01903 218444 or at sue.harris@careforveterans.org.uk



Care for Veterans Lottery

Here is Dudley with his winnings of £200 in our January lottery draw. One of Dudley's numbers was chosen for the first prize of £200 and he couldn't be happier. Dudley said, *"I was so surprised when they told me I had won the Care for Veterans lottery. I didn't join it for what I could win, but to support the charity which means so much to me; I pay for myself, my daughter and son-in-law to play every month. However, winning is nice and I am now thinking what I shall spend my £200 on."*



Every month, 3 lucky winners are chosen to win the cash prizes of £200, £25 and £10. It costs just £1 per week and you can join by calling 01903 218444, by filling in one of our lottery forms or visit www.careforveterans.org.uk. We run our lottery ourselves so after paying the cash prizes, 100% of the money raised goes to pay for the care and rehabilitation of our veterans.

Good luck and thanks so much to all our lottery players!

Leave a Lasting Legacy

Making a Will is one of the most significant decisions you can make. Providing for your loved-ones is an important consideration but, having done so, would 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 charity.



We have our annual Make a Will Month in June where you can make a Will with one of our partner Solicitors in exchange for a donation to Care for Veterans. For more information contact Christine Gillott on 01903 218444 or email christine.gillott@careforveterans.org.uk

"By leaving a gift in my Will to Care for Veterans, I know that after my death, I shall still be helping to provide care and rehabilitation to those who have served our country and now need our help. What better legacy than that?"

Legacy pledger

Dates For Your Diary

Here's a list of our forthcoming events. There is something for everyone and we do hope one or more will be of interest to you. For more information or to book tickets please call our Fundraising Team on 01903 218444.

2020

Quiz Night

Thursday 23rd April, 6.30pm

Come and put your general knowledge to the test at our ever-popular, fun and lively quiz. Teams of 6 compete for a trophy and prizes. Costs £11 per head which includes a buffet supper.

Charity Football Match

Sunday 26th April, 1pm kick off

Organised by 5 Rings, this event will be held at Worthing Football Club when a team of military veterans will take on the 5 Rings All Stars team. Fun for all the family with bouncy castle, military vehicles, musical entertainment, football shoot outs, bar and food, and more. Entry £5 adult and £3 child

Race Night

Thursday 7th May, 6.30pm

Come and try your luck at our Race Night evening and see 8 televised horse races for you to bet on. Tote betting and owner and trainer sponsorship packages available. Cash bar and prizes for the lucky winners. £5 entry. Over 18s only.

Adur Art Trail

6th to 21st June (weekends only)

The Adur Art Collective are celebrating their 10 year anniversary and are supporting Care for Veterans at their Art Trail which consists of 33 Artists' Open Houses over 3 weekends. Their launch party will take place on Friday June 5th from 6pm-8pm at Venue One in the Shoreham Centre – raffle in aid of Care for Veterans and all welcome. Check them out on Facebook

Worthing 10K

Sunday 7th June

Be one of our "101 Donators" running team by taking on the very popular Worthing 10K flat road race. Entry is £22 via Care for Veterans and we ask runners to raise a minimum of £50 in sponsorship. All runners receive a free Care for Veterans running vest or t-shirt and there is hospitality before and after the run. There's also a party for all participants a week after the event.



Summer Fayre

Saturday 11th July 1.30pm – 4.00pm

Fun for all the family at our annual Summer Fayre here at Care for Veterans. Come and see the 1066 Pipes & Drums band perform as well as other entertainers, browse the market stalls, participate in the dog show, enjoy good food and drink, see military memorabilia and much more. Entry by donation.

Golf Day

Wednesday 9th September

Such was the success of our inaugural Golf Day last year that this event is back by popular demand. Teams of 4 will compete on the stunning Harry Colt-designed course at Ham Manor Golf Club. £300 per team which includes coffee and bacon rolls on arrival, 18 holes of golf and a two-course meal in the beautiful manor house. Trophies and prizes for the winning teams.



Big Band Night

Thursday 17th September 7.30pm

See the British Philharmonic Big Band in Concert featuring the sensational sounds of the swing music era plus special guest Frank Cognoscenti as Frank Sinatra. At the Assembly Hall, Worthing, tickets cost £15 and £20. Available from Care for Veterans and The Assembly Hall Box Office on 01903 206206.

Vintage Fayre

Saturday 26th September 11am-3pm

For those who love all things vintage come to Care for Veterans and visit the stalls selling vintage clothes and accessories, bric a brac, household items, jewellery and more. Entry by donation and refreshments available.

Glitter Ball

Saturday 21st November

Experience the glitz and glamour of our annual Glitter Ball held at Fontwell Park Race Course. Tickets cost £60 and include a drinks reception, 3 course meal, dancing to a fabulous live band, a magician, spot prizes and more. We'll even take you there and back on a bus running from Worthing to Fontwell.



Contact the Fundraising Team on 01903 218444
Care for Veterans, Gifford House, Boundary Road, Worthing, BN11 4LJ
www.careforveterans.org.uk