



Veterans' delight at

VE Day Spitfire flypast



**Care for
Veterans**

The Queen Alexandra Hospital Home since 1919

Autumn/Winter 2020

Newsletter

www.careforveterans.org.uk

Dear Supporters

As I prepared to write the opening for this newsletter, I had annotated on my notepad the issues of Covid-19 and our response to the pandemic to include visiting, the green project, Christmas and upcoming projects.

However, in the past week, all that has paled into insignificance.

It is with profound sadness that I must report the sad and completely unexpected passing of our former Head of Fundraising and Marketing, Elizabeth Baxter.

Elizabeth joined Care for Veterans from Martlets Hospice in November 2015. She explained her rationale was a deep desire to continue in the charity sector and her love and respect for Armed Forces Veterans none more so than her own father. This was reflected in her time at Care for Veterans, where her work ethic, commitment and passion were evident in all that she did.

As some of you may have experienced, her encyclopaedic knowledge of the charity's history and her love for our residents were reflected in her words.

On the day she resigned, after I had tried to convince her to stay, she told me I could not change her mind explaining that she wished to retire to the Peak District to be nearer her mother who lived in Elizabeth's beloved Yorkshire.

She spoke of a desire to spend more time with her partner David and her two pugs Prudence and Edith. It is tragic that she will not get to fulfil her dream.

Elizabeth has been a charity fundraiser for most of her adult life, committed to helping others.



Elizabeth Baxter

Our thoughts go out to David and all of Elizabeth's family. She will be missed, and I, along with many others, will remain eternally grateful for her role at Care for Veterans. May she rest in peace.

Andy Neaves
Chief Executive

Residents challenge themselves to raise funds

With so many fundraising events cancelled, our residents took it upon themselves to help.

A huge thanks to all of our residents involved in our Covid Appeal video which we promoted on Facebook.

Three Care for Veterans residents have also undertaken huge challenges using static bikes. Read about Len and Peter's D-Day challenge on page 7 and Steve's challenge on page 8.



Len and Peter on their static bikes

I am truly inspired by our residents, who can really show us how to overcome adversity and adapt to a situation. With so many of our usual fundraising events cancelled, we are truly grateful to them for helping to raise an incredible amount of money at a much-needed time for the charity.

James Bacharew, Head of Fundraising and Marketing, Care for Veterans



Steve Boylan (pictured) is one of the residents who appeared in our COVID Appeal video

Keeping calm (and Covid-free)

This year, the Covid pandemic has affected everyone's lives in a way we were not expecting. As a care facility with residents in the high-risk category, Care for Veterans must take safety measures extremely seriously. Registered Manager at Care for Veterans, Matthew Li, explains:

At the time of publication, we are thankful to have remained 'Covid-free'. This is, of course, the main goal in what has been a very difficult year for residents, families and staff.

We are continually assessing our procedures in line with changing Government guidelines. Reducing the number of people on-site is essential to keep the virus out, and sadly this has meant restrictions for visiting and volunteering.

We aim to balance safety with maintaining a high standard of care and providing the variety needed for good mental wellbeing.

Volunteers

We had to reduce volunteering, and currently we only have gardeners on site. We look forward to a time where we can welcome our volunteers back, as they are sorely missed by both residents and staff.

Visitors

Adhering to strict government guidelines, special visitor areas were created to enable visits to continue throughout lockdown. We appreciate the patience and understanding needed to help us meet strict guidelines for visitors. You can read our 'Responsible Visitors Code' and the 'Visitors Policy' on our website - www.careforveterans.org.uk

PPE

We were very fortunate to have PPE donated. Special thanks to the Daily Mail's Force Programme, Jason Roberts, Olight and Chichester College.

Staff arrangements

Each Wing has a dedicated team and separate break out areas to minimise staff crossover.

Staff have been very flexible with therapy staff assisting on the Wings as needed.

Staying in touch

We have set up a new computer room that has tablets, as well as a large TV and computer to enable residents to video call family or vice versa.

Social and Rec

We are now back to normal with small groups and offer a walk around the grounds and a walk in the local community Monday to Thursday.

A new video projector and a large screen have been purchased using a Covid appeal donation.

Activities

With most of our regular activities and trips being cancelled, we were lucky enough to have some special events come to us, including the Spitfire flypast on VE Day (page 6), and the Not Forgotten concert (pictured).



We were also pleased to be able to keep our therapy sessions running throughout lockdown. This included dance sessions for residents.

Physiotherapy sessions which are vital to residents' rehabilitation were also able to continue with a smaller team of staff.

We appreciate the ongoing efforts and patience of our residents, staff, visitors, volunteers and supporters to keep everyone safe during this challenging time.

Matthew Li, Registered Manager, Care for Veterans



Matthew Li

Service focus | Chaplaincy

At Care for Veterans, 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 feeling connected, even when we must be physically apart.

Our Care for Veterans chaplain, a priest in the church of England, Revd. Beverley Miles otherwise known as Rev Bev or Bev the Rev, explains about Chaplaincy and how this service is adapting to the pandemic.

Chaplaincy at Care for Veterans offers holistic, person-centred care which meets the needs of the whole person – physical, medical, social, emotional and spiritual.

Our aim is to support the social, emotional and spiritual needs of the residents, their

families and the staff so that life continues to have purpose and meaning.

It is about being a part of the everyday life of the charity as well as offering spiritual and religious experiences.

Covid restrictions mean we are not able to hold any gatherings, which includes all of our regular services.

Our wonderful volunteers have also been put on hold while we get through this difficult time.

While these restrictions are in place, I have been providing a more direct service for residents. One day a week, I visit the wings and roam the facility visiting residents.

I am also on call to offer care and a listening ear at the difficult times, such as towards the end of life and at times of change and loss.

Residents are welcome to visit the chapel. If it is locked, it can be opened on request.



Like everyone, we are working in a different way and getting through the best we can. We are currently working on some videos to enable residents to access services remotely.

Contact Beverley on **07786 924 942** or email: **beverley_miles@hotmail.com**

Christmas trees

Pick up one of our finest Nordman Firs, which are the UK's most popular type of Christmas tree. They have large thick needles so the tree can retain its water, resulting in far fewer needles dropping.



To pre-order:

- Choose your size
- Phone us or pay online
- We will contact you to organise collection from our facility in Worthing between the **28th November to 4th December 2020.**

To pre-order your tree, visit www.careforveterans.org.uk/events/christmas-tree-sales, or contact Phoebe Tether on **01903 218444** or phoebe.tether@careforveterans.org.uk.

Christmas cards

Choose from our range of Christmas cards in our eBay shop, visit www.careforveterans.org.uk/support-us/eBay-shop or contact Sue Harris on **01903 218444** or sue.harris@careforveterans.org.uk



Resident Focus | Peter Hawkins remembers the end of WWII and how a flag probably saved his life

World War II army veteran, Peter Hawkins, 95, recently took part in a cycle challenge to honour the anniversary of the D-Day landings. He shares some of his experiences during that final push at the end of World War II.

Originally from Worthing, Peter was 18 years old in April 1943 when he was called up for Army Service. A year later, he was posted to the Royal Tank Regiment at Deepcut Barracks and found the battalion was in an advanced state of preparation for the imminent assault.

All crews had been allocated to tanks, but because I had only recently arrived, I was assigned to an American Half Track. These were used to transport spare crews.

When the time came to cross the Channel, I landed in France on the LST-325; they put the ramp down, and I landed on the beach. My first footsteps on the beach were with caution about mines, but I saw the Royal Engineers had already been there, putting their white tapes down to mark the mine locations. It wasn't long before it was my turn to be called, to replace a crew member who had been lost in the battle.

I was a crew member in one of the tanks. I was seated next to a rack containing shells- high explosives and armour piercing. When necessary, I would move one these shells for loading. I later learned that one of these early operations was Operation Epsom.

I think one of the tensest happenings I experienced was when we had advanced into a salient (*an outward bulge in a line of military attack or defence). It appeared that we were cut off, so there was quite a bit of tension because we didn't want to be captured, or worse.*

Somebody produced an enormous Union Jack flag which was draped and secured over the tank, and we withdrew under this flag. There was very little enemy air activity, which was a surprise to us. The sky seemed to be totally dominated by our planes, and we didn't want to be attacked by our own aircraft.

It was quite tense at the time. It was fortunate that somebody had that flag on board. I suppose our aircraft might have recognised us but maybe not? In that situation, we had no way of communicating with them, so we had to do what we needed to in order to feel safe.

There were other times, we'd been firing, there had been some firing going on, and I looked through my visor and looked out and just saw casualties on the ground. So many extremely unpleasant sights. There were many tense times when I thought my life was in danger, as we all did, but I came through it.

I survived through Normandy and throughout France, then I went forward as the movement travelled through Belgium, Holland and finished up in Germany, where I was when the war ended. I spent another two years in Germany before I was demobilised in 1947. Although the war had ended, I was still at work in the military unit.

Peter was recently awarded a belated 'Legion of Honour' by former President Francois Hollande, for "recognition of military service for the liberation of France".



Peter Hawkins in Germany 1944/1945

I always remember those whom I was with who now lie in Saint Manvieu War Cemetery.

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 Hawkins

Residents enjoy VE Day Spitfire flypast...

In July, the Daily Mail organised a VE Day Spitfire flypast over Care for Veterans as a salute Britain's war heroes and those looking after them.

The newspaper asked for nominations for its 'Salute The Heroes' flypast, and Care For Veterans received more nominations than any other.

A Spitfire Mk IX, donated by the Goodwood-based Boulton Paul Spitfire Academy, took to the skies and flew past while residents applauded, cheered and waved from outside the front of the Care for Veterans facility in Worthing.

Among our residents are a few WWII veterans including 96-year-old Len Gibbon. Originally from London, Len joined the Royal Army Service Corps as a Despatch Rider when he was just 20.

In an interview for the Daily Mail, he said he remembers landing in Normandy in 1944, climbing off his ship and jumping on to a smaller landing craft to take him ashore.

Len had followed his unit to Germany by the end of the war. After hearing news of the flypast, he said: 'The last time I saw a Spitfire, I was in Hamburg, Germany.

'I was pulling the throttle down hard on my motorbike riding fast, the road ablaze with fire, and I saw a Spitfire coming towards me flying low. From my side, I saw someone waving at me; I knew then the war had ended. I stood on my saddle and celebrated.'

Thank you to everyone involved in making this a really special and memorable event.



Len and Peter recreate their D-Day journey from Portsmouth to Gold Beach

Throughout April and May, two Normandy veterans, Len Gibbon, 96, and Peter Hawkins, 95, took on an epic 104-mile cycling challenge and impressed the nation.

Care for Veterans residents, Len and Peter, each recreated the 104-mile distance of their D-Day journey between Portsmouth and Gold Beach on static bikes, raising over £10,000.

Len explained, "Although I'm 96, I still like to be doing something. I did this challenge to help raise money for Care for Veterans because it's a wonderful place. I think that it is a very good idea to raise money for the home, as this is a very good one!"

"We are still active and enjoy cycling, so it is up to us to do our best to help and raise money. We may be old, but we are not past our sell-by date. Thank you everyone who sent us kind messages."



Peter being interviewed by BBC South Today



Len giving an interview to ITV News Meridian



Peter and Len accepting a commemorative VE Day coin from the Royal Mint

Peter said, "I was asked if I would like to participate in a cycling challenge on behalf of Care for Veterans. Upon consideration, I realised I could use my energy to be of use in the running of this home."

At my age, I thought it would be a good example to show my determination and help to inspire others. I started off on this long route and got on very well. After the halfway point, I realised that I was going to complete the full route. This was very satisfying for me as I realised this would help the home to achieve their goal."

Huge thanks and congratulations go to Len and Peter for this amazing achievement.



Peter and Len using the static bikes

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.

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

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: _____ - _____ - _____

Reference: _____

Instruction to your Bank or Building Society: Please pay Care for Veterans Direct Debits, from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Care for Veterans and, if so, details will be passed electronically to my Bank/Building Society.

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

Any donation, no matter how large or small, will help us to continue to provide vital services for veterans in need of care and rehabilitation.

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 £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.

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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: ____ / ____ / ____

Steve's cycling from Lands End to John O'Groats

A brain injury hasn't stopped former Royal Engineer, Steve Boylan, from pushing himself to the limit with an 874-mile charity cycle challenge which finishes on his 45th birthday.

Life completely changed for Steve when he was involved in an accident whilst out riding his beloved motorbike.

He suffered a severe brain injury which greatly affected his speech and paralysed one side of his body.

Aged just 39, he was suddenly unable to walk and needed to use a wheelchair.

Before coming to Care for Veterans in December 2018, Steve was not making progress.

However, the physiotherapy and speech therapy sessions at Care for

Veterans have made a huge difference, and he is now able to use a static bike to help build strength in his legs and help get him fit.

This year he decided to use part of his extensive rehabilitation to help fund the charity's services.

Steve is using his physio classes to cycle the distance from Lands End to John O'Groats, aiming to finish on his 45th birthday.

With his birthday and the finish line in sight on the 21st November, Steve is on the final stretch. In March, Christopher



Timothy visited Steve to pledge his support for his challenge (pictured).

There is still time to sponsor Steve, visit www.justgiving.com/fundraising/david-curry4steve-boylan or call the fundraising team on **01903 218444**.

The most glorious gardens!

This summer we asked you to send in photos of your garden to be in for a chance of winning some garden goodies.



The finalists in each of the four categories have been selected by our esteemed panel of judges comprising TV presenter, Nicki Chapman, and top UK gardeners, Martyn Cox and Darren Rudge, the 'Laughing Gardener'. A huge thank you to our judges and everyone who took part in the competition.

Congratulations to Paul Tosey, who came top in the Front Garden category (pictured) and is our overall winner. Read about the other finalists at www.careforveterans.org.uk

Play the Care for Veterans lottery for just £1 per week.



Every month, three lucky winners are chosen to win the cash prizes of £200, £25 and £10.

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.

You can join by calling **01903 218444**, by filling in one of our lottery forms or by visiting www.careforveterans.org.uk

Staff Focus | Russell talks careers, coaches, and caring for veterans!

Healthcare Assistant on Richmond Wing, Russell, tells us a bit about himself and what makes his job at Care for Veterans so worthwhile.

Russell decided to move into healthcare to realise his childhood ambition of helping people and joined Care for Veterans in March 2020, just before lockdown.

As a Healthcare Assistant, Russell is a vital part of the nursing team and provides direct care to residents. This involves working closely with residents to assist them with anything they might need as well as helping them participate in activities.

"I always wanted to be a nurse when I was at school, but the teachers said it wasn't a 'male' job, so when I left school I trained to be an engineer." Russell explains.

After working as an engineer, Russell moved into motor insurance claims, holding senior positions in several large companies. More recently has worked as a bus driver, helping to run bus and coach companies in Worthing and Brighton. If you need to know which bus to catch, Russell has all the routes committed to memory!

On starting a new career in healthcare in December last year, Russell, says: *"I am pleased to be able to get back to what I originally wanted to do."*

"I really wanted to work at Care for Veterans. I live in Worthing and so have known about the charity for a long time. Military history is one of my interests, so I enjoy speaking to our residents about their experiences. We have people from all different backgrounds. I find it fascinating, and they enjoy the conversation."

"Talking to the residents is a real highlight of the role. The Wing is like a big family, and we really feel like part of the residents' families. You see the good and the bad. You get a chance to get to know the residents, and they become real friends. It's great when they say thank you."



Russell with Care for Veterans resident, John

"There are sometimes challenges with the range of behaviours caused by their different injuries. Getting to know each resident helps you understand what they require you to do for them. The work doesn't faze me, and you learn to deal with anything."

"We are like a family here. It's a proper home for our residents, and we never forget that. Especially through COVID, when there have been restrictions on visiting, we have acted like a family. We are here to back them up and help them through the hard times."

Russell, Healthcare Assistant, Richmond Wing, Care for Veterans

Thank you!

Care for Veterans receives no regular Government funding, and we have to fundraise to survive. It has been a difficult year for everyone, and we very much appreciate your support. We could not do what we do without you!

Thank you to the organisations below for helping to ensure we can continue our work:

- Royal Navy and Royal Marines Charity and Greenwich Hospital's grant of £63,858.
- Sussex Masonic Community - huge thanks for their generous support this year.
- The Ernest Kleinwort Charitable Trust.
- Armed Forces Covenant Trust Fund - Covid-19 Impact Programme - £125,000.
- Armed Forces Covenant Trust Fund - Veterans Should Not Be Forgotten - £19,345 for our 'Keep Calm and Keep Connected' project which provided IT equipment and staff support to help veterans stay connected during Covid.
- ABF Soldiers' Charity - £60,000.
- Corporation of Trinity House - £10,000.
- We are also thankful for a hugely generous grant from the Julia and Hans Rausing Trust Charity Survival Fund, which will help to safeguard the future of Care for Veterans and enable us to continue providing care and rehabilitation to our wonderful veterans.



In July, residents were treated to a performance of 'Those Forgotten Years' by The Not Forgotten. The charity put on an outstanding show for us in the grounds of Care for Veterans. This visit lifted the spirits of everyone here and we are so grateful to The Not Forgotten for their continued support.

Thank you for our electric mini-ambulance

In spring, we needed to raise £48,754 to allow us to buy a replacement ambulance. We are thrilled to say we raised enough money and have ordered the new vehicle.



Thank you to our supporters and the organisations below for funding this specially-adapted, eco-friendly ambulance to enable our residents to safely and comfortably travel to essential appointments.

- Rampion Fund at Sussex Community foundation - £24,343
- BAE Systems - £5,000
- Aldershot Church of England Service Trust - £10,000
- Brotherwood Automobility Limited - £1,000

Living on through a legacy

Once you have provided for your loved ones, would you consider supporting Care for Veterans by leaving a gift in your Will? We are so grateful for this vital source of funding which enables us to continue to provide a high standard of care and rehabilitation to disabled ex-Service personnel and their families.

For more information, contact Christine Gillott on **01903 218444** or email christine.gillott@careforveterans.org.uk



Grand Prize Draw

December 2020

Fancy winning £250 in cash, or maybe you could gift someone the chance to win some great prizes?

Inside this newsletter, you should find some tickets for the annual Care for Veterans Grand Prize Draw.



Prizes up for grabs

- 1st Prize - £250 cash
- 2nd Prize - Seven Course Tasting Menu for two at etch., Hove - *kindly donated by Liquorice Dragon*
- 3rd Prize - Garden Essentials Toolkit and £50 garden centre voucher - *kindly donated by Draper Tools and Roundstone Garden Centre and Cafe*
- 4th Prize - Sekonda Men's Classic Two-Tone Bracelet Watch
- 5th Prize - Winter Well-being Hamper

How it works

- If you want to buy the tickets or can sell them on, then please just send us back the stubs for each ticket sold before **Thursday 3rd December 2020**.
- If you don't wish to purchase tickets on this occasion, please pass them on or put them in the recycling. Please don't return them.
- The Grand Prize Draw takes place on Friday 4th December 2020.

For more information contact Sue Harris on **01903 218444** or sue.harris@careforveterans.org.uk

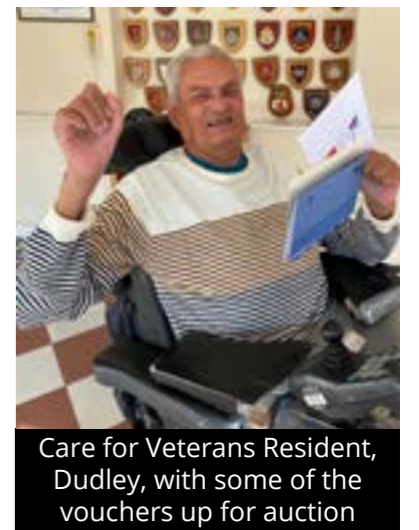
Treat yourself for a good cause in our silent auction

Need an excuse to buy a family holiday in Cornwall in 2021? Or a reason to treat someone to winery and brewery tour?

By treating yourself or a loved one in the Care for Veterans online silent auction this autumn, you can help provide much-needed services to disabled veterans.

Over 40 items, including a trip to the Kia Oval, an afternoon tea at Burgh Island, and a signed Portsmouth Football Club shirt, have been generously donated to the silent auction. You will also have the opportunity to bid on a signed print of Queen Elizabeth, The Queen Mother.

The auction will be held online at www.jumblebee.co.uk/careforveterans, with bidding opening on **Thursday 15th October** and closing on **Sunday 1st November 2020**. If you're not online but would like to find out more, please call us on **01903 218444**.



Care for Veterans Resident, Dudley, with some of the vouchers up for auction

We are so grateful for the generous donations from companies and individuals. The starting bids for the auction lots range from £5 to £450, so there is something special for everyone. If you have been looking for a reason to treat yourself or a loved one, then this is it! You'll be supporting disabled veterans through this difficult time. Please check out the auction website and tell your friends!

Phoebe Tether,
Fundraising Officer, Care for Veterans

Dates for your diary

Here's a list of our forthcoming events. Due to the safety measures in place for Covid, our calendar of events looks a bit different to normal. We really appreciate your support during this challenging time, so we hope one or more events will be of interest to you.

Virtual Silent Auction

Thursday 15th October - Sunday 1st November 2020

Over 40 items, including a trip to the Kia Oval, an afternoon tea at Burgh Island, and a signed Portsmouth Football Club shirt, have been generously donated to the silent auction. Go to www.jumblebee.co.uk/careforveterans

Arundel Christmas Fayre

Saturday 21st November 2020 - 1.30pm and 4pm

Join us for an afternoon at the Norfolk Centre, Mill Road, Arundel. Peruse the wonderful stalls, get a few of your Christmas gifts, and maybe something lovely for yourself too! Find us in the building to the left of the Castle Gates, opposite Arundel Museum.

Race for Remembrance

Sunday 1st November - Monday 30th November 2020

Take part in the virtual Race for Remembrance and help change lives this November. However you decide to take part, whether you're running 11km, cycling 11 miles or walking 11 paces, you'll be ensuring that our residents don't have to face the toughest battle of their lives alone.

Christmas tree sales

Pre-order before Friday 4th December 2020

We are offering a pre-order Christmas tree sale from our facility in Worthing. We have sourced the finest Nordman Firs, which are the UK's most popular type of Christmas tree. Choose from three sizes: 5 foot - £39.95, 6 foot - £49.95 or 7 foot - £59.95. We will arrange a collection time between 28th November to 4th December.

Clay Pigeon Shooting

Friday 19th March 2021 - 10am - 2pm

Tickets available for our 30 bird 'have-a-go' day at Southdown Gun Club, Muntham Farm, Findon. £65 per head includes breakfast bap, squad shooting (max 6) with instructor and a gourmet burger for lunch.

Keep Calm & Keep Running

Virtual race series 2021

Why not set yourself the challenge of taking part in our series of four virtual runs next year? Take part in as many as you like. You'll receive the a medal for each run and if you collect all four, you'll see how they come together! The person who raises the most sponsorship wins a special prize.

Bulk Registration offer: Sign up for all four races now for £50! (Offer ends Friday 29th January)

Part one - Keep Calm & Keep Running 5k **January 2021**

Start the year as you mean to go on, by running 5k any day that suits you in January.

Part two - VE Day 10k Race

Saturday 8th May 2021

Keep the momentum up with a 10k race in honour of VE Day on or around the 8th May 2021.

Part three - 10 miles for 10 veterans

August 2021

Push yourself by running 10 miles during August. You can help to ensure that the veterans in our care will continue to have access to our vital rehabilitation facilities.

Part four - Race for Remembrance

November 2021

Race 11 miles or pick another challenge around the number 11, pick a challenge that suits your skills and complete it during November.

For more information or to book tickets, please visit www.careforveterans.org.uk/events or call our Fundraising Team on **01903 218444** or fundraising@careforveterans.org.uk



Care for Veterans, Gifford House, Boundary Road, Worthing, BN11 4LJ
www.careforveterans.org.uk