

THE VETERANS AT EASE SUPPORTER

BECAUSE MILITARY MINDS MATTER



Issue No 5

August/September 2013



A warm welcome to the fifth edition of the Veterans at Ease Supporter.

How much can the treatment of PTSD change somebody's life?

Last year in spring I had the pleasure to meet a veteran who suffered from PTSD, he was treated successfully with NLP. But as it happens he was having another down time in his life with seeing a very important project that he launched facing a possible end and also struggling with his personal life. But with the skills that he has learned and the support of his friends he managed to find a new direction. His project found new supporters, he sorted his personal problems and even found a new love – he is at ease!

Also

Congratulations to Garreth and his new fiancé Christina on their recent engagement!

Mel (editor)

*Forgive others,
not because
they deserve forgiveness
but because you deserve peace.*

John Taylor

Inside the Charity

With autumn beginning now the main events season is coming to an end now which will allow Garreth, John and Mandy some time to breathe through and review the past and to plan forward.

The last two months again saw the charity remaining busy in developing further relationships and working hard to raise awareness.

The charity has linked with both the Darlington and Durham Offices of NECA (North East Council for Alcoholism), this is the largest regional charity working in the area of alcohol misuse. First referrals are already coming through. Further information about the important work of NECA can be found on their website:
<http://www.neca.co.uk/>

The charity has also linked with Healthwatch Durham who will support the charity in raising awareness.
<http://www.healthwatchcountydurham.co.uk/>

The working relationships with the NECS (North East Counselling Services) are continuing to develop as a referral service for veterans, especially for those who are just leaving the armed forces.

The charity has been successful in bidding for Clinical Commissioning Group Pilot Project of the Building Health Partnership. This will begin in September 2013

In July Garreth and John travelled down to the Tower of London for a meeting with Captain Andrew Harris of the Royal Regiment of Fusiliers. As a result of this meeting the RRF will be supporting the charity by publicising the work of the charity. They will also be holding a Charity Dinner on 15 September – Veterans at Ease will be one of the charities benefitting from this event.

Both Garreth and John are continuing their professional development with Garreth completing a further module of his Study Skills module as part of his qualifications as Psychotherapist. He will shortly be starting to assist with the teaching of NLP Practitioner Courses as part of his on-going development. John will shortly be completing his final module of his Master Practitioner Training.

Of course both Garreth and John are continuing to work with new beneficiaries to support them to find peace of mind.

Please continue to like us on facebook – we will soon reach 700 “likes”!



WINSTON
CHURCHILL
MEMORIAL
TRUST

Applications are now open for Travelling Fellowships for all British Citizens from all walks of life to travel overseas, to bring back knowledge and best practice for the benefit of others in their UK professions and communities.

You can apply online before 5pm on Tuesday 24th September 2013
<http://www.wcmt.org.uk/index.php>
No qualifications are required.

A Beneficiaries Story

Earlier this year I made contact with Veterans at Ease through their facebook social networking site, I was absolutely astounded to see that Garreth Had established a charity which helped/assisted ex armed forces personnel in the treatment of PTSD using NLP (Neuro Linguistics programming). I read Garreth's story on his Veterans at Ease website, this I could relate to 100%, I only then realised that I wasn't the only PTSD sufferer from my old regiment/unit. Over the coming weeks and months we spoke regularly via

telephone, it was very easy to explain my issues and problems to him based purely on a practitioner who treats PTSD and has had PTSD himself from military service, as the old cliché goes “worn the tee shirt – done that”. I was thoroughly impressed by the fact that he also spoke to my family who voiced their concerns and issues

During the last week of May 2011, I was invited by Garreth to have some intensive NLP therapy, this would be my first introduction to NLP. During the course of the 4 days the therapy was intensive and thorough and in my considered opinion was by far the most beneficial treatment I've received for PTSD since being officially diagnosed with it in 1998, not only does it allow you to project or view your issues in a very abstract way, it assists greatly in avoiding you ruminating over past and recent events and somehow allowing you to focus on the positive side of life. This, I have never received in the past with any other form of therapy.

Garreth has built up a considerable depth of knowledge using NLP as a treatment for PTSD sufferers. He can implement the best use of NLP to suit individual needs and he explained this to me by how he is willing to treat any beneficiary from any conflict, past and present, and in addition the family members who themselves end up becoming embroiled in the vicious circle of this condition. He became particularly adept at

this and quickly gained my reputation by analysing my own situation.

The Veterans at Ease charity fully deserves to progress further in PTSD treatment for military veterans, Garreth deserves the support and it would be fantastic for him to branch out into different locations around the UK. I will endeavour to help him by doing sponsored and charity events and making people aware of the charity and its aims, but he requires more substantial and financial support from prominent sources.

In summary Garreth has demonstrated professionalism, flexibility and a pre requisite understanding of PTSD and its associated conditions, coupled with his sense of humour and having a direct understanding of service personnel he will quickly gain respect and popularity for the charity. Finally it was a relief to be treated as a human being and not as the next patient!!

By an Anonymous Beneficiary

Volunteer's Corner

The Volunteer's Information Event will be held on the 11th September from 6pm at the Jarrow Office. Don't miss out on this great opportunity to get some information about the opportunities the charity has for people interested in supporting Veterans at Ease as a volunteer. Everybody is welcome, so if for example, you 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. Meet up with Garreth, John and Mandy and have a chat with other volunteers.

We would like to welcome *Christina Rackley* as a critical friend for the charity, she will support the charity with her extensive financial knowledge.

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! Currently volunteers are planning to take part in the Yorkshire Marathon and in doing the 3 Peaks Challenge in aid of Veterans at Ease.

With the main events season coming to an end now, our Events Co-ordinator John is starting to look ahead now in making plans for the next season – please feel free to contact him if you have any ideas for an event that you would like to organise in aid of the Veterans at Ease! To contact John, email:

johnntaylor@veteransatease.org

The charity would also welcome prizes for raffles, please contact Mandy at the main office if you are able to help out. Email:

mandy@veteransatease.org

Please note that *Trevor Gray* and *Elaine Browne* are no longer supporting the Veterans at Ease as volunteers, please

contact the charity if you meet them representing Veterans at Ease.

Have your say.....

Welcome to this new area of the Veterans at Ease Supporter.

This area is for you, please send us any articles, reports or anything you would like to say to: mandy@veteransatease.org.

Past events

12 July 2013

Friday the 12 July saw the Annual Golf Charity tournament take place at Sharpley Golf Club.

The day started very early with members of the committee setting the course up for the day's event, especially the kitchen staff preparing bacon sandwiches, coffee and tea for the ninety two arriving guests.

As the golfers started to arrive from 9am they were welcomed to the course by the Durham Army Cadet Force and I must say their professionalism throughout the day was second to none. We could not have asked for a better day as the weather seemed to be very much on everyone's side, blazing sunshine even from the early hours.

The course looked and felt in fantastic condition with the fairways and greens looking superb. Each team captain and guest was met by Micky Horswill, Nicky Hall and the committee to register their teams. They were generously given balls, ball makers, tees

and refreshments for the competition.

From 10:30am every player including all the celebs gathered to listen to the rules and forecast of play. The competition would consist of the best two scores from each hole, stable ford rules applied.

With three players and one celeb in each team, teams were told their allocated tee box to start from ready for a shot gun start at 11am. Prior to the start a two minutes silence was held to mark the respect of all fallen soldiers and Drummer Lee Rigby whose funeral took place that day.

Once the competition was in full flow you could feel and see the great atmosphere taking place around the beautiful surroundings of the course. The competition then came to a close around 4pm. All golfers then made their way to the marquee to hand in the score cards and await the results. Meanwhile all guest and golfers were treated to a lovely hog roast and a nice cold pint of beer laid on by Party Bar UK.

At approximately at 5pm an auction was held to generate funds for the charities. This involved items such as an Aston Martin for four days, Newcastle game of your choice on Talk Sport, Michael Schumacher signed helmet, Masters Flag, Lionel Messi signed shirt and boot. I would like to say a huge thank you to Lee Walker from F1 Racing for donating these items. At 5.30pm the prize giving took place. Best team score second

and third team, four nearest the pins, two longest drives, individual celeb winner and individual winner, D Fletcher, whose name will be displayed on the Veterans at Ease annual shield.

Following the presentations, the entertainment started with live music from local bands from around the Sunderland area partying on until late in evening with the sun dropping down behind the amazing sky line.

I would like to say a big thank you to all the sponsors: Paul and Kevin D'Suza Construction, Jaguar, Aston Martin, Footprint, Micky Horswill, Michelle Robson, Lee Walker and the committee for their time and effort into helping out and making the day run smoothly. Thanks too to all of the teams who took part and to those who came to join us for the evening entertainment.

The greatest thanks and a personal one from myself must go to *Simon and Carole* for kindly donating the course to the charities and being such wonderful hosts. We are all looking forward to next year.

John Taylor



Thank you for raising the great amount of £3600 of which £1450 was donated to Veterans at Ease!

13 June 2013

Family fun Day and BBQ

This was held at St Luke's Neighbourhood Centre Merle Terrace, Pallion, Sunderland and included various stalls and activities.

20/21 July 2013

Sedgefield Spitfire on the Green 1940's Event

The village of Sedgefield turned back time to 1940 during July when it held its annual Spitfire on the Green Event. Veterans at Ease participated by having a stand where we were able to chat with both the visitors and other participants on the work of the charity, raising awareness as well as funds.

26 July 2013

On 26th July, North East promoter, *Ricky Stafford* transformed his group of carpet fitters, surveyors and barmen into hard-hitting fighters, all in aid of Veterans at Ease. White Collar Boxing is on the rise in the North East after Ricky set up his own club. Along with boxing club trainer Peter Wilson, the pair, who are both former members of the Royal Navy, transformed Blyth Sports Centre for the evening. The event was held to raise money for Veterans and service men and women who suffer from Post-Traumatic Stress as well as their families. As well as the seven-bout fight card, live auctions and a raffle were held to generate funds for Veterans at Ease.

Sky Sports were there to report on the event. The action can be seen on our website <http://www.veteransatease.org/latest-news>



6 August 2013

Charity Coffee Morning and Book Sale

As part of their Annual Summer season of Charity Coffee

Mornings, Veterans at Ease was invited to hold a Coffee Morning at St. Andrew's Dawson Street Methodist United Reformed Church in Crook, Co. Durham.

The event also saw a sale of second hand books, kindly donated by several supporters, and those attending made the most of the opportunity to stock up on reading material, ready for the long winter nights.

During the morning the Veterans at Ease commissioned film 'Hidden Battles' was shown, highlighting the issues faced by Veterans with Post traumatic Stress Disorder and their families. Much discussion took place with Veterans at Ease therapist and Events Co-ordinator John Taylor sharing his story with Veterans from various conflicts. Several remarked on changes that had taken place during the years in the recognition of PTSD and combat stress and the need to continue to raise awareness and to support organisations such as Veterans at Ease who help our veterans to find peace of mind.

The event raised £227.41 thanks to the generosity of those attending, volunteer Mel Heaps and the ladies from the Church. It is planned to hold a series of Coffee Mornings throughout the area and at our Durham base at Alington House. If you can help or can host a Coffee Morning in YOUR community please get in touch with Mandy to find out how we can support you.

Email: mandy@veteransatease.org

Thank you to the **Slake Terrace Pub** in West Cornforth

for their continues support and collecting another £24.95!

Forthcoming events

11 September 2013

Volunteer's evening at Bede's World, from 6pm

Lend us a hand....

Volunteers Evening
Wed 11th Sept 2013
at 6.00pm at our Jarrow Office, Bede's World, NE32 3DY

Each year we depend on volunteers to help us raise awareness of the work we do with Veterans and their families dealing with PTSD so they can enjoy healthy and happy lives. Our volunteers are also vital in helping us raise much needed funds to enable us to continue our work.

Why not come along to this informal, informative evening where you can find out about the benefits of volunteering for Veterans at Ease and how YOU can get involved.

Give Mandy a call on 07887 493459 to register your interest or email mandy@veteransatease.org

LOTTERY FUNDED

Please contact Mandy for further information on mandy@veteransatease.org

15 September 2013

Charity Dinner in aid of Veterans at Ease and Help for the Heroes.

Delicious 3 course dinner celebrating the best Exmoor produce

Charity auction on the night & goody bags to take home with you

Tickets are £65 per person

Special guest are Sergeant Dave Heyhoe and his dog Treo who saved the lives of countless comrades searching out IED's on the front line in Afghanistan. Dave and Treo will share with us their courageous story with an opportunity for guests to ask questions at our fundraising dinner and get their

copy of Dave's book "It's all about Treo" signed.

(www.itsallabouttreo.co.uk).



Please come and support us at this very special occasion and help raise money for our heroes. To book your place email: dawn@pipspubs.com or call 0781 2341691. We look forward to seeing you there!

05 October 2013

Time to Change, Newcastle upon Tyne, 10am to 4pm

On Saturday 5th October, Veterans at Ease will join a very broad range of organisations and charities based in and around Newcastle upon Tyne to bring the issue of mental health to the forefront. A Time to Change Village will 'pop up' at Grey's Monument, Newcastle where information and family entertainment will be combined to raise awareness of the support available in Newcastle. There will be a variety of stalls staffed from service user groups to the NHS. The day will also feature bands, jive/lindy hop dancers, Capoeira, belly dancers, smoothie bikes, quizzes, graffiti, film-making, readings, yo-yos and lots more. The event will aim to tackle the stigma surrounding mental health and to promote ways to wellbeing, and to have a good

time! John has been busy being involved in the planning meetings to ensure awareness of Post Traumatic Stress Disorder amongst Veterans is represented. For further information please contact John
[Email: john@veteransatease.org](mailto:john@veteransatease.org)

**11 October 2013
Mental Health Event,
Durham**

On Friday 11th October, a mental health event will be held at Durham Centre, Belmont, Durham, DH1 1TN. There will be full programme of learning, listening and sharing to promote mental well-being and recovery. Veterans at Ease will be joining the local mental health service providers in order to raise awareness of the support to Veterans and their families.

**12 October 2013
Metal Health Event,
Gateshead**

On Saturday 12th October local Mental Health Service Providers in Gateshead, including Veterans at Ease, will be celebrating the World Mental Health Day by holding a Mental Health and Happiness Celebration. It will be held at Trinity Square and St Edmund's Church and will provide entertainment and activities for all the family. Further details will be available on our website when known.

www.veteransatease.org

**20 October 2013
Yorkshire Marathon**

Our volunteer Aaron Stevens will be running the Yorkshire Marathon in Aid of the Veterans at Ease. To sponsor him please visit our donations area on our website:

www.veteransatease.org/donations

**26 October 2013
Band Night, Ferryhill**

Following on from April's successful Band Night, **Dirty Love** and the wonderful **Rio** will be performing again at Ferryhill Station in the Working's Men Club. Advanced tickets will be £3.0, you may be able to pay on the door but the cost will be £5.00. Martin has kindly agreed to support the Veterans at Ease by allowing us to have our collection buckets out on the night so please some along and support two great bands as well as a worthwhile charity. For tickets please contact Clair on 07732 188145

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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You can also visit us online: www.veteransatease.org or follow us on

 &  @veteransatease or @jveterans

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

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