

THE VETERANS AT EASE SUPPORTER

BECAUSE MILITARY MINDS MATTER



Issue No 4

June/July 2013



A warm welcome to the fourth edition of the Veterans at Ease Supporter. First of all apologise for the delay in supplying with the latest news about the activities of the Charity.

Sometimes life can just turn a little bit chaotic, but what is the need to overwork a failed assignment, a fractured paw of my beloved dog and all the other little disasters in my life compared to somebody having their life turned inside out, traveling at 180 miles an hour through pitch black tunnel, somebody puts the breaks on and waiting to hit the wall.....

That is what life can be like living with PTSD.

I am at Ease – I hope you are as well.

Mel (editor)

Lost Love

*You can't make a heart
Love someone
You can tell it what to do
But it won't listen at all
You can lead a heart to love
But you can't make it fall.*

By G. Maccay

Inside the Charity

The last few months saw the charity remaining busy in continuing to work with beneficiaries.

The Durham office has moved into new premises. The Durham Office is now situated in the centre of Durham near the Cathedral at Alington House, 4 North Bailey, Durham, DH1 3ET.

The great work of the charity is becoming more and more recognised, currently the charity is involved in a new referral scheme funded through a local Clinical Commissioning Group. It will become effective from September 2013. The Jarrow Office is now working in partnership with the North East Counselling Service on a pilot project to be able to provide a point of referral in future. This is great news and a big step forwards for the treatment of veterans suffering from PTSD.

The Charity has also successfully gained funding from the County Durham Foundation's Priority Health Fund, this funding will open the door to renting a separate room for the therapy sessions for the Durham Office.

Both Garreth and John are continuing to further their

knowledge and skills. Garreth is undertaking further training in July as part of his modules working towards his qualification as a Psychotherapist. John has now completed his 2nd module of his NLP Master Practitioner Training leaving him with one final module to complete in September.

The Charity is also continuing to look for further trustees to come on board to help with developing and running the Charity. If you feel you have the skills and the time to help us please do get in touch.

You may have noticed that the Charity has a new style of wristband. Keep your eyes out for them when you have the chance to chat with one of the volunteers at one of the many events all over the region the Charity is taking part in to raise awareness. You can also buy them online from our website shop, price £2.00 plus P&P.

Please continue to like us on facebook – we have now reached the milestone of 600 "likes"!

A Beneficiaries Story

I left the army in 1996 after 15 years; during this time I saw active service in the Falklands,

3 tours of N. Ireland and the Gulf; as well as various non-operational tours of Germany, Cyprus, and Denmark. After approximately 16 years, I had great difficulties in sleeping and being in control of my temper. PTSD was something I never even considered, nor understood as I saw this as a sign of weakness. I was very close to losing everything that mattered to me and knew I had to do something about my issues. I felt a failure in having to ask for help. My partner reminded me of a stand we visited in 2011 at the DLI museum in Durham. I contacted Garreth Murrell at Veterans at Ease via email not knowing what to expect; but feeling glad that I had finally made the first step in seeking help.

Garreth contacted me at my convenience and we discussed what I wanted to do! I felt totally at ease with Garreth and finally felt as if I was talking to someone who understood me, and what I was dealing with. We discussed coping strategies for the various issues that were bothering me and at no stage did I feel under pressure or rushed to discuss previous experiences.

NLP has not only helped me personally, but has also had a positive impact on my family and those close to me as they no longer live in fear of my moods and behaviour. I now promote Veterans at Ease to any Ex Service personnel within my social networking circles that are asking for help or advice. I have every confidence

that should I need help or advice in the future Veterans at Ease will provide me with the tools to overcome, or assist in a solution to my problems.

By P.D.

Volunteer's Corner

We would like to welcome Ken Hogg as a new volunteer. Ken is going to raise awareness about the work of the Charity around local GPs.

Mandy Robinson is going to organise a coffee morning for the charity, it will take place on Tuesday 6th of August at St Andrews Methodist Church at Crook. Come around and join in for a chat.

The planned Volunteer's Information Event in June had to be rescheduled and a new date has been set for September, so keep an eye on the events calendar and any announcements on facebook to make sure that you are not missing this great opportunity to meet up with Garreth, John and Mandy and other volunteers to have a chat. It will be a great opportunity to get more information about the work of the charity and find out about the opportunities the charity has for people interested in supporting Veterans at Ease as a volunteer. Everybody is welcome, so if you for example like photography or have some knowledge in marketing, business development or just like to talk to people and would love to join in representing the Charity please feel free to

knock on our door and join in as active volunteer.

Please also take some time to visit the donation area of our website to see what sponsored activities other volunteers are planning – of course you are more than welcome to support them by sponsoring their activities!

*Also remember that this is **your area** – please send in articles, your reports or anything else that you would like to say to: info@veteransatease.org.*

Past events

1 June 2013

Veterans Charity recognise it's volunteers and celebrates their Successes

Saturday evening (1st June) saw the second Awards Dinner for the North- East based charity Veterans at Ease. It was held at the fine Newcastle Venue – The Assembly Rooms.

The evening was kicked off by the CEO of the charity Garreth Murrell with a welcoming speech and the first public showing of a short film entitled "Hidden Battles", funded by the County Durham Community Foundation and produced by film director Geoff Odds of Go21. The film brings home the issues faced by veterans and their families suffering from Post-Traumatic Stress Disorder (PTSD) and highlights the effectiveness of the work that Veterans at Ease does and the services it offers to the veteran's community. This was

well received and made a deep impact with some of those present that evening.

The trustees of the charity, which are the Chair Marie Dooley, Secretary John Heaps and Treasurer Paul Atkinson were among the 120 present that night, along with the latest member of the team Mandy Robinson and her husband the reverend Andrew Robinson.



Esteemed guests included Roger Uttley OBE and his lovely wife Kristine, the Chairman of Durham County Council; Councillor Pauline Charlton, Councillor Eileen Leask from South Tyneside Council and Micky Horswill of the three legends radio show fame and FA cup winner for Sunderland AFC in 1973.



Entertainment was varied, beginning with the Newton Aycliffe Pipes and Drums band. The sounds of the pipes stirred the soul like no other instrument. Later in the evening, Durham- based swing dance group Lindy Jazz, under the directorship of Joo- Lee Stock, continued the

entertainment by putting on dance displays throughout the evening with guests joining in.

Also adding a little "Joie de Vivre" that evening was a party from "WWII Re-Enactors North East" showing what life was like in the military during that period with uniforms and equipment for guests to look at and have their photographs taken with.

Of course the evening was about the volunteers and supporters of Veterans at Ease and awards were given for the following categories:

Most Original Fund Raising Event:

Annette Keelty (Burlesque Night) – WINNER

Further nominees:

Andrew Ted Heath (Karting)
Nancy Jane Moore and Hattie Griffiths (Fashion Show)

Highest Monetary Contribution:

Trevor Gray and Elaine Browne (WINNERS)

Further nominees:

ACF Northumbria

Exceptional Achievement Award:

Clair Johnston (WINNER)

Further nominees:

Marks and Spencer, Durham
Gavin Hutchinson

Most outstanding Contributor (Non Monetary):

David Rowe (WINNER)

Further nominees:

Mel Heaps
Gary Surridge and the

MetroCentre Team
Michele Robson

All the winners received a cut glass trophy highlighting their achievements and a winner's certificate. Everyone nominated also received a framed finalist certificate.



Sadly Clair Johnston was not able to attend event so she received her award later on.

We would like to thank, John Taylor and Mandy Robinson for organising the event and, everyone else involved who made the night the great success it was.

By Garreth. Murrell

8 June 2013

Saturday 8th June saw 2 veterans and family members complete the 27 mile round trip around Kielder reservoir. The Organiser of the event Clair Johnston; a veteran of the Army veterinary Corps herself said that "not only was it a great challenge to complete the course, it was a great honour to be officially set off by Roger Uttley OBE who is a great advocate of what the charity is doing for veterans and their families in the North East".

Those present on the challenge alongside Clair were friend and wife of a serving soldier Joanna Hunter as well as CEO of Veterans at Ease Garreth Murrell alongside partner Christina Rackley and her Children Cassie and Zav. The weather held good all day and more than one member of the group ended the day a little sunburnt.

The day was supported by members of the North East Royal British Legion Riders Branch (NE RBL RB) who met the group at various locations around the route to ensure that all was well and that food and drinks were in plentiful supply which was greatly appreciated.

Thanks go to the members of the RBL Riders Branch who supported the day: Paul Adams, Christine Adams, Derek Hendry and Micky Price.

In total the amount raised exceeded £700 which will go towards helping veterans and their families deal successfully with Post-Traumatic Stress Disorder (PTSD).

By Garreth. Murrell

Further thanks for supporting this event is going to **Apex Radios**, www.apexradio.co.uk who kindly supported this event by providing two-way radios and also setting up the needed infrastructure together with **Northumberland Water**.

March 2013

In March 2013 the students of at Hatfield College Durham co-ordinated by Nancy More

organised a Ladies Fashion Show.

We have now learned that the magnificent sum of £3,261.40 was raised for the work of Veterans at Ease. Big thanks to everybody involved! The official handing-over will take place in September so all involved students can take part.

Forthcoming events

There are a number of events planned in the future so please put the following dates into your diaries:

12 July 2013

Annual golf day at Sharply Country Golf Course, Seaham.

Some of the players will be Mick Martin (Sports Pundit and Radio Presenter), Mike McCloed (Olympian Athlete), Steven Miller (Paralympics Gold Medallist), Craig Hignnett (Middlesbrough Football Coach and Ex-England Player), Micky Horswill (Ex-Sunderland Player and Radio Presenter) and further more.

Evening entertainment with Live Music, £15 per person – be welcome to join in!

This event will be sponsored by SunSpirit and Pattinsons.

A Big thank you goes to Michelle Robson for great support in organising this event and Micky Horswill for offering his expert Compare services for the day.

For further information please contact John Taylor 07842013790

johtaylor@veteransatease.org.uk,

www.veteransatease.org/annual-charity-golf-tournament

13 June 2013

Family fun Day and BBQ, with bar, craft and art stalls, tombola, face painting, bouncy castle and more. St Luke's Neighbourhood Centre, Merle Terrace, Pallion, Sunderland. For further information please contact Trevor Gray 07572856770

20/21 July 2013

Sedgefield Spitfire on the Green 1940's Event, come and visit our stand at this popular event with displays, live music, special events and activities for all ages. For more information please visit www.veteransatease.org

26 July 2013



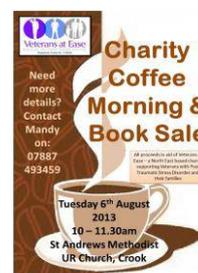
White Collar Boxing Charity Night Venue: Blyth Sports Centre, Bolam Park, Blyth, 10 Boutes, £ 15 per ticket, raffle &

auction, for further information www.veteransatease.org or www.whitecollarboxing.info or contact Ricky 07896276968

2 August 2013

Come and visit our stand at Croft Show, Croft Circuit Lane, Dalton on Tees, North Yorkshire

6 August 2013



Charity Coffee Morning and Book Sale at St Andrews Methodist Church, Crook.

For further details please contact Mandy

mandy@veteransatease.org

23 August 2013

North east Military Vehicle Show, come and visit our stand at the 40th anniversary show. DLI Museum, Aykley Heads, Durham

Please also visit our website for more information about the forthcoming events!

www.veteransatease.org

Finally thank you all very much for taking the time to read this newsletter and for continuously supporting the Veterans at Ease!

*Take care of yourselves!
Mel*

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Please use our new *Invite a Friend* button on facebook!

The next issue of the Veterans at Ease Supporter will be published at the end of August 2013.