

Care for Veterans' Darts Team
victorious at monthly match

Spring/Summer 2018



We are proud to

Care for Veterans



Care for
Veterans

Newsletter

The Queen Alexandra Hospital Home since 1919

www.careforveterans.org.uk

Welcome

Dear Supporters

It is now six months since I assumed the role of Chief Executive at Care for Veterans and it has been a busy introduction. On the 31 October 2017, we were delighted to host HRH Princess Alexandra, who kindly opened the new Richmond Wing extension. The planned one-hour visit stretched to over two hours as HRH spoke to almost every resident, members of staff and many of our supporters. A memorable day for everybody at Care for Veterans. Following this, I was honoured to lead the march-past for eight veterans at the Remembrance Parade at the Cenotaph. I then attended my first Carol Concert at Lancing College

Chapel in December, which completely sold out and was thoroughly enjoyed by residents, staff and visitors.

The new extension is now fully occupied, and both the residents and staff have enjoyed the space and facilities that the new build offers. This year's focus is for the charity to become 'greener'. The combined cost for both gas and electricity at Care for Veterans is circa £8,000 per month. To reduce these costs and generate an income, the fundraising team's challenge is to raise the money to install solar panels and micro heating power pumps within the site. In addition to the financial rewards, we are



taking our environmental responsibility seriously.

I have signed up to be one of the 'Fantastic Fifty' to run the Worthing 10k in June to support Care for Veterans. Details of this challenge are on page 8. Please come and join me in running along the Sussex seafront in support of our veterans.

I would like to close by again thanking all of you, our supporters, on behalf

of everyone at Care for Veterans. Without your efforts, the charity simply could not survive – so however you help, thank you.

Andy Neaves
Chief Executive

Positive response to our new name and logo



In our last newsletter, we revealed our new name and logo and we are delighted to report that we have received nothing but a positive response from staff, volunteers, residents and their families, and supporters. Generally, people feel that the name makes our aims and purpose so much clearer, and we even received a letter from our Patron, Dame Vera

Lynn, congratulating us on '...a refreshed image and smart new logo which will help to publicise the charity's work and ensure its future success.' The new name has generated much needed publicity for our charity and we hope this will continue apace into our centenary year in 2019. Thank you to all those who helped with our research and have given their feedback.

Princess visits to unveil new ward extension and see exhibition



We were delighted that in October, HRH Princess Alexandra, visited us.

She officially opened our new ward extension, which was funded by The Chancellor using LIBOR funds, creating two more rooms and enabling us to care for more veterans. The Princess also saw our exhibition, which details our charity's history, care and rehabilitation since 1919, kindly funded by

The Covenant Fund. The Princess was delighted that her Grandmother, Queen Alexandra, was featured on one of the exhibition boards.

We are most grateful for the kind and continued support of HRH Princess Alexandra – it is always a pleasure when she visits and the residents love to see her.

Veteran focus: Ray Kimber

Ray is in 'safe hands' at Care for Veterans

Ray was born in Tottenham in 1949. He signed up to the Royal Navy when he was 17 years old, and worked on many ships, including HMS Ganges, HMS Eagle, HMS Excellent, HMS Ark Royal, HMS Blake, HMS Mohawk and HMS Vernon. Ray worked as a Gunnery Instructor and Deep Sea Diver, and was Chief Petty Officer by the time he was discharged from the Navy in 1980.

Ray met his wife, Judith, in Plymouth, where he was stationed at the time. They had two children and his daughter, Jacqueline, was born in Mauritius when Ray was stationed on HMS Mauritius.

Ray explained that the Navy appealed to him because of the travel. He said, "It was obviously very hard being away from the family, but I got to see the world." Ray loved being in the Navy and his family believe that he'd still be there now if he could!

Ray was always intrepid and one of his friends from HMS Mauritius described him as a "daredevil - the bravest man I've ever met in the Navy."

Jacqueline remembers growing up on the naval bases, living with other families that were waiting for their fathers to return, after long periods away: "Dad travelled around the world, and we stayed home either in Plymouth or Portsmouth, waiting for him to come home. I remember going to a party on HMS Mohawk as a little girl, to welcome the sailors home. They always had welcome home parties, put banners up everywhere, street parties - it was amazing for us children to be a part of all this."

Sadly, Ray had to be discharged from the Navy following an accident. He was on a dive, and got trapped under water with limited oxygen for six minutes. He had to be

rescued, and unfortunately when they got to him it was too late, and the lack of oxygen had affected his brain. This left Ray with very limited movement in his limbs and he is unable to walk and cannot talk properly.

Ray needs specialist care and rehabilitation and fortunately his family found out about Care for Veterans and having visited, they knew it was the perfect place for Ray to be. "It is so important for Dad to live with other veterans. He loves being around people who have had similar experiences to him," Jacqueline explains.

Living close by in Portsmouth means the family can visit Ray regularly. They even get to take him out: "We took Dad to see the arrival of the Queen Elizabeth aircraft carrier into Portsmouth, which he loved. And we've recently been to Brighton Sea Life Centre; as Dad used to be a Deep Sea Diver, he has swum with stingrays and turtles, so he loved seeing all the different sea life."

Jacqueline says that the facilities here are just what her Dad needs. He has regular physiotherapy sessions to help maintain his mobility, which is really important. Ray also goes to the Social and Recreation department a lot and takes part in the activities, as he likes to make things. He also really enjoys seeing the military band at our



Ray and his wife, Judith

annual Summer Fayre, and Care for Veterans is close to the beach, so he gets to see the sea a lot.

Jacqueline said: "The nurses are really good, a lovely bunch. We couldn't be without Care for Veterans. Dad's in such safe hands here so we don't have to worry."

To show their appreciation, Jacqueline, her son Alfie, and daughter, Jordon, are running the Worthing 10k in aid of Care for Veterans. Jordon said: "It's great

to be taking part - it has given us something to work towards and it's great to raise money for the charity so they can help Grandad and the other veterans."

"Dad would run it too if he could!" Jacqueline added. "He's a fighter, which makes us fighters too."

Ray's Armed Forces legacy lives on as one of his granddaughters joined the Army, inspired by her Grandad.



Jacqueline (centre) with Jordon and Alfie

Step back in time...

In the lead-up to the charity's centenary in 2019, we continue our history series, as we look back at another 20 years of caring for veterans.

1980 - 2000

1. On 3 March 1980, Sir Charles (k/a Michael) Duff, a Vice President of the charity, died. His death meant the loss of the last link with our Founder, Gladys, Marchioness of Ripon. A staunch supporter, Sir Michael had been an active member of the management and visited often. He bequest £8,000 in his Will – a very generous gift.

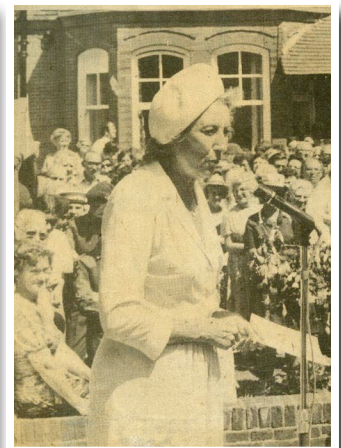
2. In 1981, Ronnie Corbett (pictured right) was the guest celebrity at Open Day, and music was provided by the Staff Band of the Royal Army Medical Corps. In 1982, Dame Vera Lynn (pictured far right) attended and opened the event.

3. Another welcome visit on 8 March 1983 by The Queen Mother. She was presented with a bouquet of lily of the valley flowers (pictured below), which she carried throughout the visit.



5. 17 August 1983 marked 50 years since the move to Worthing from Roehampton. Many local traders who had served the charity over the years were proud to recognise both the milestone of 50 years and their allegiance to the then Queen Alexandra Hospital Home. This they did by placing notices in the local newspaper to commemorate their association.

7. On 11 April 1989, Her Majesty The Queen Mother made another visit to our veterans. Always welcome, on arrival, she was presented with a bouquet. Then she went on her normal tour, meeting many residents and staff along the way.



4. On the 10 June 1983, some veterans had a trip to the Royal Hospital, Chelsea, for Founders' Day, where Princess Diana was the guest of honour (pictured below).



6. In June 1984, Dad's Army actor, Clive Dunn, visited. As well as the presentation of a fundraising cheque, he also spoke to and joked with many veterans (pictured below with Sir Philip Ward).



8. On 10 October 1991, Princess Alexandra (pictured left) was paying a visit to Worthing. Miss Jo Holgate, Matron, Mary Childs and some residents were also asked to go along.

Special thanks to our volunteer, Brian Coward, for his research into our history.

Staff focus: why I work here...

A new addition to our newsletter, we ask staff why they work at Care for Veterans.

Carlos - Physiotherapy Assistant

"I moved to the UK from Portugal three years ago and began looking for work straight away. I had previously worked as a Healthcare Assistant (HCA) in Portugal, so signed up with an agency and was assigned to work at Care for Veterans.

At the time, there was one male resident who preferred to be cared for by a male HCA. There were only a couple of male HCAs at the time, so I was asked to come here more frequently. I really enjoyed the work, so when a full-time position at Care for Veterans came up I applied and got the job. I settled in quickly, got on with everyone, and gained more and more confidence in speaking English.

We are like a family here at Care for Veterans, both residents and staff. What I love the most is the relationships that you build with the residents. Working as a Healthcare Assistant, you get to know the residents very well as you spend so much time with them. It's really nice. They become interested in your life too, asking about plans for the weekend, asking if you had a nice holiday, things like that.

That is what is special about Care for Veterans; you build that relationship, you gain the residents' trust. It's more a homely home than a clinical environment.

I had done a one-year Physiotherapy course in Portugal so when a job came up



in the Physiotherapy Team it seemed a great opportunity for me to work in a more specialist area. I went for the job and got it, which is fantastic as I really enjoy working in physio. I can see the improvements made, and I always hope that residents will get much better and hopefully get back home to living more independently. Most of the time it is small victories that the residents have, and it really motivates me. It makes me happy to see every improvement, especially when they are able to do things they couldn't do before, which makes such

a difference to their lives.

A lot of the time it is about repairing and building someone's confidence, and that is what happens here at Care for Veterans - it's team work. If the nurses and carers weren't there to provide that care and attention to our residents, encourage them to come to physio or to do their exercises, then our job in physio would be harder. The occupational therapists, nurses, physiotherapists, carers; everyone doing their part really helps the residents to improve."

Elizabeth - Head of Fundraising & Marketing

"I have been working at Care for Veterans for two and a half years. I wasn't looking for another job, but when I heard one had come up at an Armed Forces charity, it immediately piqued my interest as I come from an Armed Forces family. My father was in the Army, my Grandfather fought in France in World War II, and my great, great uncle Walter died in the first hour of the first day of the Battle of the Somme. My mother is a World War I historian, and through her, I visited the memorial at Thiepval where my uncle Walter is remembered, visited British cemeteries in France, and even met veterans from The Great War who have long since died. Men like Harry Patch,

the 'last fighting Tommy' - great men that it was a privilege to meet and to whom we owe so much.

I came for the interview and was instantly impressed. I saw the amazing facilities, met the very caring and professional staff, and most importantly the wonderful veterans. I saw a place of security and comfort; many smiling faces and people being treated with dignity and respect.

What I love most about my job is being with the residents. The first one I met was Richard, who on my interview day asked me if I always dressed so smartly, and laughed out loud when I told him it was all to impress the interviewers.

As I toured the facilities, I was introduced to many residents, including Rene whose husband fought in World War II. Rene reminds me of my Gran, who, when I was a child, told me of her war experiences. My Grandad was away in France fighting for very long periods, so she had to bring up her two very young daughters alone whilst working in the munitions factory. She was bombed out in an air raid, losing her home and all her possessions. She said the worse thing was dreading the knock on the door from a stranger with a telegram. My Gran, Rene, and many like them, are a testament to how families suffer when loved ones are fighting for our country and the sacrifices



that they must make. I've talked to Rene about her life during the War on many occasions - she is an amazing woman who seems so much younger than her 99 years.

I am proud to work at Care for Veterans and raise money for a charity which has provided first class care for almost 100 years. What better job than to help those who have served our country and are now facing the toughest battle of their lives."

A donation of just £1.25 can greatly help our veterans...

£1.25 does not buy much these days - a cup of coffee, a magazine or a chocolate bar perhaps. However, £1.25 can make a great difference at Care for Veterans.

Care for Veterans receives no regular Government funding, and every year we must raise over £1.9 million to enable us to continue to provide our first-class rehabilitation and award-winning care for our veterans.

Every year we struggle to raise this money and we are so grateful to all those who support us. We are particularly indebted to those people who donate to us on a monthly basis, directly from their bank account, as this regular and known income helps us to budget and plan more effectively. To all our supporters who help us in this way, we are grateful for your kind and continued support. However, we need more people like this and would ask if you would consider supporting Care for Veterans in this way.

Even a small regular donation can have a big impact on our veterans.

Just £1.25 per week (or £5 per month) really does help us. That's because over the course of a year, that amounts to £60, or £75 if you are eligible for Gift Aid, and this will go a long way.

£75 will pay for three of our veterans to benefit from a physiotherapy session, helping to keep them as mobile and active as possible



£75 will pay for two of our veterans to have a one-to-one occupational therapy session, helping them to regain lost skills, such as learning to cook again in our specially adapted rehabilitation kitchen

Recently, David signed up to become one of our regular givers...

"I donate £10 per month directly from my bank account. It was so easy to set up and I don't have to remember to donate, plus, I have gift aided my donations so they are tax efficient. At the end of the year I'll have donated £150. I couldn't afford to give a donation of this size all in one go, but I really don't miss £10 each month, which is only £2.50 per week. They tell me this will pay for six physiotherapy sessions, which is great as I know what a difference this will make to the veterans who benefit from the physiotherapy I have paid for."

Supporting us in this way could not be easier. Simply fill in the top half of the donation form below and return it to us in the envelope provided. We shall then send this to your bank to set it up. You'll then receive a personalised letter of thanks from one of our veterans and a Care for Veterans pin badge as a thank you for your kindness. We do hope you will consider supporting us in this way, and a monthly donation of any size, large or small, will make a difference to our charity and our veterans.

For those of you who would prefer to make a one-off donation, please use the bottom half of the form below.

At Care for Veterans, 95p of every £1 raised goes directly to caring for our veterans, so rest assured your donation will be used efficiently and effectively, and will be very well spent on the veterans in our care.



Donation form

Name: Address:

Tel: Email:

Gift Aid it and make your gift worth 25% more at no extra cost.

I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Signature: Date:/...../.....

Please tick here to receive our twice-yearly newsletter, with interesting information about our charity and events.

To make a regular donation via your bank

Please complete your name and address above and return to Care for Veterans – DO NOT send to your bank.

To The Manager of (name of bank):

Bank Address:

Account Holder Name:

Account No: Sort Code: - -

Please pay the sum of £..... to

Care for Veterans, A/c No 10093912, Sort Code 20-98-74

at Barclays Bank, 1 Chapel Rd, Worthing, BN11 1EX

every month starting from from my account above.

Signature: Print Name:

Make your donations worth more by completing the gift aid section above if you are a UK tax payer.

To make a one-off donation

Donate today and make an immediate impact on the lives of our disabled veterans

I would like to donate:

£20 £50 £100 Other £.....

I enclose a cheque made payable to Care for Veterans

OR

Please debit my credit/debit card No:

Start date:/...../..... Expiry date:/...../..... Security No:

Please return this form to:

Care for Veterans, Gifford House, Boundary Road, Worthing, BN11 4LJ

THANK YOU for your vital support and for helping us care for veterans.

Will you be one of our Fantastic Fifty?

We are looking for 50 fantastic people to join our Worthing 10k running team on Sunday 3 June, and help raise vital funds for disabled ex-Service personnel.

The Worthing 10k is one of the largest and friendliest running events in the south east, welcoming runners of all abilities to the flat seafront course.

We have 50 places for this year's race, and have already begun recruiting our 'Fantastic Fifty' team. Our Fundraising Officer, Christine Gillott, says: "Running for us is a rewarding experience and we will be there to support

you every step of the way. The Worthing 10k is a great event for those who want to start running but need something to aim for. Running for Care for Veterans will really help motivate you throughout your training, and on the day itself."

Registration is just £21, and we ask that you raise a minimum of £50 in sponsorship. In return, you will receive a free Care



for Veterans t-shirt or running vest, there will be a hospitality tent on race day with refreshments before and after the run, supporters to cheer you on around the course and even a party the week after

the event for our Fantastic Fifty to attend.

If you'd like to run the Worthing 10k for Care for Veterans, please call the Fundraising Team on **01903 218444**.

Heroes in our community

We greatly value all the effort, hard work and money raised by all our supporters and are grateful for every £1 that is raised. You are all heroes in our eyes and we thank you wholeheartedly on behalf of all the staff and residents at Care for Veterans.

A huge thanks to international best-selling crime thriller writer, Peter James, for so kindly donating his time at our sell-out speaker's event. Peter was superb and entertained the guests with his fascinating knowledge of criminology, whilst raising over £3,000.

Well done More Radio for raising £840 at their recent Awards Ceremony. Thanks also to Saywell International for sponsoring advertising on More Radio for our Worthing 10k 'Fantastic Fifty'.

Thanks to staff at HSBC Invoice Finance who organised a fun run and ran the bottle tombola at our Christmas Bazaar. Mary, Lilah, Trevor and colleagues raised £1,250 for our veterans.

The 12th Royal Artillery organised two collections and bag packs at Tesco, Havant and raised a fantastic £3,557. Thanks to Sgt Major Vance Walker and his colleagues for giving up their day to collect for our veterans and to all at Tesco, Havant.

Thanks to Lawrence Boon at Fizz Creations who held a fantastic Quiz Night attended by many teams from Lancing Business Park and raised over £3,000.

We are indebted to the recent support received from The Garfield Weston Foundation, RAF Benevolent Fund, Seafarers UK, Queen Mary's Trust Roehampton, The Swire Charitable Trust, The Aldershot Church of England Services and James Tudor Foundation.



Peter James (centre) with the Fundraising Team



12th Regiment Royal Artillery at Tesco, Havant

Our newsletter and you

You have received this newsletter as your details are on our donor database to receive our two newsletters every year. We like to send these to you to keep you up-to-date on our care and rehabilitation, and to inform you about our events and fundraising initiatives. Please rest assured that we do not sell or swap contact information with other organisations, and your details are safe with us. We do hope that you still wish to hear from us, however if at any time in the future you no longer wish to receive the newsletter, please call **01903 218444** or email **elizabeth.baxter@careforveterans.org.uk** and we'll remove your details. Thank you.

Volunteer focus: Rachael

Volunteers give priceless support to our charity. With help from our volunteers, we can reach and support more veterans. Whatever your background, you'll find that volunteering for Care for Veterans is rewarding, knowing you are making a real difference to the lives of our veterans.

Rachael joined Care for Veterans as a volunteer last year, having served 14 years in the RAF as an Aerospace Systems Operator. During that time, she was deployed in Cyprus and The Falkland Islands, and was also trained as an emergency Firefighter. Rachael was part of a security detail for the Battle of Britain Service at Westminster Abbey and a NATO summit. A proud moment for Rachael was marching through London for the Lord Mayor's Parade where Queen's Colour Squadron commended her on her drill.

When Rachael returned to civilian life, she wanted to volunteer for a local charity and we are delighted to say she decided on Care for Veterans. Rachael says, "I chose Care for Veterans because, from the moment I arrived at their Summer Fayre with my family, I felt like I had come home and knew I had to be part of it. I didn't realise, since I left

the Service in 2015, that I was missing something, but Care for Veterans has given me a way to give back, at the same time as being part of something again. I just love the fact that they are doing great things for our Armed Forces veterans and they are literally around the corner from me. I had no idea that they existed until 2017 but now I do, I want to help spread the word and hopefully raise some money at the same time."

Rachael volunteers to help at our events and her first experience of volunteering was at our Christmas Fayre, managing one of the stalls in our kids' area. Rachael says, "I had such a wonderful time and felt such a purpose to my day that I won't get from my working life anymore and I can't wait for the next event."

Rachael also supported Care for Veterans at her new place of work when she persuaded the company to allow the charity's mobile exhibition



Rachael with her father, Michael (who was a firefighter in the RAF)

to be displayed there for a few days. This spread the word about our history, what we do and who we care for and was enjoyed by many of her colleagues. Rachael also held a cake sale and raised £93. She says, "I was disappointed to have not raised a lot but when I was told

that £25 will pay for one physiotherapy session for a veteran it made me realise that the little I can do will make a big difference. My brother and I are also part of The Fantastic Fifty, running the Worthing 10k in June and hope to raise as much as we can."

"I feel Care for Veterans is such a fantastic charity to be part of, as our veterans deserve our support, and there are so many ways you can help out that can fit in easily with your life. I have a young daughter and I'm amazed at how much I can volunteer whilst still being there for her. Care for Veterans has given me the life balance I needed since becoming a civilian!"

Rachael, Volunteer at Care for Veterans

Volunteer focus: Ron

Ron Battel does not like a lot of fuss being made about all he does for us, but we would like to give a special mention to him. Ninety-one-year-old Ron has volunteered for us for almost 30 years.

He served in the Royal Engineers from 1944 – 48. He explains, "I've always lived in Worthing, and I used to see the residents

from Care for Veterans around the local area in their old-style wheelchairs." Asked about why he likes to volunteer for the charity, he said, "I help out lots of military charities, it's my way of giving back. Plus, it gets me out of the house!"

We would like to thank Ron for all he has done for our veterans all these years.



Ron at a bucket collection in Worthing

Veterans' Focus:

Respite Care

Providing respite care, so carers and family members can recharge their batteries, is a much-needed service that we provide at Care for Veterans. Here two of our regular respite residents talk about their experiences.

Alistair's story

Alistair has been coming for respite care at Care for Veterans for two or three times a year since 1992. Originally from Warminster, Wiltshire, Alistair joined the Parachute Regiment in 1957 when he was 17 years old. He was a Company Sergeant Major in the Patrol Company, 1st Battalion. He served in places such as Cyprus, the Middle East, and Northern Ireland.

Following a brain injury, Alistair continued to live at home with his wife, however, it eventually became clear that she needed some help. Alistair explains: "My wife was

starting to get very tired looking after me, so we looked into me going somewhere for respite. I was flicking through Soldier magazine one day and saw a photo of three ex-Servicemen who lived here."

Alistair explained that the respite breaks are beneficial to both him and his wife: "I always encourage her to try and get away, go abroad, while I'm here, so she can properly relax. I really like coming here. I like Worthing. It's flat, I like the seafront and I can go out by myself. There are plenty of curry houses around, which I like to go to."



Alistair at Care for Veterans

"I've been coming here so long, it is like a home from home now, very much so."

Alistair, Respite Resident

Jean's story

Jean started coming to Care for Veterans for respite in September 2013. She lives with her husband, a former member of the Royal Observer Corps, in Polegate, and comes a few times a year. Jean told us she really enjoys her time at Care for Veterans: "I love it here. They know me so well now. When I arrived this time, the carers had written 'Jean's home' on the board in my room; it was so lovely."

Socialising and interacting with her fellow residents is important to Jean. She explains: "I love the people. I love people watching too, so it's much better here

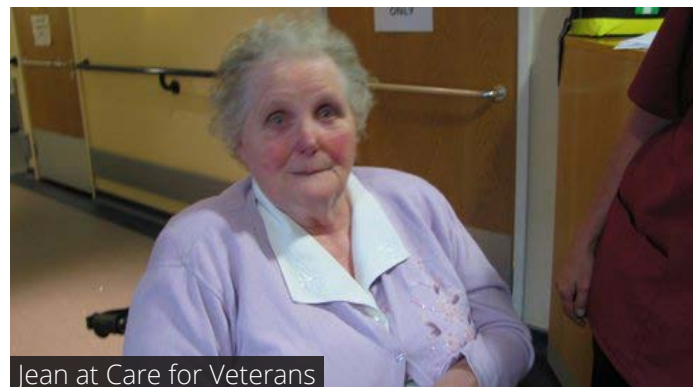
than being stuck in bed at home all day. I like to be as independent as I can, and coming here helps me a lot. I attend sessions in the Physiotherapy Department, and go on the pedal bike which helps my legs to keep moving."

Jean spends most of her mornings in the Social and Recreation room, having a laugh with the staff and other residents: "I like using my brain, so I like the crosswords we play. I always like it when something's going on as I like to keep busy."

The Social and Recreation programme at Care for Veterans also allows Jean to continue

one her favourite passions – painting. "My nickname is Dobber. I like to paint, but my technique is to 'dob' the brush on the paper

or canvas, so they call me Dobber. I used to paint a lot of watercolours, mostly scenery."



Jean at Care for Veterans

"I like it here because you feel part of a team, a group, and it is like coming on a little holiday."

Jean, Respite Resident



It's never too early to make your Will and ensure that your wishes are taken care of with our

MAKE A WILL MONTH - JUNE 2018

in support of Care for Veterans

An opportunity to make or update your Will and support physically disabled ex-Service personnel at Care for Veterans

In June, Care for Veterans is teaming up with four local Solicitors who have kindly waived their usual Will writing fees in return for a donation to the charity.

The minimum suggested donations are:

£60 for a Codicil, £100 for a Single Standard Will or £160 for a Double Will - all cheaper than you would usually pay

Participating Solicitors are:
Burnand Brazier Malcolm Wilson at Goring
Gates & Maloney at Lancing
Green Wright Chalton Annis at Worthing
Henchley Solicitors at Worthing and Littlehampton

There are a limited number of appointments available.
For more information about Make A Will Month, please contact
01903 218444, email **sandie.foster@careforveterans.org.uk**
or visit

www.careforveterans.org.uk/make-a-will-month

Dates for your diary

Here's what we have coming up over the next few months. There's something for everyone and we do hope to see you at one of our events....

2018

Quiz Night

Thursday 3 May, 6.30pm

Sorry this quiz is sold out but we are having another one on Thursday 27 September. Reserve your team's place now so you don't miss out! Contact Christine.



Just Walk

Saturday 12 May



Would you like to do a charity walk in the Spring? Sign up to Just Walk's charity walk at Goodwood Racecourse and you can help us raise money. Set against the dramatic rolling hills, idyllic pastures and tranquil woodlands of the South Downs National Park, it's perfect for everyone, regardless of your fitness level and age. Enter with your friends and family and enjoy a great day out. To sign up, contact Christine.

Worthing 10k

Sunday 3 June



Be one of our Fantastic Fifty supporters running The Worthing 10k. Entry is £21 (via Care for Veterans), and we ask runners to raise a minimum of £50 in sponsorship. All runners will receive a Care for Veterans t-shirt or running vest. There will be a hospitality tent before and after the run and a party the week after for all participants. For more information, or to sign up, contact Christine.

Summer Fayre

Saturday 14 July, 1.30pm - 4pm



Fun for all the family at our annual Summer Fayre! Includes market stalls, live music and entertainment, food and drink, children's entertainment, military memorabilia and more. Entry by donation. For more information, or to have a stall at the Summer Fayre, contact Christine.

The Glitter Ball

Saturday 24 November



Come and experience the glitz and glamour of our annual Glitter Ball, which this year will be held at Fontwell Park Racecourse. Tickets cost just £56 and include a drinks reception, 3 course meal, dancing to fun and fabulous live band, The Alternatives, a magician, spot prizes, auction and other entertainments. Our vintage bus will be available, running between Worthing and Fontwell, to take you there and back in style. Contact Christine.

Christmas Bazaar

Saturday 1 December, 1.30pm - 4pm



Come and join the festivities at our annual Christmas Bazaar! Visit Santa's grotto, enjoy live family entertainment, choir, stalls selling crafts, Christmas gifts, cards and decorations, mulled wine, mince pies and cakes. We shall also be selling real Christmas trees (Nordmann Non-Drop variety) and you can order yours in advance. Contact Kim for more details or if you would like to have a stall at the event.

Carol Concert

Sunday 16 December, 2pm

This annual concert at the stunning Lancing College Chapel features a fabulous choir singing favourite carols and is always a sell-out event. Tickets cost £6.50 each. To book your tickets, contact Christine.



Contact the Fundraising Team for more information...

kim.bowenwood@careforveterans.org.uk or call 01903 218444
christine.gillott@careforveterans.org.uk or call 01903 218444

Care for Veterans, Gifford House, Boundary Road, Worthing, BN11 4LJ