

THE VETERANS AT EASE SUPPORTER

BECAUSE MILITARY MINDS MATTER



Issue No 2

February 2013



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

I hope you all of you had a lovely time over the festive season and had the possibility to spend some quality time with your loved ones.

Does it not sometimes seem that time is one of the things that we all lack as it seems that time is more and more rushing by day by day? But why should there be a lack of time to communicate with the loved ones with all the possibilities that are available now - mobile phones, texting, mobile internet, facebook, twitter and so on? But is all the social media's really able to replace the good old chat in the pub or over a cup of tea? How easy is it to misinterpret an email or a text?

I have just had this experience within my family, having to watch how easily it can happen that written words come across in a different way than they have been meant.

So - communicating is one of the basis for social life. But how many veterans are out there who suffer from PTSD and really struggle to communicate with their loved ones? Or worse, they struggle to

communicate with any other person? And what a release must it be to find your voice again and being able to formulate thoughts or feelings.... Communication is the very basis of how we help veterans and family members re connect. Not only with each other but also with themselves... That said I think that communication in any format, be it through the use of technology or face to face; we should all make the effort to communicate more effectively so that we clearly get across what we are trying to say.

Mel (editor)

Many thanks to George Maccay for sharing the following poem with us...

The Wish

*If I
Had a wish to be
Me again
I think I'd want to
Be me aged ten
Ten was great and full
Of fun
Days filled with friends, chips
And red hot sun
Different adventures
Every day
Coming home late to
Hit the hay*

*But hold on a second
Sometimes ten could be a
Pain
Getting me more than a fair
Share of blame for pranks
We had done
While out playing in the sun
I think
I'll pass on being
Ten again, sad and happy
Memories of days gone by
Maybe
I'll ask for another try
By G. McCoy (beneficiary)*

Inside the Charity

The beginning of 2013 saw both Garreth and John staying busy with fulfilling the main aim of the charity - supporting veterans and their relatives. But besides doing this most important job many other activities took place in the past 2 months.



The beginning of January saw the official opening of the new Durham Office. On the 7th of January Councillor Linda Marshal kindly cut the ribbon to open the way to the new head office of the Veterans at Ease.

On 26th of February the new office in Jarrow was officially opened by Councillor Eileen Leask and Councillor Olive Punchion.



2013 also is another big step forwards in the development of the charity. With more funds now being available the charity is able to employ a full time admin assistant to support Garreth and John in the day to day office work. Interviews will take place in March and the successful candidate can hopefully be able to take over his/her responsibilities soon.

Veterans at Ease is also being supported by a fourth patron now. Besides Sir Paul Nicholson, Colonel Bob Steward DSO and Roger Miles Uttley OBE, we have the great honour to welcome Professor Sir John Burn as new patron.

Veterans at Ease also managed to link with a few more organisations:

CVS Newcastle,
CVS Durham,
CVS South Tyneside,
Bede's World Jarrow,
Shade Homeless Veterans,
Charity Sacristan St Peters Court,
Independent Events,
Do Golf,
Tyne Trophies,
Party Bar UK
Life Changing Challenges

This time of the year is also a busy time for our events co-ordinator John who is starting to organise some big events for this year – we can all look forwards to great events like the Veterans at Ease Awards Dinner or the Golf Day. Please take a look at the "Forthcoming Events" as there are many different events planned.

One big milestone and huge congratulations to everyone who has made Garreth's dream now become even more of a reality. The Charity has now worked and helped over 50 Veterans and family members. This could not have been done without the help of everyone involved!

The Volunteer's Corner

What does it mean to be a volunteer for a charity?

Well, this is a very important job as no charity can function without the help of the hundreds of often nameless volunteers.

They help in the background supporting with doing odd jobs running the charity, representing the charity in public or raising money for the charity by organising events or by setting up their own sponsored activity.

Are you looking into supporting the Veterans at Ease as a Volunteer and don't know how? Well, helping hands are always needed and we all have our speciality that can be more than useful to the charity.

Why not contact Garreth or John to have a chat; they can

always point out what opportunities are available and can point out where a helping hand is currently needed.

Are you too busy for a regular commitment as a volunteer? No problem – one offs are always welcome as well – even if it's "just" for coming around to a fund-raising bag-packing (this is actually much more fun than it sounds, I met plenty of interesting people when I joined in).

Not quite your style? Well, maybe you are a sporty person, you could do a sponsored run, or do a sponsored coast-to-coast hike, or a Hadrian's Wall Walk, or even a sponsored weight loss.



Or a sponsored haircut. Not adventurous enough? Maybe have a look at the website for life changing challenges (www.life-changingchallenges.co.uk), where you will find plenty of unusual ideas....

Every activity is welcome and every little effort is well appreciated!

We would like to welcome our new regular volunteers:

George McCoy - Creative writer
Nicola Elgie
Gavin Hutchinson
Craig Richmond

Please feel free to use the "Volunteers Corner"! Tell us about your ideas, share your

experiences, promote your event, look for sponsors...
Email under info@veteransatease.org

This is your corner!

Forthcoming events

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

3 March 2013

Ladies Fashion Show at Hatfield Collage Durham, thank you to Nancy More for running this event.

8/9 March 2013

RBLr MCM Scottish Motorbike Show weekend.

21 March 2013

Radisson Blu Durham
Lingerie By Annett presents 'SHARE SOME LOVE'
Doors are from 7.30, show starts at 8pm, with Superstar *Michelle Taylor*, Tallulah Love unveils their new collection. Be entertained by 'Lindy Jazz' and the gorgeous 'Headline Honeys'. This is a red carpet event, 40's/50's vintage style dress encouraged but not essential. This event in aid of registered northeast charity 'Veterans at Ease'
Tickets £8, please contact Lingerie/Annette 0191 3709960
www.veteransatease.org/show-some-love

21 April 2013

Big Bang to celebrate Her Majesty the Queen's Birthday, please check our website for further information

27 April 2013

Band Music Night at Mainsforth Hall, Ferryhill, 7pm music starts

at 7.30pm till 11pm, Tickets are now available; please contact Clair Johnston at Heavenly Pet Supplies Sedgefield or email: woofcutts01740654728@hotmail.com, 01740 622682 or 07732188145
www.veteransatease.org/band-night

2 - 5 May 2013

RBLr Newcastle area weekend

1 June 2013

Veterans at Ease Awards Ceremony at the Assembly Rooms Newcastle, this will be a 1940s black tie dinner or vintage dress night. £40 per Ticket or £400 per table, entertainment by Linzy Jazz with DJ. Please contact John Taylor 07842013790

8 June 2013

Kielder Bike – 27 mile bicycle ride, for further details please contact Clair Johnston
woofcutts01740654728@hotmail.com, 01740 622682 or 07732188145

19 June 2013

Annual golf day at Ramside Hall Hotel, Durham. Do golf, for further information please contact John Taylor 07842013790

john.taylor@veteransatease.org.uk,
www.veteransatease.org/annual-charity-golf-tournament

29/30 June 2013

Armed Forces Day Seaton Sluice, Afghan Heroes, Dave Sertees

30 June 2013

Brents Park RBLr Day

05/06/07 July 2013

Kelso BMF RBLr Branch Stand

20/21 July 2013

Sedgefield, Veterans weekend in the main SQ, RBLr & Veterans at Ease

28 July 2013

Durham, Bike Wise RBLr & Veterans at Ease

14 September 2013

RRF past and present dinner and golf day Chigsands, thanks to George Jay.

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

www.veteransatease.org

Past events

16 December 2012

Bag-Packing at ASDA Spennymoor, raised £150, Thanks to **Julie Briggs, Clair, Karen and the rest of her team** great effort.

19 to 22 December 2012

Bag-Packing at M&S Durham, raised £450, Thanks to **John and Garreth** who had sore arms after the four days.

13 January 2013

Tesco Hexham, raised £250
Thanks to **AFC Northumberland Y Coy.**

22/23 February 2013

Bag-Packing at M&S Durham, raised £179,32. Thanks to **Jackie, Ray, Nicola, Craig, Garreth, John, Gavin & Julie.**

A big thank you is going to **M&S Durham** for hosting and having us as there charity of the year from April 2012 to April 2013!

*With personal thanks to everybody
John Taylor*

 **Notice Board** 

Veterans at Ease is looking for Sponsors...

Veterans at Ease is looking for sponsors for our forthcoming events like the Veterans at Ease Awards Dinner or the Golf Day.

Interested?

Please contact John Taylor - john.taylor@veteransatease.org or 07842013790

Is photography one of your passions?

Veterans at Ease is looking for volunteers that would like to take pictures of our events to publish on the website or in the newsletter

Interested?

Please contact John Taylor - john.taylor@veteransatease.org or 07842013790

Do you know about Marketing or Sales?

Veterans at Ease is looking Volunteers who would like to support us with their skills in marketing and organising sales

Interested?



Please contact Garreth Murrell - info@veteransatease.org or 07584056181

Are you an open person and like communicating with people?

Why not represent the charity on different events like the Sunderland Air Show for example?

Interested?

Please contact John Taylor - john.taylor@veteransatease.org or 07842013790

 Please contact info@veteransatease.org if you would like to add a note to our notice board 

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  & .

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