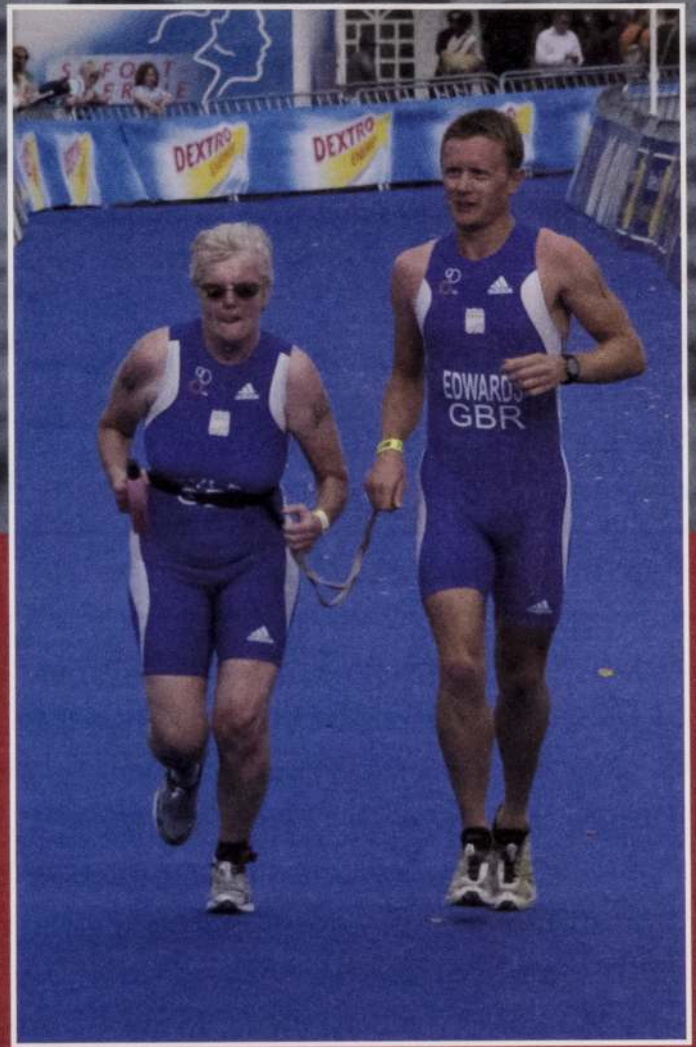


St Dunstan's

September 2009

Review



Photographs: Simon Rogers

Swim! Cycle! Run! Tri-Harder

Cover Story

When the Dextro Energy ITU World Championship series took over London's Hyde Park for a weekend, it also hosted Europe's most significant paratriathlon event to date. St Dunstaner Sue Eyles was one of the athletes who competed in a rapid combination of swimming in the Serpentine, cycling round the Royal park, and running for the finish line. She is pictured in each stage of this pre-Olympic contest along with her guide Matt Edwards. How did Sue fare on the day? Find out on page 26.

St Dunstan's Review is available in large print, braille, MP3CD, via e-mail and on floppy-disc. If you wish to change Review format, or combinations thereof, contact Simon Rogers on 020 7616 7934 or e-mail simon.rogers@st-dunstans.org.uk.

Patron: Her Majesty The Queen

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Calendar

SEPTEMBER

| | |
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| Writers Forum | 5 |
| Ovingdean Fun Fete | 12 |
| English Heritage Open Day | 12 |
| Golf (V) | 12-13 |
| RMA Lymstone | 26-27 |
| Physiotherapist Weekend | 25-28 |
| Computer Club (II) | 30-Oct 1 |

OCTOBER

| | |
|-----------------------|----------------|
| Amateur Radio (II) | 2-9 |
| Writers Forum | 3 |
| Great North Run | 4 |
| World Sight Day | 8 |
| RM Commando Challenge | 10-11 |
| Widows' Week (II) | 11-17 |
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| Trafalgar Day | 21 |
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| Great South Run | 25 |

NOVEMBER

| | |
|------------------------|----------|
| Writers Forum | 7 |
| Founder's Memorial Day | 7 |
| Remembrance Sunday | 8 |
| Fishing (IV) | 9-13 |
| Armistice Day | 11 |
| Golf (VII) | 14-15 |
| Dancing Week (II) | 15-21 |
| Christmas Craft Week | 29-5 Dec |

DECEMBER

| | |
|------------------|---|
| Writers Forum | 5 |
| St Dunstan's Day | 9 |

Your message from St Dunstan's Chairman, Andrew Keeling

From the Chairman

I am really pleased to be able to tell you that, subject to final approval from the Welsh Assembly Government's Heritage organisation Cadw (pronounced cad-oo, it means "to keep"), the St Dunstan's Council have given their full approval to the Llandudno project. This means that once we have agreement from Cadw, which we anticipate receiving very shortly, we can press on with all the work we need do to make our new Centre happen. I feel this is really good news – I hope you do too.

I am also very pleased to tell you of the arrival of Mr Tim Davis on the Council. Tim comes from a strong naval family. He has worked for some time, and with considerable success, in the international hotel industry. He brings with him a wealth of business knowledge and experience with a strong marketing bias – just what we need as we strive to get the St Dunstan's message across to the wider British public.

It was a huge privilege to attend Henry Allingham's funeral in Brighton on 30 July. Of course the day was tinged with sadness, but above all it was a wonderful celebration of the remarkable life of a man who insisted



Photograph Simon Rogers

The Chairman joins a fellow Marine in remembering Henry Allingham.

that he was unremarkable. Henry's American and English families were there in strength, as well as many others from parts of the community that had been touched by him through his long and varied life. I bumped into an elderly and long-retired Royal Marine, proudly wearing his medals and beret, who told me he had known Henry in the 1930s, when he had been a Cadet and Henry was already a veteran of WWI. There were many of us there that day who took pride in associating ourselves with this famous, amazing and very humble man.

Noticeboard

FAB FETE ON 12 SEPTEMBER

RAFFLE TICKETS ALREADY ON SALE: There are some grand prizes on offer in the September Fete Raffle. They include a Family Ticket to see Blood Brothers in November, a visit to the Spinnaker Tower, iPod Shuffle, DVD Player, meals at fine restaurants, a round of golf, hotel stay, paintballing, pottery, signed books, and much more. Tickets are £1 a strip and can be bought at St Dunstan's Ovingdean or Headquarters.

The fete is filling up as a fabulous festival of fun for all the family. It will open in the grounds at St Dunstan's Ovingdean on 12 September. Between 12:00 and 16:00, there will be entertainment with the Dave Masters Band, Jive Dancers, and British Military Fitness, as well as crafts and gifts, bric-a-brac, plus tombolas, raffles, and old favourites like Hook-a-Duck and Tin Can Alley. Come and join us for a whale of a time.

The day is very much about enjoyment but will also aim to raise awareness of visual impairment. If anyone is able to help out with the running of the fete, please get in touch with Melinda Dixon on 01273 391493 or e-mail melinda.dixon@st-dunstans.org.uk.

FOUNDER'S DAY AWARDS

CELEBRATE ST DUNSTAN'S BEST: Your nominations for the best achievements of St Dunstaners, other members of St Dunstan's Family, and volunteers are wanted for the 2010 Founder's Day Awards. There are seven categories of merit recognising the spirit of endeavour encouraged by our founder Sir Arthur Pearson. Presentations will take place at St Dunstan's Ovingdean on 26 March 2010.

The categories are:

- i) **Community Award**
- ii) **Training Achievement Award**
- iii) **Award for Creative Art**
- iv) **Sports Person of the Year Award**
- v) **Volunteer of the Year Award**
- vi) **Innovator of the Year Award**
- vii) **Chairman's Commendation**

Full rules were published in the May Review and nomination forms can be obtained from the President's Office, by telephone on 020 7723 5021, or by writing to Ray Hazan, President, St Dunstan's, 12-14 Harcourt Street, London W1H 4HD. Nominations for the Founder's Day Awards should be submitted to the President's Office by 30 November 2009.

ST DUNSTAN'S OIVINGDEAN OPENS ITS DOORS TO PUBLIC

HERITAGE OPEN DAYS: St Dunstan's Ovingdean will open itself to the public on 12 September as part of the national Heritage Open Days scheme. Heritage Open Days celebrates England's architecture and culture by offering free access to properties usually closed to the public. It is possible to book in advance online at www.heritageopendays.org.uk. St Dunstan's Ovingdean will only be participating on 12 September with four possible tours led by St Dunstaners on that day. Tours will start at 10:30, 12:00, 14:00, and 15:30.

KENT HAS UNSEEN TALENT

VARIETY SHOW IN MAIDSTONE: Kent Association of the Blind has discovered ten fantastic visually-impaired performers who will battle it out on 20 September to win the title of "Kent's Best Unseen Talent". Join them and their celebrity judges, live band and top presenter for an evening of great entertainment. Hosted by BBC News Southeast presenter Geoff Clark with judges Louis Hurst (KMFM), Chris Till (CITV presenter) and Ann Duke (Gold Agency), the show starts at 19:00 at the Hazlitt Arts Centre, Earl Street, Maidstone ME14 1PL. Tickets cost £10 and can be booked online at www.hazlittartscentre.co.uk or by telephone on 01622 753922.

FIND OUT HOW FIT YOU ARE

FITNESS TESTING: Do you want a specific fitness goal to work towards? Have you ever had your body fat percentage or aerobic capacity measured? The Sport & Recreation department is now able to offer a range of physical tests to help you gauge your fitness levels. These include:

**Estimated aerobic capacity;
Lung function and breathing capability;
Body fat percentage;
Muscular endurance.**

We can offer you an initial assessment and monitor your progress over a specified period of time, during which we can also offer advice and information about the best ways of going about achieving your goals. The tests vary massively in the effort levels required so there is something for everyone, irrespective of your current fitness or mobility levels.

If you are interested at all then why not pop into the gym and speak to one of the instructors or call us on 01273 391465 to discuss further.

ST DUNSTAN'S MASONIC GROUP

NEXT MEETING: St Dunstan's Masonic Group will meet at St Dunstan's Ovingdean during 23-26 April 2010.

TELL US YOUR TERRIFIC TALE IN A THOUSAND

ENTER THE 2010 STORY CONTEST: Once again, we are asking budding authors to demonstrate their creative skills in a millennium round of the annual story contest – the winners will have their work published in the thousandth issue of St Dunstan's Review.

Some extra special prizes will be on offer for entrants to this grand competition which will be revealed in a forthcoming issue.

The subject and title are yours to decide. The story can be fact or fiction. With our millennial issue in mind, what does a thousand mean to you? Were you part of some exotic chiliad? Or were you tempted to place a cool thousand on the ponies? Does it conjure thoughts of Arabian nights or vast forests? Does it make you think of the way things were a thousand days ago, or how they will be in a thousand days time? The answers lie with you ...

Wartime biography, tragic romance, prophetic speculation, pyrrhic victories, great wonders, domestic delights, sporting trials, corporate conundrums, political satire, historic exploration, and the daily grind are all rich subjects to mine in 1,500 words.

Submissions can be works of fiction, or factual, but should be an original

work and not previously published. The competition is open to St Dunstaners, their wives, husbands, widows or widowers or members of the Diana Gubbay Trust.

Please follow these steps when submitting entries for the competition:

- 1) Entries should be typewritten and should not exceed 1,500 words.
- 2) Only one submission per person. Multiple entries will be disqualified.
- 3) Entries must be received by the Editor, St Dunstan's Review, 12-14 Harcourt Street, London W1H 4HD by 5 January 2010.

MOBILE SIGHT LOSS UNIT

ON THE ROAD: Action for Blind People's Mobile Sight Loss Information Service will be in East Renfrewshire, Lincoln and Lindsey from 7 September. From 14 September, they move to the North East, Middlesbrough, Sunderland and Guisborough, Birmingham, Torbay and Mid Devon. The week starting 21 September puts them in Oldham and Gloucestershire, and from 28 September, they will be in Dumfries and Galloway, and Cambridgeshire. Each location can be confirmed at www.actionforblindpeople.org.uk or by calling their helpline on 0800 915 4666 nearer the time.

WAR BREAKS OUT IN LAMBETH

NEW EXHIBITION: Seventy years after the radio announcement that informed the nation that Britain was at war, the Imperial War Museum London presents *Outbreak 1939*, a special exhibition exploring the build-up to and preparations for war, an overview of the key events of 3 September and an account of the early months of the conflict. Among the items on display are the jacket belonging to King George VI worn when he broadcast to the nation; a wedding dress worn for a ceremony that was hastily rearranged when the outbreak of war appeared imminent; and the medal awarded to Thomas Priday, the first British soldier to be killed in action during the war, leading a patrol in France. Other items include the German machine gun taken as a souvenir by New Zealand fighter ace "Cobber" Kain from the first aircraft he shot down in 1939, and the conduct book belonging to Gunther Prien, commander of the U47 that sank HMS *Royal Oak* at Scapa Flow on the 14 October 1939, making him one of Germany's first war heroes. Admission to the exhibition is free and *Outbreak 1939* runs until 5 September 2010.

There will also be an exclusive museum tour on 22 and 29 October from 9:30am – 11:00am. Starting with breakfast in the Large Exhibits Gallery before the Museum opens to the public, Terry Charman, Senior Historian at the

Imperial War Museum and author of *Outbreak 1939*, the book accompanying the exhibition, will guide you through the Museum's fascinating collections and exhibits, revealing the stories and characters behind them. The tour will continue downstairs into the *Outbreak 1939* exhibition itself, where visitors can follow the events of the last days, hours, and minutes before the world went to war on 3 September 1939.

Tours are not recommended for children under 14. Tickets £10.00. Concessions £8.50. Price includes tea or coffee and pastries. To book online visit www.iwm.org.uk, e-mail boxoffice@iwm.org.uk, or call 020 7416 5439. For groups of more than ten people, please contact the box office to arrange a private tour.

GOLF CLUB AGM NEXT MONTH

ELECTIONS ON THE AGENDA: The St Dunstan's Golf Club AGM will be at Sim Lounge, formerly known as Golf Addiction at Brighton Marina on 18 October, and will follow the same format as last year with the October Festival. Main items on the agenda will be to elect a new Secretary and organiser. Items for the AGM should be handed in before 14 October. Please contact the Treasurer Don Oliver on 02392 582698.

Les Trout, Secretary

THE NATION'S COMMITMENT TO THE ARMED FORCES COMMUNITY

MAKE YOUR VIEWS KNOWN IN CONSULTATION: Service Personnel, Veterans and their families are being invited to have their say in a public consultation aimed at further improving the way the Government supports the Armed Forces community. It is over a year since the Government published *The Nation's Commitment: Cross-Government Support to our Armed Forces, their Families and Veterans*, also known as the *Service Personnel Command Paper* (SPCP).

The Command Paper contained over 40 commitments aimed at ending any disadvantage imposed by the unique demands of Service life, and providing special treatment where appropriate. It covered healthcare, education, and employment and presented a dedicated vision where services are provided to the Armed Forces community in a way that prevents disadvantage as a matter of routine.

Work carries on across Government departments and related agencies to live up to these commitments, and Veterans Minister Kevan Jones recently announced to Parliament the publication of a Green Paper - the start of a consultation process to build on the perceived achievements in the Command Paper, and make them consistent and enduring.

The public consultation runs until 31 October 2009 and all Service Personnel, Veterans, and MOD civilian personnel, as well as members of the general public, are invited to make their views known and respond to the consultation questions.

The 28-page Green Paper examines the whole spectrum of strategies which could be pursued to ensure that these principles are enduring. Options include placing legal duties on Public Bodies or establishing a Charter for the Armed Forces Community. The SPCP team are keen to hear views and comments on any of the ideas - including the potential benefits, disadvantages and costs - presented in the Green Paper. Additionally, they would welcome any alternative options you feel are worth consideration.

Responses can be made via e-mail to DCDSPERS-SEC-SPCPMailbox@mod.uk - please include "Consultation Response" in the subject line of your e-mail; by post to Service Personnel Command Paper Team, Level 7, Zone J, MOD Main Building, Whitehall, London SW1A 2HB.

PDF versions of each document can be found online as follows:

Command Paper
<http://tinyurl.com/mjrgfw>

Green Paper
<http://tinyurl.com/nyaomj>

Questionnaire and response form
<http://tinyurl.com/nqj4ut>

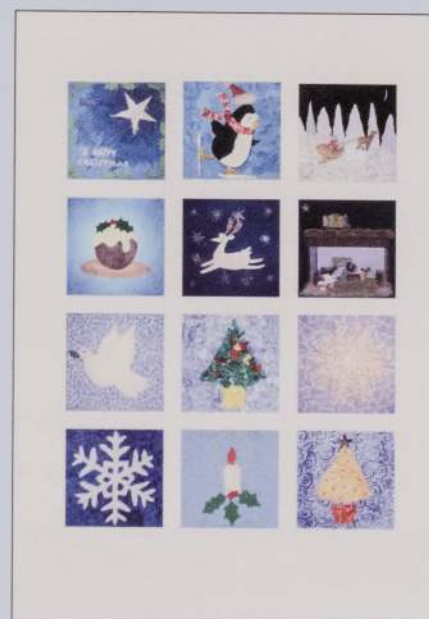
WE HAVE EVERYTHING YOU NEED TO SEND SEASONAL GREETINGS

CHRISTMAS CARDS FOR SALE

INTRODUCING ST DUNSTAN'S 2009 CHRISTMAS SELECTION: As the Festive Season approaches, St Dunstan's is pleased to make its latest selection of Christmas cards available. All of our Christmas cards carry the St Dunstan's logo and the greeting "With every good wish for Christmas and the New Year".

Each pack contains ten cards and envelopes, except the Craft Workshop twin pack which contains five cards of each design. All prices include VAT at 15 per cent.

St Dunstan's Craft Christmas card twin pack



As ever, this pack contains two unique cards using artwork made by St Dunstaners attending the Craft Workshop at St Dunstan's Ovingdean. Each card shows off their talents across 12 individual panels with designs depicting popular Christmas icons. One has a delightfully wintery



blue theme, the other a happy warm red tone. Designs include the traditional Christmas wreath, star, stockings, baubles, candles, reindeer, snowflakes, snowman, doves, holly and Christmas pudding. Ref: DUN080X
Size: 4¾ x 6¾ inches (121mm x 171mm)
Price: £3.95



Polar Bear Fun

Six cartoon polar bears are shown preparing for the festivities of Christmas. There's skating, party hats, a pudding, presents, trees and tobogganing with our furry friends, but no glacier mints. Ref: DUN070X
Size: 4¾ x 6¾ inches (121mm x 171mm)
Price: £3.75



Christmas Icons

A cheerful Christmas card featuring cartoon-style paintings of a jovial snowman, a fat robin, a penguin, and of course Santa! All the figures hold gifts as they stand on a layer of snow.

Ref: DUN071X

Size: 6¼ x 6¼ inches (159mm x 159mm)

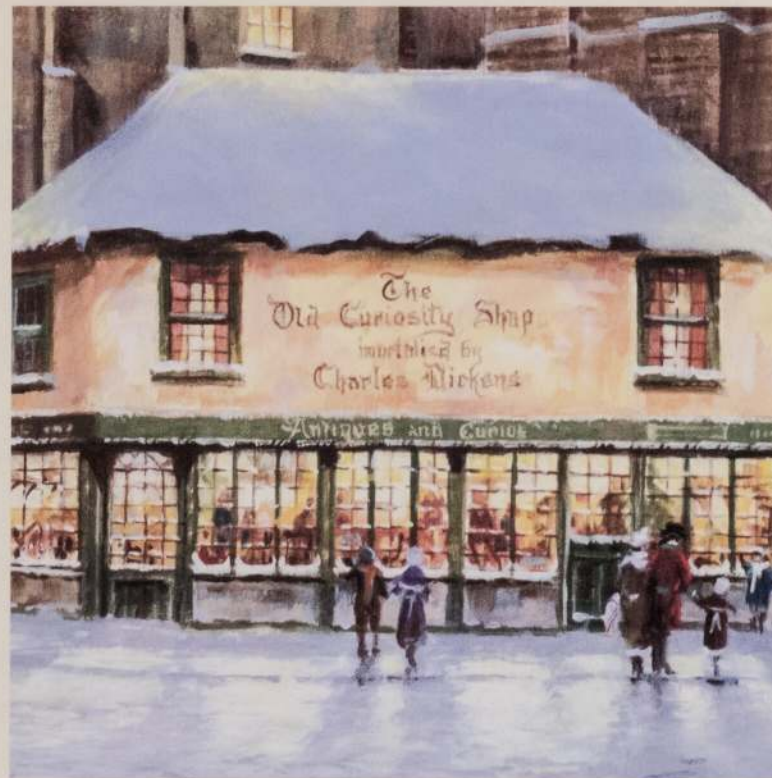
Price: £3.95

Outside the Shop

This traditional Christmas painting features Victorian children on a snow covered street. They are peeking through the window of what is probably London's oldest shop.

Ref: DUN072X. Size: 6¼ x 6¼ inches (159mm x 159mm). Price: £3.95

This card is also available with a Welsh language greeting inside. "Gyda Dymuniadau Gorau ar gyfer y Nadolig a'r Flwyddyn Newydd". Ref: DUN073X. Size: 6¼ x 6¼ inches (159mm x 159mm). Price: £3.95



Presents under the Tree

A lovely gold foil die cut card shaped as a Christmas tree. The words "Wishing You A Merry Christmas" appear on a red banner wrapped around the star strewn evergreen which has parcels stacked beneath.

Ref: DUN074X. Size: 4¾ x 6¾ inches (121mm x 171mm)

Price: £3.95



Frost Touched Berries

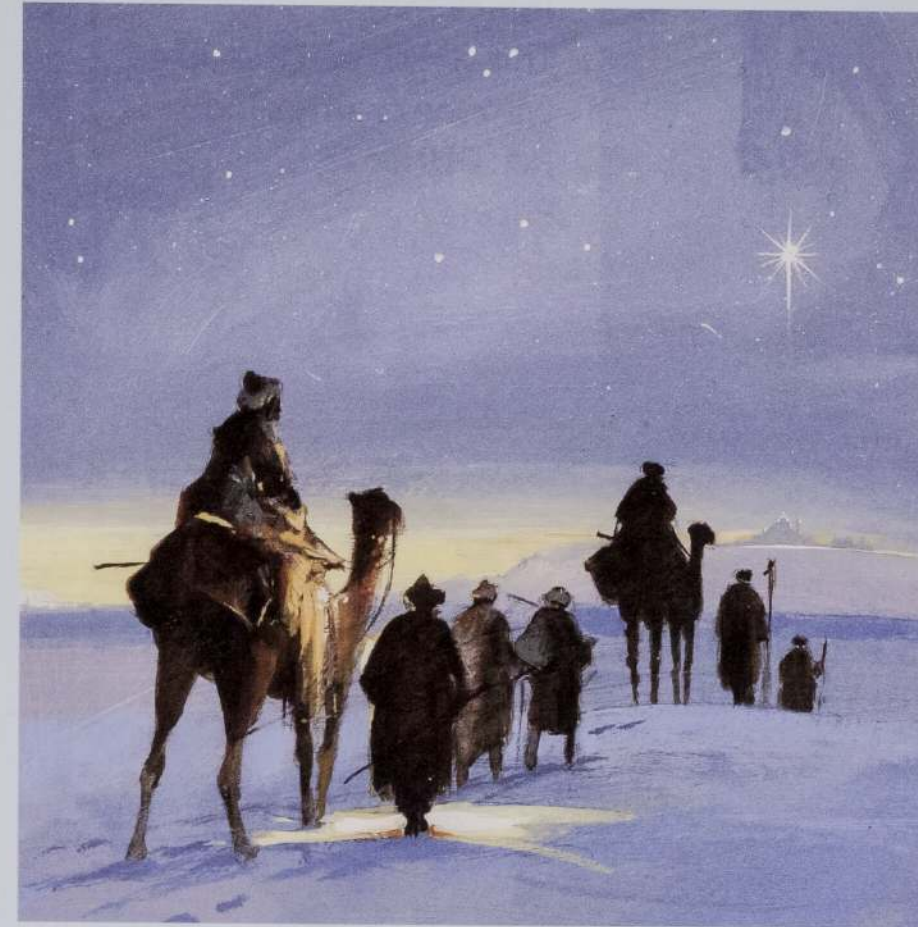
A red breasted robin makes his arrival in time for Christmas, perching within the shelter of a shrub. His chirpy form bobs out near frost touched red berries growing amidst the dense green leaves.

Ref: DUN075X

Size: 5½ x 5½ inches (137mm x 137mm)

Price: £3.50

Telephone orders on 0845 450 8446



Following the Star

A traditional Christmas image depicting pilgrims, two riding camels, as they follow the star to Bethlehem across the desert for the birth of Jesus. Ref: DUN076X. Size: 5½ x 5½ inches (137mm x 137mm). Price: £3.50



Puppy on a Sledge

Cheerful Christmas card depicting a boy playing with his adorable Labrador puppy in the snow. The boy is grasping at the fur lined hood on his red anorak as the snow falls. All the while, he pulls his bemused pet along on a sledge.

Ref: DUN078X. Size: 6¾ x 4¾ inches (171mm x 121mm).

Price: £3.75



Twelve Days of Christmas

This card features the famous icons from the Twelve Days of Christmas carol in soft watercolour shades. It starts with the partridge in a pear tree. Ref: DUN077X

Size: 4¾ x 6¾ inches (121mm x 171mm)

Price: £3.50



St Dunstan's metallic silver ballpoint pen (black ink)

This stylish pen is marked with the charity's logo.
Ref: DUN062E
Price: £2



St Dunstan's enamel badge

The official emblem of St Dunstan's, a Grecian cone-shaped torch with a flame at the top. The badge can be worn with any item of clothing.
Ref: DUN063E. Price: £2

Orders can be placed by telephone, online, or by post, filling out both sides of the form on pages 13 and 14.

School Choir

A school choir singing Christmas carols on a snowy winter night in front of their local church.
Ref: DUN079X. Size: 6¾ x 4¾ inches (171mm x 121mm). Price: £3.75



St Dunstan's Christmas bumper pack

A great selection of 30 Christmas cards from previous years. Various sizes, envelopes included. Cards in the pack may differ from those pictured above.
Ref: DUN082X. Various sizes. Price: £4.50

Christmas card order form

Name

Address 1

Address 2

Address 3

Postcode

Telephone

| Code | Description | No. of packs | Cost per pack* | Total £ |
|---------|--|--------------|--|----------|
| DUN070X | Polar Bear Fun | | £3.75 | |
| DUN071X | Christmas Icons | | £3.95 | |
| DUN072X | Outside the Shop | | £3.95 | |
| DUN073X | Outside the Shop (Welsh version) | | £3.95 | |
| DUN074X | Presents under the Tree | | £3.95 | |
| DUN075X | Frost Touched Berries | | £3.50 | |
| DUN076X | Following the Star | | £3.50 | |
| DUN077X | Twelve Days of Christmas | | £3.50 | |
| DUN078X | Puppy on a Sledge | | £3.75 | |
| DUN079X | School Choir | | £3.75 | |
| DUN080X | St Dunstan's Craft Christmas card twin pack | | £3.95 | |
| DUN082X | St Dunstan's Christmas bumper pack (a selection of 30 cards and envelopes) | | £4.50 | |
| DUN062E | St Dunstan's ballpoint pen | | £2.00 | |
| DUN063E | St Dunstan's enamel badge | | £2.00 | |
| | | | Order total | £ |
| | | | Postage & packing – Up to £15: £2.50 | £ |
| | | | £15.01 to £30: £3.95 | |
| | | | Over £30: FREE | |
| | | | TOTAL | |

In the event that one or more of your choices is sold out, St Dunstan's will substitute an alternative design for you. Your order will be despatched within 21 days. *Cost per pack includes VAT at 15 per cent.

Form continues overleaf...

www.supportblindheroes.org.uk

Please fill in your **payment** details

I am enclosing a cheque/postal order made payable to St Dunstan's Enterprises Ltd (please write your name and address on the reverse).

OR Please debit my Master Card/Visa/Amex/Maestro

Card No (Shaded boxes for Valid from Expiry date Issue No Maestro only)

Signature: _____ Date: _____

Please do not send CAF vouchers - thank you!

Please return this order form along with your payment to:

Freepost RRLX-KJXU-UZHC,
St Dunstan's Christmas Cards,
PO Box 220,
Tonbridge,
Kent TN12 6ZQ



St Dunstan's Enterprises Ltd is wholly owned by and gives all its taxable profits to St Dunstan's, a charity registered in England & Wales (no. 216227) and Scotland (no. SC0394111) under the Gift Aid Scheme.

Tell all your family and friends

Telephone orders on **0845 450 8446**

Or place your order online by visiting

www.supportblindheroes.org.uk

A selection of your comments drawn from The Editor's postbag

Letters to the Editor

Letters are always welcome. Write to St Dunstan's Review, 12-14 Harcourt Street, London W1H 4HD. E-mail ray.hazan@st-dunstans.org.uk.

Trumpet call for Brenda

May Brenda's family and myself take this opportunity of giving our heartfelt thanks to the nursing department for the wonderful care they have taken of Brenda. As you know, Brenda lost her sight and her right arm in an accident in a munitions factory in 1943 at the age of 21. For five years following her stroke the nursing department has poured loving kindness and Christian compassion till the death of this poor and unfortunate woman, for this we are truly grateful.

We would like this to be reported and recorded because honour should be given where honour is due. People live forever in the hearts of those that love them. You will

recall in *Pilgrim's Progress* that when Christian was nearing the heavenly city all the trumpets sounded. I like to think that all the trumpets sounded for Brenda.

When the day of reckoning comes St Dunstan's will be found not wanting.

**Frank Tinsley,
Ovingdean, Brighton**

Remembering Henry

We were privileged to meet Henry Allingham with Dennis at the Veterans Day commemorations in Blackpool last year where he graciously accepted a Squadron crest badge and it was always a pleasure and with great pride to see him on the National news wearing our crest. He will be fondly remembered

at 177 Squadron Air Training Corps. We will remember him!

**Ft Lt Andrew Nickson,
Blackpool, Lancashire**

• Henry was in 177 Squadron's thoughts when they tackled St Dunstan's Cadet Challenge for the third consecutive year. More on page 30.

Wisdom of the ages

The last time I spoke to Mr Allingham in February 2009, on hearing my name, he chuckled as only an old person can and remarked "I've met some wonderful ladies in my long life, there was my wife Dorothy and I have met the Queen, but I've had to wait 112 years to meet the Perfect woman." Dear Henry, may flights of Angels guard thee to thy rest.

Audrey Perfect, Devon

Individuals should take responsibility

I feel bound to respond to the letter from Patrick Sidnell in the August Review. As beneficiaries of a generous charity, I don't think this gives us the right to demand a solution to every problem that arises, either in advance or otherwise.

While St Dunstan's can be relied upon to meet our main needs, ie, the driver and the transport, it is surely reasonable to expect individual needs to be met by the individual. If you feel that a given situation could produce the need for a sandwich, carry a sandwich. What else do you think those City types have in their briefcases?

Roy Ramsay,
Harrow Weald,
Middlesex

You can have your sarnie and eat it

Regarding Patrick Sidnell's letter in the August Review. I find it almost impossible to believe that anyone

can complain about the services of St Dunstan's and about such trivialities. Could I ask Patrick, in order to allay your worries about food, possible accidents, travel arrangements and times, would it not be better for you to arrange your own travel? And it is rubbish to say you cannot eat your sandwiches at m'way service stations. I have never had any trouble eating my own food at these stops. So I would say to you Patrick, give the St Dunstan's people the praise they richly deserve for the wonderful things they do for us and remember, the Lord helps those who help themselves.

Vic Wainwright,
Gravesend, Kent

Be prepared to make sacrifices

I don't like criticising fellow St Dunstaners, but in this case I felt I had to. I refer to the letter in the August Review by Patrick Sidnell, in which he complains, because there was not a formal

announcement by St Dunstan's that they were no longer going to pay for refreshments while in transit to Ovingdean. Surely we don't have to make a bank loan to pay for a few sandwiches. He goes on to complain that he should receive a refund if he arrives too late for an evening meal. He must realise that his stay at Ovingdean is heavily subsidised by St Dunstan's, so the options they have taken are a small price to pay. I think that it's nothing short of a miracle that St Dunstan's have been able to maintain the level of support we are receiving in the present economic circumstances, so we must all be prepared to make sacrifices so as not to make too much strain on existing resources.

Chris Spellacy,
West Kingsdown, Kent

Thank you R&T

I was invited to St Dunstan's Ovingdean for training from 5-12

July. My curriculum was IT and art. For IT, my initiation was by Janis, then onwards by Teresa. Both of these wonderful people were very empathic to the situation and put up with my stupidity, and by the end of the week I was conversant with Guide.

I would have liked to send my first e-mail to these ladies, but unfortunately my connection to broadband has not yet happened.

So this letter must suffice and so much easier with the new keyboard for which I thank you.

So ladies, thank you very much.

Art with Dave was very interesting. The results certainly surprised me and my family, but I think they may have surprised even Dave.

My thanks to Dave who was my mentor, my tea supplier, and the

person who allowed a masterpiece slip through his fingers by letting me take it home. Thanks Dave. The art material and that which you taught me will be put to full use.

The purpose of this communication is to thank St Dunstan's Ovingdean for the magnificent hospitality it afforded my wife and I, and for the charming and friendly attitude of all the staff.

Brian Ritchie,
Maylandsea, Essex

Balancing the Books

by Ted Bunting

Liza of Lambeth

Author: W. Somerset Maugham

Reader: Nigel Carrington

Duration: 4 hours, 10 minutes

Catalogue No 11808

At the end of a long rambling preamble that seems to go round and round the houses in search of a destination, there is only enough time left for a fairly brief short story. How fortunate, then, that the tale is told by Somerset Maugham; possibly the very best short story writer Britain ever produced. But it is as tragic as it is masterly nevertheless... Liza, young, attractive, vivacious and popular throughout the neighbourhood,

could have had the world at her feet if only she "played her cards right." But people don't, do they? We have all had occasion to say of someone, "Why on earth did they do that?" Not even the old philosophers can explain why the cat jumps this way or that, or why some of us seem deliberately to choose misery before happiness. And nor can Somerset Maugham, but in *Liza of Lambeth* he shows where unkind fate can lead, and he brilliantly uses a drab and sordid parochial setting to shine a light on a universal trait of human nature. (Also available for loan in two volumes of braille from RNIB NLS Stockport).

Deg cwestinwn ar...

Gymru (That's Ten Questions on Wales)

Harry Beevers yn holi pobl yn Llandudno

- 1) Who holds the official post of Colonel of the Regiment for the Welsh Guards?
- 2) Which saint, according to tradition, ordered the Welsh to wear leeks in their hats to distinguish them from their Saxon foes in battle?
- 3) A Welsh version of which game was launched in 2005 with an assortment of new tiles excluding X, Q, and Z?
- 4) In which sport did Cardiff-born David Broome represent Great Britain at six Olympic Games?
- 5) Who was the Llanelli-born politician who became leader of the Conservative party in 2003?
- 6) Which spot in Wales has the highest annual rainfall of 340 centimetres?
- 7) In 1865 settlers from Wales landed in the Patagonian region of which modern day South American country?
- 8) The popular tourist centre Portmeirion played host to which cult Sixties television series?
- 9) "In a shady nook by a babbling brook", was the theme song of which popular Welsh singer who died in 1973?
- 10) Where in North Wales has the international Eisteddfod been held annually since 1947?

Answers can be found on page 37.

Harry Patch

Britain's "Last Tommy" Harry Patch died on 25 July, aged 111. He was the last British man living in the UK to have served in the trenches on the Western Front.

Subscribed into the Army as an 18-year-old, he fought in the Battle of Passchendaele at Ypres with The Duke of Cornwall's Light Infantry in 1917. He served in the Home Guard during the Second World War.

Mr Patch was laid to rest at Wells Cathedral in Somerset on 6 August. His funeral was attended by close friends and family as well as thousands of people wishing to pay their respects to the "last fighting Tommy". The coffin was borne into the cathedral by six members of 1st Battalion, The Rifles.

Also in attendance were Her Royal Highness The Duchess of Cornwall, Her Royal Highness The Duchess of Gloucester who is President of the World War One Veterans Association, The Right Honourable Harriet Harman, QC, MP, representing the Prime Minister, Veterans Minister Kevan Jones, and Chief of the General Staff General Sir Richard Dannatt.

Wartime favourites sung by a chorus of support

TWO NIGHTS of music resounded through the halls of St Andrew's Church, Hove on 30-31 July. Brighton & Hove (actually) Gay Men's Chorus staged a musical revue, *On The Beaches* in support of St Dunstan's and the Royal British Legion. The show started with *The Rhythm of Life* setting a powerful beat, and the Chorus proved versatile with renditions of *Dies Irae*, *Bohemian Rhapsody* and *You'll Never Walk Alone*. The second act was a musical portrait of the Second World War that mixed nostalgia, pathos, and community spirit with slapstick and dramatic flair. There was a humorous interlude from Doreen Steward who told how she got round red tape to join her husband in wartime Brussels. Guests included Dame Vera Lynn and the Mayor of Brighton, Cllr Anne Norman.



St Dunstaner Matt Rhodes joins the Chorus on stage to thank members for their support of the charity.



Photograph copyright Peter Williams

Army St Dunstaner Peter Williams meets Dame Vera Lynn at the opening night of *On The Beaches*. Katy Barrett, St Dunstan's Head of Rehabilitation and Training is with them on the left.

A final farewell to Henry

HUNDREDS OF people lined the streets of Brighton to say farewell to St Dunstaner Henry Allingham as he was laid to rest on 30 July. Crowds had gathered around St Dunstan's Ovingdean in anticipation of the funeral procession. As the hearse departed, members of the local RAF Police Association dipped Standards and saluted, while St Dunstaners, staff, and members of the public stood in silent respect. Even more lined the coast road and the route to the church in central Brighton, where scores had gathered to mark the passing of

the world's oldest man and one of the longest surviving veterans of the First World War. Born on 6 June 1896, Henry served with the Royal Naval Air Service and the newly formed Royal Air Force during the First World War.

Henry's family and friends, led by grandson David Gray, attended the funeral service at St Nicholas Church in Brighton. Mourners included his daughter Betty.

Three Royal Navy and three Royal Air Force personnel acted as pall bearers and Henry's medals were carried

by his great-grandsons Brent and Michael Gray, both Petty Officers in the United States Navy. St Dunstan's Chaplain Father Martin Morgan led the procession to the church door where the crowd gave a round of applause before the pall bearers carried the Union flag draped coffin across the threshold.

Her Majesty The Queen was represented by HRH The Duchess of Gloucester who is Patron of the World War One Veterans' Association. Also attending were The Lord Lieutenant of East Sussex and The Right Worshipful Mayor of the City of Brighton & Hove, Veterans Minister Kevan Jones, MP, incoming Chief of the Air Staff, Air Chief Marshall Stephen Dalton, CB, BSc, FRAeS, MCMI, RAF, and Commander in Chief Admiral Sir Trevor Soar, KCB, OBE, St Dunstan's President Ray Hazan, Chairman Major General



Photograph Simon Rogers

The funeral procession stops outside St Nicholas Church for the Last Post.

Andrew Keeling, CB, CBE, Member of Council David Knowles, CBE, and Ovingdean Manager Helen Emmerson. There were also representatives of the French military.

St Dunstaners such as Mansel Lewis, Rae Price, and Alf Lockhart were present with members of St Dunstan's Nursing and Care staff who had looked after Henry while he was a resident at St Dunstan's Ovingdean.

The first reading was given by Robert Leader, Chief Executive of St Dunstan's, while the second was a reading of the poem Distant Fields from Henry's great-granddaughter Amy Carlson.

David Gray spoke of his memories of Henry's humility, and the words that accompanied any parting – "be good". Further reminiscences came from Vice Admiral Sir Adrian Johns, KCB, CBE and Air Vice Marshal Peter Dye, OBE who met Henry at St Omer. St Dunstan's Padre Father Martin Morgan addressed the congregation telling them that "St Dunstan's isn't just a care home, there is too much heart for that. It is a caring home!"

Prayers were read by Henry's great-grandson Nathaniel Gray and by his close friend Dennis Goodwin, MBE, Chairman of the World War One Veterans' Association.

In the churchyard, the procession stopped as the bugler sounded The Last Post. St Dunstaner Nigel Whiteley lowered the Charity's Standard, along with Standard Bearers from the Fleet Air Arm Association, the Royal Naval Association, and the Royal Air Force. After a minute of silence, Reveille was sounded and the procession continued. The Church bell then tolled 113 times in honour of Henry.

A final tribute to Henry's aviation Service came with a flypast of five replica WWI aircraft. Three SE5A biplanes flew over the church, followed by a Sopwith Triplane and a Sopwith Pup.



Photograph copyright Paul James

A moment of silence for Henry Allingham.

Blue Ribbon day for Denis



Photographs courtesy and copyright Sue Darnell-Brown

Denis and King Louis at Hartpury College.

A ST DUNSTANER who took up riding to overcome his fear of horses won a blue rosette in a national dressage competition in July. Denis Packham of Saltash, Cornwall was one of 300 people competing in the RDA National Championships at Hartpury College, Gloucester over 11-12 July. Organised by the Riding for the Disabled

Association (RDA) the event was the largest ever held.

He was riding a horse called King Louis who is on loan to the Duchy of Cornwall RDA by Lynda Wright from Treworgey Farm, Cornwall. Riders from all across the country converged on Gloucester for the competition which covered disciplines in dressage, countryside

challenges, working horse, vaulting, best turned out horse, and care and knowledge.

Riding in the senior visually impaired class, Denis won second place. "It isn't easy," he said. "My eyesight at best is non-existent so I have to memorise the course. There are markers but by the time I can see them it is far too late.

"I started riding because I was terrified of horses and I have always believed that the best way to overcome your fears is to confront them. For me it is a great achievement to end up in the National Championships."



Blue Ribbon day for St Dunstaner Denis.

Denis, aged 62, served in the Royal Navy for nearly 25 years at sea and on land and became a St Dunstaner in 2003.

He rode in a county contest at Chiverton in May, then at a regional competition in Exeter during June. That qualified him to enter the National Championship in July. The dressage contest demands that he maintain an appropriate posture while following a set course on an open area.



There are a series of tasks for rider and horse as they salute the judges and trot or canter along to the finish.

Sue Darnell-Brown, Vice-Chairman of the Duchy of Cornwall RDA praised Denis on his success. "We're very proud of Denis. He's incredible," she said. "I don't know how he does it. It takes a lot of bravery, a lot of trust in the horse. He remembered the distances so well."

Erks on Parade



Photographs courtesy and copyright Georgina Wheeler

St Dunstaner Frederick Wheeler of Telford, Shropshire was on parade with fellow members of the RAF National Service Association at the RAF Museum Cosford on 28 June. He was escorted by Leading Aircraftwoman Charlotte Lofthouse from RAF Brize Norton.

An honour for Paul

A St Dunstaner and two other Normandy veterans unveiled a children's Centre in June. Paul Harrison of Sidcup, Kent joined Alf Coutnedge and Ian Hammerton for the opening of the Normandy Children's Centre in Barnehurst. "It's an honour," he said. "I feel as proud as punch." Also present were June Slaughter of Bexley Council and David Evennett, MP.

Some Artistic Inspiration for the IT Training Rooms



Sarah Jarron reports on a new installation

LAST MONTH SAW the completion of a commission which was given to the Craft Workshop from the IT Training department at St Dunstan's Ovingdean. The brief for this project was to assist the IT trainees in differentiating between the two IT training rooms by creating a couple of large tactile murals. The

project was sponsored by St Dunstaner Audrey Brooks who has been a trainee of both departments and was keen to brighten up these training rooms with some artwork.

The theme for the murals was to make one Seascape (with inspiration from Brighton) and one Landscape (with inspiration taken from the South Downs and Lewes). Each mural was made using different techniques so that they both looked and felt very different and each

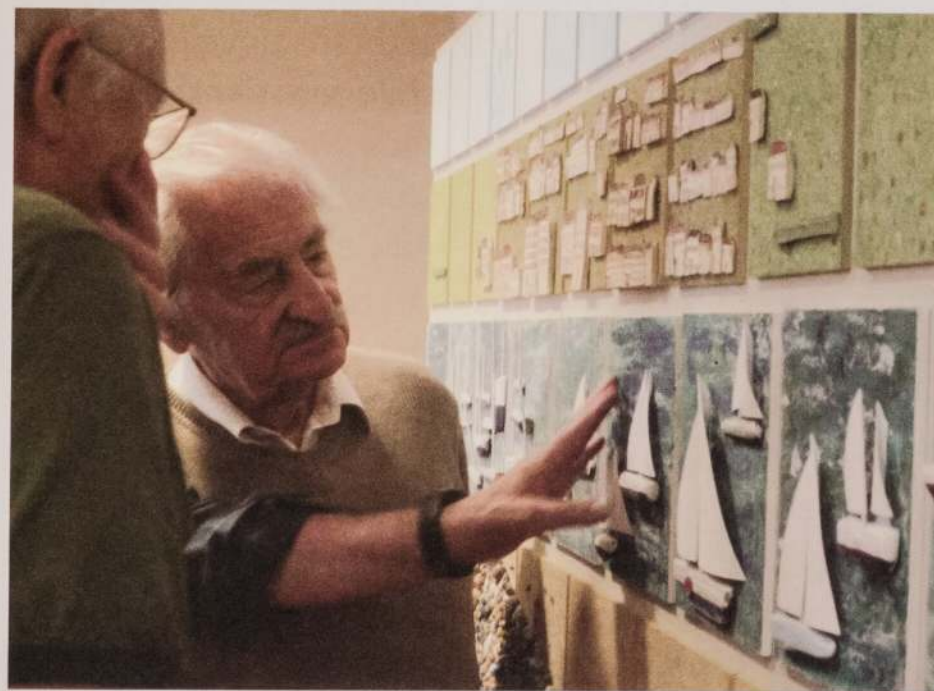
image was divided into small panels inspired by the keys found on a computer keyboard.

For the Seascape, the sky was made using silk painting on cotton, the grass was marble dust dyed with silk paints and the buildings were made from clay pressed into moulds. The sea was created with collage made from metallic papers, tissue paper and paint and the sea shore was made of pebbles and shells in turn made of paper pulp.

In contrast, the Landscape mural was made using acrylic paint

for the sky, the textured fields were made from paper pulp, papier mâché and paint, and the large tactile flowers were made from neoprene foam. Small tactile door markers were also made

for each IT room to complete the project. Work on the murals lasted around four months and involved many St Dunstaners who attended the Craft Workshop at Ovingdean.



Henry Sheridan and other St Dunstaners test the tactile elements of the Seascape mural.

Laker's progress

Ges Laker is setting new records in aid of blind ex-Service men and women. With nearly 3,000 miles behind him, sponsorship for the coastal walker has crashed through the £7,500 barrier. As the Review went to press, the former member of the Fleet Air Arm Field Gun Crew and his dogs Phoebe and Sumo had long passed through John O' Groats and were walking down the west coast of Scotland near Kilberry. Well wishers have donated £7,513.51 on his website www.justgiving.com/gesukcoastline as well as leaving messages of congratulation. Our best wishes go with Ges and his dogs as they continue to trek around the UK shores.

Paratriathlon Trailblazers

Simon Rogers reports on the St Dunstaners who are setting the pace in the world's fastest growing sports challenge

A ST DUNSTANER WAS at the forefront of Europe's biggest ever Paratriathlon – a trailblazer for future sporting events such as the 2012 Olympics! Over 40 elite athletes from across the world competed in the triathlon at Hyde Park on 15 August. They included Royal Navy St Dunstaner Sue Eyles and her guide Matthew Edwards.

The Paratriathlon was part of a two-day Dextro Energy Triathlon ITU World Championship representing the London leg of an international contest. There were six categories according to loss of arm, leg or sight, so athletes with differing types of disability were also racing against each other. Competitors



Sue and Matt are congratulated by triathlon luminary Dr Sarah Springman, OBE, Vice President of the ITU.

came from Great Britain, France, USA, Germany, Austria, and Canada.

The athletes had to swim 300m in the Serpentine, then break out cycles for 10km, broken into two laps through the park, finishing with a 3.5km run to the finish. "It's been a great day, but it's too short for me," said Sue. "I can't pace myself

so well for the sprint and prefer the longer distance. But the day itself, the arrangements, the people organising it have been excellent."

Sue and Matt also had some celebrity encouragement from Olympic athlete James Cracknell and his young son. "We were talking about if it was best to wear

a wetsuit or not," said Sue. "It was funny because his son was playing with my cane. He couldn't work out why I needed it. I said it was because my eyes don't work. He asked me if my eyes were open, so I said, yes they're open, but my eyes don't work. He couldn't quite work it out, but he was sweet."

Sue completed the swim in just over ten minutes, then it was a quick dash for her and Matt before they were off on the tandem, looping twice round the river and tree lined tracks of Hyde Park. Then came the final 23 minute run.

"I stitched almost as soon as I started but tried to run through it, though that didn't really work," said Sue. "Then when we finished, I made the



Sue meets James Cracknell in London.



Photographs Simon Rogers

Swimming, cycling, and running. Sue and Louise Timms go all out on the Mazda London Triathlon.

mistake of stopping straight away rather than jogging on for a bit, so I felt a bit bleugh!"

Sue, aged 49, of Bristol, Avon, achieved the third quickest time amongst the blind female athletes with 55 minutes and 52 seconds, only 11 minutes behind fellow Brit Sara Butler. "I'm quite pleased in the sense that she's only 25, and I'm almost twice her age," said Sue. "You need to turn out for these things, it's the only way they will get better."

Previously, Sue told the Review that she felt Triathlons gave her an opportunity to compete with sighted people as an equal. "They don't know I'm blind," she said. "Once the dark glasses go on, I'm just a chick with shades. I like the camaraderie. When I'm on the tandem, people will call out 'Oi, that's cheating!' There's a good bit of banter and I enjoy that. Then with the run I can pace myself and just keep going. Somebody said I was like the Duracell Bunny."



Jamie Cuthbertson and George Buckingham.

Despite its energetic combination of swims, cycling and running, triathlon is reckoned to be the quickest growing sport in the world. No surprise then that some St Dunstaners have leapt at the challenge.

Sue had previously tested herself at the 13th London Triathlon in the Docklands area on 2 August, an event which gave her the opportunity to indulge in the longer distances she prefers. Also taking part that day were St Dunstaners Jamie Cuthbertson, Mike Scholes, and Steve

Parnell. They were supported by staff from St Dunstan's Sports and Recreation department.

The Mazda London Triathlon centres itself



Stephen Parnell and David Babister on the move.

around the ExCel Conference centre which is adjacent to the Royal Victoria Dock. Cranes stand tall over the water like a guard of honour from the lost industrial past. On the other side is a stretch of road that allows cyclists to race up towards Tower Bridge at one extreme and down to the end of the Royal Albert Dock at the other – twice in fact. The run then winds its way around the ExCel complex and old warehouses and mills that are now homes or modern businesses. In completing this challenge, competitors swim 1,500m, then cycle

38.7km, and run 9.4km. Over the weekend, around 14,500 people, aged between 15 and 75 competed, with 55,000 spectators cheering them. An estimated £3,000,000 is raised for charity.

Once in the water, Sue established a good lead, guided by Louise Timms and Mandy Fermer. Not far behind were Jamie Cuthbertson and his brother-in-law George Buckingham, followed by Mike Scholes with Andrew Seivwright and Alex White.

RAF St Dunstaner Stephen Parnell, aged 41, of Banbury, Oxfordshire was flying the flag for Team Viper with the help of David Babister, but had undertaken to complete the event in aid of St Dunstan's. "The swim was a bit of a surprise," he said. "I had swam in open water before, but not that far, all my training had been in the pool."

Even so, Stephen and David managed to pull ahead of Mike and the gym lads. Slippery floors

and vagaries of transition meant that Sue lost her lead to Royal Engineer St Dunstaner Jamie Cuthbertson, aged 48, of Bearsden, Glasgow as he and George were first on the road with their tandem.

Royal Navy St Dunstaner Mike Scholes, aged 56, of Haywards Heath, West Sussex was close behind with Andrew Seivwright, breaking ahead of Sue and Louise.

A further transition, that's the area between each stage, put all of our athletes on the run, though positions were firmly established by this point. First in was the gym's Alex White who

ranked 160 overall with a time of 2 hours, 49 minutes, and 43 seconds.

Jamie and George ranked 246 with a time of 3 hours, 1 minute, and 26 seconds. Mike and Andrew ranked 315 with 3 hours, 17 minutes and 52 seconds. Sue and Louise ranked 344 with 3 hours 28 minutes and 17 seconds. Next were Stephen and David who ranked 373 with 3 hours, 43 minutes, and 39 seconds. The gym's Will Martire de la Mare ranked 375 with a time of 3 hours, 44 minutes and 24 seconds. Finally, it was a glowing finish for Mandy Fermer in 3 hours, 47 minutes, and 39 seconds.



St Dunstaner Mike Scholes and Andrew Seivwright.

Stepping up to the challenge

Photographs Simon Rogers



Army Cadets from Sevenoaks, Tunbridge Wells, and Wrotham at Penshurst Place in Kent with Colonel Richard Dixon, DL. Left: Cadet Abigail Lisa Bettell makes friends with Cadet Bambi in the grounds of Knole Park.

TWO GROUPS of cadets were taking part in St Dunstan's Cadet Challenge on 26 July, united in spirit if not distance. In Kent, Colin and Brenda Williamson joined three ACF units for an undulating trek from the stately grounds of Penshurst Place via Bough Beech Nature Reserve and Knole Place to the base of



177 Squadron dedicated their Tri-Service vessel to the memory of WWI veterans Henry Allingham and Harry Patch. The Blackpool Air Cadets were joined by St Dunstaners Maria Pikulski and David Stuttard as they walked through torrential rain and high wind.

Photograph copyright Maria Pikulski

Sevenoaks ACF. There were 24 cadets and ten instructors carrying an injured comrade on a stretcher. The weather was positively perfect.

The cadets also tried their hand at preparing some tucker from 24-hour ration packs with mixed results.

Up in Blackpool, St Dunstaners Maria Pikulski and David Stuttard joined 177 Squadron who had converted a hospital trolley into a combined

aircraft, ship and tank. They gamely stepped out into horrendous winds and persistent rain for their 13 miles. Later in the day, the weather improved though the

Kentish sunshine had given way to a steady drizzle. After a quick telephone check between the groups, a big cheer went up in Blackpool! Well done to both teams.

Photograph copyright 611 Squadron



Cadets from 611 Squadron, based at RAF Woodvale in Liverpool, saddled up for St Dunstan's once more on 24 July. They rode round the airfield perimeter track on bicycles, some in fancy dress.

John takes the plunge for St Dunstan's

A ST DUNSTANER joined The Tigers - The Princess of Wales's Royal Regiment's Parachute Display Team - for a tandem parachute jump in support of blind ex-Servicemen on 10 June. John Macdonald of Canterbury, Kent, his son John, and several members of the local Rotary Club made the 12,000ft drop. "It started because I wanted to convince myself that I'm

still young," said John, aged 70. "I still feel that way. It was more relaxed than when I was in the Parachute Regiment. It was nice to have someone to talk with on the way down. With Service jumps it was more

a case of getting down and on to the next task. This time I had the chance to enjoy the experience. Funnily enough, my son didn't enjoy that, he preferred the exit from the plane. It was the other way round for me."

Kelly gets ready to jump!

Best wishes go to Kelly Read who is planning a tandem parachute jump in aid of St Dunstan's later this month. Kelly is the grand-daughter of Don and Sylvia Bagley of Wolverhampton, West Midlands.

The disturbing visions of Charles Bonnet Syndrome

Hilary Brown examines the strange phantom visions that can make visually impaired people doubt their minds

I DEVELOPED AN interest in Charles Bonnet Syndrome when a St Dunstaner with very severe symptoms described them to me as she was so distressed by the effect they were having on her. She sees visions of gargoyles and fairy tale figures, amongst others during the day and at night her late husband and other living family members "visit" her as well as some cats. She told me that she had experienced these symptoms for some time but as is quite often the case she was reluctant to tell anyone as she thought they would think, as she put it, that she was "losing her marbles". She did indeed fear that she may have a mental illness.

I have since carried out a study of the incidence of Charles Bonnet Syndrome with the St Dunstaners that I visit. I have looked particularly at the symptoms and the eye condition.

What is Charles Bonnet Syndrome?

A Swiss naturalist, Charles Bonnet, originally observed this condition in the 1760s. His 89-year-old grandfather,

Charles Lullin, began to experience visions. Bonnet noted that his grandfather, who suffered from cataracts, spoke of seeing people, birds, carriages, and buildings while those around him saw nothing. It is suspected that Charles Bonnet developed the condition himself in later life. However, it was only in the 20th Century that Bonnet was recognised as being the first to identify this syndrome.

In current medical terms it is believed that the brain pathways attempt to fill in obscured areas of vision. "It is thought that Charles Bonnet Syndrome occurs when visual images are no longer channelled into the brain, which goes on to replace real images with its own stored images," say the Royal College of Ophthalmologists. Or as one St Dunstaner was told by our consultant Ophthalmologist, it occurs when the brain becomes "bored" so it creates these visual hallucinations.

When describing Charles Bonnet Syndrome to St Dunstaners, I liken the condition to "phantom limb syndrome",

where people with missing limbs experience sensations as though the body parts are still present. For example, an amputated leg where a patient still feels their toes.

Symptoms

The images are detailed and vivid but the person experiencing them knows that they are not real. They can vary from mild symptoms to the more severe. Symptoms do vary and not everyone with a loss of sight experiences Charles Bonnet Syndrome. The visions are very detailed, sometimes bizarre, and can last from a few seconds to several hours. They seem to come and go of their own accord.

"Near misses" have been reported by the BMJ (British Medical Journal), in which patients were almost confined to mental health institutions.

However, once asked about it, people generally say it is a great relief to be told of this condition and that they are not the only people who experience it. When some people tell me they see these visions their partners can be surprised as they are not aware this occurs. They have never been told by the St Dunstaner that they see these visions. For instance, one St Dunstaner sees snakes descending from the ceiling but did not tell his wife as he did not want to worry her. It also happens the other way around, in that some individuals tell me that their

visually impaired partner sees visions - cats seem to be a common one - and that they frequently tell the cat to get out of the way when there is not one in the house.

The mild symptoms vary from such visions as seeing lights that move across the field of vision, or balls of light, horseshoe shapes, lamps or sweets that float in the air and when the person tries to grab them they disappointedly can't. Some people have told me that they enjoy these visions and even find them relaxing.

The more moderate level of visions are not too dramatic, but are more detailed than lights. Some of these present as common place objects, for example, surfaces covered in non-existent patterns, such as brickwork, mesh or tiles. One St Dunstaner I visit sees coloured plates on her ceiling, another lions' heads on her cushions, another geometric images and "Eastern like", pierced screens of stone.

Then there are more complex visions, which I have classed as "high level". Again these are very detailed and "real" usually involving people, gargoyles, or bright abstract shapes. The image can be life size or very small, scurrying across the floor.

Since Charles Bonnet's original recordings, there have been numerous cases diagnosed. It has long been

regarded as a rare disease, but recent evidence suggests that it is much more widespread than previously believed. Charles Bonnet Syndrome is generally under-diagnosed by the medical profession, but is a rather common cause of complex visual hallucination. The Royal College of Ophthalmic Surgeons feel that "those with a sight loss have at least a 20 per cent chance of developing visual hallucinations." They state that they think around 100,000 patients have Charles Bonnet Syndrome as a side effect of their macular disease. Some studies show its prevalence in patients with Age Related Macular Degeneration varies from 10 to 20 per cent. In the group of St Dunstaners that I visit I have found a much higher incidence, possibly 65 per cent. This difference again could be due to medical under-diagnosis and recording or the type of eye condition that our St Dunstaners experience.

Medical research tells us that most of those who experience Charles Bonnet Syndrome are people in the early stages of sight loss, and the hallucinations usually begin while their vision is still present but has diminished. The most common cause is macular degeneration. Other eye diseases such as glaucoma and cataracts can cause symptoms and in a few rare cases it has been diagnosed in people with no detectable vision problems.

In my research I have found that those who still have a fair amount of useful

sight see less bizarre objects such as vases, shelves, books, lines. Whereas those with a more severe sight loss seem to see the more vivid images. There are St Dunstaners who tell me that they have seen images in the past but these have stopped after a couple of years, whereas some tell me they see images that seem to get more bizarre as their sight deteriorates. Medical research informs us that removal of a cataract or recovery of vision can lead to improvement. Some may find relief if the eye condition progresses to total blindness, although for most people the visions will stop over time.

Others are able to banish their phantoms by changing the environment in some way— such as closing their eyes, turning the lights on or off, increasing the lighting; if it happens when you are sitting down then try standing up. Trying to keep the brain active can be helpful. Most visions seem to occur when you are relaxing. These recommendations do not banish the visions for everyone.

It helps if the visually impaired person can try and feel in control of their environment. Some people have tried befriending the apparitions, talking to them, but of course getting no answer.

Sometimes talking over feelings with a counsellor or psychiatrist can help provide people with ways of coping with the visions.

At the moment there is no known cure for Charles Bonnet Syndrome. However, just knowing that it is poor vision and not mental illness that causes these problems often helps people come to terms with them. Generally these experiences will disappear after about a year or 18 months but this will not be the case for everyone.

Conclusion

Firm reassurance that CBS is not related to mental illness is in itself a major relief to a person already dealing with failing vision, and maybe other medical

problems. Some sufferers consider them as "one of those things you have to put up with."

I have found that once a St Dunstaner has had the symptoms of Charles Bonnet Syndrome explained to them they feel immeasurable relief and can often tolerate the condition better.

The Macular Disease Society runs a telephone helpline, which is available to all macular patients and their families. Please telephone 0845 241 2041. Lines are open 9-5, Monday to Friday.

St Dunstan's welcomes new Trustee Tim Davis

Tim Davis is the latest Trustee to join St Dunstan's Council. Tim won a Royal Navy bursary to study Computer Science at the University of Plymouth in the 1980s and he gained a distinction. He also has a diploma in Marketing. He served with HM Forces for five years before going on to enjoy a career that gave him extensive international experience in general management, sales, marketing and

distribution both at home and abroad. His spheres of interest include information technology, media, travel, and leisure. He has been involved with the Hilton Hotels Corporation for the past 12 years in Senior Vice President roles.

Tim is married with three children. He lists his interests as flying, running, conversational French, cooking and piano amongst others.

Well done selfless Jim

St Dunstaner Jim Glendenning was one of 29 residents of Bognor Regis, West Sussex feted for their voluntary work. Jim, aged 79, was given a certificate recognising three decades of community work. The former Sapper was actively involved with the local Sammy Community Transport scheme. The certificates were presented by the Town Mayor, Cllr Eileen Anderson and Arun District Council Chairman Don Ayling.

ASK ROD

Your queries answered
by the ROVI on Duty

ROVI on Duty Tel: 01273 391447 E-mail: rovi@dunstan.org.uk

Uncomfortable Glare

One of the most common problems faced by people who have a sight loss but retain some useful vision is glare. Both can be very uncomfortable and also detrimental to functional vision. There are many eye conditions that are prone to glare related problems, but glare affects us all to some extent. Those who are especially reliant on their peripheral sight tend to find glare has a big impact on their lives. Sunglasses can help, but in this article we will explore some other items and factors to consider.

Firstly, what is glare? Well, glare is not simply too much light but, more specifically, uncontrolled light. All eyes need light to see and it is commonly stated that a 60 year old person needs three times as much light to see as a 20 year old person. If you pop a pair of tinted sunglasses on you will not only reduce the glare but also the useful light too. Glare is believed to be caused by blue light. This explains the blue flecks in washing powder to achieve the "whiter white" or those dazzling, slightly blue headlights on many modern cars. By the use of filtered lenses the blue light can be reduced, whilst maintaining a good light level. The result is maximum

light to see with, but no negative glare effects. Some people also find a slight improvement in contrast when wearing this type of glare control.

It is important to wear some UV protection when out on sunny days. But only wear tinted sunglasses when necessary. People who find bright light uncomfortable often try a pair of sunglasses, find they help and wear them constantly. After some time, the sunglasses seem to become less effective and so they get a darker pair or draw the curtains. This process can continue until they are constantly living in the dark and any light can be uncomfortable. Remember when your Mum used to tell you not to put your coat on indoors as you will not feel the benefit of it outside? The same principle can be used for sunglasses or glare shields. The eyes will adjust to them if you wear them all of the time and then you have no way of reducing glare on bright occasions. This is not such a problem with filters that are blue blocking, but normal sunglasses must only be worn when necessary.

How about trying a peaked cap or visor? This will block out the light from above but keep the maximum

light where you need it. Conventional sunglasses are certainly better than nothing and most now offer 100 per cent UV protection. If possible get a pair of blue blocking filters. These are available as normal glasses, a pair that will fit over normal glasses, clip-ons, and there is even a company that can make them up with your prescription lens included. The pairs we use at St Dunstan's also have the addition of lenses at the side to avoid light entering at the edges. Blue blocking filters tend to have a yellow, orange or red colour to them and may distort colours for a short time but this should settle. If you want more information, or wish to obtain a pair of blue blocking filters contact your Low Vision Clinic as they may be able to provide some. Your optician will probably be able to sell you a pair or feel free to contact the ROVI on Duty (01273 391447) to see how we may be able to assist.

UNUSED EQUIPMENT

Do you have any equipment that was issued to you by St Dunstan's ROVIs that you no longer use? Whether you need some assistance, instruction or simply no longer have a need for any items that we issued to you, contact ROD on 01273 391447 and we'll see if we can help. Many items can be reissued to another St Dunstaner if you no longer use them, but we'd like to make sure your needs are still being met as well.

BEER OF THE MONTH

by Colin Williamson

Bangla Beer

Around the corner from St Dunstan's Headquarters is an Indian Restaurant called Romna which stocks Bangla Beer, ABV five per cent, from Bangladesh no less.

This is a delightful golden amber coloured ale (note that the word lager was never mentioned!) that perfectly accompanies a curry. This ale has a lovely rich smell to it, malty and almost rice like. It has a creamy head which doesn't disappear just after you pour, and is smooth and full flavoured. This is the best Indian beer I've tasted, very refreshing and not at all gassy. It can be found in certain Indian restaurants or supermarkets and can be ordered online from Beers of Europe, or access the Bangla Beer website and ask for a local stockist.

Ten Answers

Answers to quiz on page 18.

- 1) Charles, Prince of Wales;
- 2) St David;
- 3) Scrabble;
- 4) Show Jumping;
- 5) Michael Howard;
- 6) The summit of Mount Snowdon;
- 7) Argentina;
- 8) *The Prisoner*;
- 9) Donald Peers;
- 10) Llangollen.

REUNION 09

The Liverpool Reunion brought together 41 St Dunstaners and ten widows on 23 June. Major General David Jolliffe, CB, FRCP presided at the Britannia Adelphi Hotel, Liverpool. St Dunstaner Sydney Jacobs, MBE made the response for those present. The afternoon was rounded out with music from a jazz quartet.

Major General David Jolliffe, CB, FRCP was in the chair once more for the Llandudno Reunion on 24 June. Held at the Imperial Hotel, Llandudno, it united 37 St Dunstaners and one widow. St Dunstaner Keith Roberts made the response for those present.

There were 31 St Dunstaners and two widows attending the Newcastle Reunion on 30 June. Timothy Bacon was the member of St Dunstan's Council presiding at the Royal

Station Hotel, Newcastle while St Dunstaner John Patterson responded for those gathered.

The Durham Reunion on 1 July united 33 St Dunstaners and one widow at the Ramside Hall Hotel, Carrville, Durham. St Dunstan's Chairman Major General Andrew Keeling, CB, CBE presided and it fell on one of his former Marines, St Dunstaner Steve Nixon to respond for those present. There were also congratulations for St Dunstaner Frances Raine who celebrated her 100th birthday in March.

There were 15 St Dunstaners and three widows at the Barrow Reunion on 8 July. Held at the Abbey House Hotel, Barrow-in-Furness, Iain Lumsden was the member of St Dunstan's Council presiding. An eloquent response came from St Dunstaner Thomas Jones.

The North London Reunion had a new venue on 9 July. There were 21 St Dunstaners and four widows at The Park Inn, Watford. St Dunstaner Jamie Weller, CTA, ATT was the member of St Dunstan's Council presiding and the ever youthful Jim Booth responded for those present.

The Eastbourne Reunion (III) held on 14 July at the Hydro Hotel, Eastbourne was a predictably sunny affair with 26 St Dunstaners and six widows attending. St Dunstaner David Stuttard was the member of Council presiding and St Dunstaner Ernest Bignell responded for those present.

Sheffield ROVs Kate Taylor and Moira Alton were on hand with a display of adaptive equipment at the Blackpool Reunion which was held at

The Imperial Hotel, Blackpool, Lancashire on 21 July. There were 34 St Dunstaners and four widows present and Major General David Jolliffe was the member of Council presiding. St Dunstaner Ernie Lee made the reply on behalf of everyone.

The Chorley Reunion at The Pines Hotel, Clayton-le-Woods, Chorley on 22 July

brought together 44 St Dunstaners and three widows. Major General David Jolliffe presided once more, while St Dunstaner Frank Hookham responded for those present.

There were 23 St Dunstaners and three widows attending the North Hampshire Reunion at the Tylney Hall Hotel, Rotherwick, Hook, Hampshire on 28

July. David Knowles, CBE was the member of St Dunstan's Council presiding. St Dunstaner Dennis Fleckney responded saying that giving St Dunstaners independence also gave their carers their independence back. There were early birthday congratulations for Vivien Jerome who was 100 on 13 August and attributed her longevity to bee-keeping.

Welcome to St Dunstan's

Marjorie Adcock of Market Harborough, Leicestershire served in The Princess Mary's Royal Air Force Nursing Service from 1944 to 1948.

Ernest Allison of Crowborough, East Sussex served in the Royal Artillery from 1942 to 1946.

David Collingbourne of Brighton served in the Royal Air Force from 1947 to 1949.

Reginald Corke of Halland, Lewes, East Sussex served in the Royal Army Service Corps from 1944 to 1948.

Horace Dockerill of Heacham, King's

Lynn, Norfolk served in the Royal Electrical and Mechanical Engineers from 1943 to 1947.

Kenneth Downton of Luton, Bedfordshire served in the Royal Navy from 1942 to 1946.

John Evans of Chester served in the Royal Air Force from 1940 to 1946.

Edward Hartley of Colne, Lancashire served in the Loyal Regiment (North Lancashire) from 1946 to 1948.

Ann Herod of Sunbury-on-Thames, Middlesex served in the Auxiliary Territorial Service from 1943 to 1944.

Ronald Higgs of Tilehurst, Reading, Berkshire served in the Royal Air Force from 1942 to 1947.

Joyce Hook of Bognor Regis, West Sussex served in the Auxiliary Territorial Service from 1942 to 1943.

James Howell of Walker, Newcastle-upon-Tyne, Tyne and Wear served in the Royal Artillery from 1943 to 1947.

Frederick Jones of Amersham, Buckinghamshire served in the Royal Berkshire Regiment (Princess Charlotte of Wales's) from 1940 to 1946.

Mary Jopling of Newcastle-upon-Tyne, Tyne and Wear served in the Women's Auxiliary Air Force during 1943.

Sir John Lambert of Putney, London served as Captain in the Grenadier Guards from 1941 to 1945.

Thomas Latham of Billingham, Cleveland served in the Royal Army Ordnance Corps from 1940 to 1945.

Albert Lawrence of Maidstone, Kent served in the Royal Army Service Corps from 1940 to 1946.

Percy Leigh of Carshalton, Surrey served in the General Service Corps and Royal Army Ordnance Corps between 1946 and 1948.

Maurice Leighton of Stafford, Staffordshire served in the Royal

Electrical and Mechanical Engineers from 1951 to 1953.

Eric Lines of Snettisham, King's Lynn, Norfolk served in the Norfolk Regiment, Corps of Military Police, and Pioneer Corps between 1935 and 1945.

Eric Lockwood of Harthill, Sheffield, South Yorkshire served in the Royal Air Force from 1948 to 1950.

Kenneth Malone of Tamworth, Staffordshire served in the General Service Corps and Royal Engineers between 1943 and 1947.

Kenneth Mawson of Paulton, Bristol served as Senior Aircraftman in the Royal Air Force from 1954 to 1958.

Keith Mephram of Barry, South Glamorgan served in the Royal Engineers from 1954 to 1956.

Joyce Norris of Otley, West Yorkshire served in the Women's Auxiliary Air Force from 1943 to 1945.

David North of Halifax, West Yorkshire served in the Royal Electrical and Mechanical Engineers from 1952 to 1955 and again from 1959 to 1967.

Harry Pearson of Sheffield, South Yorkshire served in the Royal Army Medical Corps and then the Royal Electrical and Mechanical Engineers between 1940 and 1946.

Robert Peters of Brighton served in the Royal Signals from 1941 to 1946.

Barry Philpott of Hayes, Middlesex served in the General Service Corps and The Buffs (Royal East Kent Regiment) between 1945 and 1948.

Bryan Richards of Bilton, Rugby served as Senior Aircraftman in the Royal Air Force from 1956 to 1958.

Kenneth Ripp of Henfield, West Sussex served as Corporal in the Royal Air Force from 1953 to 1955.

Barry Ryan of Chislehurst, Kent served as Lance Corporal in the Royal Army Ordnance Corps from 1950 to 1952.

Arthur Sarson of Sheffield, South Yorkshire served in the Royal Army Ordnance Corps and then the Royal Electrical and Mechanical Engineers between 1939 and 1946.

Reginald Searle of Seaford, East Sussex served in the Royal Air Force from 1942 to 1947.

Frank Sewell of Gillingham, Kent served as Chief Electrician in the Royal Navy from 1934 to 1959.

Barbara Smith of Grimsargh, Preston, Lancashire served in the Auxiliary Territorial Service from 1943 to 1946.

William Stammers of Bexleyheath, Kent served in The Queen's Own Royal West Kent Regiment from 1952 to 1955.

Eunice Stone of Westcliff-on-Sea, Essex served in the Women's Auxiliary Air Force from 1944 to 1947.

Dennis Taylor of Caton, Lancaster, Lancashire served in the Royal Artillery from 1948 to 1950.

Bernard Torkington of High Peak, Derbyshire served in the Royal Medical Corps from 1955 to 1957.

Davina Valentine of Edinburgh served in the Women's Auxiliary Air Force from 1943 to 1947.

John Walker of Felixstowe, Suffolk served in the General Service Corps and Loyal Regiment (North Lancashire) between 1946 and 1948.

William Wardlaw of Edinburgh served in the Royal Navy from 1965 to 1972.

Eric Watmough of Sutton-in-Craven, Keighly, West Yorkshire served in the Royal Marines from 1942 to 1946.

Richard Williams of Winslow, Buckingham served in the General Service Corps and Royal Army Service Corps between 1944 and 1947.

Horace Willingham of Wembley, Middlesex served in the Royal Air Force from 1943 to 1946.

Robert World of Exmouth, Devon served in the Royal Navy from 1942 to 1943.

Family News

BIRTHS

Congratulations on the birth of:

Jack Fearn on 26 June. He is the 18th great-grandchild of Cynthia Fearn of Spondon, Derbyshire and the late St Dunstaner George Fearn.

Grace Jacqueline Hazan, weighing 8lbs, 4oz, on 28 July. Born to Dr Giles and Gemma Hazan, she is the grand-daughter of Raymond and Roberta Hazan of London.

GOLDEN ANNIVERSARIES

Congratulations to:

Cyril and Jean Filder of West Kirby, Merseyside on 1 August.

DIAMOND ANNIVERSARIES

Congratulations to:

Barbara and Gwilyn Evans of Holbrook, Ipswich, Suffolk on 6 August.

Peter and Doreen Elyard of Consett, County Durham on 20 August.

ACHIEVEMENTS

Congratulations to:

James Collinge who passed out at Sandhurst as Lieutenant. He is now serving in the Scottish Regiment in Edinburgh pending deployment to Afghanistan. He is the grandson of Evelyn Collinge of Mickleover, Derby, Derbyshire.

Amber Collinge who has obtained a BA first class in Modern Languages at Oxford. She is the grand-daughter of Evelyn Collinge of Mickleover, Derby, Derbyshire.

Maria Wrest who is working as a junior doctor at Barnsley Hospital having earned her degree at Newcastle University. She is the grand-daughter of Sam and Kitty Wrest of Staincross, Barnsley, South Yorkshire.

DEATHS

We regret to announce the death of:

Madge Cooper on 27 July. She was the wife of St Dunstaner Eric Cooper of Sheffield, South Yorkshire.

Joan Moir of Bristol, Avon. She was the widow of St Dunstaner Alan Moir.

Audrey Figures on 2 August. She was the wife of William Figures of Olton, Solihull, West Midlands.

Evelyn Blackmore of Grangetown, Cardiff, South Glamorgan on 3 August. She was the widow of Percival Blackmore.

Diana Rance died on 8 August. She was the wife of St Dunstaner Hugh Rance of Rottingdean, East Sussex.

Dorothy Aindow on 10 August. She was the wife of St Dunstaner Albert Aindow of Liverpool, Merseyside.

In Memory

It is with deep regret that we record the deaths of the following St Dunstaners and we offer our heartfelt condolences to their widows, family and friends.

Ernest Hatt

Royal Artillery

Ernest Edward Hatt of Chatham, Kent died on 18 March, aged 77. He joined the Royal Artillery in 1949 and was posted to Malaya during the emergency. Discharged in 1951, he worked as a driver, laboratory technician, and for the Corps of Commissionaires. Our sympathy goes to his widow Vicky and all the family.

Albert Allen

Royal Air Force Regiment

Albert "Don" Allen of Sutton Coldfield, West Midlands died on 13 May, aged 79. He joined the Royal Air Force Regiment in 1948, serving in Germany with 4 Armoured Squadron. Discharged in 1950, he serviced adding machines and went on to work for the Probation Service. Our sympathy goes to his widow Jean and all the family.

Joseph Roberts

Worcestershire Regiment

Joseph Roberts of Uppingham, Leicestershire died on 16 May, aged 88. He joined the Worcestershire Regiment in 1940, serving in the UK, France, and Germany. In an accident, he was shot through the chest by a colleague. Demobbed in 1946, he transported

livestock, but later worked as a grocer and antique dealer. Our sympathy goes to all members of the family.

Joyce Burtenshaw

Women's Auxiliary Air Force

Joyce Mary Burtenshaw nee Banks of Portslade, East Sussex died on 26 June, aged 96. She served as a batman in the Women's Auxiliary Air Force from 1941 to 1942 and again during 1944. In civilian life, she worked as a housekeeper. Our sympathy goes to all the family.

Al Burnett

Merchant Navy

Alan Elmslie Ainsley Arbuthnot Burnett-Leys of Cullen, Banffshire died on 29 June, aged 85. He joined the Merchant Navy in 1942 and served on the MS *Warwick Castle* which was torpedoed. He took part in landing troops in Algeria and Italy. Discharged in 1945, he worked around the world as an engineer on yachts and tankers. He also tried his hand at script writing and later worked at Dounray.

Vera Florey

Auxiliary Territorial Service

Vera Elizabeth Florey nee Ward of Cambridge, Cambridgeshire died on

1 July, aged 88. She joined the Auxiliary Territorial Service in 1943 and served at Wrexham, Shrewsbury and Benfleet. Demobbed in 1945, she raised a family and worked as an accountant. Our sympathy goes to all the family.

Major John Lauder
Royal Signals

Major John Neil Lauder of Adlington, Macclesfield died on 1 July, aged 94. He joined the Royal Signals in 1939 and served in Burma and India. Discharged in 1946, he worked in cotton exports and as a business consultant. Our sympathy goes to all the family.

Major Russell Vernon
Royal Engineers

Major Russell Geoffrey Duddell Vernon of Barton-on-Sea, New Milton, Hampshire died on 3 July, aged 92. He joined the Royal Engineers in 1939 and was commissioned the following year. Having served in the UK and Europe, he was discharged in 1949. In civilian life, he worked as an architect. Our sympathy goes to all the family.

Albert Lee
Royal Signals

Albert Lee of Falmouth, Cornwall died on 4 July, aged 89. He joined the Royal Artillery in 1941 and trained in Yorkshire. Transferring to the Royal Signals in 1943, he served in France, Germany, Belgium and Holland. Demobbed in 1946, he worked as a bricklayer in the furnace works in Sheffield. Later, he worked with his brother to establish a building firm. Our sympathy goes to all the family.

Ernest Holtham
Royal Army Pay Corps

Ernest Alfred Holtham of Uckfield, East Sussex died on 8 July, aged 93. He joined the Royal Army Pay Corps in 1940 and briefly transferred to the Royal Artillery. Having served in the UK and Belgium, he was demobbed in 1946. In civilian life, he worked for various firms including Spillers. Our sympathy goes to all the family.

Tom Gallagher
Irish Guards

Thomas Gallagher of Pall Mall, Chorley, Lancashire died on 18 July, aged 81. He joined the Irish Guards in 1946 and served in Egypt, Tripoli, and Palestine where he was injured by a mortar bomb. Discharged in 1949, he worked for the Atomic Energy Authority and later for the Prison Service. Our sympathy goes to his widow Bet and all the family.

Tom Thomas
Royal Navy

Aneurin Thomas of Nyetimber, Bognor Regis, West Sussex died on 18 July, aged 81. He joined the Royal Navy in 1947 and served as a Stoker. Discharged in 1949, he worked for a joinery company, eventually setting up his own firm. Our sympathy goes to his widow Dorothy and all the family.

Henry Williams
Grenadier Guards

Henry Williams of Brighton died on 21 July, aged 91. He joined the Grenadier Guards in 1938 and served in North

Africa, Italy, and Yugoslavia. Demobbed in 1946, he repaired amusement machines, then worked for Pickfords, and the Post Office. Our sympathy goes to his widow Joan and all the family.

Leslie Hill
Royal Navy

Leslie John Hill of Kingswood, Bristol, Avon died on 23 July, aged 84. He joined the Merchant Navy in 1941 and worked on Norwegian tankers as a Galley Boy. In 1943, he enlisted in the Royal Navy and trained as a mechanic. Serving in the West Indies, Middle East, Far East, Europe, Australia, and Pacific, he became a Petty Officer Motor Mechanic. Leaving the Service in 1966, he joined Sun Alliance as an engineering surveyor. He was a Mason. Our sympathy goes to his sons, Tim and Robin, and all the family.

Henry Smith
4th Hussars (Royal Armoured Corps)
Henry Smith of Nelson, Lancashire died on 24 July, aged 92. He joined the Royal Armoured Corps in 1941, subsequently transferring to the 4th Hussars. While serving in North Africa, he was taken prisoner and moved through Greece and Italy to a camp in Czechoslovakia. Demobbed in 1946, he worked at a chemist shop and then a camera shop. Our sympathy goes to all the family.

Dennis King
Royal Air Force
Dennis King of Kingston, Surrey died on 23 July, aged 88. He joined the

Royal Air Force in 1940 and served with Coastal Command and in Iceland. Discharged in 1946, he worked in aircraft production. Our sympathy goes to his widow Marsella and all the family.

Harold Lovell
Royal Air Force

Harold Lovell of Rosyth, Dunfermline, Fife died on 25 July, aged 89. He joined the Royal Air Force in 1940 and served in the UK and Europe with the 2nd Tactical Air Force. Discharged as Sergeant in 1950, he worked for Pearl & Dean then later ran his own taxi service. Our sympathy goes to all the family.

Philip Rogers
Royal Artillery

Philip Roland Rogers of Westbury, Wiltshire died on 25 July, aged 90. He joined the Royal Artillery in 1939 and served in the UK, North Africa, and Italy. Discharged in 1946, he worked as a motor mechanic and later became a school caretaker. Our sympathy goes to his widow Mary and all the family.

Brenda Tinsley
Naval Ordnance

Brenda Patricia Mary Tinsley nee Henderson died on 26 July, aged 87. She had been a St Dunstaner since 1943. Originally a window dresser and saleswoman in a drapery shop, she became an Examiner Inspector with Naval Ordnance in 1942. Eleven months later, a box of detonators exploded in her hand, blinding her and necessitating the amputation of

her right hand. After training at Church Stretton, she began making trays and also taught other St Dunstaners Braille. In 1951, she married Dennis Bates, the son of First World War St Dunstaner Edwin Bates, and they started a family. They divorced in 1978. In 1979, she married St Dunstaner Loreto Rea who passed away in 1980. She married St Dunstaner Frank Tinsley in 1995, though they separated in 1998. She was a member of St Dunstan's Tape Recording Club and also enjoyed bowls. Our sympathy goes to Frank and all members of the family.

Robert Chandler
Royal Navy

Robert Povah Chandler of Seaford, East Sussex died on 27 July, aged 93. He joined the Royal Navy in 1943 and was commissioned as Sub Lieutenant the following year. Involved with the D-Day landings at Juno Beach, he later sailed the Baltic. Discharged in 1946, he resumed duties with Cheshire Police and later became a Chief Inspector. He moved on to become a training officer for the Bermuda Police Force. Our sympathy goes to his widow Dorothy and all the family.

Sylvia Dorey
Women's Auxiliary Air Force

Sylvia Dorey nee Sumner of Marton-in-Cleveland, Middlesbrough, Cleveland died on 28 July, aged 79. She joined the Women's Auxiliary Air Force in 1947 and trained as a telephonist. Discharged in 1948, she worked for the GPO before marrying. Our sympathy goes to her widower Jack and all the family.

Harry Ellaway
Home Guard

Henry Thomas Ellaway of Hitchin, Hertfordshire died on 28 July, aged 95. He joined the 53rd Surrey Battalion, Home Guard in 1940 and served in Weston Green and East Molesey. During this time, he worked on electrical equipment that was used to restore electricity in France after D-Day. Discharged in 1944, he continued in glass work, making scientific and industrial items. Our sympathy goes to all members of the family.

Ivor Bethell
York & Lancaster Regiment

Ivor Bethell of Wrexham, Flintshire & Denbighshire died on 30 July, aged 86. He joined the General Service Corps in 1942 and quickly transferred to the Welch Regiment. Moving to the York & Lancaster Regiment in 1943, he served in Algeria, Salerno, and Austria. Demobbed in 1947, he worked as a driver and foreman for various firms. Our sympathy goes to all the family.

Anthony Knipping
Dutch Air Force

Anthony Knipping of Llanrumney, Cardiff, South Glamorgan died on 31 July, aged 87. Born in Nijmegen, he lived through the German occupation of Holland. In 1945, he joined the Royal Air Force and was involved with tracing allied personnel who had been shot down. Discharged in 1946, he then joined the Dutch Air Force for three years in the UK. In civilian life, he worked as a

technical artist for an aero repair firm. Our sympathy goes to all the family.

Shirley Owen
Women's Royal Naval Service

Shirley Mary Owen nee Cantopher died on 31 July, aged 90. She joined the Women's Royal Naval Service in 1943, serving as boat crew on the River Hamble. Discharged in 1945, she worked as a cake maker and ran a club before becoming a farmer's wife. Our sympathy goes to her widower David and all the family.

Bob Wade
Royal Artillery

Robert Thomas Wade of Bedlington, Northumberland died on 31 July, aged 89. He joined the TA in 1936 and was embodied in the Royal Artillery in 1939. Having served in the UK, France, Holland, and Germany he was demobbed in 1946. In civilian life, he worked as a market trader and bookseller. Our sympathy goes to all the family.

Joseph Foggo
Royal Navy

Joseph Scott Foggo died on 2 August, aged 87. He joined the Royal Navy as a boy in 1937, but was discharged the following year with ear trouble. He then worked for Vickers Armstrong and Standard Motors, but rejoined the Service in 1942 and trained as an Engine Room Mechanic. Discharged in 1946, he then worked for tractor producers Massey Ferguson in Coventry. Our sympathy goes to his widow Hazel and all the family.

Peter Fairmaner
Royal Army Service Corps

Peter Roy Fairmaner of Storrington, West Sussex died on 7 August, aged 87. He joined the Royal Army Service Corps in 1941 and was posted to India. Serving as a Chindit, he ended up at Kohima. Discharged in 1947, he worked for the South Eastern Electricity Board and later ran a retirement home. Our sympathy goes to his widow June and all the family.

Douglas Hale
The Liverpool Scottish

Douglas Cuncliffe Hale of Crosby, Liverpool, Merseyside died on 11 August, aged 94. He joined The King's Regiment (TA) as a 16-year-old in 1930, training in the Isle of Man. In 1939, he was embodied into The Liverpool Scottish, serving around the UK. Demobbed in 1945, he worked as a dry cleaner in Bootle. Our sympathy goes to his widow Anne and all the family.

George Roberts
Royal Army Ordnance Corps

George Roland Roberts of Cardiff, South Glamorgan died on 11 August, aged 90. He had been a St Dunstaner since 1990. A driller and electrician's labourer, he joined the Royal Army Ordnance Corps in 1940. After being wounded by shell splinters in the face, he was discharged in 1941. In civilian life, he became a verger at Llandaff Cathedral and retired as Head Verger in 1984. An avid Cardiff City supporter, his interests included bowls and picture framing. Our sympathy goes to his widow Elsie and all the family.

Kelly's progressive Pilgrims

THEY'VE ONLY been playing football together for a few months, but Plymouth Argyle Disability Ladies Squad came close to taking the title at the FA's Ability Counts tournament on 25 July. Captain of the team is St Dunstaner Kelly Hart of Plymouth, Devon. The 28-year-old served in the Adjutant General's Corps. Kelly (bottom left) and the girls were playing against

Merseyside at the David Beckham Academy in Greenwich, London.



Their male counterparts enjoyed a 2-0 victory against the MK Dons.

Return to Sword Beach

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Royal Marine St Dunstaner Ron Thorpe of Nottingham, pictured far left, travelled with fellow Normandy Veterans on a commemorative tour to Sword Beach at 07:00 on 5 June, almost 65 years after the carnage of the D-Day invasion.