London’s Affordable Art Fair

Battersea Park’s Affordable Art Fair is the opportunity to support the Ex-Services Mental Welfare Society.

The Affordable Art Fair at Battersea Park will be held on Monday 13th October, 2008. The Fair features the best in contemporary and affordable art, including paintings, original prints, photography and limited edition prints.

£1000 - £100,000

Battersea Park, London SW11 7BE

For a group of Falklands War Veterans, Combat Stress has supported many years, the opportunity to return to the Falkland Islands on a 25th Anniversary Pilgrimage this last November has proved to be an outstanding success.

The Islands was the site of a number of significant events during the Falklands War, including the Battles of San Carlos Water, Goose Green, and Stanley. The islands are now a popular destination for tourists, with many visitors coming to explore the history of the war and pay their respects to those who lost their lives.

More than 250 people took part in this event, and many were moved by the experience. They visited the site where their friends and loved ones had fallen, and were able to pay their respects and reflect on the sacrifices that were made.

The trip was not without its challenges, however. The weather was rough and the sea was choppy at times, making the journey to the islands difficult. But the veterans were determined to make the most of the opportunity to return to the Falkland Islands and pay their respects.

A number of events were laid on for the veterans, including a service on the USS Iowa, a visit to the Royal Marines Barracks, and a visit to the Royal Air Force base. The veterans were also able to visit the site of the Battle of Mount Longdon, where they were able to see the trench they had fought in, and the beach where they had landed.

The veterans were also able to visit the site where their best friend was killed, and to spend time with other veterans who had been through the same experiences.

The trip was a tremendous success, and it was clear that the veterans were able to find closure and peace through their visit to the Falkland Islands. They were able to reflect on the sacrifices that were made, and to pay their respects to their fallen comrades.

We are delighted that Prince Charles was able to facilitate this trip in order to support Combat Stress. The veterans were overjoyed to see him, and his support was greatly appreciated.

We would like to take this opportunity to express our sincere thanks to everyone who made this pilgrimage possible. We are grateful to the veterans who participated, to the organizers who made this trip happen, and to everyone who supported us.

We look forward to supporting more veterans in the future, and to helping them find closure and peace through their visit to the Falkland Islands.
Return to the Falklands

Tony Chesterton recently returned to the Falklands as part of a trip organised for Veterans by Combat Stress to mark the 25th anniversary of the conflict. Here, he tells his story to Combat Stress News and explains how his trip has changed his life.

Once a Falklands veteran, always a Falklands veteran

I am a Falklands veteran. I served with the Royal Marines Commando, B company, 42 Commando. After the battle on East Falkland, I had been sent to fight on the island and the island itself was turned to a battlefield. I was working at a Hotpoint factory in Manchester when I heard about the Combat Stress trip. That’s how I first came into contact with Combat Stress. I went to the first meeting and I thought it would be a good idea to broaden my horizons, so I went along and joined.

I don’t think there was a day where I didn’t think about how close I came to ending my life. I worked at a factory, but I never really thought about the memories I had. I went to the first meeting and it was just a load of bull, it didn’t really seem like a proper organisation. I thought ‘I don’t want to go down this path’. But then I went along to a few meetings and I started to see it for what it is. It was a help too but most of all it made me feel more comfortable talking to others. Since then, my problems returned. I’d developed repetitive strain injury and arthritis in my hands. I’ve been married for 13 years and there must have been 15 or 20 occasions when I’ve nearly had a breakdown as a result of the pain. But now, I’ve got someone who I can talk to. I’ve got someone who I can rely on. I can confide in her. I’ve got someone who I can rely on.

My partner has been my main support. We’ve been together for 25 years. She’s always been my biggest support. She’s always been there for me. She’s always been the one who has stood by me through thick and thin. I think that’s why I’ve been able to get through it. I think that’s why I’ve been able to get through it. She’s been the one who has stood by me. She’s been the one who has stood by me.

I have a nervous breakdown and was sectioned in 1991 and served out his ten years. We also said farewell to trustee...
Return to the Falklands

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### Traumatic Stress Disorder

I had treatment there and was very clear that the Navy didn’t want anyone who had chromed out or had a mental deficit. Any sort of mental handicap was a career ender. We were treated as if we were no different from any other business organisation.

### Peace and Dusk

It was 1982, after the war, working for Hardy’s. I remember seeing my first body, an elderly woman who’d died of old age. It was such a contrast to the situation in the Falklands. There was so little to do and the time felt like it was dragging by.

### Treasure of Marines

One of the marines taking part in the land maintenance. On D-Day, 21 May, 1982, I was 18, and I had entered the signal section of HMS Sheffield. There was nothing much to do just a few cables being run and a few QTS. I had just come from a very emotional time in my life. My problems began.

### NO LONGER BITTER

The Valiant Spirit of the Falklands was a poem that my mum used to recite to me before I went off to war. I was 17 when we started fighting under attack. The poem came in every 30 minutes and the pilots would read it out. It was a steady stream, with those last to arrive on the island. Not a moment too soon, before the first wave of bombs hit us off. The second wave of bombs hit us off.

### HOLLYBUSH HOUSE

On 13 October 2008, as the Agapi Appeal drew to a close and veterans and staff had already sold out and were eagerly awaiting the handover of Hollybush House, 21 veterans and several staff members, including myself, were present to formally hand over the key to the project in a ceremony that had been so close to death and for which I had been so proud.

### Financial Facts and Figures for the year ended 31 March 2010

A net increase of funds of £2,732,000 was an exceptionally good result for a year in which economy remained a priority. However, minus1,105,000 related to the Falklands Hospital project. As a result there were no funds raised to finance the Falklands Hospital project in the new financial year.

### INCOMING RESOURCES

The Society raised totals in key areas as follows:

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Funding (including special appeals)</td>
<td>£10,034,000</td>
</tr>
<tr>
<td>Legion</td>
<td>£679,000</td>
</tr>
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<td>Service Charity Income</td>
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<td>Non of active veterans registered</td>
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<td>No of admissions for treatment</td>
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<tr>
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<td>Percentage occupancy</td>
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<td>Cost of treatment</td>
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<td>12</td>
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<td>5,194</td>
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### RESOURCES EXPENDED

- **£4,587,000** for treatment of veterans (mainly for post-traumatic stress disorder and related mental health issues).
- **£3,432** for travel and welfare services.
- **£2,522** for residential treatment.
- **£1,212,000** for welfare services.

### Hollybush House Opening – 13 October 2008

As the Agapi Appeal drew to a close and staff had already sold out and were eagerly awaiting the handover of Hollybush House, the Inland Revenue. This could mean an extra way to finance the Hollybush House project in the next financial year.

### Funding News

2007 was a very busy year for the Funding Department, and as number of initiatives began to take shape. On 23 August, the

### Appeal Director, Scotland

Your gift to a veteran

Contact Stress is dedicated to helping those men and women who have suffered from combat related stress. Please send your name, address and consent to receive a charity appeal card to: Combat Stress, PO Box 306, London WC1N 3XX. If you are a UK tax payer, the charity may reclaim tax from HM Revenue & Customs and add it to the value of your donation. The more you give, the better quality of life.

### Welcome Back Ladies

The Society raised totals in key areas as follows:

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Return to the Falklands

Tony Chesterson recently returned to the Falklands as part of a trip organised for Veterans by Combat Stress to mark the 25th anniversary of the conflict. Here he tells his story to Combat Stress News and explains how the trip has changed his life.

I'm Tony Chesterson and I served on the Royal Navy Frigate HMS Argyll for six months during the Falklands War. It was a life-changing experience at the time and I recently returned to the Falklands as part of a trip organised by Combat Stress to mark the 25th anniversary of the war.

I was a斯金ningsman on the Frigate, which is a bit like a sea police boat, and I had to go through the Falklands from opposite end to opposite end. We were supporting the Royal Marines in their operations.

I had a lot to learn and I think I was quite na"ve at the time, but it was a valuable experience. I've been working in the engineering industry ever since and have had a lot of different jobs.

I feel sometimes that I've been lucky because I've had a lot of different experiences in my life. I've been a joiner and a carpenter, a refrigeration engineer, and I've even been a snowboarder!

I'm now a Rehoming Officer at a charity called the Royal British Legion, where I help with the Scottie Dogs. I'm also a volunteer at Combat Stress, helping to support people who have experienced trauma.

So, what's it like to return to the Falklands?

Well, it was an emotional trip for me. I visited the Falklands in 1982 and I was only 17 at the time. It was a very different experience for me.

The trip was arranged by Combat Stress and it was a chance for me to see how the Falklands had changed since the war.

I spent a lot of time on the island, visiting the different locations where the war took place. I was able to see the land that I had been fighting for and it brought back a lot of memories.

I also had the opportunity to talk to other veterans who had been on the same trip. It was a very moving experience.

It was great to see how the Falklands have changed since the war. The landscape is still very beautiful, but there are clear signs of the conflict.

I'm glad I was able to return to the Falklands and I hope that my experience will help others who are affected by trauma.

I'm now working with Combat Stress to help other veterans, and I'm very grateful for the opportunity to do this.
**London’s Affordable Art Fair**

**Address**

on Wednesday 12th March 5.30-9.30pm.

**Leatherhead, Surrey KT22 0BX**

**Please tick this box if you would prefer**

Giving a Regular Donation

It’s a lot easier than you may think and could enable you to make a significant contribution to ex-service charities with whom we work.

**Privacy Statement**

Please ticks this box if you would prefer not to receive information from other charities.

**Contact Information**

Please contact Kelita Gumbs on gmb@helpforheroes.org.uk or on 07817 524851 or email him at gmb@helpforheroes.org.uk

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Of you rose to the challenge and over £1,400 was raised. In 2007 Combat Stress was the chosen charity for a common charity. In 2007 Combat Stress was the chosen charity. The events undertaken by the unit included Family Fun Days, the largest indoor football tournament in the UK, sponsored table and car rallies, and a whole day, COMMODORIE TOBY, Commendable of JHC, who attended and brought some more money to come!

** Battle Proms Concerts **

** Joint Helicopter Command**

who held a raffle at their annual dinner and raised £433.00. COMMISSIONER READER, who held a raffle at a Royal Yacht Squadron dinner and raised £1,000. Captain Reader, who held a raffle at a Royal Yacht Squadron dinner and raised £1,000.

** KARIN CARGEN AND FAMILY**

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** ELYNN HOPKINS**, a university student who worked for the Queen’s Silver Jubilee Trust and raised £1,300. ANNE URRIDGE, who held a raffle at a Royal Yacht Squadron dinner and raised £1,000.

** ROBERT AND LADY HERMA**

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**Diary dates**

For more details for all the events listed please ring 020 8411 4000 or see our site www.combatstress.org.uk

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**London's Affordable Art Fair**

Great Military Hall at the Imperial War Museum North will be the venue for the Affordable Art Fair on 23 February. Tickets are available from Tickets for London or on the night. You can also sign up for the Affordable Art Fair for a discount on tickets.

- **Saturday 12 February**
  - Great Military Hall at the Imperial War Museum North

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**Battle Proms Concerts**

A celebration of classical music showcasing British talent. Carols, cavalry and fireworks will take place at the Royal Hospital, Chelsea.

- **Saturday 18 August**
  - Royal Hospital, Chelsea

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**Londoning WIGHT FOR COMBAT STRESS**

WIGHT CHS MILLET

Join Dr. Walter Busuttil, our new Chief Executive, and the officers from the various unit groups that was to prove the turning point in my life. So was it a success? Yes, we defined it as “a turning point in my life.”

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**Thankyou must also go to:**

MICHAEL HAWKINS who organised a party with guest speaker JOHN PETESON JHIC pilot whose wardroom became the focal point for fund raising. The event was advertised on the social network site Facebook and was attended by £315.

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**PRIVATE DINNER**

The 193 live cannons with a firework display at Blenheim Palace in May was a huge success.

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**Call for Support**

The Affordable Art Fair has supported the Ex-Services Mental Welfare Society since its inception.

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**ARMS AND陣OURS**

Principal Gunner, Royal Artillery

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**WINNER**

The 2007 Winter Newsletter, we_support_our_runners, www.combatstress.org.uk. A number of photographs can be viewed. Picture is due to SIUE LEATHES’ RESEARCH TEAM FOR INNOVATIVE RESEARCH INTO THE TREATMENT OF POST-TRAUMATIC STRESS DISORDER (PTSD).