

THE VETERANS AT EASE SUPPORTER

BECAUSE MILITARY MINDS MATTER



Issue No 1

December 2012



I would like to first of all welcome you all to this, the first edition of our latest newsletter. While I sit here at home writing this I am reminded of how lucky we all are being able to have the freedom to sit in peace and security to do what we want to. This privilege that we sometimes take for granted is all down to our courageous men and women who are currently serving our country at home and abroad and who have temporarily given up their freedom to ensure this continues.

When they return home all they want is to be able to enjoy that same privilege, to live in peace and security. Unfortunately when they leave the battlefields from far flung countries, for some the battles are still very much with them.... I know this because this happened to me. As is so often the case this has a massive impact upon their lives and those closest around them.

Veterans at Ease is here to help.

We have so far helped 38 veterans and just as importantly 8 of their wives find that peace of mind.

Thank you all for your continued support, whether you are a volunteer helping to raise awareness of our services, fund raising or helping to run this amazing charity. It is really very much appreciated, I hope

you enjoy reading this first of what I hope is many more newsletters.

Garrett M

Inside the Charity

With not even running for 2 years now the Veterans at Ease is still a very young charity but so much has already been achieved by the hard work of Garrett Murrell, John Taylor, the trustees and all the volunteers. During this time the charity has grown from Garrett founding it to support veterans and their families from a little office in Spennymoor to moving to Durham, getting John on board as second NLP practitioner with a second office in Jarrow and soon being able to employ a third person to support the charity as administrator.

It is impossible to give you an overview of what the charity has achieved over the past two years, so we will keep it to important features that happened over the past few months to give you a little update on what the charity is currently doing.

In August 2012 the charity was successful in getting the Big

Lottery, Reaching Communities Bid. The funding for this is for a four year project which will allow the charity to carry on doing what it has so successfully been doing for the last two years. Up to now we have secured some match funding for our next year which takes off a considerable amount of financial pressure to raise lots and lots of funds immediately. Saying that we still have a target of raising £330,000 over the next four years to match fund the Lottery Funding ...

In early November the charity was nominated for an "Outstanding Achievement Award" by County Durham Community Foundation and against all the odds the charity did in fact win.



The award was presented by Sir John Burn from Newcastle University.

The charity has also been shortlisted for a Community Champions award under the

military category by the Evening Chronicle. Even being nominated is an honour and helped to raise further awareness to the important job the charity is doing.



Garreth officially became a life Fellow of the Winston Churchill Memorial Trust after the paper he wrote and submitted about his travels and findings while researching NLP with war veterans in the USA and Canada was accepted. This is a huge personal achievement for Garreth and we wish him luck on the rest of his journey, as he assures us that there is a definite need to go back and carry on building bridges in both countries.

The charity is also continuing to link in with other veterans charities and recently we met with a great guy called Tony Hammond who runs the homeless veterans housing charity SHAID. Currently he has 16 tenants with two support workers helping him run the hostel on a day to day basis. We were invited to come to a monthly tenants meeting to tell them about what Veterans at Ease is about, why it came into being and what we do. From this one half hour meeting 4 veterans approached us to start their journey back to recovery

and get full time employment once they are in a better place mentally.

The Volunteer's Corner

Hi I am Clair I was a member of her HMF.

I served with the RLC and also the Royal Veterinary Corps PTSD - You can't explain to people what you think and how you think, people who have never suffered with this condition unfortunately don't understand.

So 2 years ago I happened to go along to Spennymoor Gala and a man was standing there, who chatted to me about the work he was doing for Veterans at Ease.

A few weeks later 'I got the bottle' to go and see Garreth and have a coffee and a chat.

I now help out raising the awareness of the charity and how they help other veterans with PTSD or the stresses of living in the civilian world.

Unfortunately I can't relax so I opted to work a lot and have a successful business. I work 24/7 so my time out is by spreading the word about this great North East based charity.

So if you have any spare time or you would like to help out please do let the charity know as we have lots of things planned for next year.

So if you are a veteran, you know a veteran or a relative then please let them know of our efforts. If you have a few

hours spare please pop along and support us.

If you have an idea for an event and would like to participate or organise drop us a line.

Every penny counts folks!!

Cheers

Clair

Forthcoming events

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

16 December 2012

Bag Packing at ASDA (11am to 3pm), thanks for Julie Briggs for organising this - some volunteers are needed for this event, please get in touch with John Taylor

john.taylor@veteransatease.org

20 December 2012

Bag Packing Day at Tesco Hexham run by ACF Northumberland Y

21/22 December 2012

Bag Packing at M&S Durham - some volunteers are needed for this event, please get in touch with John Taylor

john.taylor@veteransatease.org

7 January 2013

Official opening of the new Durham Office of the Veterans at Ease

3 March 2013

Ladies Fashion Show at Durham Collage

March/April 2013

Durham horse riding event

27 April 2013

Band Music Night at Mainsforth Hall, Ferryhill

1 June 2013

Veterans at Ease Awards Ceremony at the Assembly Rooms Newcastle, this will be a 1940s fancy dress night with burlesque dancers. Please look out for further details.

8 June 2013

Kielder Bike – 27 mile bike ride

20/21 June 2013

Sedgefield Village Veterans Weekend

June 2013

Golf charity day

14 September 2013

RRD past and present function in aid of the Veterans at Ease at Chig Sands

Past events

Sunday the 4th of November saw the very first VaE Volunteers Coffee evening. Sadly the weather was a little bit against us with being cold and very foggy but still I think those that joined in had a lovely evening. Big thanks are going to **Clair Johnston and John Taylor** for organising this evening!

Another thank you is going to **The Slake Pub in West Cornforth** who managed to raise £62.19 in their latest collection tin. This is the biggest

amount ever collected in a donation tin! Well done!

Thank you again to **Clair Johnston** and **Karen Smailes** from **Heavenly Pet Supplies** who raised £16.70 in their collection tin.

A thank you is going to the **Northumbria ACF** for their series bag packing events on the following dates:

17/11/12 at ASDA Blyth **X Coy ACF** raising £1378.20

24/11/12 at ASDA Metro Centre **Cassino Band ACF Northumberland** raising £639.39

A big thank you to **Maj Boris Spence** CEO ACF Northumberland for help organising the two days.

25 /11/12 at Sainsbury's Bishop Auckland **ACF Bishop Auckland Detachment** raising £473.32

A big thank you to **Maj Mic Edger** and **C/Sgt Williams** for organising this event.

Veterans at Ease has also been involved in the Newton Aycliffe Art and Crafts Fair and Bedes World Craft Fair, thanks to **John Palliser, Clair Johnston, Garreth Murrell** and **John Taylor** for covering these events.

During this very busy period Veterans at Ease would like to thank everyone involved and future volunteer's for their help and support.

Over the past year Veterans at ease has gone from strength to strength and as we continue to grow to help veterans and families who are suffering with PTSD. I personally would like to thank everyone on your great efforts, if you would like to get involved and join our growing family and friends then everyone is very welcome. You will receive all the support you need in any new ideas you may have.

Thanks

John Taylor

NLP Practitioner
& Events Coordinator.

The Editor's Say

The last word seems to be mine....

I hope you have enjoyed reading this first issue of the "Veterans at Ease Supporter" as much as I have enjoyed putting this issue together. With this newsletter we would like to give you an overview of what the charity has been doing over the past few months, saying big times thank you to those who have supported the charity by organising events to raise awareness and donations. Also thank you for joining into these events and making them successful.

This newsletter shall not just be a platform of information about what the charity is doing, I would love to hear from you as

well so please send me little articles for the "Volunteer's Corner", send me your comments or let us know if you are planning an event and you need the help of other volunteers to make it successful.

Without you this charity could not continue to do the important work it is doing. Please send your comments, articles or anything you would

like to say to info@veteransatease.org or via post to the Durham office of the Veterans at Ease. Take care of yourselves!

Mel

Comments Box

Wanted: Volunteers that would like to help raising awareness by representing the charity on our stand at different events like the Sunderland Air Show. For more information please contact info@veteransatease.org, John on 07842013790 or Garreth on 07584056181

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You can also visit us on  & .

The next issue of the Veterans at Ease Supporter will be published on the 10th of February 2013.

We are wishing you all Happy Christmas and a Peaceful New Year!

- 4 -