



# Electric ambulance creates a buzz



The Queen Alexandra Hospital Home since 1919

Spring 2021

## Newsletter

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

01903 213458



## Dear Supporters

It is hard to believe that it was on 29<sup>th</sup> January 2020 that the first case of Covid was detected in the UK. At that time, I think that people knew that it was serious, but at no time did most of us envisage the year ahead.

*With so many Covid-safe measures put in place to protect our residents, we recognised that the visitor restrictions would be the toughest on our veterans. This is why our visitor pods (page 9), along with our virtual visits (page 5), have been true game-changers.*

*Thankfully, we were still Covid-free when the first vaccinations took place in early January, finally providing a light at the end of a very long tunnel.*

*Sadly, in February, as the new variant of Covid caused havoc across the country, we had an outbreak of Covid-19 on one of the Wings. As an organisation, we had a robust system already in place, which helped contain it. We reacted quickly by going into a full lockdown.*

*We received the all-clear in March and are now in the process of cautiously emerging out the other side, resuming visits and group therapies.*

*Between the strictest periods of lockdown, we have managed to have small groups using the Wellbeing Hub (formerly the Social and Recreation area) and therapies have continued. At times of full lockdown, the staff have been redeployed onto the Wings to deliver therapy in residents' rooms.*

*I am very proud of the way all of our clinical staff pulled together to ensure that our high standard of care continued during these difficult times. I also want to thank our residents and their loved ones for their help and patience in this long battle against Covid.*



*In addition to our clinical challenges, our Fundraising Team has seen event-after-event fall by the wayside because of the pandemic. As a charity, we rely on fundraising to continue to provide our services, so it has been truly amazing to watch how supporters and staff alike have adapted to raise vital funds through virtual events.*

*I would like to thank all of the team and you, the supporters, for making such a challenging period a relative success.*

*Here's to a better 2021!*

*Andy Neaves*

**Andy Neaves, CEO  
Care for Veterans**



## An eye-watering 450ft iDrop

**Make up for an uneventful lockdown by signing up to abseil 450ft from the i360 in Brighton on Thursday 8<sup>th</sup> July.**



Take in the incredible views while descending from the 162-metre British Airways i360 Viewing Tower.

Simply put down a deposit of £25 to secure your space. We are asking each participant to raise £300 in sponsorship.

Call us on **01903 218444** or visit [careforveterans.org.uk/events/iDrop](https://careforveterans.org.uk/events/iDrop)

## Revving up our sustainability

**In March, we celebrated the arrival of our new electric-powered mini ambulance, funded entirely by our supporters.**

The fully wheelchair-accessible vehicle will be fuelled by electricity generated from the solar panels installed at Care for Veterans last year, significantly reducing the running costs.

The new ambulance replaces an old and unreliable diesel and will be used for appointments, admissions and discharges. It is the next step in a 'green' project to reduce our environmental impact.

The vehicle and its charging point have been funded by donations from the Rampion Community Benefit Fund, Sussex Community Foundation, Aldershot Church of England Services Trust, BAE Systems, Brotherwood Automobility Limited, Stanford Masonic Lodge and Sussex Masonic Charitable Foundation.



*The electric motor will provide wheelchair users with a smooth, jolt-free and near-silent ride. Using a quieter vehicle is particularly beneficial to our residents with an Acquired Brain Injury as this often causes increased sensitivity to noise.*

*We are thrilled with our new mini-ambulance and incredibly grateful to our sponsors who made it possible.*

**Matthew Li  
Registered Manager  
Care for Veterans**

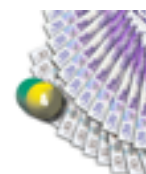


## Play our lottery for just £4 a month

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

We run our own lottery, so after paying the cash prizes, 100% of the money raised goes towards our veterans' care and rehabilitation.

Visit [careforveterans.org.uk/lottery](https://careforveterans.org.uk/lottery) or call **01903 218444**.



*A huge thank you to everyone who plays our lottery. This type of regular donation is a big part of our survival, as it offers reliable and sustainable income that we can predict and depend on, particularly through a pandemic.*

*If you're not already signed up, then it is a fantastic way to support us, and you might win £200!*

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





## Check out these great offers from our partners

### Do you shop at Co-op?

Co-op has chosen Care for Veterans as a local community fund.



If you are a Co-op member, you can choose to support us by going to [membership.coop.co.uk/causes](https://membership.coop.co.uk/causes) and selecting Care for Veterans. If you're not already a member, you can join for just £1.

This means that when you buy selected Co-op products and services, 2p for every £1 spent goes into your membership account.

It's well worth doing, as the first half-year donation made in April 2021 was an amazing £2,508.54.

### Selling your home?

Quote 'Care for Veterans' when you make an enquiry to one of our partner estate agents, and we will benefit from a donation at no cost to you.

**Cox & Co** is an estate agent specialising in property sales in the Brighton and Hove area.

Cox & Co will donate £250 for every house sold, and £24 for every sale board displayed.

Visit [coxandcohomes.co.uk](https://coxandcohomes.co.uk) or call 01273 009966.



**Tinsley & Co** is a vibrant estate agency based in Brentwood, specialising in the South Essex area.

Tinsley & Co. will make a £50 donation for each house sold.

Visit [tinsleys.co.uk](https://tinsleys.co.uk) or call 01277 781030



## Save money on your energy

**Pure Energy Solutions'** Care for Veterans Energy Package not only guarantees to save you money but provides added and ongoing investment to Care for Veterans through its Utility Investment Programme. The company will invest 50% of the money it makes from each sign up into Care for Veterans.

Visit [pureenergysolutions.co.uk](https://pureenergysolutions.co.uk) and quote 'Care for Veterans' and arrange a call with a specialist.



### Love the outdoors?

**The Outdoor Thinking Company** is a specialist provider in bushcraft, UK based expeditions and corporate team-building, offering a range of sessions, activities and courses to suit all needs and experience levels.



5% of all profits are being donated to Care for Veterans.

Visit [theoutdoorthinkingcompany.com](https://theoutdoorthinkingcompany.com) and quote 'Care for Veterans' when making an enquiry.

### Thinking about a holiday?

**Not Just Travel** is a travel consultant which provides a holiday booking service. As Personal Travel Experts, they're here to make planning your next holiday stress-free and easy, at no extra cost to the customer.

Contact Yvonne on 07967 563140 or visit [careforveterans.notjusttravel.com](https://careforveterans.notjusttravel.com). Quote 'Care for Veterans' and we will receive 10% of all commission (paid by the travel companies) on your booking.

Join us for a fun interactive online event in May, where Yvonne will answer your questions about holidaying in the current climate. Please register your interest by calling 01903 218444 or email [christine.gillott@careforveterans.org.uk](mailto:christine.gillott@careforveterans.org.uk)



A resident enjoying a 'virtual visit' with his family and (inset) a movie afternoon

## Keeping calm and connected

A timely grant from the Armed Forces Covenant Fund Trust funded a project to help our veterans stay connected to friends and family, as well as more entertained, throughout lockdown.



The Keep Calm and Keep Connected project converted our redundant sensory room into an IT Suite with specialist equipment and height-adjustable furniture to create a comfortable environment that can be adapted for each resident.

Awarded as part of the Trust's 'Veterans shall not be forgotten' project, the grant also purchased a projector and 120-inch screen with surround sound and software for a virtual reality gaming console.

*By funding this project, the Armed Forces Covenant Fund Trust has enabled us to adapt to the changing situation and helped us to look after the mental health of our veterans.*

**Craig Burley, Rehabilitation Technician**  
**Care for Veterans**

**Leading the project, Craig Burley, Rehabilitation Technician, explains the difference the project has made:**

*These virtual visits help break up the week and provide a compelling reason to keep track of the time and day, which is so important for mental health.*

*The computers are in use all day, every day, for video calls to friends and family. During the latest strict lockdown, the flexibility of the project meant we were able to move a computer onto each of our three Wings.*

*We are also looking forward to restarting our very popular movie afternoons. The large screen with surround sound has enabled residents to easily see and hear the movie while social distancing.*

*It's been challenging, but we've adapted as much as we can! We couldn't be more grateful for this grant, as it has brought so much joy to our veterans at a time when it is needed most.*

## Steve completes epic 874-mile challenge

In November, army veteran and Care for Veterans resident, Steve Boylan, crossed the finish line of a charity challenge. He successfully cycled the distance from Lands End to John O'Groats on a static bike raising over £1,000.



Partially paralysed after a near-fatal motorcycle collision left him with a brain injury, Steve has used the challenge as part of his rehabilitation.

Watch the video on our website by scanning the QR code or find the news item at [careforveterans.org.uk/news](https://careforveterans.org.uk/news)







Virtual runners make a V for VE Day 2020 and (inset) Lana out on a run

# Supporter Focus > Lana

## Going the distance

Care for Veterans supporter, Lana Christmas, shares how she became involved with the charity:

*I used to live opposite the Care for Veteran's facility in Worthing, and I always wanted to help in some way. My sister took part in a volunteer day with her work and that's how we ended up attending the Christmas Fair.*

*We also went to the Glitter Ball in 2018 - wow – what an event! It was an incredible night, and we are still friends with the people we met on our table.*



Some of our Worthing 10k runners in 2019

### Stepping up her support

*In 2018, I signed up for the Worthing 10k and realised I could run for Care for Veterans. I was so proud to be part of the 'Fabulous 50', and in 2019, I ran it again as one of the '100 runners' for the charity's centenary celebration.*

*My husband runs these races with me, and I have persuaded many of my family and running friends to join me. They are proud to raise awareness of such an amazing cause!*

*When we went into lockdown, it seemed to make raising awareness of charities and the lack of donations even more important. So we took part in all three virtual runs.*

*One of the most poignant moments was gathering outside Care for Veterans at 11 o'clock on the 75th Anniversary of VE day. We took part in the two-minute silence and made a socially distanced V for VE Day.*

*After visiting and seeing the amazing work carried out by Care for Veterans, I realised that I'd like to raise money for such an incredible place.*

**Lana Christmas**  
**Supporter**

### Lockdown pen pals

*As a teacher during lockdown, I realised that the children studying at home were in need of some motivation to write. So, I set up a way for the children to write to a veteran.*

*When some of the veterans managed to write back, the children were beyond thrilled. Several friendships blossomed, with great information being passed both ways.*

*The children loved learning about some of the veterans' lives: where they had lived (all over the world) and different jobs they had done.*

*Some of the children even decided to raise funds. I was overwhelmed when I heard this – they had really understood the importance of this incredible place and the respect and value we should have for our veterans.*

*The last event I took part in may have been my favourite though – as much as I have a passion for running – I also LOVE wine! What a wonderful evening the virtual wine tasting event was!*

*I don't know what the future holds for raising awareness and funds for such an inspirational place, but whatever it is - bring it on!*



## Resident Focus > Anthony

### The difference a year makes!

Anthony Lowry, 62, was a Steward in the Royal Navy for 20 years. He served in the Gulf War, receiving a medal.

In 2018, a stroke left him with weakness in his right side and aphasia, a condition that causes difficulty with communication and language. He also has a below-the-knee amputation on his right leg.

A year ago, he came to live at Care for Veterans after becoming isolated at his home in Havant, Hampshire. Although he hasn't known the facility without some level of lockdown, he has made incredible progress since arriving.

**Rehabilitation Technician, Craig Burley, who has worked closely with Anthony, talks about his rehabilitation:**

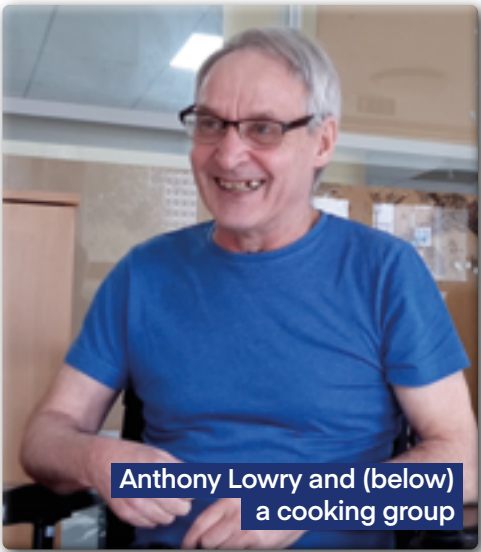
*When Anthony first came in, he was quite reluctant to take part in group activities. He felt uncomfortable at first and wanted to keep to himself. However, when I invited him to participate in a cooking group, it kick-started his involvement in other activities.*

*He started physio sessions, working with one of our Physiotherapists, Vilma, and has also been able to work on speech difficulties caused by his aphasia and can now communicate clearly. Since arriving, he has made a dramatic improvement.*

### New wheels for greater independence

Anthony expressed a wish to achieve greater independence. However, he found his manual wheelchair was very difficult to use outside on uneven surfaces.

The Care for Veterans' team assisted him in successfully applying for funding for a private electric wheelchair from BLESMA, a charity that enables limbless veterans to lead independent and fulfilling lives.



Anthony Lowry and (below) a cooking group

**Anthony comments on his experience:**

*After a year at Care for Veterans, I feel like I have a greater level of independence. I have been having physiotherapy to help maintain my strength on one side and improve it on the other; it's going pretty good. I am also now able to make my own coffee and do my own cooking.*

*The group activities are more about integration, getting out and mixing with others. I spent 20 years in catering, so I found the cookery group helpful in many ways. I enjoy cooking, and now I have given up cooking for thousands; it's more personal; it's what I fancy cooking!*

*During lockdown my new electric wheelchair has allowed me to move around the facility independently, check-in on the vegetable garden, and get fresh air whenever I want.*

*Now we are coming out of lockdown, I am looking forward to taking an assessment that will allow me to use my new wheelchair outside the grounds. Then I can get out into the local community. Although not necessarily down to the beach, I've seen enough of the sea!*



## Enjoy a bit of gardening or baking?

**We are asking people all over the UK to take part in The BIG Plant and Bake Sale by hosting a sale of plants and/or baked goods on Saturday 15<sup>th</sup> May.**

Register for your FREE Fundraising Pack, call us on **01903 218444** or go to [careforveterans.org.uk/events/the-big-plant-and-bake-sale](https://careforveterans.org.uk/events/the-big-plant-and-bake-sale)



## 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.

Please return the completed form **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.

### Contact preferences

Please tick below the ways you would prefer to hear from Care for Veterans. We will keep your details safe and secure. Please see our Privacy Policy on our website for further information. You can opt out at any time.

Post ☐ Email ☐ Phone ☐ Do NOT contact me ☐



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.  
☐ 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:\_\_\_/\_\_\_/\_\_\_

Contact preferences

Please tick below the ways you would prefer to hear from Care for Veterans. We will keep your details safe and secure. Please see our Privacy Policy on our website for further information. You can opt out at any time.

Post ☐ Email ☐ Phone ☐ Do NOT contact me ☐



An exercise class held in the corridor during the first lockdown and (inset) Lee Brace

Staff Focus > Lee  
Life under lockdown

*"Our corridors are normally a hive of activity, but with social-distancing and infection control during the highest level of lockdown, everyone has been confined to their Wings."*

Healthcare Assistant at Care for Veterans, Lee Brace, reflects on what the last year has been like for both staff and residents.

Care for Veterans is a really wonderful place to live, as well as to receive the highest levels of care and rehabilitation. We are very proud to have a fantastic staffing team.

However, the pandemic has meant that many of our wonderful facilities have been put on hold. The usual opportunities to swap stories, make new friends and take part in activities have been so limited. These are really difficult times for our veterans.

Rehab must continue

Throughout everything, our therapists delivered as many sessions as possible to keep our residents active and working towards their rehabilitation goals.

Where possible, our Physiotherapy Department and Wellbeing Hub have been open to small groups.

During the strictest levels of lockdown, our therapists have been out on the Wings working alongside the care staff to deliver one-to-one sessions. It has been a real team effort, and I've learnt so much from them.

Staffing during a pandemic

The staff have been fantastic, carrying out intrusive Covid tests, coping with the different lockdown scenarios and Government regulations.

Every day is about making sure that we are safe, our environment is safe, and most importantly, our residents are kept safe.

Everyone's been working really hard for the last year, and I think although it has been tough physically, emotionally it's probably been even harder.

So many restrictions

Our veterans have been so restricted by having to stay on their Wing and, during full lockdown, even isolating in their rooms.

They have also had minimal contact with their loved ones, which is very, very difficult. I've seen first-hand the emotional impact of this on some of our residents. Not being able to have that physical contact has been pretty tough.

Our management here has been excellent; we've helped residents stay connected by installing the Covid-safe visitor pods and new IT equipment to allow virtual visits, which has been great!

We couldn't do it without our supporters

On behalf of everyone here, thanks ever so much for your kind support last year, your donations, and your continued support. It is very much appreciated.

Hopefully, now, we're into better times, and we look forward to having some more social interaction and a bit of normality. Thank you once again.

*I've especially enjoyed teaching some of our older generation how to use our new technology. It has been fascinating watching them use tablets and have video calls. It has been a real pleasure to show them that.*

Lee Brace, Healthcare Assistant  
Care for Veterans

'Podding' through lockdown

To allow our residents to safely receive visitors during lockdown, we purchased one specially designed, 'Covid-safe' pod and a second one was kindly donated.

Decorated by a Brighton street artist, REQ, the unit was donated by The SafeTime Pod, a new not-for-profit start-up company.

Positioned outside of the building against a window, the pods have heating, lighting and a hands-free communications system.

Visitors speak through a window, allowing them to remove their face covering, which aids communication.

*Since the start of lockdown, we have been building pods for care homes to connect families at this time of tragic isolation. .*

*We decided to give our pod away to charity, and Care for Veterans stood out because they are looking after a whole range of people of all ages. They are a really caring charity, right from the people at reception to the CEO.*

Emma Joanne  
The SafeTime Pod



A visitor speaks to a resident from inside the pod

Double trouble!

The pandemic put a stop to new residents being placed in shared double rooms, dramatically reducing the number of beds available for veterans.

Commissioning and Placement Officer, Pauline Jones, who is responsible for new admissions, explains:

We have ten double rooms, but Covid restrictions mean that our capacity could drop from 60 residents to only 50. To survive financially, we needed to adapt by dividing each of our double rooms into two singles.

Significant building work is required to convert the double rooms, which are all slightly different.

Every single room must be designed with natural light and a focus on comfort to enable each resident to create a private, dignified, home-from-home environment.

I am pleased to say we have acted quickly and so far, three of our double rooms have been divided and the remaining double rooms will follow.

One of the room conversions has been made possible by an award from Postcode Neighbourhood Trust, a grant-giving charity funded entirely by players of People's Postcode Lottery. We are extremely grateful for such a generous grant award – especially at such a challenging time.



BEFORE: A double room before the conversion



AFTER: A new single room (before the furniture is moved in)





# Thank you!

We do not receive any regular government funding and each year we must raise £1.9 million in voluntary grants and donations to ensure we can continue to provide care and rehabilitation to disabled veterans.

## Keep calm and run 5k

Thanks and congratulations to our 5k participants who managed to get up and get out into the (very) fresh January air to complete their challenge.

We are so grateful to all of our virtual runners. In the last six months, these events have raised over £4,000. Next up, the VE Day 10k.



A few of our runners taking part in all four virtual events this year

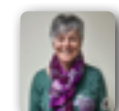


## A trusted source of support

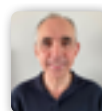
We are incredibly grateful to the generosity shown by the trustees of charitable trusts and foundations.

The funding we receive supports all aspects of our work, from helping to meet our day-to-day costs to funding essential items of equipment and making sure our premises remain fit for purpose.

Thank you from the team on behalf of everyone at Care for Veterans.



**Kim Bowen-Wood**  
Trusts and Foundations Officer



**Andy Perry**  
Senior Trusts and Grants Officer

## Run 10k for VE Day

Honour our armed forces personnel, past and present, by taking part in our 10k virtual race on Saturday 8th May.



Mark the World War II anniversary of Victory in Europe by supporting disabled veterans today. Just £15 to take part, you will receive a t-shirt or running vest and a medal.

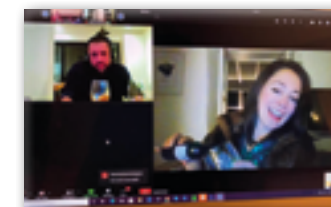
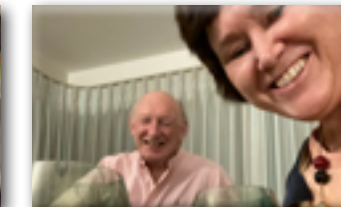
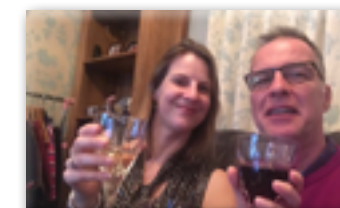
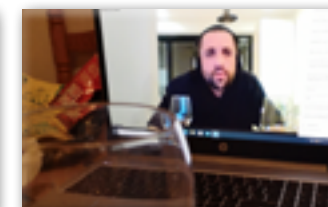
Visit [careforveterans.org.uk/events/ve-day-10k-race](https://www.careforveterans.org.uk/events/ve-day-10k-race) or call us on 01903 218444.

## Virtual glass of vino

In February, over 120 people took part in our virtual wine tasting event.

The evening was hosted by Jonny Davis, Assistant Manager at Majestic Wine in Worthing, who took participants through the tasting of five different wines.

The charity's local supporters came out in great numbers, but the event was also supported nationally, with participants from Plymouth to Glasgow getting involved.



*With most of our usual events cancelled, this was our first virtual event, so we weren't sure how it would go. However, the event sold out and the evening itself went very smoothly. Everyone said they had a great time.*

*It was so good to get together with our supporters. Thank you so much to everyone who attended. I want to make a special mention of Jonny and Louis at Majestic Wine for all their support in hosting this event.*

**Sue Harris**  
Community Support Officer  
Care for Veterans



## A lasting gift for our veterans

Leaving a gift in your Will can truly help us improve the lives of the veterans in our care.

Writing a Will prompts big personal decisions, and your loved ones will always come first. A gift left in a Will enables our life-changing work to continue – no matter the size of the gift.

*Like many charities, the financial impact of Covid has been massive, with hundreds of thousands of pounds of vital income lost.*

*At a time when raising funds to support our veterans has been at its most difficult, the legacies we received in 2020 have enabled us to continue to provide our services now and make plans far into the future.*

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



## Free Will writing service from our partner

Writing or changing your Will can sometimes seem a daunting task, however, we can offer free legal advice and a Will writing service from one of our supporting partners, Stanford Legal Services.

This service is offered free of charge and there is no obligation to leave us a gift if you use it.



The funds we receive from gifts in Wills are a very special way of supporting veterans now and in the future.

If you are considering leaving us a gift in your Will, or just want a bit more information, visit [www.careforveterans.org.uk/legacy](https://www.careforveterans.org.uk/legacy) or call us on 01903 218444.

# Pop it in the diary!

Our calendar of events has had to be flexible to fit in with Covid restrictions, but if everything goes as planned, we are confident that all of the dates below will be fixed in your diary.

Thank you for your ongoing support and flexibility during this very challenging time.

## VE Day 10k Race (virtual)

**Saturday 8<sup>th</sup> May 2021**

Honour all our armed forces personnel, past and present, by taking part in our VE Day 10k virtual running event. Just £15 to enter and you'll receive a t-shirt or running vest and a medal. Register online at [careforveterans.org.uk/events/ve-day-10k-race](https://careforveterans.org.uk/events/ve-day-10k-race) or call us.



## The BIG Plant and Bake Sale

**Saturday 15<sup>th</sup> May 2021**

 We are asking people all over the UK to take part in by hosting a sale of plants and/or baked goods. Register for your free fundraising pack and help make a difference to disabled veterans. Find out more at [careforveterans.org.uk/events/the-big-plant-and-bake-sale](https://careforveterans.org.uk/events/the-big-plant-and-bake-sale) or call us.

## Clay Pigeon Shoot

**Friday 11<sup>th</sup> June 2021**

Ever wanted to have a go at clay pigeon shooting? Sign up for our 'have-a-go' session at Southdown Gun Club & Shooting School, suitable for all levels. £65 per person. Register online at [careforveterans.org.uk/events/clay-pigeon-shooting](https://careforveterans.org.uk/events/clay-pigeon-shooting) or call us.



## iDrop Abseil - Brighton i360

**Thursday 8<sup>th</sup> July 2021**

 Make up for an uneventful lockdown by signing up to abseil 450ft from the i360 in Brighton. Put down a deposit of £25 to secure your space, then raise £300 in sponsorship. Register online at [careforveterans.org.uk/events/idrop](https://careforveterans.org.uk/events/idrop) or call us.

## 10 miles for 10 veterans (virtual)

**1<sup>st</sup> - 31<sup>st</sup> August 2021**

Push yourself by running 10 miles during August to support disabled veterans. Just £15 to enter and you'll receive a t-shirt or running vest and a medal. Register online at [careforveterans.org.uk/events/10-miles-for-10-veterans](https://careforveterans.org.uk/events/10-miles-for-10-veterans) or call us.



## Golf Day - Worthing Golf Club

**Thursday 23<sup>rd</sup> September 2021**

 Join us for a fabulous golf day at Worthing Golf Club. Teams of four people at £75 per person, which includes; coffee and bacon roll, a two-course meal, prize giving and auction. Register online at [careforveterans.org.uk/events/golf-day-worthing-golf-club](https://careforveterans.org.uk/events/golf-day-worthing-golf-club) or call us.

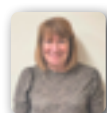
## Race for Remembrance (virtual)

**1<sup>st</sup> - 30<sup>th</sup> November 2021**

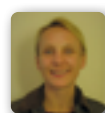
Commemorate those who risked it all by racing 11 miles or 11k, or pick another challenge around the number 11. Just £15 to enter and you'll receive a t-shirt or running vest and a medal. Register online at [careforveterans.org.uk/events/race-for-remembrance-2021](https://careforveterans.org.uk/events/race-for-remembrance-2021) or call us.



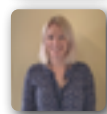
## Get in touch to find out about all the ways you can support us:



**Sue Harris**  
Community Support Officer



**Christine Gillott**  
Senior Fundraising Officer



**Michelle de la Bertauche**  
Marketing and PR Officer



**James Bacharew**  
Head of Fundraising and Marketing

For more information or to book tickets, please visit [careforveterans.org.uk/events](https://careforveterans.org.uk/events) or call our Fundraising Team on 01903 218444 or email [fundraising@careforveterans.org.uk](mailto:fundraising@careforveterans.org.uk)