



**Veterans at Ease**  
BECAUSE MILITARY MINDS MATTER  
Registered Charity No: 1140832



Meet the team—John, Mandy and Garreth

## Welcome to Issue 1

Welcome to the new VAE news letter. Our news letter will be a quarterly publication in which we will share with you our Vision, Plans, Successes and Stories.

“We are very excited to re-launch the newsletter which will bring us closer to you, our supporters and benefactors and raise awareness to Veterans At Ease and the ground breaking work we do with those Veterans that need our help in their time of need”.



### Inside this issue

Intro to VAE.....	2
Golf Day Report .....	3
Trustees Update .....	3
Testimonial—Andrew .....	4
The Thoughts of a Volunteer .....	4
Thank You .....	5
How to donate/contact us. ....	6

### Happy Christmas

Veterans At Ease would like to wish all our Supporters, Beneficiaries, Serving Members and Veterans of our Armed Forces and Allies a Merry Christmas and a very happy and healthy 2015.

Thank you for your support in 2014

# Veterans at Ease

## Garreth Murrell CEO and Founder

After suffering (unknowingly) for 14 years after leaving HM Armed Forces (Army) - Garreth set the charity up in September 2010 after taking early voluntary redundancy from the National Policing Improvement Agency (NPIA) at Harperley Hall where he was a Crime Scene Investigator Instructor. Garreth had previously served for 10 years in the Cheshire Regiment and served in various theatres of operations including Northern Ireland and whilst serving in the Reconnaissance Platoon with the Cheshires, was one of the first British soldiers into Bosnia under the UN flag in 1992-1993.

Garreth recalls

“It wasn’t until 2007 that my PTSD reared its ugly head and completely floored me—within just less than 6 months I lost my family, friends and nearly my job. Initially I was misdiagnosed (thankfully) and was given a therapy called Cognitive Behavioural Therapy or CBT, which quite frankly didn’t work and in fact made me worse. In June 2008 I came across a therapy called Neurolinguistic Programming (NLP) and after some further time of suffering I bit the bullet and paid a considerable amount of money for what is known as a breakthrough session. This treatment cleared ALL of my trauma in five and a half hours!

Driving home that evening I thought about how this amazing therapy could be offered to veterans and help their families suffering from the devastating effects of PTSD and certainly without them having to pay the £2000.00 that I had just done. It was then that the idea of setting up the charity came to mind and over the next 18 months I formulated the business plan and model for the charity.

Following training as a NLP Practitioner in February 2011 I qualified to work with others in a therapeutic and life coaching setting”.

The aim of Veterans At Ease are—

- Free treatment to Veterans and their immediate family
- Grow and expand the charity by employing those Veterans we have helped and have the academic capability to train as an NLP practitioner.

Since qualification in 2011 we have managed to successfully help over 100 Veterans of whom 18 are wives and their dependants. We have also employed our first successful Veteran—John Taylor who came to the charity in early march 2011 and after 7 one hour sessions was in a much better place, having completed his training we are very proud to have John on the team and he now runs the Jarrow Office situated at Bedes World.

---

*We can never make the same mistake twice the second time it becomes a choice.*

---



## Golf Report—Great Day at Ramside.

Wednesday the 20<sup>th</sup> August saw the Veterans at Ease Annual Charity Golf tournament take place at Ramside Hall. An early start by staff and volunteers set the course to an exceptional standard this along with the courteousness and professionalism of the Ramside staff made for a good start for all.

The weather certainly was on our side with morning sunshine and a gentle breeze just adding to the setting. The course looked and felt in fantastic condition with the fairways and greens looking superb.

From 10am the golfers arrived and were met by Gordon Dance for registration of teams and the real reason for arriving at this time - bacon sandwiches and a brew.

The start was to be a shot gun start with players moving off from 11.15. The competition would consist of the best two scores from each hole, with a yellow ball for double points and individual score.

A great days competition was enjoyed by all and most made comment on the great atmosphere of the day and the beautiful surroundings of this great course.

Whilst awaiting the results of the day's play, the golfers had time to relax in the club-house and reflect on how the day had gone.

At 17.00 it was time for the presentation and results from the day's competition this was led by Gordon Dance who came in last minute to help with the running of the day.

Best team score and the honour of being indeed "The Top Lads" consisting of Steve Davidson, Gordy Pirie, Shaun Chrisp and Shaun Simpson with a very credible team score of 115 points. Micky Horswill walked away with the best individual score of 40pts and his name added to the annual shield. Many other prizes were presented including urban base for the loft chipping won by Garreth Jonks. Another great competition consisted of a bit of Crochet this was set up by North East Granite also to hand a nice cold bottle of Stella on ice for that little refreshment.

Sincere thanks must go to all the sponsors Global Management Platform, Swinburn Maddison, Barwick Bathrooms, Roseberry Leisure, MGL Group, North East Granite, Ladies Who Rock, Apex Cables Ltd, Granite Transformations, Park Electrical, Bentley/Porsche Newcastle, Keith Brown Joinery, Ali Baba Babies, Mtrec, Ivan Simpson Bathrooms, Berrys Jewellers, ITPS and Urban Base. Our volunteers Garreth Murrell CEO, John Dale, Michael Cullen, Clair Johnston, and Jackie Taylor

Its not just the sponsors that need thanking, special thanks must also go to Kevin Maddison Captain of Ramside Hall Golf Club who played a massive part to help organise with the day's events and for nominating Veterans at Ease as he chosen charity for a full year. Thanks to Helen Roseberry, Gordon Dance and dedicated staff for helping out with the overall running of the day.

Veterans at Ease would also like to take this opportunity to thank all of the teams who took part and supporting a great cause helping raise an awesome amount of over £4500.00, this along with the additional awareness raised for Veterans At Ease made this a great day—THANK YOU.

We look forward to seeing you all again in the near future.



## Andrew—A testimonial

When I first went to veterans at ease I was a very angry and confused person and thinking why should I go and talk to a stranger who does not know me from Adam and my mind set was I've suffered from my military past and there is nothing no one can do.

Then things were really getting on top of me and decided to go and talk to someone from Veterans at Ease and see if there was any way out this dark hole I was in.

After the first session with John I could feel myself at ease straight away, I was happy that I never had to bring past incidents up, after each session with John I could feel the benefits more and more, I was very surprised and impressed with his techniques, after six sessions with him I really did feel like a different man with the different coping mechanisms he teaches you.

Now I'm defiantly not the same man who walked through the door for the first time and doing really well now, I'm thinking more positively and just completed a close protection course and working, this would have not been possible without the help from Veterans at Ease and would recommended their help to anyone who needs it.

## Veterans At Ease Needs You

### The Thoughts Of A Volunteer



Volunteering for any charity is a personal thing. In general, charities cannot function without the help given by volunteers who, at little or no cost to the charity, attend functions and events to raise both awareness of the specific charities work, and the much needed funds which allow them to continue to provide the help and support given to beneficiaries on an ongoing basis.

More often than not, people volunteer with a specific charity, because they have some affinity with the work that the particular charity does, and in my own case, I volunteered as a means to help pay back some of the costs and resources expended in dealing with my particular issues.

Personally, I suffer from Clinical Depression which was finally diagnosed in 2002 and Asperger's Syndrome which was only diagnosed earlier this year, both these conditions when left untreated cause me considerable stress in my day to day activities, but neither of them are a bar to my volunteering with Veterans at Ease. I have an introspective personality, meaning that I'm not good at approaching people and find that I would rather not, even when pushed to do so, discuss openly with others. On the other hand, I have an excellent awareness of all things clerical and use these talents to the best of my ability giving up some of my time to help out as an administrative volunteer.

Since January of this year, I have collaborated with Mandy Robinson, John Taylor and other full time staff and volunteers at Veterans at Ease on a number of projects which have not only helped the charity, but also helped myself to maintain my mental health at a level whereby I can function normally on a day to day basis, and would urge anyone else, regardless of their abilities, to consider seriously what they can do to help Veterans at Ease raise funds for their ongoing work dealing with the devastating effects of PTSD within the armed forces community.



Veterans at Ease is proud to be part of the First World War Centenary Partnership, led by IWM (Imperial War Museums).

The First World War Centenary Partnership is delivering a global programme of events and activities inspiring young and old to connect with the lives, stories and impact of the First World War. 2014 – 2018 marks the Centenary of the First World War, a landmark anniversary for Britain and the world. The First World War Centenary Partnership, led by IWM is a growing network of more than 800 local, regional, national and international organisations who together will be presenting a vibrant programme of cultural events and activities, and digital platforms which will enable millions of people across the world to discover more about life in the First World War. For more information visit [www.1914.org](http://www.1914.org)

Diane Lees, Director-General of IWM says “The First World War was a turning point in world history. It claimed the lives of over 16 million people across the globe and had an impact on the lives of everyone. Veterans at Ease is joining with us in enabling us all to understand the impact of the Great War on society today. We are all connected to the First World War, either through our own family history, the heritage of our local communities, or because of its long term impact on society and the world we live in today.

---

*“Life is not what it’s supposed to be. It’s what it is. The way you cope with it is what makes the difference. ”*

---

## Big Thanks

We could not do what we do without the help and support of our volunteers, fund raisers, donators and supporters. Each issue we like to say thank you.

Lots of thanks to be shared this issue including but not exclusive to:-

Maften Hall

Rockcliffe Hall

Ramside Hotel and Golf Club

Clair, Karen and the team from the Band Night

Sedgefield Veterans

John Dale for all the work with Veterans and being a true ambassador for VAE

All volunteers

Beneficiaries and their success.

Dirty Love (The Band)

Neil Gibson

And anyone who has supported, followed and been part of our success.

Next Issue February/March 2015

In the next issue :-

5 minutes with John

Trustees Update

Supporter in Focus

Introduction to NLP

What's Coming Up



Raffle winner, Mr David Lewis of Durham City receives his Rolex watch from Ramside Golf Club Captain, Kevin Maddison, following the draw on Saturday 18<sup>th</sup> October.

## How to donate– You Choose

Every penny you donate to Veterans At Ease is used to support the vital work we do with Veterans and Serving members of our Armed Forces at their time of need due to suffering from PTSD. It has never been easier to donate.



Veterans at Ease are pleased to be part of the BT MyDonate scheme, this is a free service and every penny donated goes directly to our charity, and additionally if you are a UK Tax Payer we can claim an added amount of Gift Aid on every contribution.

**[www.btplc.com/mydonate](http://www.btplc.com/mydonate) and search for Veterans At Ease.**



Give as you Live is a shopping and price comparison website with a heart. You can shop for products from thousands of leading online retailers; use our price comparison tool to ensure you get the best price and even save money by using the exclusive offers and deals available on our site.

**If you select Veterans At Ease a percentage of every purchase you make though the site will be donated to VAE.**

### contact us

Support  
Telephone: Garreth Murrell on  
07584 056181 (Durham office)

Telephone: John Taylor on  
07842 013790 (Jarrow office)

General Enquiries  
Mandy 07887 493459

### Our Offices are Located at

Durham  
Allington House  
4 North Bailey  
Durham  
DH1 3ET

Jarrow  
Jarrow Hall  
Bedes World  
Church Bank  
Jarrow  
NE32 3DY