

THE VETERANS AT EASE SUPPORTER

BECAUSE MILITARY MINDS MATTER



Issue No 3

April 2013



A very warm welcome to the third issue of the Veterans at Ease Supporter. Finally winter with its cold grey days has gone and spring has arrived... Does it not feel like a new start every year – seeing how life is returning into nature, birds singing and trees returning into green? For me it always seems an ideal time for thinking about the things that have happened in the past, thinking about new visions for the future and setting new goals.

I also spend some time thinking about what to write as an opening for the this issue of the newsletter, thinking about what has changed for me and my family within the last year after meeting Garreth and John from Veterans at Ease. Then Garreth gave me a text from Dr Saralyn Mark, about a reading she did in March in the North East. I would like to quote from her words. *"For example there were recent stories in the newspaper about a British female veteran who faced homelessness and had no place to go when she came back and another report about veterans having to change out of their uniforms into civilian clothes at the airport for fear of upsetting fellow travellers. We all owe a debt of gratitude to troops who*

have fought for our freedom... I was in company of heroes, veterans who deserve to be at ease." I feel that her words bring well to the point what I was trying to put into words: veterans deserve to feel at ease – and not just the veterans, their partners and families as well.

Mel (editor)

Best Things

*The best things in life are
Those we love or have loved
The places we go or have been
The memory we have of all
That is or has passed
The mystery of all that which
Is to come*

By G. Maccay

Inside the Charity

March and April saw the charity continuing being very busy working with veterans as well as organising events and fulfilling the many needed administrative tasks like reporting to the Big Lottery and the County Durham Community Foundation. Both organisations are very impressed with the work that the charity is doing and have released further funds from the grants awarded.

April also saw a new big step forward for the charity; with

Mandy Robinson the charity now has the support of a full time Office Administrator. Originally coming from South Staffordshire Mandy has been living in the North East for a few years now and comes with an extensive range of skills and experience working in an administrative role for different companies.



Mandy says "Everyone at Veterans at Ease has made me more than

welcome. I am excited to be joining the team at a time when great things are happening and am committed to supporting them in any way I can."

The charity also has linked in with further new organisations
BASF
Durham Lions
Hatfield College, University of Durham

We are still waiting to hear back from Marks & Spencer's in Durham who kindly supported us last year to see if they have decided to continue their support. Watch this space.

The previously formed relationship with BBC Radio Tees is continuing to grow as

well. Every 6 weeks they are integrating the charity into their program, John Taylor can be heard next time on the 9th of May at 9am till 10am on 95 FM.

Both Garreth and John have also taken some time to broaden their professional knowledge by attending a course in Applied Suicide Intervention Skills Training.

The charity is also actively looking for further trustees to support the important work of the charity.

You may remember from previous issues that Garreth took the opportunity last year to travel through the USA and Canada to research the use of NLP for war veterans with the support of the Winston Churchill Trust. The Winston Churchill Trust is open to everybody, so if you are considering research and want to travel abroad to a different part of the world to learn more about an area of interest then the following article maybe of interest for you.

THE WINSTON CHURCHILL MEMORIAL TRUST AWARDS THE HIGHEST NUMBER OF TRAVELLING FELLOWSHIPS EVER!



WINSTON CHURCHILL MEMORIAL TRUST

The Winston Churchill Memorial Trust has recently awarded 125

Travelling Fellowships for 2013 – its highest number

ever, selected from 1161 applicants. The grants, totalling more than £767,000, are awarded to British Citizens from all walks of life to acquire knowledge overseas to bring back the benefit for others in the UK.

The 2013 Fellows will travel to 49 countries between them, across 6 continents, where they will carry out a wide range of projects. The average length of each Fellowship is five and a half weeks, with the Trust typically paying over £6,000 per Fellow. This year's applicants include a policeman, a prison officer, a Royal Mail postman and union official, a child psychotherapist and two horticulturalists.

The purpose of the Winston Churchill Memorial Trust Fellowships is to widen an individual's experience through overseas travel, in such a way that he or she grows in confidence, knowledge, authority and ambition. No previous experience is required but their Fellowship must also bring benefits to others in the UK through sharing the outcome of the travel experience. This is achieved in particular through the inspiration provided by the individual's example – his or her subsequent performance and achievements together with the dissemination and application of new knowledge, different perspectives and innovative solutions.

Applications open for the 2014 Winston Churchill Travelling Fellowship categories on 8th

May 2013. Visit www.wcmt.org.uk to register for an email alert and for more details.

The Volunteer's Corner

The charity is currently in the process of organising another Volunteer's Information Event. This Info Event will take place on Tuesday 21st May at 7pm at our Jarrow Office, Bede's World. Everyone who is interested in getting involved as a volunteer for Veterans at Ease is welcome. Just come along and get information about the work of the charity and find out about the opportunities the charity has got for people interested in supporting the Veterans at Ease as a volunteer. Every skill and expertise can be of use, so join in, have a good chat, enjoy some snacks and have some fun. Please keep an eye on the events diary and our facebook and twitter page for further details.

We would like to welcome some new volunteers:

Gavin Hutchinson, who has come on board as Volunteer Coordinator

Steve and Sharon who will be representing the charity at various shows during the summer months.

Trevor Gray and Elaine Brown who are going out to various shows and events to raise awareness of the charity by selling wristbands.

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 me articles, your reports or anything that you would like to say to info@veteransatease.org.*

Forthcoming events

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

2 - 5 May 2013

Royal British Legion Newcastle area weekend - for further information please visit www.veteransatease.org

18 and 19 May

Blyth's Battery Goes to War - for further information please visit www.veteransatease.org

21 May

Volunteer's Information Event - for further information please visit www.veteransatease.org

26 May

Medieval Fair - for further information please visit www.veteransatease.org

1 June 2013

Veterans at Ease Awards Dinner - for further information please visit www.veteransatease.org or contact John Taylor 07842013790

8 June 2013

Kielder Bike Ride – 27,5 mile bicycle ride, for further details please contact Clair Johnston woofcutts01740654728@hotmail.com, 01740 622682 or 07732188145

12 July 2013 – NEW DATE

Annual golf day at George Washington Golf Club. for further information please contact John Taylor 07842013790

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

29/30 June 2013

Armed Forces Day Seaton Sluice - for further information please visit www.veteransatease.org

05 July 2013

Yorkshire Wartime Experience, for more information please visit www.ywe-event.info/location.html

20/21 July 2013

Sedgefield Spitfire on the Green 1940's Event - for more information please visit www.veteransatease.org

26 July 2013

White Collar Boxing Charity Night - for further information www.veteransatease.org or www.whitecollarboxing.info or contact Ricky 07896276968

2 August 2013

Croft Show - for further information please visit www.veteransatease.org

23 August 2013

North East Military Vehicle Show - for further information please visit www.veteransatease.org

14 September 2013

RRF past and present dinner and golf day Chigsands, thanks to George Jay 07867643156

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

www.veteransatease.org

Past events

21 March 2013

The Show Some Love event was arranged by local businesswoman Annette Keelty, this event brought together vintage fashion and accessories, dancing, and a catwalk display of high end lingerie. Almost 200 people packed into a glittering function room at the city's Radisson Blu hotel and joined in dancing led by local dance expert Joo-Lee Stock of the Lindy Jazz Club who took part in the London 2012 Olympics opening ceremony.

Annette said: "It was a fantastic night with people really getting into the spirit of it and turning out in vintage style dress. I'd like to thank everyone who attended or contributed in any way."

Huge thanks are going to Annett and her team to raise fantastic £500 for the Veterans at Ease!



27 April 2013

Huge thanks are going to **Clair Johnston, Karen Smailes and her team** for the organisation of the great music event held at the Mainsforth Community Centre at Ferryhill. The music reached from the fabulous Newton Aycliffe Pipes and Drums to the rocking Dirty Love – there was definitely some music for every taste!

The evening raised fantastic £855.33!!!

Many thanks to the music acts:

Redhouse
Sophie Mae Johnson
Newton Aycliffe Pipes & Drums
Rio
Jamie Samms &
Dirty Love!

Durham Lions for the great donation of £600.00 + £30 sales of wristbands



Many thanks for continuously raising funds and awareness are going to:

Slake Pub, West Cornforth for collecting another £11.87 in their collection tin.

EDF Energy, Sunderland for collecting £25.48

Trevor Gray & Elaine Brown for raising over £800 by selling wristbands and collections

Darren Rhodes at Militree.com for donating £50.00

Esh Winning WI for donating £30.00

Marks and Spencer for collecting £321.77 in their collection buckets

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 -

johtaylor@veteransatease.org or 07842013790

New Office Facilities

Veterans at Ease is looking for new office rooms within Durham City

The ideal object should be easy assessable via public transport, has space for two workplaces and a separate therapy room.

Please contact Garreth Murrell

info@veteransatease.org or 07584056181

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*

VETERANS AT EASE



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

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 June 2013.