

# Review

The journal of  
Blind Veterans UK

June 2023



## God save the King

Blind veterans  
gather to mark  
the historic event

### Inside:

Pride at the  
London Marathon

Recognising  
our volunteers



Rebuilding  
lives after  
sight loss

# Gift wreaths for Remembrance

In readiness for Remembrance, we have 100 wreaths our veterans can request to lay at a local commemoration in their community. These wreaths are available on a first come first served basis.

If you'd like to request one of these wreaths, please get in touch with your Community Support Worker no later than Sunday, 9 July. The wreaths will be given out in October in plenty of time for Remembrance.

Last year, we launched a campaign to give community groups, businesses and other organisations the opportunity to honour the fallen and the sacrifices made by you and your fellow veterans during your time in service, by giving the gift of a wreath in the form of a donation.

Our Community Partnerships Team will be reaching out to local organisations again this year.

These supporters may wish to attend the service at which you are laying your wreath but there is no obligation

to meet with them unless you wish to do so.

Please make sure you let your Community Support Worker know if you would prefer not to meet with a supporter. This will not affect your application for a wreath. 🇬🇧

■ **If you know of any organisations in your local area you think may be interested in making a donation to our Gift a Wreath campaign, please let us know at [fundraising@blindveterans.org.uk](mailto:fundraising@blindveterans.org.uk) or on 0300 111 2233.**



**Caption: Blind veteran Jim ready to lay his wreath**

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**Caption: Members waving during a street party at the Llandudno Centre**





**Caption: Adrian standing in front of The Lads statue at Llandudno**

# A whirlwind start

Our new CEO **Adrian Bell** talks about his first weeks at Blind Veterans UK

I write this to you over the weekend of the Coronation of King Charles III and having been in post for just over two weeks. I hope you all had the opportunity to enjoy the Coronation itself and the celebrations.

I was asked very recently to describe these first weeks as your new Chief Executive and I think the most appropriate words to sum the experience up are that it has been a whirlwind, but a most enjoyable

“These visits have given me the opportunity to meet a lot of Members and staff”

whirlwind in which I have learnt a lot!

I have already had the great pleasure of visiting both our Centres in Llandudno and Brighton as well as attending a Member Engagement Panel in Newcastle, which was followed by a ‘Coronation Lunch’. Blind veteran, Vivian, was asked to give a speech at the end of lunch and ahead of the Royal toast. She gave a lovely warm welcome to everybody there, including me, and set out, extremely clearly, what she expected of me as Chief Executive. I made notes!

These visits have given me the opportunity to meet a lot of Members and staff, to start to get under the skin of Blind Veterans UK and thus begin to understand some of the issues you have on your minds, what you think of our charity and the work we do and what you think needs to be done going forward.

I was also fortunate enough to attend the Coronation Garden Party at Buckingham Palace with our President Colin Williamson last week which gave me a significant opportunity to discuss

many of the current issues and hear Colin’s views on the charity. I certainly came away having benefitted from wise words and very useful insights and guidance.

From all of this, what is becoming very clear to me is how much you value what the charity does and how, for so many of you, your visits to our centres, especially early in your time as a Member, are a crucial part of that. Even in my brief time, I’ve heard many heartening stories from Members about how the charity has helped them come to terms with their sight loss and adjust to new ways of living and enjoying life. →



**Caption: Adrian with Member Vivian Yates**

A number of you have raised just how much pleasure and support you get by linking with other Members. Not only does this foster companionship but also the comfort of knowing that you're not alone.

Many of you have spoken passionately about what I would call a general lack of appreciation or recognition of blindness in the wider public; sometimes feeling disregarded, especially in busy areas, obstructions on pavements, and other such hazards. There seems to be a societal ignorance of these conditions and what it means to the individuals affected.

This is a challenge that we can only overcome by working together across

the whole vision-impairment sector and one that I will be taking up very shortly when I meet with other Chief Executives at the VI Charity Sector Partnership meeting next week.

In conclusion, I would just like to say how much I appreciate the honest and frank conversations I have had thus far and the open and demonstrative feeling for the charity. Those of you I have been lucky enough to meet so far have left me in no doubt as to the expectations of me, the Board, and all of us in the charity. Thank you very much indeed for that.

I look forward to hearing more views from as many of you as possible in times to come. 🇬🇧



**Caption: sea view, a bedroom**



**Caption: curved wall, patio area**



**Caption: Adrian speaking with Members**

# News

## New Rustington site photos

In our May issue, we shared the news that we will be handed the keys to Rustington on 17 August, and we will begin our moving process after this date. In the meantime, here are some photos (above) to show you the progress being made at the construction site.

## Transporting the time capsule

Would you like to join us as we transport our time capsule from Ovingdean to Rustington? The time capsule was buried in the garden at the Brighton Centre in 2015 to mark the 100th anniversary of the foundation of Blind Veterans UK in 1915. It contains more than 40 items and →

documents that detail the history of the charity and was to be dug up after 100 years. Eight years later and the capsule is being raised to move with us. On Thursday 3 August, it will make the 20-mile journey along the seafront from Ovingdean to Rustington to be buried again in the grounds of our new centre.

We would like to invite Members to join us for five-mile sections of the route.

Please be aware that those taking part will need to make their own way to and from their designated start and finish

point, bring along their own guide, and will need to be able to keep a consistently steady pace for five miles. At the end of each five-mile section, we will provide refreshments.

If you are interested in taking part, please get in touch with your Community Support Worker. Places are limited and therefore we may not be able to accommodate all who wish to take part, but you are of course invited to attend the event on the same day at the Brighton Centre. Or, if you live locally, come along and cheer on the walkers as they pass by!



**Caption: Rustington site - looking at the building from the car park**



**Caption: Member wearing a blazer badge**

## New blazer badges

Introducing our new Blind Veterans UK blazer badges - handmade in the UK by quality craftsmen. Our shield-shaped badges feature a felt backing with wire embroidery in gold thread. Order your badge now and wear it with pride at upcoming events to add a personal touch to your blazer. Available at our online shop for £25.00 including P&P.

■ To purchase, visit [blindveterans.org.uk/shop](https://blindveterans.org.uk/shop) or contact Supporter Services on 0300 111 22 33.

## Your memories of Brighton

Our Brighton Centre has played a significant part in our charity's history since it was first opened in 1938, and will continue to hold a special place in our hearts after we move.

As we come closer to opening a new chapter in our charity's history at Rustington, it is important we remember and share our special memories of times we have spent in Brighton.

■ If you have a memorable story from a visit to the Brighton Centre, please send it to [revieweditor@blindveterans.org.uk](mailto:revieweditor@blindveterans.org.uk) or contact our Supporter Services team on 0300 111 22 33 and we'll make sure to include it in our September issue of *Review*.



**Caption: Elizabeth II visits the Brighton Centre, 1962**

# Coronation celebrations

Members gathered across the country during the month of May to celebrate the Coronation of Their Majesties King Charles III and Queen Camilla.

## Our Centres

During the week leading up to the Coronation, our Centres held their 'Kings, Queens and Coronations' themed wellbeing breaks. They decorated buildings in Union Jack bunting and put on fun-packed

programmes of royal-themed activities to celebrate the big day.

At Llandudno, Members enjoyed baking Coronation cupcakes and a trip to Caernarfon Castle, where the King's investiture as Prince of Wales took place. A Royal Knock Out tournament provided great amusement, particularly the surprise jelly eating competition!

In Brighton, the week comprised of 'Pin the jewel on the crown', Robot dog racing and a royal games afternoon including a very competitive egg and spoon race! Creative Members took part in a collaborative project, making a giant Coronation crown. Right royal trips to royal abodes, such as Hever Castle and the Royal Pavilion, took place.

On the Friday before the Coronation, both Centres held their own 'street'

parties. Our wonderful catering teams from Thomas Franks put on delicious buffet lunches. In Llandudno, visitors were blessed with warm sunshine whilst they waved flags and danced to a live band called 'Carousel Dream'.

## The Big Help Out at Llandudno

In tribute to His Majesty The King's public service, The Big Help Out was planned for Monday 8 May to encourage people to try volunteering for themselves and join the work being undertaken to support their local communities.

## Caption: Members at Brighton enjoying a coronation street party

We were delighted to host 100 people at the Llandudno Centre, including the Sea Cadets and Scouts, for The Big Help Out, as well as our Members and visitors who were staying at the Centre that week.

The day was a tremendous success. It was wonderful to see the Centre so busy and full of energy.

## In Newcastle...

In Newcastle, Members, their families, volunteers and staff came together for a special Coronation lunch. →



**Caption: Volunteer Pauline and Member Clive dancing**



**Caption: Margaret and Vivian at a Coronation lunch in Newcastle**





**Caption: Billy Baxter with the Scouts at the Big Help Out**

Everyone enjoyed a huge lunch with sandwiches, scones and cakes – there were even some left for Members to take home with them! They also danced to a wonderful performance by singer, Hildy Harland.

The event was particularly special because they also met our new Chief Executive, Adrian Bell, for the first time.

Adrian had lots of great conversations with our blind veterans and he gave a speech that brought many laughs, finishing with a toast to King Charles



**Caption: Members at the Royal Pavillion, our Vision in Song choir**

III. This was followed by a speech by Member, Vivian Yates.

**In Essex...**

Our Blind Veterans UK choir, Vision in Song, performed at a Coronation tea party in Colchester on 18 May. The performance was themed with each song having a link to the King.

Neil Hildred, Community Support Worker, who organised the event, said “This is a massive occasion in our shared history, and we thought it was only right to do something special to commemorate it.” 🇬🇧



**Caption: Tables decorated with Union Jacks**



**Caption: Members Wilson and Maureen at a Coronation lunch**

**A Coronation Poem by Member Roy Pritchard**

*It's 2023 and a coronation there will be  
to crown Charles the third, King.  
In the cathedral, the chapels  
and the streets  
people will raise their voice and sing.  
Joyous parties spread all over the land,  
a plate of sandwiches and a  
pint in the other hand.*

*Union flags and bunting  
will be on display.  
Souvenir mugs and pens*

*will be etched with “The King”  
and “The 6th of May”  
all to celebrate this glorious day.*

*In 1953 the late Queen was crowned  
And what a legacy she left around,  
if he follows in her wake  
then a glorious King he will make.*

*So raise your glasses and let them ring  
as we toast, “God save the King.”*

# Don't sweat it this Armed Forces Day

Saturday 24 June will see many across the country rallying together to show their gratitude to our forces. Could you turn your hobby into an Armed Forces Day fundraiser?

Fundraising doesn't always have to be in the form of sports. As many of our supporters have proven, using your passions, hobbies and interests can be just as effective at raising vital funds

and you get to spend more time on the things you love!

**Meet our supporters who have been doing just that:**



**Caption: Chris Leworthy in an aircraft**

## Chris and his passion for military history:

Chris has always been interested in military history, but since retiring he's been able to dedicate more time to it.

Four years ago, Chris started volunteering at the Battle of Britain Bunker in Uxbridge where he gives regular talks to visitors.

Lockdown caused the museum to close its doors and Chris started to deliver his talks over the internet to various groups and societies instead. He says: "I deliver the lectures for free, but I ask for a voluntary charitable donation to Blind Veterans UK and every group I speak to has been very generous.

"It's a really worthy charity, so for me it's a win all round. I enjoy giving the lectures and telling these great stories. I feel that it's important to never let history die and to keep the memory of sacrifice and bravery alive.

"The audience has an enjoyable and interesting evening, and I can raise awareness for a fantastic charity, all whilst raising money to support blind veterans who have served their country."

To date Chris has introduced 17 groups to Blind Veterans UK and raised over £1000.



**Caption: Noeline outside her greenhouse**

## Noeline sells her crafts:

Member Noeline started receiving support from us in 2020 after she lost her central vision due to an age-related degenerative eye condition.

Noeline enjoyed knitting before she lost her sight and joined our knitting telephone group during the pandemic. She says:

"A lady in the group, who has no sight at all, told me how she still knits, →





**Caption: Mark Jobling holding a fish**

and I was encouraged to give it a go. At one point, I ran out of red wool and couldn't get any more as my local area went back into lockdown. Within 48 hours of mentioning this on the knitting group, I had been sent more wool from the charity and I burst into tears.

"I had never met these people and they were sending me wonderful gifts. I've also been provided with a magnifier on a clamp so that I'm able to make

my own cards. "When you are vision impaired and trying desperately to keep hold of your hobbies, these small things are such a lovely help.

"The team at Blind Veterans UK bend over backwards to help us and I wanted to give back.

"I started selling my craft work alongside fellow blind veterans. We make scarves, hats, pens, flower arrangements and cards. At Christmas we made snowmen from socks and rice, which were selling quicker than we could make them. We sell them at a craft stall, or to veterans and staff at our Centres of Wellbeing. So far we've made just over £400."

#### **Mark and his love of fishing:**

Ex-Army veteran, Mark, now uses his love of fishing to fundraise for Blind Veterans UK with a yearly charity fishing match.

Mark says: "The 48-hour competition is about much more than winning. Fishing gets people outside and is a great way to improve mental wellbeing.

"I myself and the guys who organise this with me are all ex-military. We know as serving soldiers you are putting yourself in harm's way and risk losing your sight or a limb. Therefore, it means so much to us to be able to

**"Fishing gets people outside and is a great way to improve mental wellbeing"**

give something back and just a small amount of money can make such a difference."

Mark's events have raised over £7,000 for us.

#### **Sally's enthusiasm for scooters:**

Sally works for our charity coordinating the work of volunteers in the Southwest and Gloucester.

Outside of work, Sally is a member of the Yate and Sodbury scooter club which brings scooter enthusiasts together to celebrate the likes of Vespas and Lambrettas as well as northern soul music.

The club holds regular charity northern soul nights and in June 2022 had their first annual scooter rally. Members of the club can nominate charities to benefit from these events and Sally put us forward. Sally says:

"I sadly no longer have my own scooter but am still very much involved in the club. The scooter rally was a great success and a really enjoyable event.

The icing on the cake was that other members of the club also felt that Blind Veterans UK was a worthy charity and voted to support it.

"The rally raised over £3,000 and three charities, including ours, were each given £1,000."

Could you turn your hobby or interest into an Armed Forces Day fundraiser? 🇬🇧

■ **Contact the Community Partnerships Team at [fundraising@blindveterans.org.uk](mailto:fundraising@blindveterans.org.uk) with your plans or visit [blindveterans.org.uk/afd23](https://blindveterans.org.uk/afd23) for ideas.**



**Caption: Sally holding a big cheque**

# Crossing the finish line

Representing Blind Veterans UK, **Alan Lock**, **Andy Leitch**, **Mark Maddock** and **Paul Jacobs** took on the 26.2-mile run through the streets of London on 23 April.



**Caption: Blind veteran Alan Lock running the London Marathon**

These men are no strangers to physically and mentally demanding challenges, and between them they have already taken part in the London Marathon more times than can be counted on your fingers and toes!

What makes them keep going back?

## **Alan Lock**

Alan is 43 and lives in Shropshire. He joined the Navy in 2002 but just three years later, a rare genetic condition, similar to macular degeneration, took his sight and forced him to retire from the Armed Forces.

“I felt so lonely and was full of worry and uncertainty for my future. I’d been committed to a career with the Royal Navy; it’s what I expected to do for life but that was snatched away from me along with my eyesight.



**Caption: Andy Leitch and his guide Wayne**

“I joined Blind Veterans UK in 2005; the support, rehabilitation, and equipment the charity has given me has enabled me to live independently, pursue the sports I love and re-train for a new career.

“I’ve been able to enjoy running as the charity provided me with a running machine. If I run outside of my home, I need a guide, but the running machine gives me the independence to run alone and unaided. It helped massively with my training for this marathon as my guide was injured and I therefore couldn’t get outside as much as I’d planned.

“I got an injury myself two thirds of the way around the course and the end was quite a slog. I finished in three hours and 51 minutes which I’m very happy with under the circumstances.

“Blind Veterans UK is a special charity and has been by my side throughout my journey, giving me the confidence to see beyond the limits of sight loss and to achieve things I thought would be impossible.

“I’m proud to run for Blind Veterans UK and the London Marathon is a terrific opportunity to remind myself I can still take on big challenges and endeavours in spite of my sight loss.”

## **Andy Leitch**

Andy is 49 and lives in Hampshire. He joined the Army in 1992 and spent 19 years with the Royal Logistics Corps. It was at the age of 37 that the genetic condition, retinitis pigmentosa, caused a gradual decline in his sight which meant he was forced to retire early from the military.

“Blind Veterans UK has invested a lot of time over the years to help me rebuild my life when I’d lost all hope.

“When I first came to the charity, I was feeling sorry for myself, but they made me realise what was possible and gave me the confidence to start →

doing physical activities again and get back to work.

“I’m no Mo Farah and never set myself a time but I always start and finish. I do it to raise money and awareness for the charity.

“It’s incredibly rewarding when I’m running along and people in the crowd are shouting my name, I know at that moment that they are reading my t-shirt and recognising I am running for Blind Veterans UK. It makes it worthwhile.

“I hadn’t taken part in any runs since the last London Marathon in October due to injury, but I have continued



**Caption: Andy, Wayne and Mark with guides**

with my training on a smaller scale. I was hoping I’d done enough to see me through the distance and I had, I finished in six hours and 19 minutes which beat our last time.”

### **Mark Maddock**

Mark is 49 and is originally from Liverpool but now lives in Austria. Mark served in the Royal Artillery for just over nine years. He trained in Nuneaton and then spent time based in Germany and in Salisbury.

Mark lost his sight at 23-years-old after he was involved in a car accident after duty.

“I was in a coma for seven weeks following the accident; when I woke up, I couldn’t see properly. I was told I’d suffered swelling on the brain which had damaged my optic nerve. There was a possibility that the swelling would go down and my sight may have returned but eventually I gave up hope.

“It was a big shock to lose my career, but I took time to reflect on what I had already achieved, and I couldn’t be negative about that. All I could do was look forward.

While Mark was recovering in hospital after his accident, an officer from his regiment visited him and told him about Blind Veterans UK.

“Soon after I left hospital, I was visited by the charity; they’ve supported me since. I’m fairly independent but it’s reassuring to know there are people on the end of the phone if you need them.

“The charity supported me in having renovations done to my home to make it suitable and have provided equipment such as glasses. I’ve also had ongoing rehabilitation support and training.

“Even though I now live in Austria, the charity is still supporting me and regularly check in to find out how I’m doing. Blind Veterans UK is a brilliant charity, they have always been there for me.

“I’m very proud to once again have represented Blind Veterans UK at the London Marathon. I know first-hand what they do every single day for blind veterans; I’m honoured to have the opportunity to wear the t-shirt and raise awareness of their incredible work.”

Mark’s finishing time was three hours and 39 minutes.

### **Paul Jacobs**

Paul completed the London Marathon in five hours and 47 minutes, having only returned from Everest Base Camp three days earlier.



**Caption: Mark Maddock in running gear**

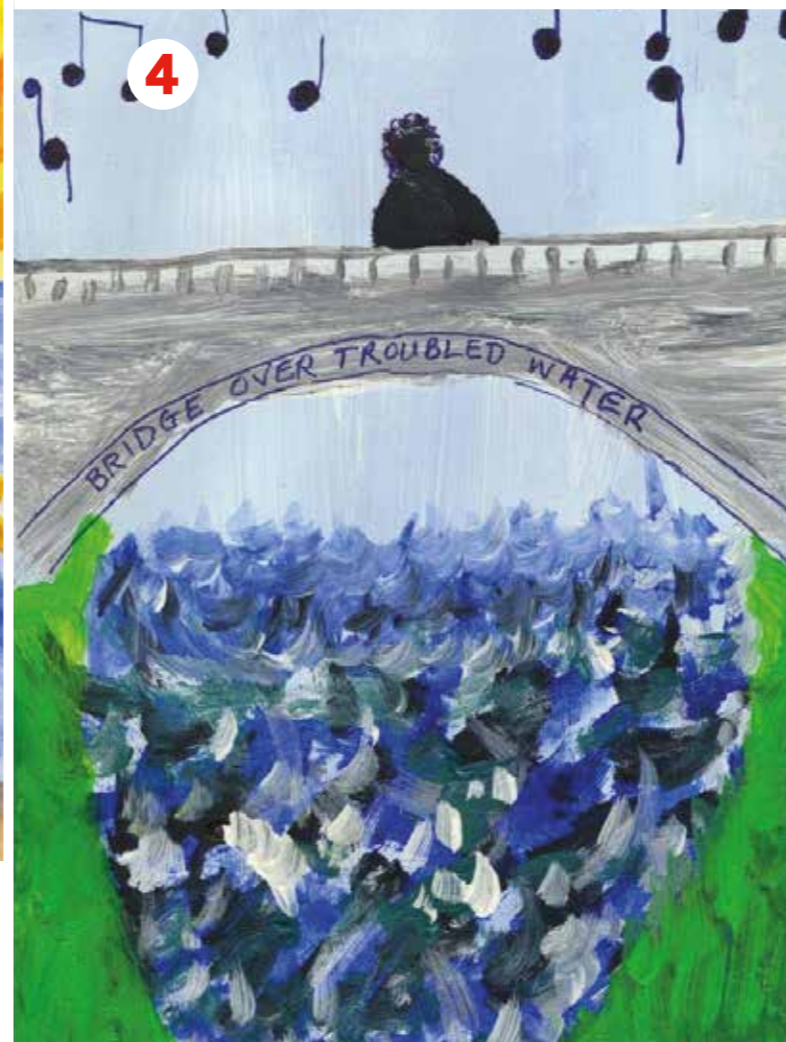
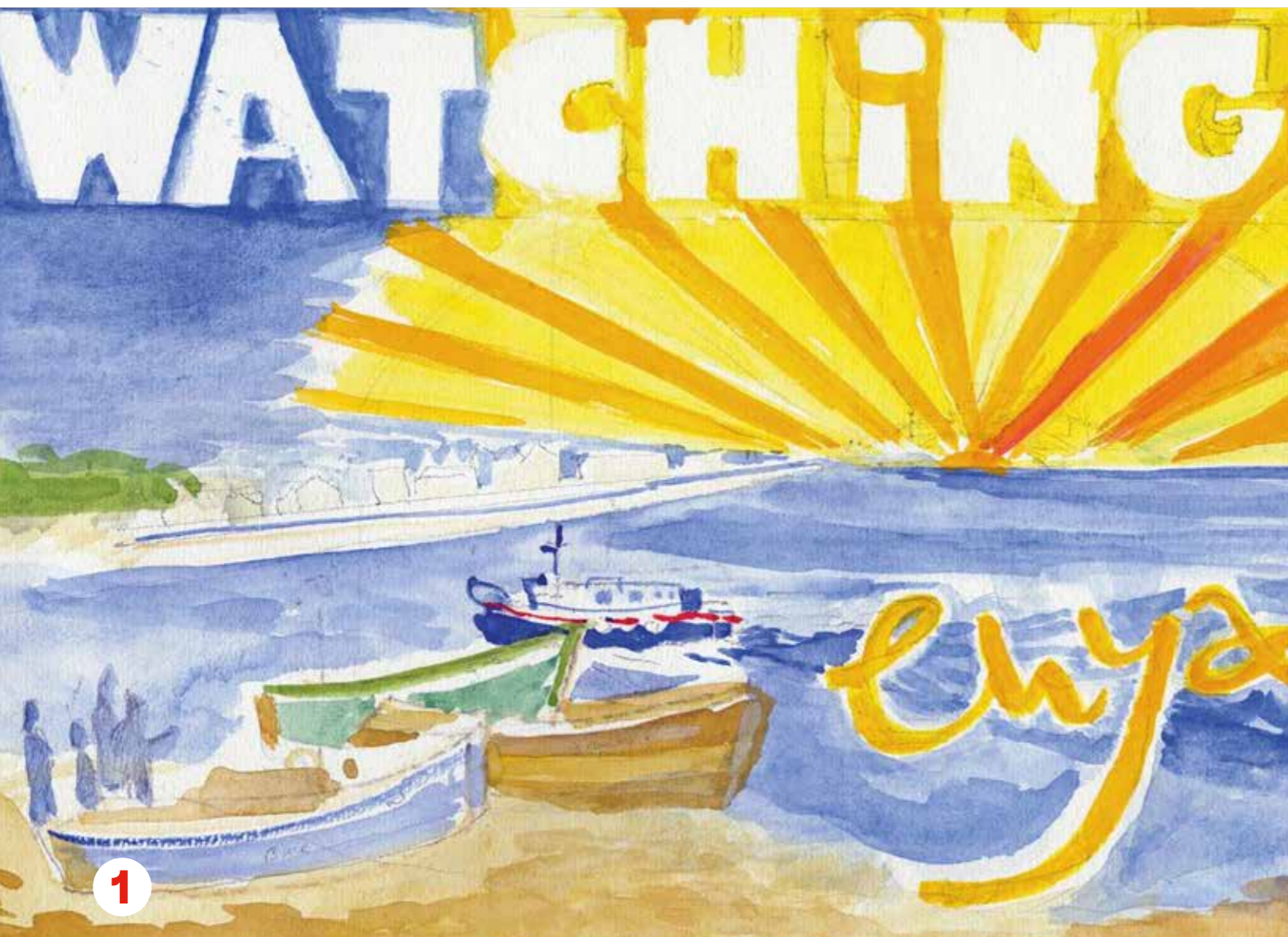
Paul, who is 34 and from London, lost his sight in a bomb explosion in Afghanistan while serving with the Army. He has set himself the challenge of becoming the first war-blinded veteran to reach the peak of mount Everest. This visit was about learning skills such as how to use an ice axe and rope work for when he returns in April 2024 to take on the summit.

Before he left for Nepal, Paul said: “Running the London Marathon, three days after I return, will be a real test of my physical fitness and mental determination.” 🇬🇧

# Artistic flair

We are pleased to present more artwork by our Members for the National Creative Project

**Captions:** 1. John Hodges - Hope in Watching 2. Matthew McGowan - Untitled 3. Rita Scarratt - Untitled 4. Maurice Dawe - Bridge over Troubled Water 5. Jack Carter - I saw Three Ships 6. Shaun Gregory - Mountains



# Recognising our volunteers

This month, we celebrate Volunteers' Week (1 – 7 June) and shine a spotlight on the life-changing impact our volunteers have on the lives of blind veterans. We talk to **Gavin Luke** and **Brian Jarps** about why they became volunteers.



**Caption: Gavin Luke and Member Nick Barber**

## Inspired to give something back

Many friends and relatives of blind veterans feel inspired to become volunteers having seen the positive effect that volunteering has on their loved ones.

Having witnessed the support and companionship offered to his late father by a volunteer, Gavin Luke has recently become a volunteer himself.

He says, "My Dad, Ivor Luke, was a Member of Blind Veterans UK after gradually losing his sight to macular degeneration in his 80s.

"During that time, he really valued the help he received from Blind Veterans UK, in particular the company of volunteer Bob Stevington. In fact, he

talked about his war exploits with Bob more than he did with me."

Gavin's father, Ivor, fought in the Mediterranean campaigns on landing craft. Gavin's son, Jamie, also served in the British Army for 12 years and had a soldier's bond with his Grandad.

"This is mainly what inspired me to volunteer myself – to give something back.

"So now, I am a golf buddy to blind veteran, Nick, and we have had a couple of meets at Bungay Golf Course. I do marvel at his fortitude to continue with a hobby he had when he was sighted.

"Volunteering has given me an insight into living with sight loss. In particular, I realise that blind veterans are a hardy bunch, not requiring sympathy, just support. I look forward to a long association with Blind Veterans UK."

Volunteering is often done with the intention of 'giving back', and of contributing to the amazing support that Blind Veterans UK offers.

Many feel that volunteering has enriched their own lives in return, offering companionship, learning, creative expression, and support that often goes both ways.



**Caption: Gavin's dad from his military days**

If you're considering whether to become a volunteer yourself, we have many roles available, from Home Visitor to a Driver, an Activities Helper to a Fundraiser, there is something for everyone.

■ **If someone special springs to mind as you read this, please share Gavin's story with them and encourage them to contact our volunteering team. You can find lots more information about volunteering at Blind Veterans UK, as well as volunteer roles currently available in your area at [blindveterans.org.uk/volunteer](https://blindveterans.org.uk/volunteer)** →

## Volunteering gave me a purpose

As soon as Brian Jarps learnt that it was possible to be both a Member and a volunteer with our charity, he jumped at the chance to give something back for the support he has received.

Brian joined the Merchant Navy at 21-years-old and served for five years as an onboard engineer. Brian first noticed he was losing his sight around eight years ago. He has age-related macular degeneration and is registered as severely sight impaired.



**Caption: Brian during his time with the Merchant Navy**

**“The charity has saved my life. I know I’m part of a big family who will keep me safe”**

“I was out in the car with my wife and my grandson, and I realised something wasn’t right as the speed dial had sort of disappeared. I parked up on my driveway and made the decision to never drive again. I didn’t want to put anyone at risk.

“I didn’t want to sit around and do nothing; I wanted to try new things and encourage others to do the same.”

Brian became a Member of the charity in 2019.

“When I was diagnosed, the hospital told me about the charity and urged me to get in touch. Thankfully now veterans from the Merchant Navy are accepted as Members, and I couldn’t be happier.

“The charity has saved my life. I know I’m part of a big family who will keep me safe.

“I lost my wife three years ago and while visiting the Llandudno Centre watching the Queen’s funeral, I became tearful. I didn’t have to say anything;



**Caption: Brian, right, with fellow Member, Les Bettany**

the next thing I knew there was an arm placed around my shoulder, just letting me know I wasn’t alone.

“Before losing my sight, I enjoyed gardening and woodwork. I still do these things; I make pens and birdboxes. Life doesn’t end because you lose your sight.

“I visit Llandudno as often as I can, I love being there and doing my bit to bring joy to others. This is why when I found out you can be a Member and also a volunteer. I jumped at the chance.

“The charity has given me more

than I ever would have expected, and I wanted to give back. I started volunteering just before Christmas and haven’t looked back. I get involved in all sorts when I’m at the Centre; I show groups of visitors around the building and support with staff and volunteer interviews.

“If I see that someone is new to the Centre and they’ve come on their own, I will go and sit with them to offer encouragement and support. I just love to help people.

“Volunteering has given me a purpose to live. I get more out of it than I ever thought I would.” 🇬🇧

# Leaving a gift in your Will

Member, **Jules Lee**, shares his story, from overcoming trauma to finding a purpose to help his fellow veterans



**Caption: Jules Lee**

My service began in the Royal Military Police, then the Special Investigation branch, serving for over 10 years.

There were two experiences that really impacted me. The first was when I was stationed in Northern Ireland. I was scheduled to pick up a vehicle from another barracks and my friend decided to go instead. While waiting for him to return, we heard an explosion. The vehicle had been blown up by a roadside bomb and he was killed.

I then had the trauma of having to investigate the death of my best friend, whilst suffering with survivor's guilt at the same time. It should have been me driving that vehicle.

It was a different time back then; this was in 1985 and there was no support or counselling. You just got on with it.

“The charity has rebuilt my life and given me a purpose”

The second experience that impacted me happened a few years later. I was in Germany when we got a call about an accident at Zeebrugge Port on a ferry. We knew there could be soldiers and their families onboard, so a few of us went to help. Nobody knew the scale of it. 193 people died as the ferry capsized. It took ten weeks to recover everyone.

These traumas stayed with me, so I eventually left the army. I worked for a bank for several years and eventually went freelance. At that point I was working alone, without the familiar camaraderie with colleagues. That's when I started on a downward spiral.

My eyesight deteriorated; I was registered severely visually impaired. I couldn't get work and felt like my life was over. I was extremely depressed and drinking heavily.

The turning point came when I suffered a brain haemorrhage. Thankfully the doctors saved my life, and it brought me to my senses. It helped me accept that I was an alcoholic and needed help.

I stopped drinking and found Blind

Veterans UK. For the first time since I was in the Army, I felt welcomed and supported. I thought I was in the wrong place at first. I listened to other blind veterans talk about the activities they'd done. I thought 'you can't be climbing, playing football, doing woodwork when you can't see!'

The charity has rebuilt my life and given me a purpose.

I've been a volunteer for the last two years. I run a monthly telephone group for new Members. They haven't yet enjoyed all the services I've accessed, so it's nice to share what lies ahead for them. I'm also a telephone befriender for a World War Two veteran. I love hearing his experiences - it's very rewarding.

I see first-hand the impact that this charity has. That's why I've pledged a percentage gift in my Will. It's straight forward. Give money to Blind Veterans UK and you know exactly where it's headed: a community of veterans who've lost their sight. 🇬🇧

■ **Find out about leaving a gift in your Will like Jules, or how to write your Will for free. Contact our friendly team on 020 7616 7923, [giftsinwills@blindveterans.org.uk](mailto:giftsinwills@blindveterans.org.uk) or visit [blindveterans.org.uk/leaveagift](http://blindveterans.org.uk/leaveagift)**

# Meet the trustee

In the first of a series of Trustee profiles, **Tim Seal** answers questions as to why he is in the role.

Tim became a trustee in 2018. He has a strong commercial background and, as a senior director, has managed care homes and hospitals for various healthcare providers. He has been an Army Reservist since 1987, currently serving as Deputy Commander, 1st (UK) Division. Tim is Honorary



**Caption: Tim Seal**

Colonel of the Army Cadet Force in Cambridgeshire and is the county's Deputy to the Lord-Lieutenant.

## **Why did you want to become a Blind Veterans UK Trustee?**

I felt I would be a good fit for the board because of the combination of my background in health and social care and the fact I'm an Army reservist and have been for 36 years. So, putting the two things together, I felt there was something worthwhile I could give to Blind Veterans UK.

In addition to that, I've been lucky enough to meet and be inspired by many people with a vision impairment throughout my life. At six years old, a blind piano tuner used to come to our school. So, I've always been hugely impressed by the way that people maintain their independence despite their sight loss.

## **Are there any areas of our governance on which you particularly focus?**

Amongst other things, I'm chair of what we now refer to as our Operations Committee.

This committee looks at all operational aspects of how the charity runs and it effectively holds ourselves and our executive team to account for delivery of all of the performance standards and the operational standards across the entire charity.

But, as a trustee, each one of us needs that ability to hold ourselves and the board accountable for all the charity's actions and our future direction.

## **What is the best part of your role or a favourite memory you have?**

It's quite a tough one to narrow down to one particular thing. But one memory that stands out for me was during my first visit to Llandudno. It was a brilliant two or three days of really understanding the impact our charity has.

As part of my visit, I went to the First World War trenches with the Members, which are not too far from the centre. It was very special to spend the day with them and listen to their stories and experiences.

Of course, having Billy Baxter give



**Caption: Tim Seal in uniform**

us a tour around the entire building, despite the fact that he's completely black blind, was also a really impressive moment from my perspective.

I think I will also always remember visiting our Brighton Centre staff during Covid. That was very humbling seeing just how hard everybody was working to keep both staff and Members safe. 🇬🇧



# Member voice

This month, Designated Safeguarding and Mental Capacity Lead, **Jo Cook**, summarises a recent discussion she held with Member Engagement Panels about safeguarding.



**Caption: Jo Cook**

I recently approached our Member Engagement Panels about their awareness and understanding of safeguarding.

My first question to the panels was: **What is your understanding of safeguarding?**

**What our panels said:**

There was a varied understanding of the areas safeguarding covers. Some had previous experience in this area, whilst others felt they had no knowledge of it.

**What we'll do about it:**

We will consider the varied understanding of safeguarding amongst blind veterans as part of ongoing work to expand knowledge and access to services and support so that everyone can be safe.

My second question to the panels was: **Could Blind Veterans UK provide any information around safeguarding, and in what format?**

**What our panels said:**

The panels agreed they would like simple information about who to contact if they felt concerned. Many mentioned Review as being a way to share this information, but also in the Member's Welcome Pack when

joining the charity. Members knew they could contact their Community Support Worker, but said it would be good to know who else they can contact inside and outside the organisation if needed.

**What we'll do about it:**

We will ensure there is information in Review and other communication with blind veterans that gives clear details of who to contact if you have concerns.

Thank you to all those on the panels who provided all this valuable insight and feedback. If you are concerned about your safety or someone else's safety, please do speak to your CSW who can support you.



ANDREY POPOV / ADOBESTOCK

→ **Caption: Safeguarding is key**

## Upcoming Engagement Events

<b>Britannia Royal Naval College Open Day</b>	<b>15/07/2023</b>
<b>RAF Cranwell Pass Out Parade and Buffet Lunch</b>	<b>19/09/2023</b>
<b>HMS Raleigh Pass Out Parade and Buffet Lunch</b>	<b>22/09/2023</b>
<b>Union Jack Club Evening Engagement Event</b>	<b>11/11/2023</b>
<b>London Cenotaph Parade</b>	<b>12/11/2023</b>

**To register your interest to attend any of these events, please email MET@blindveterans.org.uk or contact your community teams for further support.**

## Forces fact

Historical events and military slang to share with each other. Have a laugh about it, talk, reflect, and let us know what you want next in Forces Fact.

### This Month in History

**June 6, 1944, D-Day** - The largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the northern coast of France. Operation Overlord took months of planning and involved more than 2 million soldiers from the allied forces, along with over 5,000 ships and landing craft.



**Caption: Soldiers wading into the sea on D-Day**

The Germans had over 60 divisions spread along France and the Low Countries. American forces landed on two western beaches, Utah, and Omaha, while British and Canadian troops landed further east on Gold, Juno, and Sword beaches. By the end of the day 150,000 Allied soldiers and their accompanying vehicles had landed with 15,000 killed and wounded.

### Military Slang

**Alley** – commonly used term for saying something is impressive or inspiring. This can include impressive bits of kit, or someone's outstanding skill set. Those serving in the Special Forces have automatic "Alley" status!

*Sent in by Kevin Alderton (Blind veteran and Working Age Member Liaison Officer)*

- If you want to share your "Forces Fact" please get in touch via email: [ForcesFact@blindveterans.org.uk](mailto:ForcesFact@blindveterans.org.uk) or contact your community support worker who will be able to submit on your behalf. 🍎

# National creative wellbeing programme

This month's creative activities you can take part in from the comfort of your own home

**To sign up to or find out more about the following creative activities or hobby circles, simply call 01273 391447. All our projects come with VI and reader-friendly instructions, as well as the option of audio on a USB stick if requested.**

### CRAFT

#### Beach Huts of Ovingdean & Rustington: a postcards project

A collaborative project! Everything will be included in your kit for you to create

several painted and collaged designs inspired by beach huts at Ovingdean and Rustington. Decorate the blank beach hut templates and send your favourite ones back to us in the stamped addressed envelope provided and we'll work our magic to produce a set of seaside postcards, including you designs, to send back to you. Lovely to keep for yourself, to send with a message to family and friends; or why not send a message to our new Rustington Centre.



**Caption: Beach huts**

#### Bird Box: an easy woodwork project

Build a simple bird box for your garden, balcony or an outside space. This one is tried and tested by the National Trust. We'll send you the pre-drilled VI friendly marked up wooden kit and fittings - you will need a hammer and Phillips screwdriver to put the project together. We'll also send you a bird stencil and paint to decorate your finished bird box. Complete it over the summer and pop it up ready for nesting season in Spring 2024. →

Let us know if you would like the opportunity to join our monthly Woodwork Hobby Circle to chat with other Members and receive support with this project.

### **Coronation Crown Mosaic**

Celebrate the coronation of King Charles III by completing our Coronation Crown project, designed especially for Blind Veterans UK. We'll send you everything you need to complete a tactile and eye catching souvenir of this historic event. This is a flat mosaic on a wooden base measuring roughly 7" x 8" or 18cm x



**Caption: Ron Zaple with his Coronation Crown April 2023**

20cm and there is no need for any tile cutting as all pieces are ready to use. This project is a bit more challenging than our Jubilee Crown Mosaic. Follow the VI friendly instructions or create your own version with the materials provided.

## **GARDENING**

### **Radishes**

With their attractive leaves and their beautiful tasty fruits this radish pot will not only brighten up your windowsill but also your dinner plate. We'll send you some recipe ideas to try as you harvest your crop.

Let us know if you would like the opportunity to join our monthly gardening hobby circle to chat with other Members and receive support with this project.

## **ART**

### **Sketchbook for Beginners and Improvers (June and July)**

For both aspiring and established artists, an exciting project for the summer to start you off on your drawing journey or enliven your practice. The sketchbook is the foundation of an artist's work and we've put together a selection of themes and challenges to inspire you. With carefully chosen high contrast drawing materials, try them all and find your favourites.

You are welcome to sign up for our painting and drawing hobby circle if you would like to discuss painting and drawing with other participants and our specialists.

**Please call 01273 391447 for more information or to request an activity pack for the CREATIVE ACTIVITIES above.**

## **CREATIVE HOBBY CIRCLES**

Please call **01273 391447** if you are interested in joining one of our monthly groups by telephone or Teams video call on any of the following themes, and we'll call you back to discuss. Facilitated by the NCWP team and our volunteers, Members with a shared interest meet monthly for a chat and to share tips and ideas.

**Gardening:** very popular with those who've signed up for our gardening projects, a chat group to share the seasons and offer support with VI friendly gardening indoors and out.

**Knitting, crochet or weaving:** this group is for those of you who enjoy a chat about your latest projects with wool.

**Painting and drawing:** if you enjoy doing art whether just starting out or a seasoned artist, this is the space to chat with other VI artists and exchange

ideas tips and support.

**Woodwork:** for those of you interested in woodwork, woodturning, wooden model making, for peer support, tips and encouragement with your wooden model projects.

**Photography:** For our photographers we have a Facebook page (Blind Veterans UK Photography) and a fortnightly photography chat group. Anyone with an interest in photography is welcome.

We hope you enjoy the variety of projects on offer this month and will find something to inspire you! You now have the option of leaving a message for us if you only want to request a project pack or packs. You can still speak to our Member Support Hub if you would like further information or have questions.

Thank you in advance for completing and returning your surveys in the self-addressed envelope provided. The feedback you provide will be very useful to us.

We wish you all a lovely arty, crafty June. 🎨

**The National Creative Wellbeing Programme team, [ncwt@blindveterans.org.uk](mailto:ncwt@blindveterans.org.uk)**

# Carers review

A page for the families and friends who care for our Members, sharing the latest opportunities and useful information to support you in your caring role.

## Final carers break at the Brighton Centre: last spaces available!

This complimentary break at our Brighton Centre is for anyone who cares for a Blind Veterans UK Member. This six-night break gives you the opportunity to spend time with other carers and share valuable conversations with others who are sharing similar experiences.



**Caption: Carer holding box frame craft creation at the Brighton Centre**

During the break you can expect trips out to the local area and a full activity programme.

■ **If you are unsure if this break is right for you, or have any questions regarding respite and support for your cared for person, please do contact Stacey Barham by email; [stacey.barham@blindveterans.org.uk](mailto:stacey.barham@blindveterans.org.uk) or by phone; 01273 391483 or through your Community Support Worker**

## Caring through a cost-of-living crisis

The financial implications commonly faced when caring for someone can be worrying, particularly in a cost-of-living crisis. But you might be pleasantly surprised about the financial support that is available to you. You just need to know where to look and how to ask for it. As previously mentioned in Review, Turn2Us is a great option for benefit advice and the RNIB has an easy-to-use benefits calculator on their website.

The Department for Work and Pensions has confirmed carers and their families currently receiving eligible means tested benefits will now begin to receive this year's set of cost-of-living payments.

Included in the government's support of up to £1,350 are extra payments for disabled people, who will receive a payment of £150, and for pensioners, who will receive a payment of £300 on top of Winter Fuel Payments.

The eligible benefits that qualify you for the cost-of-living payments are Universal Credit, Pension Credit and Tax Credits. However, those receiving Carer's Allowance only do not qualify as this is not means tested.

The additional payments, which are an increase of £150 compared to the £1200 last year, will be paid directly into bank accounts.

If you're eligible, there is nothing you need to do. The payments will be made automatically over the course of the financial year, starting this spring as follows:

- **£301 – First Cost of Living Payment – during Spring 2023**
- **£150 – Disability Payment – during Summer 2023**
- **£300 – Second Cost of Living**



ASCANNIO / ADOBE STOCK

**Caption: Carers will soon receive cost of living payments**

- **Payment – during Autumn 2023**
- **£300 – Pensioner Payment – during Winter 2023/4**
- **£299 – Third Cost of Living Payment – during Spring 2024**

The Government's Energy Price Guarantee which covers all UK households will also continue to cap energy costs, saving the average household around £900 this winter and a further £500 in 2023/24.

What would you like to see in the Carers Review? Contact Stacey Barham on 01273 391483 or at [stacey.barham@blindveterans.org.uk](mailto:stacey.barham@blindveterans.org.uk) for more information and to share your ideas. →

## Lifting the load

Susan Dutton, wife and carer of blind veteran David, as well as volunteer fundraiser, tells us about how she became a volunteer and her experience as a carer.

Many years ago, my husband, David, was reading the newspaper with an old magnifying glass in the local pub. In the advertisement section, he saw 'Blind Veterans UK - how to apply'. He brought the cutting home and said to me "there's no point in applying - nothing will happen."

Well, it did! I posted the form and within a short time David was accepted.

On our first visit to the Brighton Centre, we learnt that with just a few tweaks and some new equipment, there are so many things that he could do to remain independent. He came home fulfilled and his self-worth was evident. Over the years, the charity has provided equipment to help him read the post, magazines and train times when visiting his friends.

As for myself, I am David's wife and carer. I attend lunches and meetings organised by our community team and I volunteer for Blind Veterans UK, with our garden being a great venue for a tea party fundraiser! Our



**Caption: Susan Dutton with her husband David**

enthusiasm to continue organising fundraising opportunities has been greatly supported by David's Community Support Worker, Sue Sims.

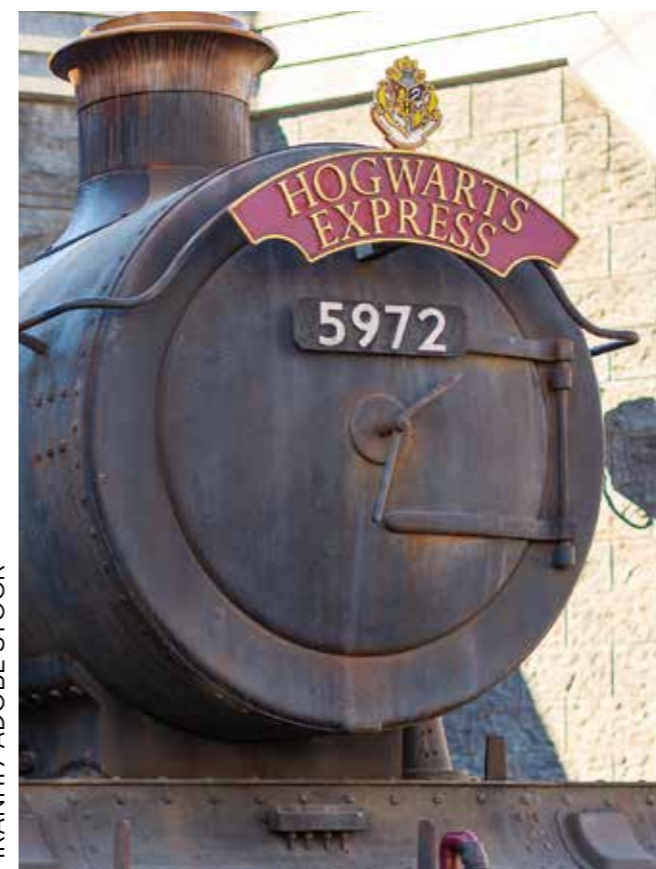
I have also visited the Brighton Centre on a carer's break in the past. We dined together in the evenings, made silk scarves and had some wonderful outings to Hever Castle and The Royal Pavilion.

Caring is not easy, but when you get together with other carers and share your experiences, the load is lifted, and you feel that you have a shoulder to lean on. I cannot thank the Blind Veterans UK team enough for their support over the years. 🍷

# Quiz time

Our quizmaster **Ron Russell** tests your general knowledge

- In the 1930s, what colour were airmail post-boxes?**
- Which of these composers is buried in Westminster Abbey?**
  - Chopin
  - Handel
  - Wagner
- Which of the world's continents has the shortest name?**
- What year did King George VI become King?**
  - 1935
  - 1936
  - 1937
- Which mammal gives birth to the heaviest babies?**
  - Blue Whale
  - Giraffe
  - Elephant



PIRANHI / ADOBE STOCK

- In Harry Potter, the Hogwarts Express leaves from which London station?**
- King Felipe VI of Spain competed in the 1992 Summer Olympics. Which sport did he compete in?**
  - Boxing
  - Fencing
  - Sailing
- Who is the only Member of Parliament allowed to drink alcohol in the House of Commons?**

Answers on page 47

# Family news

**Harry Garthwaite** who celebrates his 103rd birthday on 4 June 2023.

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**Evelyn Brooks** who celebrates her 101st birthday on 5 June 2023.

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**Charles Taylor** who celebrates his 103rd birthday on 12 June 2023.

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**Joan Grocott** who celebrates her 100th birthday on 13 June 2023.

---

**John Lacey** who celebrates his 101st birthday on 13 June 2023.

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**Joseph Jervis** who celebrates his 100th birthday on 19 June 2023.

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**Raymond Gray** who celebrates his 101st birthday on 20 June 2023.

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**Jack Rothwell** who celebrates his 100th birthday on 2 July 2023.

---

**William Simpson** who celebrates his 101st birthday on 2 July 2023.

---

*All birthday information was correct at the time of going to press*

## Condolences

**It is with deep regret that we record the deaths of the following, and we offer our heartfelt condolences.**

---

**Euphemia “Fay” Margaret Campbell** who died on 23 April 2023. She was the wife of Bryce Campbell.

---

**Sonia Franklin** who died on 25 April 2023. She was the wife of Larry Franklin.

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**Iris Chatwin** who died on 6 March 2023. She was the wife of Dennis Chatwin.

---

**Sylvia Mary Whitworth** who died on 15 April 2023. She was the wife of Fred Whitworth.

---

**Dorothy Bull** who died on 5 April 2023. She was the wife of Richard Bull.

---

**Winnie Gill** who died on 1 April 2023. She was the wife of Frank Gill.

---

# In memory

It is with deep regret that we record the deaths of the following Members and we offer our heartfelt condolences to their widows, widowers, families and friends

**Ernest Edward Allchin** of Leiston, Suffolk died on 12 April 2023 aged 95. He served as an A.C. 1 in the Royal Air Force.

---

**Anthony Charles Alston Benda** of Salisbury died on 7 April 2023 aged 89. He served as a Major in the Royal Armoured Corps.

---

**Gordon Black** of Flint, Flintshire died on 25 March 2023 aged 87. He served as a Craftsman in the Royal Electrical and Mechanical Engineers.

---

**James Bland** of Newcastle upon Tyne died on 18 April 2023 aged 88. He served as a Corporal in the Royal Northumberland Fusiliers.

---

**Bruce Southwick Briggs** of Oswestry, Shropshire died on 31 March 2023 aged 93. He served as a Chief Engineer Artificer in the Royal Navy.

---

**John Burrow** of Preston died on 12 April 2023 aged 90. He served in the Royal Army Medical Corps.

---

**Dennis Button** of Hinckley, Leicestershire died on 8 March 2023 aged 95. He served as a Lance Corporal in the Royal Army Ordnance Corps.

---

**Arthur Clark** of Durham died on 20 April 2023 aged 96. He served as a Private in the King's Own Scottish Borderers

---

**John Hoyle Cockcroft** of Chelmsford, Essex died on 25 April 2023 aged 88. He served as a 2nd Lieutenant in the Royal Artillery.

---

**John Robe Connolly** of Watford died on 4 April 2023 aged 98. He served as a Stores Assistant in the Royal Navy.

---

**Brian Lawrence Crowley** of Swansea died on 1 May 2023 aged 81. He served as a Colour Sergeant in the Royal Marines.

---

**Kenneth Dunn** of Scunthorpe, Lincolnshire died on 21 April 2023 aged 97. He served as an A.C. 1 in the Royal Air Force.

---

**John Edward Edmonds** of Cranbrook, Kent died on 28 April 2023 aged 98. He served as a Flying Officer in the Royal Air Force.

---

**Robert William Fox** of Rugby, Warwickshire died on 1 March 2023 aged 94. He served as a Corporal in the Royal Air Force.

---

**Edward Charles Gaines** of Poole, Dorset died on 21 April 2023 aged 98. He served as a Stoker 1st Class in the Royal Navy.

---

**David Prentice Kerr Gray** of Milton Keynes died on 24 April 2023 aged 91. He served as a Marine 1st Class in the Royal Marines.

---

**Leonard Charles Hale** of Billericay, Essex died on 18 April 2023 aged 100. He served as an L.A.C. in the Royal Air Force.

---

**Eric Hargreaves** of Blackburn died on 24 April 2023 aged 95. He served as a Cook in the Royal Navy.

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**Horace Hodgson** of Bourne, Lincolnshire died on 1 March 2023 aged 97. He served as a Driver in the Royal Army Service Corps.

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**Clive Alan Seaton Hunt** of Pershore, Worcestershire died on 1 April 2023 aged 94. He served as an A.C. 1 in the Royal Air Force.

---

**Peter John James** of Craven Arms, Shropshire died on 24 November 2022 aged 87. He served as an Acting Corporal in the Royal Electrical and Mechanical Engineers.

---

**Derek Jones** of Sheffield died on 4 April 2023 aged 92. He served as a Lance Corporal in the Royal Engineers.

---

**Ronald Frederick Lane** of Droitwich, Worcestershire died on 1 December 2022 aged 83. He served as a Driver in the Royal Corps Of Transport.

---

**Robert Marriner** of Stafford died on 5 February 2023 aged 93. He served as a Private in the R.A.O.C / R.E.M.E.

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**James McNally** of Liverpool died on 1 April 2023 aged 95. He served as an L.A.C. in the Royal Air Force.

---

**Andrew Mullen** of Scunthorpe, Lincolnshire died on 7 April 2023 aged 94. He served as a Trooper in the Royal Armoured Corps.

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**Brian John Munday** of Lowestoft, Suffolk died on 10 April 2023 aged 85. He served as a Craftsman in the Royal Electrical and Mechanical Engineers.

---

**Albert Lewis Newman** of Hunstanton, Norfolk died on 1 November 2022 aged 97. He served as a Stoker 1st Class in the Royal Navy.

---

**Ronald Parry** of Warrington died on 20 April 2023 aged 97. He served as a Corporal in the Royal Air Force.

---

**Alexander Frederick Potts** of Liverpool died on 17 March 2023 aged 87. He served as a Lance Corporal in the Royal Armoured Corps.

---

**James Patrick Rainsford** of Wirral, Merseyside died on 1 May 2023 aged 97. He served as an Able Seaman in the Royal Navy.

---

**Albert Rudd** of Houghton Le Spring, Tyne and Wear died on 1 April 2023 aged 90. He served as an L.A.C. in the Royal Air Force.

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**Francis William Rushton** of Dalton-in-Furness, Cumbria died on 24 April 2023 aged 95. He served as a Private in the King's Own.

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**Dennis Rutland** of Croydon died on 17 April 2023 aged 91. He served as a Private in the King's Royal Hussars.

---

**Antony Geoffrey Shingles** of Shrewsbury died on 15 April 2023 aged 100. He served as a Flight Lieutenant in the Royal Air Force.

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**June Audrey Simpson** of Kidlington, Oxfordshire died on 21 April 2023 aged 98. She served as an Aircraftwoman in the Women's Royal Air Force.

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**Michael Arthur Smallwood** of Newbury, Berkshire died on 1 April 2023 aged 84. He served as a Lance Corporal in the Royal Engineers.

**Robert Smith** of Salisbury died on 3 April 2023 aged 94. He served as a Chief Petty Officer in the Royal Navy.

**Wallace Snelling** of Felixstowe, Suffolk died on 24 April 2023 aged 94. He served as an Ordinary Telegrapher in the Royal Navy.

**Frank Harold John Stevens** of Haywards Heath, West Sussex died on 4 April 2023 aged 98. He served as a Signalman in the Royal Navy.

**Wayne Paul Stewart** of Southampton died on 16 April 2023 aged 60. He served as a Junior Commander in the Royal Navy.

**Gavin Nicholas Tait** of Marlborough, Wiltshire died on 1 April 2023 aged 83. He served as a Lieutenant in the Royal Horse Guards.

**Douglas Triggs** of North Yorkshire died on 1 December 2022 aged 89. He served as a Major in the Royal Army Service Corps.

**Herbert Turner** of Stoke-on-Trent died on 4 August 2022 aged 99. He served as a Warrant Officer in the Royal Air Force.

**Alan Twigg** of Skegness, Lincolnshire died on 26 March 2023 aged 87. He served as a Gunner in the Royal Artillery.

**William Raymond Wheeler** of Dinas Powys, South Glamorgan died on 24 April 2023 aged 89. He served as a C.F.N in the Royal Electrical and Mechanical Engineers.

**Douglas Wright** of Preston, Lancashire died on 13 March 2023 aged 95. He served as a Private in the Royal Signals.

**Did you know that we can set up online Tribute Pages for the loved ones of staff, Members and Supporters?**

**Find out more about setting up a Tribute Page here:**  
[blindveteransuk.muchloved.org](http://blindveteransuk.muchloved.org)

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## Contact details

**Contact address** Blind Veterans UK,  
126 Fairlie Road, Slough. SL1 4PY,  
**0300 111 22 33**

**Member Support Hub (MeSH):**  
**01273 391 447**

**New Members:** Anyone who may be eligible to join Blind Veterans UK, can phone our Membership Department on freephone **0800 389 7979**.

### A different format?

**If you would like your copy of Review in a different format, then please contact your Community Support Worker or ROVI for more information.**

**The Brighton Centre 01273 307 811**

**The Llandudno Centre 01492 868 700**

**Review Editor: 0300 111 22 33** or  
[revieweditor@blindveterans.org.uk](mailto:revieweditor@blindveterans.org.uk)

**Feedback:** To give us feedback on any of our services, please email us at [supporter.services@blindveterans.org.uk](mailto:supporter.services@blindveterans.org.uk) or call **0300 111 22 33**.

**Donations:** To make a donation, simply call **0300 111 22 33** or visit [blindveterans.org.uk/donate](http://blindveterans.org.uk/donate).

To listen to *Review* on Alexa, the command is: **“Alexa, ask Tuneln to play Blind Veterans UK Review.”** If you have any problems getting it to work, please contact the MeSH helpline on **01273 391 447**.

**Quiz answers (from page 41):** 1. Blue 2. b. Handel 3. Asia 4. b. 1936  
5. a. Blue Whale 6. King’s Cross Station 7. c. Sailing 8. The Chancellor





# Remember Loved Ones

Beloved Blind Veteran's UK ambassador and D-Day veteran, Eddie, sadly passed away last month. Read Eddie's inspiring story on his online Tribute Page at **[EddieGaines.muchloved.com](http://EddieGaines.muchloved.com)**

If you would like to honour your loved one and share memories, light a candle or support Blind Veterans UK in their memory, please visit **[blindveteransuk.muchloved.org](http://blindveteransuk.muchloved.org)** or contact our friendly team for help.



Rebuilding  
lives after  
sight loss

**[inmemory@blindveterans.org.uk](mailto:inmemory@blindveterans.org.uk)**  
or **020 7616 7923**

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