



Privileged to care for our nation's heroes



The Queen Alexandra Hospital Home since 1919

Spring/Summer 2022

Newsletter

careforveterans.org.uk

01903 213458

Dear Supporters

The start of 2022 proved equally as challenging as last year.

At the end of December, we suffered a Covid outbreak. Sadly, despite a swift lockdown and increased infection control measures, this new variant proved extremely difficult to contain and affected residents and staff.

Fortunately, no one became particularly unwell because of the virus, but the number of staff in self-isolation had a significant impact on the workforce. However, it showed the attitudes of our staff and residents at their best.

To help cover staff shortages, other staff members from across the organisation pitched in. In addition to delivering therapy sessions on the Wings, our therapists contributed to the overall care of residents.

Our facilities team assisted with catering and reception, and our clinically qualified Senior Managers and Trustees undertook shifts on the Wings to ensure we maintained safe staffing levels. We were finally freed from lockdown in mid-February, so it was a prolonged period for residents, families and staff alike.

Seeing our staff and residents' positive attitudes to adapting to yet another lockdown was truly inspiring. I cannot thank them all enough.

I am pleased to announce that we have now converted most of our double rooms to make 14 new single rooms. These allow residents to enjoy their own private space and make it their own. Our aspiration remains that every resident will have their own home within a home.

We have also celebrated the completion of a new greenhouse, which is part of our 'Constant Gardening Project' (page 4).

Major projects like these are often only made possible by funding from charitable trusts and foundations, and we are incredibly grateful for this support.

This year, work has started to replace the ageing boilers that heat and provide hot water across our facility with a more environmental and cost-effective system.

Finally, I would like to thank families for their patience during this challenging period and you, our supporters, without whom Care for Veterans would simply not survive. Thank you all so much.



On the cover: Major Edwin 'Ted' Hunt shares some of his experiences (page 6).



**Andy Neaves, CEO
Care for Veterans**

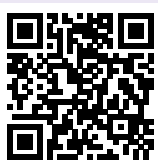


FREE will writing service



We have partnered with Guardian Angel to offer you an exclusive opportunity to write, or update, a simple will for free.

Guardian Angel is one of the fastest growing online will writers in the UK. They offer a quick and easy service where each will is checked over by a legal expert.



Just call **0800 773 4014** and quote **CFV - FREE** to claim your free will or scan the QR code to visit careforveterans.org.uk/legacy

VE Day 10k Race

Sunday 8 May 2022

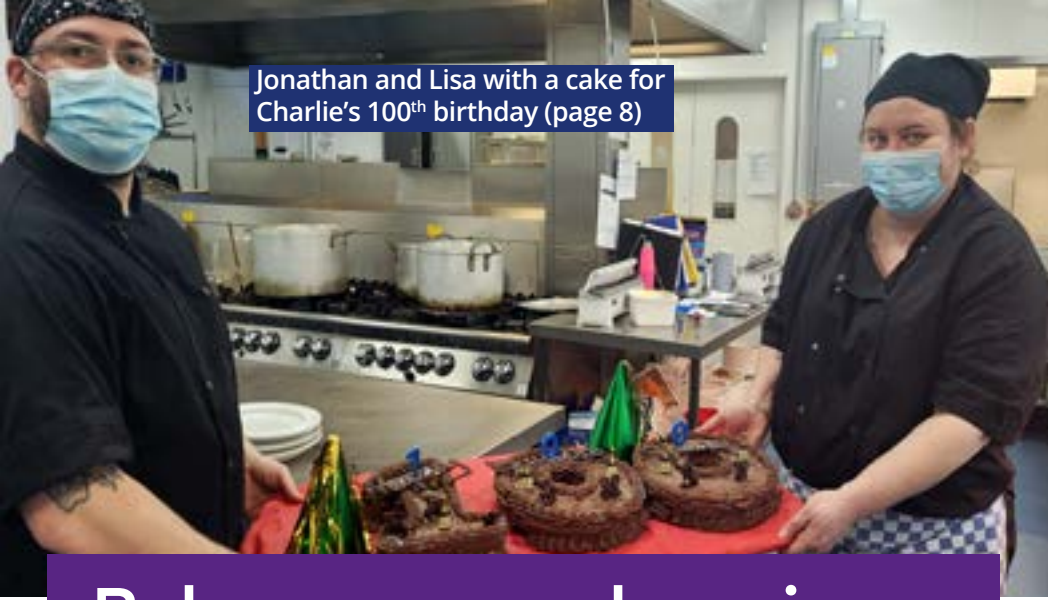


Sign up for our virtual 10k challenge
£15 to enter (includes a medal)
careforveterans.org.uk/VEDAY



Jonathan and Lisa with a cake for Charlie's 100th birthday (page 8)

Taking their lockdown responsibility seriously, our kitchen staff went above and beyond to delight our residents



Bake your own happiness

Our kitchen team have been doing their very best to cheer residents up during lockdown – mostly by providing delicious cake!

Lisa, Chef at Care for Veterans, said: *"The latest lockdown has been really tough on our residents, so we've been trying to make the nicest food. Throughout the various lockdowns, food has been something they could always look forward to."*

"We've been making a lot of cakes with extra nice ingredients like buttercream and chocolate, more than we would normally use, and other treats like biscuits."

Feedback from residents is that the food has been fantastic; however, now we are out of lockdown, the kitchen is moving back to being healthier.

"We have also been making birthday cakes to order. There's nothing worse than someone making you a birthday cake that you don't like, so I chat with them to make sure that they get their favourite."



Become a monthly giver

We receive no government funding, and therefore we rely on the generosity of our supporters to fund our vital services.

A regular gift gives us the confidence we need to plan ahead and secure our veterans' future.

£2 a month – could fund physiotherapy to help the veterans in our care to be as independent and mobile as possible.

£4 a month – could help fund specialist nursing care to ensure we meet the specific needs of each resident, and to give them the greatest chance of recovery.

£8 a month – could help fund speech and language therapy which helps the veterans in our care communicate with loved ones once more.

£20 a month - could help provide vital adaptive equipment such as shower chairs, walkers and electric call bells.

Our on-site physiotherapy department helps residents progress with their goals for independence and quality of life



To set up a regular gift, please complete the enclosed form or scan the QR code to visit our website

careforveterans.org.uk/donate



Our new greenhouse is a hit with residents who have started planting seeds for their BIG Plant and Bake Sale on 27 May



Gardening project is coming up roses

Residents and staff have celebrated the opening of our new greenhouse, which allows constant access to gardening, whatever the weather.

The large wheelchair accessible greenhouse is part of our 'Constant Gardening Project', to enable our resident veterans to enjoy gardening activities throughout the seasons.

The project has been funded by a £35,000 grant from the Armed Forces Covenant Fund Trust. It includes a year-round programme of gardening activities.

As well as protection from the elements, the greenhouse has heating. It has also been fitted with adjustable equipment to create a comfortable working environment for wheelchair users.

The project includes additional group and individual sessions with on-site therapists. They work closely with each resident to create a tailor-made rehabilitation programme with achievable goals and special attention to mental health and wellbeing.

Gardening Club is really popular and is often part of an individual's rehabilitation programme.

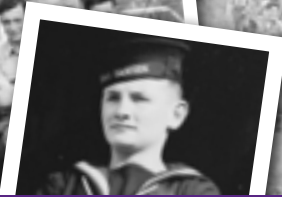
For example, tasks such as planting seeds and re-potting plants can help improve hand-eye coordination, dexterity and strength for someone recovering from a stroke.

Springing up from the ground



This new all-weather greenhouse provides our resident veterans with more opportunities to participate in Gardening Club activities or independently. This is so beneficial for rehabilitation and we are grateful to the Armed Forces Covenant Fund Trust for funding this project.

Craig Burley, Rehabilitation Technician



From the Arctic Circle to the Suez Canal

Former Chief Petty Officer, George Drewe, spent 36 years in the Royal Navy as a Radar Operator.

He served on many ships, including HMS Cheviot, HMS Albion, HMS Sheffield, HMS Salisbury, and HMS Dryad.

He was aboard the HMS Newfoundland when it was engaged in combat and came under enemy fire during the Suez Canal Crisis in 1956. He was on HMS Albion during the 1967 evacuation of the British from Aden. As a young trainee, he served in the Arctic Circle testing out equipment. He said:

"If you didn't keep knocking the ice off the upper deck, then the whole ship was going to turn over."

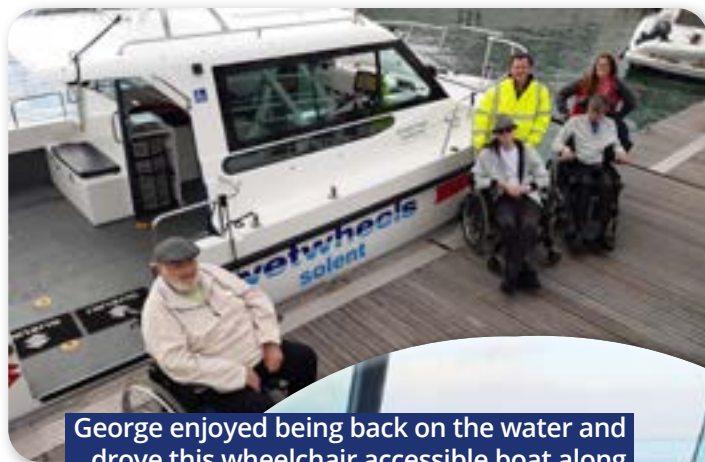
"George has agreed to take on a lead role in redesigning our raised flowerbeds. The project involves planting seeds in our new greenhouse and going off-site to purchase plants and materials. It will require George to call on his skills and experience as a gardener, and take on responsibility for planning."

Craig Burley, Rehabilitation Technician

After leaving the Royal Navy, George spent nine years doing gardening.

George came to Care for Veterans in 2020. Since arriving, he has received regular physiotherapy to help him improve his mobility. He can now transfer in and out of his wheelchair using a frame and can walk short distances.

George also benefits from the on-site Occupational Therapists. His room has been adapted to include a ladder at the end of his bed, enabling him to pull himself upright without assistance. To help with vision problems, George now has a speaking wristwatch.

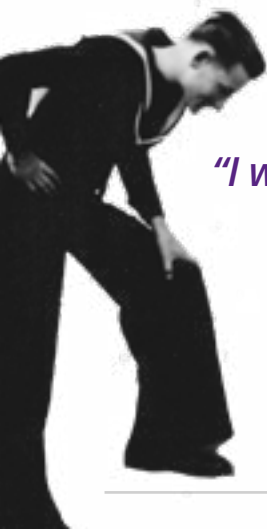


George enjoyed being back on the water and drove this wheelchair accessible boat along the Solent during a day trip with Wetwheels

On the support he received at Care for Veterans during lockdown, George said:

"I was very well supported by staff. Marvellous staff, absolutely marvellous."

George Drewe, former Naval Officer



Major Ted Hunt during his time as Royal Bargemaster to the Queen



WWII veteran and former Royal Bargemaster turns 102

Current resident at Care for Veterans, Major Edwin 'Ted' Hunt LVO, is a WWII Army veteran. After the war, he became a Royal Waterman and was appointed Queen's Bargemaster in 1978.

Ted was born in Canning Town on 20 March 1920. By the age of 15, he had begun his training to become a Thames Waterman, joining one of the last companies towing barges using a rowing boat.

After being turned away the day before for being too young, Ted enlisted for World War II on Friday 13 October 1939. He said:

"I joined on the 13th, and I was sent to Norway. If I'd have joined on the 12th, I would have been in a different company killed on the way from Dunkirk."

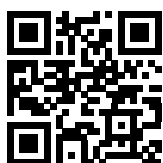
Battle of Narvik

In April 1940, Ted was posted to Norway as part of the 49th Infantry Division's Royal Engineers, known as the Polar Bears. Tasked with taking the port of Narvik from the Nazis, his company was ordered to clear the snow from the fields in nearby Evenskjer for planes to land.

Each day, a single German plane flew low overhead, aimed and always missed. On the day the airstrip was finished, a German plane attacked and hit the HMS Curlew, which was guarding Ted's force. A squadron of German Bombers was seen approaching. Ted recalls the moment vividly:

"I thought I was going to die. I thought they couldn't miss. But the Hurricanes came, and they began fighting. I saw two planes brought down."

Read more about Ted at careforveterans.org.uk/Ted or scan the QR code.



D-Day Landings

By 1944, Ted was commissioned as a Captain and placed in command of 15 hardy Rhino ferries tasked with transporting vehicles to Gold Beach in the D-Day Normandy landings.

On the day of the D-Day invasion, Ted's force departed for Gold Beach, and the first few hours were frantic, Ted explains his lucky escape:

"A lot of landing craft had been wrecked by mines already, and men had their eardrums burst from the noise. I could duck because there was lots of metal to shelter behind, but a shell splinter hit me in the middle of my forehead. Any lower and I would have been blind, any bigger and I wouldn't be here."

Designing a bridge for an army

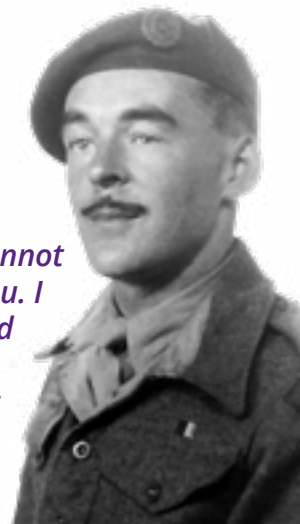
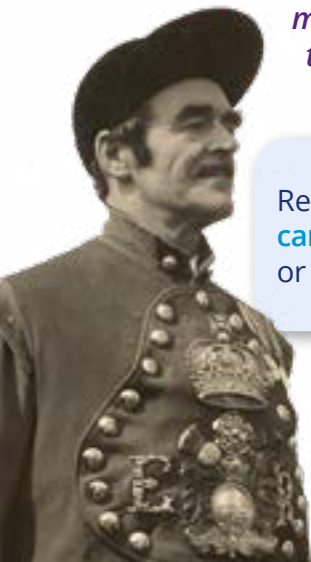
During the last six months of the war in Europe, Ted moved into Holland to help the Second Army find the best way to cross the waterways to Germany. Along with a Dutch Engineer, he would go on risky scouting missions to find the best places to cross. Ted successfully helped design the longest floating Bailey bridge of World War II that crossed the Maas (Meuse) River. Ted is taking a special trip to the Netherlands in early May funded by the Taxi Charity to celebrate the anniversary of Dutch Liberation.

Many happy returns!

In March, Ted celebrated his 102nd birthday at Care for Veterans with a surprise concert. Ted says:

"The staff here cannot do enough for you. I am so well looked after, and it is a pleasure to meet fellow veterans."

Photo credit: Adam Gerrard



Can you help?

Facing the challenge of rehabilitation due to a physical disability or degenerative condition can be daunting.

It requires effort, hard work and the mental strength to find the motivation to keep going.

Our tailored rehabilitation programmes aim to give our resident veterans the best possible quality of life. It's vital that we support them to maintain the positivity required through the toughest times.

Making rehabilitation fun

Our Wellbeing Hub provides a variety of group and individual activities to support the physical, mental and social aspects of wellbeing. It is central to the care we provide as it offers opportunities for rehabilitation without the hard work.

Lisa Lampard, Rehabilitation Assistant, knows the difference it can make:

"The Wellbeing Hub is really important because it often helps residents forget the seriousness of their medical issues and they can come here and just have a laugh."

"We're doing things like cooking or making crafts and it's rehabilitating them because they are using a hand that they can't use very well, or it's good for their mind, such as problem solving and memory."

Getting through the toughest times

When someone first arrives, it can be hard to adapt to a new environment. They might face challenges with anxiety and depression which is an increased risk for those with a disability or degenerative condition. Lisa explains their approach:

"If a resident hasn't come down to join in with activities, then we will go to them for a chat to find out about their hobbies and what they enjoy."

"I'll just talk to them as a friend, and if they don't feel like joining, then we will just try again the next time. Nine times out of ten they do come down to the Hub and love it when they get here."

"I can see how different activities help with someone's rehabilitation, but the most important thing is that they're having good time and they are happy."

Lisa Lampard
Rehabilitation Assistant



We need you...

£12 could fund an hour of support from a Rehabilitation Assistant in our Wellbeing Hub which can be priceless to our residents.

As a valued reader, could you support by donating £12 today?

Please use the enclosed donation form or scan the QR code.



WWII bomb disposal hero celebrates 100th birthday

Care for Veterans' resident and WWII George Medal recipient, Charles 'Charlie' Albert Halls, celebrated his 100th birthday in January.



Charlie on his 100th birthday

Charlie was awarded the George Medal for exceptional bravery during WWII. He had volunteered to work on mine disposal while serving in the Royal Navy in 1942.

Charlie (centre) with his younger brothers, John (left) and Fred (right)



Speaking to the Worthing Herald, his stepdaughter Anne said: *"Charlie helped in the disposal of 15 mines and was awarded the George Medal by King George VI in 1942. His award was for exceptional bravery while working on the disposal of two particularly difficult mines, one of which had fallen onto a live railway line and had started to melt, increasing the danger and difficulty of the work."*

The book 'Bomb Disposal in World War Two' by Chris Ransted details one of these situations when an unexploded mine had fallen into the concrete floor in a furniture factory.

The mine had been badly damaged, and the only way to reach the fuse was to lift the mine and turn it over, a delicate operation carried out using a rigging line.

The team found the damage meant they still couldn't reach the fuse. The man in charge of the operation decided they would have to saw the mine in half to remove the detonating mechanism.

After squeezing putty into the fuse to immobilise the clockwork, Charlie and another man volunteered to help. Between the three of them, they managed to get the whole rear portion sawn off, remove the explosive charge from around the fuse and finally, the fuse itself.

Remembering their sacrifice

Remembrance is a time to reflect and remember the service and sacrifice of our armed forces.

Several of our veterans were able to pay their respects by visiting the Cenotaph on Sunday 14 November, and Len Gibbon was named in the BBC coverage.

We also held a Remembrance service and gathered a board of photos and stories from staff, residents and supporters. Thank you to everyone who contributed.



11k to honour fallen comrades

Our Race for Remembrance participants completed 11k, including resident Army veterans, Len and Steve, and Navy veteran, George, who took part using static bikes.

This was the last race in the Keep Calm and Keep Running 2021 series of virtual challenges, which in total raised almost £10,500. Thank you to everyone who supported this tribute to our armed forces personnel, past and present.





Serving in WWII with the Glorious Glo'sters

In loving memory of William 'Bill' Bennett. A WWII veteran and resident, Bill shared his memories of his time with the Glorious Gloucesters before he sadly passed away in April, age 95.

Born in Tuffley, Gloucester, Bill was called up in June 1944 aged just 17. He initially joined the RAF then transferred to the Army in the August.

Bill was in one of the first boats that landed in Normandy, staying there six days to capture Caen before moving on to rescue British paratroopers who were stuck in Arnhem.

A quote giving his account of the 'Liberation of Arnhem' appeared in Gloucester Citizen on 17

April 1945, said: *"This was my first big attack. I had quite a lot to find out. I crossed in a buffalo while our guns put down a very heavy barrage. I shall always remember how our boys were singing away during the river crossing, just as though it was an ordinary job. I thought it would be worse than it turned out to be. My worst moment was when German soldiers opened up at us from a hundred yards range with automatic weapons."*

They found themselves surrounded by German troops and water from the North Sea for four days before being rescued by Canadian troops.

Of 1,001 men who went out there, only 35 returned. Bill thought of himself as incredibly lucky and found it hard to talk about what he witnessed.

His daughter Carole, who is a resident at Care for Veterans, said: *"He is proud of his medals, but he never feels he wants to wear them because it makes him think of the others. Bill added: "If you've been with the Royal Glo'sters, then it's too many bad memories. A lot of good men lost."*

A keen sportsman, after the war, Bill competed at the 1st World Athletics Championships in Hamburg, where he ran one mile in 3 minutes 59.4 seconds. Roger Bannister would achieve the same time only two days later in England. Bill would have beaten him to the world record if a sporting official had been present.

Talking about how life at Care for Veterans, Bill said: *"There's always something to do; you could be making a cake or doing a puzzle. The other day the carers took me along the seafront for an ice cream, and I had two flakes. It's like a big family here, you can't beat 'em."*

After the successful campaign at Arnhem, the regiment moved onwards towards Berlin with the primary goal of rescuing Prisoners of War from Auschwitz. The war was nearly over, but the enemy was still trying to win and blew up dykes to flood the coast where Bill and his comrades were positioned.

Bill with his daughter, Carole



Valentine's event to warm the soles

On Sunday 13 February, an event involving a barefoot walk over red-hot coals raised over £6,000 in vital funds.

Twenty-four eager but slightly apprehensive fundraisers took part in our Valentine's Firewalk at Thomas A Becket Pub in Worthing. They walked over wood embers measuring around 800 degrees.

Britton & Time Solicitors, Lissie, Theresa and Sophie, said: *"It was great, it was so much fun and really exhilarating. The team at Britton and Time Solicitors is really proud to support Care for Veterans to help provide care and rehabilitation for ex-military personnel with neurological and medical disabilities."*

Top fundraiser, Sam Woodger, said: *"As it's my birthday and I am 18 months free of cancer, I decided to support this very worthwhile local charity."*

The event was sponsored by local estate agents, Aspire Residential.



Scan the QR code to read more about the event on our website.

Are you always up for a challenge? Sign up for our [Peacehaven Cliffs Abseil](#) on Saturday 26 June (details on the back page).



Alex Ryan from Marketing 101 braving the Valentine's Firewalk on 13 February



Go on Irene!

Irene Adams celebrated turning 70 with a leap out of a plane to raise vital funds for disabled veterans.

Irene said: *"I really enjoyed the Skydive. It was a bright but very cold day. I wasn't nervous about jumping out of the plane as I had faith in my lovely army expert who guided me down. My only worry was the landing, but it turned out to be very smooth, though inelegant!"*

"To use the occasion to raise money for Care for Veterans was very satisfying and worthwhile. The charity is such a wonderful cause because of the work it does to help disabled Service personnel and also stroke survivors."

Are you as brave as Irene? Check out our [Skydive](#) on Saturday 6 August (details on the back page).



Golfers 'putting' charity first

Worthing Golf Club chose us as the Captain's charity of the year, and in March, we were presented with a fantastic donation.

Club Captain, Ivor Lane, chose us to be his charity. Through various events throughout the year, the club raised an incredible £6,971.43.

James Bacharew, Head of Fundraising and Marketing, said:

"I am blown away with what the club has achieved. The funds raised will greatly help towards the clinical care and rehabilitation of the veterans staying with us. From all of us at Care for Veterans. Thank you!"

In 2021, our golf day at the club raised £9,430. Why not sign up for our [Golf Day](#) at Worthing Golf Club on 20 October? See the back page for details.

Can you help with donations for summer events?

We are excited to announce that we are hosting events at our facility on Boundary Road, Worthing.



On Friday 27 May, we are hosting a **Big Plant and Bake Sale** and our resident veterans will be selling plants and cakes. We are looking for donations of plants or baked goods to sell. Alternatively, consider hosting your own sale.

On Saturday 9 July, our annual **Summer Fayre** returns after two years. There will be a variety of market stalls and games, a performance by Marching Band 1066 Pipes & Drums, plus entertainment, food, a Pimms tent and more. If you can donate bottles, tombola and raffle prizes, please get in touch.

Contact the Fundraising Team on **01903 218444** or email fundraising@careforveterans.org.uk



Cheers!



In April, we were thrilled to be chosen as charity of the year for the Bognor Beer Festival, which raised nearly £900.

Easter eggcitement

Thank you to Balfour Beatty for donating a mountain of Easter eggs for our residents.

Here is Sarah with 99-year-old Army veteran, Ron.



Christmas events raise £11,000

Against all odds and a terrible weather forecast, the Worthing Christmas Market took place in our grounds, raising over £7,000. Our Christmas Carol Concert at Lancing College Chapel (pictured) raised over £4,000.

Our resident veterans were able to attend both events and were thrilled to meet our supporters face-to-face. Thank you to everyone involved.



Charity at the checkouts

Sainsbury's in Littlehampton encouraged its customers and colleagues to support Care for Veterans with donations, raising nearly £2,800. The Mayor of Littlehampton, Cllr Michelle Molloy, joined our Senior Fundraiser, Christine Gillott, at the presentation. She said: *"I am proud of all the hard work from Sainsbury's throughout the pandemic and their fundraising efforts at such a challenging time."*



Co-op cards at the ready

Thank you to Co-op and everyone who chose to support us in 2020/21 when they shopped at Co-op.

You helped to raise the fantastic amount of nearly £6,800.

We have been chosen for a second year to be a Co-op local charity cause. If you shop at Co-op, you can choose Care for Veterans as your charity by visiting membership.coop.co.uk/causes/62319



Fundraising events 2022



All the proceeds from these events help us to provide care and rehabilitation for disabled ex-armed forces personnel and their immediate families.

8
May



VE DAY 10K

Honour our armed forces personnel with a 10k VE Day virtual challenge. £15 to register, includes a medal.

careforveterans.org.uk/VEDay

27
May



PLANT AND BAKE SALE

- Care for Veterans (visitors car park), Boundary Road, Worthing
 - Fri 27 May | 2 - 5pm
- Our residents will be selling plants and cakes. All donations of plants and baked goods for this sale gratefully received.

28
May



The BIG

Plant and Bake Sale

Saturday 28 May 2022



Host your own plant and/or bake sale on (or near to) Sat 28 May. Join our supporters across the UK and register for your FREE fundraising pack today.

careforveterans.org.uk/plant&bake

10
June



CLAY PIGEON SHOOT

Tickets available for our 30 bird 'have-a-go' day at Southdown Gun Club, Muntham Farm, Findon. £65 per head

careforveterans.org.uk/clayshoot

26
June



PEACEHAVEN CLIFFS ABSEIL

Take on a 114ft abseil from the iconic chalk cliffs of the South Downs.

careforveterans.org.uk/abseil

9
July



SUMMER FAYRE

- Sat 9 July | 12 - 4pm
- Care for Veterans, Boundary Road, Worthing.

6
Aug

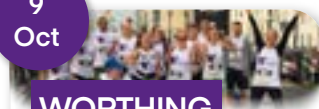


MILITARY-GRADE SKYDIVE

Register now for a 14,000ft tandem skydive, run by The Army Parachute Association. No experience needed.

careforveterans.org.uk/skydive

9
Oct



WORTHING 10K

Worthing seafront

20
Oct



GOLF DAY

Worthing Golf Club

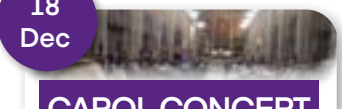
3
Dec



CHRISTMAS MARKET

Care for Veterans

18
Dec



CAROL CONCERT

Lancing College Chapel

Find out more and book online at
careforveterans.org.uk/events



Get in touch on **01903 218444** or email fundraising@careforveterans.org.uk

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

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