



# Welcome to our March 2022 Newsletter

Lighter days are on their way, the wind may-be packing a punch, but the sunshine is on it's way out of hibernation...

March-ing into March, we hope that our newsletter finds you well and ready to go. As we'll be open on Monday 14<sup>th</sup> March, that's right

**Monday 14<sup>th</sup> March 2022**  
**10:00 am – 2:00 pm**



**HELP for  
HEROES**  
SUPPORT FOR OUR WOUNDED

Exciting new our guest speaker this month is Adrianna Duffill the Activity & Well-Being Practitioner from Help for Heroes.

Help for Heroes believes those who serve our country deserve support when they're wounded. Everyday men and women have to leave their career in the Armed Forces as a result of physical or psychological wounds; their lives changed forever.

The Charity helps them, and those still serving, to recover and get on with their lives by providing physical, psychological, financial and welfare support for as long as they need it. It also supports their families, because they too can be affected by their loved one's wounds.

Help for Heroes receives almost no funding from the Government, which means it relies on the spirit and generosity of the great British public, its partners and volunteers to keep going. It has already supported more than 26,500 people and won't stop until every wounded veteran gets the support they deserve.



***...For further information...***

ur contact email is: [getsupport@helpforheroes.org.uk](mailto:getsupport@helpforheroes.org.uk)

You can visit their website too....

[www.helpforheroes.org.uk/get-support](http://www.helpforheroes.org.uk/get-support)







Hello Everyone!

I am really looking forward to catching up with you all again for the Wellbeing Group.

We are growing fast as a little group who can advise and support each other and would love to have some others of you to join us- so please do pop along!

This month, in addition to catching up with each other, we will continue to explore and share some solutions about managing and conquering some of our stresses.

NO appointment needed...Do come and join us at 12 o'clock and chillax....

Ali.



# Follow us today on:



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Veterans & Families – Listening Project  
email: [veteransnfamilies@yahoo.com](mailto:veteransnfamilies@yahoo.com)  
[www.vflp.org.uk](http://www.vflp.org.uk)

V&F-LP is an independent member of ASDIC.  
The association of Ex-Service Drop-in Centres.  
Linking Veterans' Drop-ins together across the  
United Kingdom.





# **HAVE YOU SERVED? FREE OUTDOOR EVENT**

## **What's it about?**

An opportunity for serving or ex-service personnel to meet others, form a friendship group and have fun  
Groups of 6-10, the session will run over two days,

Thursdays 24<sup>th</sup> and 31<sup>st</sup> March

10.30– 15.30, Henley Fort, Guildford

Contact Mike or Marne by 10<sup>th</sup> March  
to book your place

## **Who can attend?**

Any serving or ex-service personnel

## **What's included?**

Archery

Team tasks

Woodland skills

Challenge course

\*all activities are low level and fully inclusive\*

## **What else is provided?**

Food & drink

Limited travel support is available, just ask

For more information, please contact

[Mike.Rowlands@surreycc.gov.uk](mailto:Mike.Rowlands@surreycc.gov.uk)

[Marne.Stiles@surreycc.gov.uk](mailto:Marne.Stiles@surreycc.gov.uk)



# HAVE YOU SERVED?

## ➤ MESSAGE TO ALL VETERANS



**Are you a veteran or do you know of any friends or family who have served in the Armed Forces (including national service and reservists/territorial army) and would like to make new friends?**

We are developing some local mixed friendship groups for veterans in the Epsom and Ewell, Surrey Heath and Guildford areas and would love to hear from you if you would like to be involved. These groups are free to join, and we will be arranging some voluntary activities for you to take part in to create new friendships with people with shared experiences.

In recognition of their service, veterans will be offered the opportunity to record their life stories which will be transcribed into booklet for them and their loved ones and if agreed this can also be archived for future generations to access.

Please get in touch to find out more:

**Epsom and Ewell**

[tracey.morris@surreycc.gov.uk](mailto:tracey.morris@surreycc.gov.uk) Tel: 07790 585352

**Surrey Heath**

[mike.rowlands@surreycc.gov.uk](mailto:mike.rowlands@surreycc.gov.uk) Tel: 07971 604497

**Guildford**

[marne.stiles@surreycc.gov.uk](mailto:marne.stiles@surreycc.gov.uk) Tel: 07815 410205

 THE ARMED FORCES  
COVENANT FUND TRUST



# HAVE YOU SERVED?



## MESSAGE TO EX-SERVICE PERSONNEL



**Have you previously/recently served in the British Armed Forces or do you know someone who has?**

We are developing some local friendship groups for ex-service personnel in the Epsom and Ewell, Surrey Heath and Guildford areas and would love you to be involved. Please get in touch to let us know what type of activities you would attend locally so that we can tailor the new friendship groups to reflect your interests.

In recognition of their service, veterans will be offered the opportunity to record their life stories which will be transcribed into booklet for them and their loved ones and if agreed this can also be archived for future generations to access.

Please get in touch to find out more:

**Epsom and Ewell**

[tracey.morris@surreycc.gov.uk](mailto:tracey.morris@surreycc.gov.uk) Tel: 07790 585352

**Surrey Heath**

[mike.rowlands@surreycc.gov.uk](mailto:mike.rowlands@surreycc.gov.uk) Tel: 07971 604497

**Guildford**

[marne.stiles@surreycc.gov.uk](mailto:marne.stiles@surreycc.gov.uk) Tel: 07815 410205

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# Follow us today on:



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## CALLING ALL VETERANS

 THE ARMED FORCES  
COVENANT FUND TRUST



MODELS  
FOR  
HEROES

## MODEL MAKING



at **The King's Church**

Longmead Road, Epsom. KT19 9BU

# 14:00 - 16:00

1st Thursday of the Month

Starting 3rd February



MODELLING AND PAINTING PROMOTES POSITIVE MENTAL HEALTH  
AND WELL BEING. GRAB A MODEL KIT OR BRING YOUR OWN.

TRACEY MORRIS: 07790 585352  
[tracey.morris@surreycc.gov.uk](mailto:tracey.morris@surreycc.gov.uk)





## TABLETS FOR LONELINESS

■ GURKHA veterans and their families are now better connected to loved ones and support networks, thanks to a digital initiative by a military charity.

Under the SSAFA scheme, tablet PCs have been given out pre-loaded with apps that help with issues such as pensions and connect them with family and friends.

Around 70 have already been distributed in Nepalese communities from Aldershot to Edinburgh (pictured), with 100 more on order. The kit was procured with funds provided by the government amid concerns of isolation during the pandemic.

Gary Williams (ex-Coldm Gds), SSAFA welfare and specialist services boss, said feedback on the project had been "overwhelmingly positive".

He added: "We have had some wonderful comments from those who have been using the tablets."

"This initiative has also helped us to identify several previously unknown areas where veterans and their families have settled across the country."

"The qualification criteria is simple – you have to be either a veteran, with a day of paid service, or a dependant."



MARCH 2022 [www.soldiermagazine.co.uk](http://www.soldiermagazine.co.uk)



**FIZZIN'**  
WITH  
**FLAVOUR**

# 'My typewriter served as my pillow'

*As Soldier celebrates its 77th anniversary, one of our early contributors looks back at his life as an Army journalist in the immediate aftermath of the Second World War*

► WHEN Stanley Maxton joined the Service in September 1944, he had ambitions of fighting the enemy on the front line.

But as the Second World War drew to a close, his previous job as a newspaper reporter resulted in him being posted to the Middle East with the military title *Parade*.

A number of the articles he wrote for the weekly newspaper appeared in *Soldier*, many of which saw him venturing to countries and places his peers could only dream of visiting...

and told the troops what was happening back home in Britain, as well as in the region they were serving.

It was my job to go off and visit these countries and write stories.

One of my first trips was to Iraq. I went with a photographer; I was on a mule, and he was on a horse and we went north of Baghdad all the way to Mosul – I remember thinking to myself at the time 'how the hell did I get here?'. I wrote a piece called *The Devil*

*Worshippers*. It was a story about a tribe who spent their days wandering the hills of Iraq.

Their attitude was 'there is a god, and he is good, and then there is the devil'. God was not going to do them any harm, so they believed they had to stick with the devil.

Going to these places was so interesting and it was the most wonderful experience a young man of 19 could have.

I would go away for weeks at a time with my notebook and typewriter, which also served as a pillow, and then I would come back and write articles based on my travels.

I would contact local units to see if I could find stories. I remember being sent to Greece during the civil war and when I reported to the headquarters the intelligence people knew who I was and said they couldn't do anything for me – but I had my orders.

The doors then opened and in stormed the head man of the British Forces in Greece. He knew of me and didn't want me scurrying round the country – he said I should get the first plane back.

But Greece was in the midst of a typhoid epidemic so there were no flights. I had a lovely couple of weeks in Athens, but it didn't reflect well on the paper.

When I was in Egypt and the Persian Gulf the British troops there were keen to make use of my services.

I remember going on a trip with the Trucial Oman Scouts and they set me up as a correspondent to report on their activities.

They were based in Sharjah and I had a free rein – it was very much for me.

In those days the only people who used aeroplanes were the Royal Air Force but if we went anywhere, we were generally flown – that was amazing.

Before I left for the Army, I was a young journalist with the *Daily Mail* and when I came back, I rejoined. It was known then as the *Scottish Daily Mail* and I was posted to Aberdeen, but it was not as exciting as working for *Parade*.

It was one of the highlights of my career – purely because of the travel and the fact I got to visit so many new places. I would not get that working on a local paper.

Military titles were very important for morale, and they told soldiers about what was going on.

But people started leaving the Army after the war and *Parade* folded not long after I left in the late 1940s.

I was not obliged to stay on in the Service and I wanted to go off and do other things. I didn't see why I should change jobs, though – I considered myself a journalist in uniform.

I wanted to join the Royal Armoured Corps and spent a year training at Bovington before being posted to Egypt.

I then went through to Palestine, but it was not long before I was taken out and sent back to Cairo.

At the time, these were not the places I was trying to get to. The war was nearly over, and I was keen to go to India and Burma to be involved in the fighting.

However, my services were required elsewhere. The Army needed journalists and I went to work for the *Forces Radio Times* as a proofreader. From there I moved on to *Parade* – where I would spend four years.

Part of the Inter-Services (Army Welfare Service) Publications Unit, it was distributed across the Mediterranean and Middle East



Looking back now, it was a great experience and set me up for my career.

I recall being on our last day of armoured training and we parked our tank up in a small village in Dorset when word came through that the war in Europe was over.

I still have a picture from that time of myself and two friends in Bovington. I'm sure they looked back at the Army as a complete waste of time, but I would not have missed it.



After finishing his service as a staff sergeant in The King's Own Hussars, Maxton embarked on a long career in journalism, working for the *Scottish Daily Mail* and oil companies based in the Middle East, among others.

But he maintained his military links and wrote and presented a weekly segment called *Letter from Scotland* for Forces broadcaster BFBS throughout the 1970s. Now aged 95, he lives at a care home in Elgin with wife Isobel.







**“FOR ANYONE  
EVEN THINKING  
OF JOINING,  
DON'T HESITATE  
- IT'S ONE  
OF THE BEST  
DECISIONS  
I'VE MADE.”**

**WE ARE WELCOMING  
APPLICATIONS TO BECOME  
A CHELSEA PENSIONER.**

To find out more, contact our admissions team:

☎ 020 7881 5204

✉ [admissions@chelsea-pensioners.org.uk](mailto:admissions@chelsea-pensioners.org.uk)

➡ [www.chelsea-pensioners.co.uk/become-chelsea-pensioner](http://www.chelsea-pensioners.co.uk/become-chelsea-pensioner)

As a serving soldier you often come across the Chelsea Pensioners. They get invited to the mess. Although they were in the Army 20 or 30 years before you, they've done the same things. It doesn't change. You're singing off the same hymn sheet. When you've been soldiers, you have this bond.

When my wife died, I thought, "What am I doing knocking around in a three-bedroomed house? I don't like this. I'll apply to be a Chelsea Pensioner". I came down on a small recce first, because I knew someone who was living there. That first night I went with him to the Pensioners' club for a beer and as soon as I walked in the door I thought, "This is the place for me". It took me back 30 years to the sergeants' mess. In my berth at night, I sometimes think of how many generations of Chelsea Pensioners have been here in these buildings before me.

My four-day trial stay was brilliant. Everyone stops and talks to you. During my interview they said, "Aren't you a bit young to come in here?". I said, "I can live independently, I'm not married and I'm in receipt of a state pension, so I meet your criteria. And you need people like me to cheer up those old ones!"

For me, the best part is going out and representing the Royal Hospital. There's nothing else to worry about. The hardest thing is choosing what to have for lunch!

For anyone even thinking of joining, don't hesitate - it's one of the best decisions I've made.





# Colonel James Phillips made first Wales Veterans' Commissioner

The Office for Veterans Affairs and the Office of the Secretary of State for Wales appoint Colonel James Phillips as the first Veterans' Commissioner for Wales.



Colonel James Phillips, The Veterans' Commissioner for Wales, and Simon Hart, Secretary of State for Wales

The Office for Veterans Affairs and the Office of the Secretary of State for Wales have jointly appointed Colonel James Phillips as Veterans' Commissioner for Wales.

Welsh Secretary Simon Hart said he was delighted that James Phillips had been appointed to the role, which will build on the success of counterpart roles in Scotland and Northern Ireland and will mean that all devolved nations have a Veterans' Commissioner.

James will be working to enhance the support for veterans in Wales, as well as scrutinising and advising on government policy for veterans.

The establishment of a Welsh Veterans Commissioner will ensure that the particular needs and contributions of veterans in Wales are represented.

The Veterans' Commissioner will help direct veterans and their families to local support available in areas such as healthcare and mental health provision, housing and employment, as well as assisting charities and advocating for the veteran community in Wales.

From: [Office of the Secretary of State for Wales](#) and [Office for Veterans' Affairs](#)

Published 1 March 2022

... Things to remember...

You need to:

Pre-order your sausage  
or bacon bun...

Please note these are  
available between 10:15  
am – 11:00am



# Employment schemes for veterans

This page brings together various employment schemes for veterans. They are aimed at both veterans and employers.

Veterans across the country leave the armed forces equipped with skills and expertise that benefit not only themselves but our economy too. What's more, stable long-term employment opportunities after service are the foundation of positive life outcomes for veterans.

This page brings together current schemes related to veteran employment, both for employers and veterans themselves.

## For employers

You can claim National Insurance contributions relief if you are employing a veteran in their first year post-service.

The Defence Employer Recognition Scheme (ERS) encourages employers to support defence and inspire others to do the same.

## For veterans

The 'Great Place to Work for Veterans scheme' makes it easier for veterans to join the Civil Service. If you opt into the scheme and meet the minimum criteria, you'll progress to the next stage for most roles – whether that's an interview or an online test.

[View vacancies on Civil Service Jobs.](#)

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United Kingdom.





# ALL THINGS LISTENING

**Open Monday 14<sup>th</sup> March**

**10:00 am – 2:00 pm**

THIS IS THE MEDICINE FOR SPUNKY'S  
CONDITION...AND THIS IS THE MEDICINE  
FOR YOUR CONDITION ONCE YOU TRY  
GIVING SPUNKY HIS MEDICINE...







\*Pre-order your sausage or bacon bun – available between 10:15 am – 11:00am

\*\*Face covering | masks will be required

