

Care For Veterans 'Race
for Remembrance'
Challenge



**105 years of caring for
our nations heroes**



**Care for
Veterans**

The Queen Alexandra Hospital Home since 1919

Spring / Summer 2024

Newsletter

careforveterans.org.uk

01903 213458

Dear Supporters

Now that Covid-19 is largely behind us, my aim is to develop the site and our services, and to extend a welcome to veterans and their families in Sussex and further afield.



New Wellbeing Hub Activities

We are developing new facilities for residents including additional bedrooms, and are refreshing the site so that it is more enjoyable for residents and visitors alike. A new business plan was approved by the board of trustees including:

- Day services for the benefit of veterans, and their families, who do not require a supported place to call home but for whom health and physical mobility related issues are of increasing concern.
- We are updating rooms and open areas.
- We are developing new social activities and have started to operate them across a six-day week. A new film and tv room is being planned and additional exercises – including cycles – are being purchased. An extended 7 day gym will be provided from spring 2024.

Highlight: John Smith, Army Veteran, shares his fascinating story on Page 7

5th OCTOBER 2024

Join us in celebrating charity skydiving. Let's fly for a cause important to our hearts while achieving something incredible.

WILL YOU SOAR FOR A GOOD CAUSE?

The price per skydiver:

- £234 for 10,000 ft
- £313 for 15,000 ft

Reach out to our team on 01903 218444 for inquiries

- Our therapies offering – physiotherapy, occupational therapy, and speech and language therapy will increase capacity sufficiently to meet the identified needs of our residents regardless of their ability to fund them. A qualified psychotherapist will also join the team.
- We are recruiting an army of volunteers, all trained, supported and matched to their and our, organisational aspirations.
- We will continue to shape CfV into a charity that people are proud to serve, in any capacity, salaried or otherwise.
- Our purpose, set out above, relies upon our becoming an even more recognised brand, attractive to funders, stakeholders and partners. We invite you all to share in that purpose throughout 2024 and beyond.

K. Schroder

Kate Schroder MBE,
CEO of Care for Veterans



Volunteer Recruitment Drive

Highlight: The Wellbeing Hub is offering increased sessions on Page 10

CHARITY RACE DAY AT PLUMPTON
Monday 4th November, 11am

- Welcome drink
- Two-course seated lunch
- Afternoon cheeseboard sharing platter
- Admission
- Race card
- Dress code: smart attire
- Tables of up to 10 people

Ron's Journey: From D-Day to Care for Veterans at 102

Ron, a 102-year-old World War II veteran, recently shared his extensive military experience, emphasising the deep human spirit during times of conflict. Drafted in 1942 into the Royal Engineers Regiment, Ron transitioned from civilian life to a vital role in supporting the army's technical needs.

His journey began with rigorous training that honed his engineering skills, preparing him for critical tasks such as clearing minefields and handling booby traps. Deployed to Normandy post-D-Day, Ron's service extended beyond combat to include camaraderie and moments of respite amidst the chaos of war. Despite the challenges, his reflections reveal a narrative of resilience, from coping with personal loss, like the death of his best friend in Normandy, to adapting to civilian life post-war, eventually embarking on a 30-year career at Barclays Bank.

Ron's account underscores the importance of preserving the personal histories of World War II veterans, offering insights into the collective effort and individual sacrifices that shaped the war's outcome. His story, marked by both hardship and adaptation, serves as a poignant reminder of the enduring human spirit. Now residing at Care for Veterans, Ron's life continues to be enriched by community support and the bonds formed with fellow veterans, reflecting the ongoing legacy of those who served. His experiences, set against the backdrop of a global conflict, highlight the crucial role of individual narratives in understanding the broader history of World War II.

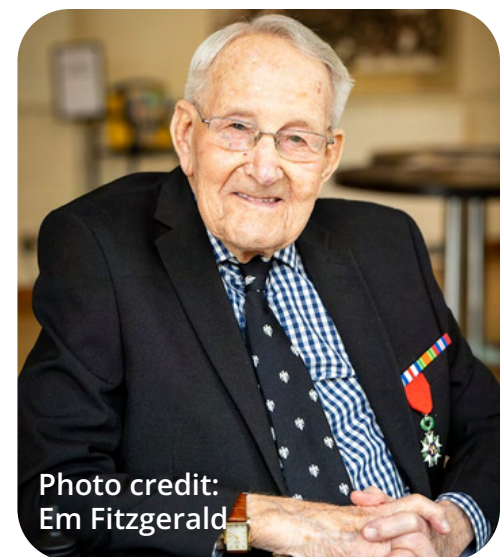


Photo credit:
Em Fitzgerald

Read Ron's full story at <https://bit.ly/rons-CFV-story> or scan the QR code:



Support veterans past & present when you play our lottery

FOUR chances to WIN £200 EVERY month

When you play the Care for Veterans lottery, it's not just you who wins.

Every month you enter our lottery, the profits go directly to disabled veterans' vital care services.

These funds will support disabled veterans learning to walk and talk again, and ensure others can maximise their independence.

Enter now for just £4
careforveterans.org.uk/lottery



Meet Nick: Veteran Networks Liaison Officer



Born in Huntingdon in 1956 and having spent his childhood in Kent, Nick embarked on a remarkable journey through the military and beyond, starting with joining the Army in 1972.

After rigorous training in the Army Catering Corps at Aldershot, he served in various capacities, including at the Queen Alexandra Military Hospital and with the Royal Green Jackets, experiencing diverse cultures and challenges from Belfast to Hong Kong, and learning jungle survival in Brunei. His career advanced through several promotions, leading him to specialise in catering and management roles, ultimately achieving high ranks and serving in significant conflicts like the Gulf War. The amalgamation of his beloved Army Catering Corps into the Royal Logistic Corps marked a poignant moment in his career.

Transitioning to civilian life, Nick ventured into roles with Butlins in North Wales and later with Compass, working on contracts for the British Army on the Rhine and diverse international assignments in Kosovo, Macedonia, Kazakhstan, Malaysia, and Mongolia. His adventures took him from managing catering operations to living in a yurt in the Gobi Desert. Recognised for his contributions to the field of catering, he was honoured as a Fellow of the Institute of Hospitality and a Member of the City & Guilds Institute.

Settling down in West Sussex after a life of travel, he found meaningful work as an Exam Invigilator and later at HMP Ford before retiring in December 2023. His journey came full circle when he became the Veteran Networks Liaison Officer for Care for Veterans, a role that allowed him to connect with and support fellow veterans, finding great satisfaction and pride in giving back to the military community.

NOT JUST TRAVEL
EXPLORE. EXPERIENCE.
discover

Find out how to support Care For Veterans while booking your next holiday!

go Giraffe
GO GIRAFFE SUPPORTING CARE FOR VETERANS

USE THE CODE 'CARE' WHEN YOU SIGN UP

Turn your mobile into a business phone with plans from only £7.95 a month.

Just type 'CARE' into the charity box when you sign up, and the first month's payment (and 10% of all future payments) will go straight to Care for Veterans!

Scan this code and make sure to use the code 'CARE'

A Day in the Life of a Befriender.

John Holden's journey as a befriender at Care for Veterans began after a recruiting visit by Jaime sparked his interest in volunteering.

With a rich background in the Royal Navy, ship design, and Adult Social Care, John felt well-equipped to share experiences and stories with veterans. He was quickly paired with Paul - a younger, non-Royal Navy, ex-chef with mitochondrial disease, overcoming the small initial challenges of communication through patience and basic sign language.

Together, John and Paul embarked on fulfilling the ex-chef's Bucket List, creatively adapting the goal of completing the London Marathon into manageable stages and exploring accessible cafes.

Their activities ranged from technology assistance and family video calls to pumpkin carving and art therapy, reflecting both the ex-chef's interests and John's supportive role.



Highlighting their deepening friendship, they even embarked on writing and publishing a book about the ex-chef's life, incorporating personal stories



and some of Paul's art. For John, befriending has been an enriching experience, allowing him to share his own maritime experiences and give vital emotional support while contributing to his friend's quality of life.



START YOUR VOLUNTEERING JOURNEY TODAY

- Wellbeing
- Gardening
- Befriending
- Corporates
- Chaplaincy
- Events & Fundraising
- Ambassadors

If you would like to volunteer or would like to receive information about future volunteer roles, please call the team at Care For Veterans on 01903 218444, or scan the QR code here ---->



Help us to support our nation's veterans when they face the toughest battle of their lives

Our veterans have served our country well, **but now they need you.**

Make a **FREE** will (RRP £450) with our trusted partners and honour our heroes today.

To make your free will, call **01903 218444**, Or type the URL below into your browser www.careforveterans.org.uk/support-us/legacy

Your Legacy for our Veterans



Recognising The People Who Go The Extra Mile



Every year, without any government funding support, Care for Veterans must raise £1.5 million to continue their vital care services. It is with thanks to the remarkable individuals, community groups, businesses and organisations (some of which have been listed above) that we have been able to continue the care and rehabilitation of disabled veterans so far this year. Their dedication and kindness has enabled ex-service personnel to access tailored care when they've needed it the most.

Find out what they've been up to below!

In October the Walsh Family (Edd and his 5 children) competed in the 54th Original Mountain Marathon, an arduous 2 day adventure in the mountains of North Wales, raising over £1.7k.

In December, Bowers & Wilkins donated multiple prizes for various events, as well as sponsoring the well attend annual Christmas Carol Concert.

Balfour Beatty raised funds at their Christmas raffle, and supported through volunteering day. Their wonderful team have also pledged to support CFV in 2024.

Care For Veterans have received ongoing support throughout 2023 and 2024 so far from Community Wills Sussex who offer a free will service in return for pledging a legacy to the home.

Alongside those mentioned above we'd like to thank the huge amount of other fundraisers and volunteers that we haven't individually featured. Whether raising funds at event, a sporting achievement, volunteering in the day-to-day running of Care For Veterans, or ad hoc volunteering throughout the last 6 months, your support is invaluable. Thank you.

Focus Group spent a day on site at Care For Veterans volunteering gardening and maintenance support from a number of their employees.

The Barrow Club, supported us at their Christmas networking event raising a fantastic £780.

Thank you to Chapman Charitable Trust for their ongoing, loyal support, including their latest grant of £12,000. We would also like to send a huge congratulations to CCT who recently celebrated 60 years of grant giving!

Worthing lodge of Friendship donated £1.2k in aid of a defibrillator.

Sompting Lodge 8450 donated £1.3k towards a Sara Steady aid.

Resilience and Service: The Inspiring Journey of John Smith from Military to Rehabilitation

John Smith's life journey encapsulates the essence of service, resilience, and adaptation, starting from his birth in 1946 in Shoreham-by-Sea and his upbringing in Worthing.

Overcoming early educational setbacks, John found direction through one Mr. Barley's guidance at St Andrews, leading him to a fulfilling career in the army. At 16, he embarked on a transformative journey through the Army Apprentice scheme, specialising as a gun-fitter at Hadrian's Camp in Carlisle, where he mastered both the technical skills of his trade and the academic knowledge necessary for his future roles.

John's military career spanned 24 years, beginning with his apprenticeship and evolving through various significant postings, from the cold fields of Munster, Germany, to the diverse experiences in Hong Kong with the HQ 48 Gurkha Infantry Brigade. Each posting offered unique challenges and opportunities for growth, from the camaraderie of cricket and hockey in Barnard Castle to the leadership roles in managing multicultural teams in Hong Kong. His time in the military was not just about professional development but also personal growth, marrying his lifelong companion, Sandra, and navigating the complexities of international service.

Transitioning to civilian life, John continued to apply his extensive skills and experience, first at the School of Electrical and Mechanical Engineering (SEME) in Bordon, Hampshire, and then navigating the privatisation of SEME, where he took on new responsibilities as a Quality Health and Safety Manager. Retirement didn't mean slowing down for John; he actively engaged with the Wey & Arun Canal Trust, dedicating his expertise to maintaining their machinery until the onset of the COVID-19 pandemic and personal losses led him to reevaluate his activities.

Facing profound personal challenges, including the loss of his wife to cancer and a spinal injury resulting in paralysis, John's resilience shone through. His move to Care For Veterans marked a new chapter of recovery and community engagement, where he enjoys the support of a dedicated team and the camaraderie of fellow residents. John's life story, from his early days in Worthing to his current endeavours at Care For Veterans, is a testament to his unwavering spirit, dedication to service, and the ability to adapt to life's ever-changing circumstances.

Read John's full story at
<https://bit.ly/johns-csv-story> or scan the
QR code:



Photo credit:
Em Fitzgerald

Do you know someone who could benefit from our services?

We accept residents from the ages of 18 and up, and from all military backgrounds. Whilst our home is an ideal place for those in need of rehabilitative or long-term care, we are also extremely experienced in providing respite and palliative care.

Get in touch today to find out more about how Care for Veterans can help:

Email: pauline.jones@careforveterans.org.uk
www.careforveterans.org.uk/stay-with-us



Care for Veterans Regular Donation Form



Every donation is important to us but regular gifts are especially valuable. 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 ☐

Revolutionising Residents' Care

Help us raise vital funds for a brand new static bike that will give more of our veterans access to regular endurance and mobility training



What is a THERA-Trainer Tigo 640 static bike?

The Tigo 640 is a static bike which will be used in our on-site physiotherapy suite for disabled veterans. THERA-Trainer bikes are cycling devices that enable people with a wide range of disabilities such as stroke, cerebral palsy or MS, to exercise from the comfort of their chair, armchair or wheelchair. The user can perform motor-operated (passive), motor-assisted or active movement training (using your own muscle power) with just one device. It gently encourages mobility and has a positive effect on many other aspects on health and rehabilitation.

How would we use the new bike?

Each month at Care for Veterans, approximately 250 physiotherapy sessions take place benefitting between 25-30 disabled veterans. We currently only have one THERA-

Trainer 640 Tigo static bike, so often we have residents waiting to use the machine. A second machine would mean more of our veterans could benefit from using the trainer on a daily basis, rather than having less frequent sessions which could delay progress. Regular power, endurance and mobility training with the THERA-Trainer Tigo 640 facilitates functional recovery and improved motor skills and helps both therapists and our veterans to achieve their therapy goals. This bike ensures effective exercise in all phases of rehabilitation. It is particularly suitable for high-need patients thanks to its extensive software and accessories, which is especially important for us as a facility.

The cost...

The cost of the bike is £8,389, including VAT and shipping costs.

How to Help

Whatever you can give, whether that is £10 or £50, towards this life-changing piece of equipment, you will have helped make a significant difference to the lives of disabled veterans.



Donate Now

Head to www.careforveterans.org.uk/donate

Or fill in the form overleaf

What We've Been up To

Creating a fun and lively home for our residents

This winter has seen welcome new additions to the home and some notable celebrations

Race For Remembrance

In a display of true grit and determination, the residents of Care For Veterans undertook a day of intensive challenges to contribute to the charity's Race For Remembrance campaign. Amazing work from Steve, Vardre, Andy and Greg!



Remembrance Sunday

Veterans gathered at Gifford House for a poignant Remembrance service given by Father George Butler, while other residents and supporters attended the Royal Albert Hall concert and Sunday march to the Cenotaph in London.



Christmas Carol Concert

Held at the beautiful Lancing College, the Inspirations Community Choir, Sussex Gruffs Male voice choir lead by choir master Lucy Goldberg gave several beautiful performances, with a service lead by Father George Butler



Christmas Fayre & Grotto

Our Christmas Fayre raised an incredible £5173.29 for Care for Veterans! Thank you to everyone who came down to enjoy a festive afternoon. Meanwhile our Grotto was open to children to meet the main man himself!

Valentine's Elvis in the Wellbeing Hub

Love was in the air for Valentines as we enjoyed a fantastic performance from Suspiciously Elvis. He wowed our residents with hits for over an hour, even getting some of our residents out of their wheelchairs for a little dance.



Lest We Forget Concert

Our residents recently enjoyed a wonderful visit from the Lest We Forget Association, who brought a delightful mix of festive favourites and timeless classics. The violin, piano, and lead singer was a hit, with residents joining in to sing along.



Get Involved

Our veterans need your support now more than ever.

If you have any fundraising ideas of your own, please get in touch and our friendly fundraising team will be on hand to support you every step of the way.

Find ways to support us at careforveterans.org.uk/support-us or scan this QR code:



The crucial development of the Wellbeing Hub

The development of the Wellbeing Hub now sees it open every weekend, every weekday morning, plus Tuesday, Thursday and Friday afternoons. As you can see below, we've engaged a variety of helpers and entertainers to create a thriving hub of social activity.



Hoopla with Anne O'Keefe



Afternoon concert



Art time with Steve & Simon



Seasonal bingo and a visit from Stanley the therapy dog

"I love the Wellbeing Hub, because it gets me out of my room, I meet interesting people, I like the games and concerts. I love Gill and Lisa the rehabilitation assistants, and all the volunteers who help in the Hub. I really enjoy the music quizzes with Simona at the weekend" - David, CFV resident

"I love giving back to society, it is such a happy atmosphere in the Wellbeing Hub, it's an inclusive space for everyone, no matter what your disability everyone can take part in some way" - Louise, volunteer

"Knowing I am making a difference, even if it is a simple act, such as helping a resident learn lost skills such as making a cup of tea, empowering them to have the confidence to do it again. I really have bonded with several residents and I love planning enriching activities, such as creating a sensory area to create a calming and relaxing space for specific residents who make become agitated due to their disability. The residents have so much going on with their medical and psychological conditions and it's nice they can just let their hair down in the Wellbeing Hub and relax, with groups and socialise" - Lisa, Rehabilitation assistant (9 years at CFV)

"We enrich veterans' lives by playing games, having a laugh and telling jokes, just brightening their day. Whenever I do a quiz I always learn something from them" - Simon, volunteer

"I started at Care for Veterans in mid November 2023 as a Sessional Activities worker. I absolutely love working here. I have a working background in resident involvement, support work for vulnerable adults and counselling. We offer activities from word puzzles to music quizzes, art and craftwork, relaxation and pampering, group games and sharing conversation and reminiscing. Every afternoon session is different- which I love. There's a focus on being person centred, making it meaningful for each Resident to enrich their lives, at a pace that's good for them" - Ann, Seasonal Activities Worker

Colin Thompson's Clipper Race

Colin Tomlinson, chair of Worthing Rugby Club and a former army veteran, is participating in the final leg of the Clipper sail race, an event that also serves as a fundraising platform for UNICEF and Care for Veterans. The race, involving 11 crews, commenced on 2nd March, taking participants from Ha Long Bay, Vietnam, to Zhuhai, China, over a span of 5-6 days. Tomlinson, aboard PSP Logistics, has successfully raised £1,500 for the causes through his Just Giving page. Despite facing a variety of weather conditions, from intense heat causing discomfort even during sleep to challenging squally showers and strong winds requiring adept sail adjustments, the crew has maintained high spirits. The journey has been marked by breathtaking natural beauty, including stunning sunsets, sunrises, and encounters with dolphins.

Celebratory events aboard have kept morale high, with festivities for the lunar new year, Valentine's Day, and a traditional tribute to King Neptune upon crossing the equator. Culinary creativity has been essential due to limited supplies, leading to unique dishes like garlic butter icing cake and homemade corned beef burgers, despite a broken toaster complicating their efforts to make breakfast. Tomlinson reflects positively on their journey, noting the last race as their best performance since the second race of the series. As they prepare for the next challenge, Tomlinson emphasises the importance of careful planning and execution to further improve their standings.

We thank Colin and his co-adventurers and wish them the very best on their onward journey.

Support Colin's daring adventure by heading to <https://bit.ly/colin-tomlinson> or scanning the QR code ---->



Thank you to all our participants in the Brighton Half Marathon on Sunday 25th February!

8 runners took on the challenge of the Brighton Half Marathon in aid of Care for Veterans, raising over £1.7k! Runners included Aidan & Clare from the Care for Veterans fundraising team, (it was their first time running the half marathon distance), Erin from Acumen law and her husband, Sean from Kessler Kitchens, Captain Dave Curry and his wife Marie.

A big thank you to Michael Cheetham Photography for capturing the moments on the day, and to Rubix VT, the race sponsors, for their excellent hospitality to our runners.

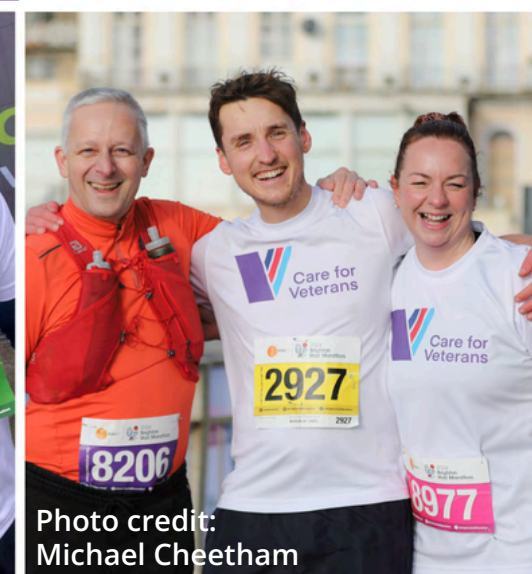


Photo credit: Michael Cheetham

Fundraising Events 2024

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



19
Apr



PLANT & BAKE SALE

Discover a vibrant array of potted flowers and plants alongside delicious homemade cakes at Care For Veterans on 19th April.



16
May



FUNDRAISING FURLONG

Join us for a delicious meal and a night filled with exciting on-screen racing excitement.



6
Jun



D-DAY 80 CONCERT

Join us for an unforgettable experience at our special Afternoon Tea Concert, commemorating the 80th Anniversary of D-day.



9
Jun



WORTHING 10K

We're looking for a team of 80 runners to commemorate the 80th anniversary of D-day, each raising a minimum of £50 towards the running of Care For Veterans.



13
Jul



Summer Fayre

Our biggest on-site event of the year: stalls, entertainment and (hopefully) glorious weather - what more could you ask for?



5
Oct



SOAR FOR A CAUSE - SKYDIVING

Tick off the greatest thrill of your life, leaping from either 10k or 15k feet with our partners, GoSkyDive.



DATES FOR YOUR DIARY

21
Jun

Clay Pigeon Shooting

29
Jun

Africa Rally 2024

6
Jun

Upfix Not So Quiet Quiz

8
Jun

Samaritans National Walk

6
Sep

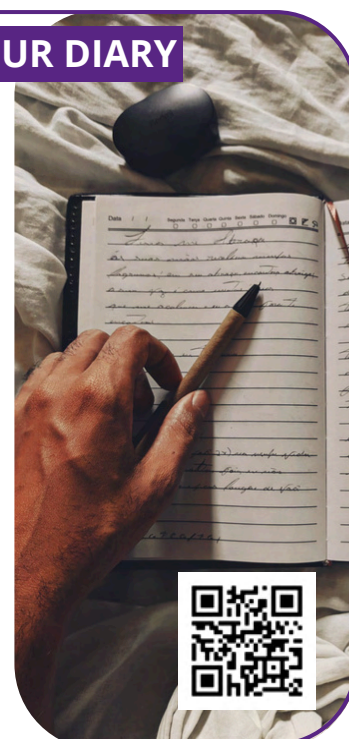
PMR Golf Day

7
Sep

South Coast Challenge

4
Nov

Plumpton Race Day



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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