

April 2018

Review

Blind Veterans UK | St Dunstan's since 1915



On the cover: Chris Cardwell stands before The Southwold Lighthouse where he is a guide. More on pages 22 to 29.

Back page: Hattie Lockhart-Smith and Carole Sharpe make Easter goodies in the Brighton centre's Art & Craft Workshop.



Apr 2018 | No 1091

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The Booking Office for the Llandudno centre: To book accommodation at the Llandudno centre please telephone 01492 868700 and ask for the Booking Office. If you have care needs please first contact your Team Leader or CSW.

ROVI IT Helpline: If you need to speak with the ROVI IT Helpdesk please telephone the staff at the Sheffield centre on 01273 391447 for ROVI and IT enquiries.

New members: If you know someone who could be eligible to join Blind Veterans UK they can phone our Membership Department on freephone: 0800 389 7979.

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Blind Veterans UK Calendar

Activities from the Brighton centre in 2018.

April.

Family Week 1st to 7th.

Masonic Weekend 27th to 30th.

Cycling Week 22nd to 28th.

Chocolate & Bunny Week 1st to 7th.

Technology Week 22nd to 28th.

May.

Women's Military Week 6th to 12th.

Photography Week 27th May to 2nd June.

Walking Week 13th to 19th.

June.

Archery Club 3rd to 9th.

Homes & Gardens Week 24th to 30th.

GOAL Group 11th to Friday 15th.

July.

Paddle Around The Pier 7th & 8th.

Music Week 22nd to 28th.

Race Week 15th to 21st.

Fishing Week 29th July to 4th August.

To book Themed and Club Weeks at the Brighton centre.

For further information and to book your place at the Brighton centre please telephone the Booking Office on 01273 391500. If you have care needs please first speak with your Team Leader or Community Support Worker.

Activities from the Llandudno centre in 2018.

April.

GOAL Group from 16th to Saturday 21st April.

May.

Driving Week 6th.

History Week 14th.

June.

Shooting & Archery Week 10th. Potting and Planting Week 25th.

July.

Adventure Week 1st.

Hill Walking Week 29th.

Technology Week 8th.

To book Themed and Club Weeks at the Llandudno centre.

For further information or to book your place please telephone: 01492 864590. If you have care needs please first speak with your Team Leader or Community Support Worker.

From the Chairman.

Your message from Air Vice Marshal Paul Luker CB OBE AFC DL.

I think I might be forgiven for opening this month's edition of the Review with a few words about the Royal Air Force. The very first independent air force in the world, this month the RAF celebrates its 100th birthday — and as a charity with a military ethos I don't think we could let that go unremarked.

As this is written weeks before 1st April, the anniversary of the RAF's inauguration, I can only speculate about how much the media has already covered or, indeed, how much more it will cover as RAF 100 events are planned throughout the year. The official themes will undoubtedly focus on the lines of "Commemorate, Celebrate, Inspire", with a major push to improve the public's understanding of what the Royal Air Force has done in the past and how it works today. Within that there will be a strong undercurrent of generating interest from youngsters in science, technology, engineering and maths (known as STEM) — not just to support future recruiting but also to signpost other STEM careers as well.

That, of course, outlines the official purpose. For many of us, though, RAF 100 will be a nostalgic trip down memory lane, mostly about the Service's history. And it is a notable story. I will leave it to the historians to debate the whys and wherefores of the RAF's formation in 1918 — and the consequences of doing so. I will also leave it to the armchair generals to pontificate about its relevance nowadays (although you might easily guess my own view!). It is far easier for me to muse instead on the icons that the RAF has given the public over the years in the shape of revolutionary flying machines for which generation after generation have developed a real fondness.

This is not just about the beautiful design symmetry of the Spitfire and the Hurricane, or the evocative sound of the Merlin-engined Lancaster. It is just as much about the concept of aerial policing from 'string-bags' in the North-west Frontier; the majesty of Sunderland flying boats landing on the Bitter Lakes; the shadow cast by a low flying flat-iron Vulcan V-bomber over Northern Canada; incredulity at a hovering Harrier fighter-bomber going into a field hide in Germany; the reliance on a resupply drop from a twin Pioneer in a jungle clearing near the Indonesian border; the sense of relief aboard a stricken trawler

in the North Sea at the appearance of a search and rescue Whirlwind; or the spectacle of the Blue Diamonds looping 16 Hunters in perfect formation at Farnborough.

Today, considerably smaller but no less committed, the RAF is largely doing its work remote from public view. That said the RAF often provides the iconography for most of the UK's recent operations. It seems that every piece of media coverage from Iraq or Afghanistan had an obligatory background shot of an RAF Chinook landing in a dust-cloud — although far too often frustratingly described as "an Army helicopter"!

I have been surprised at my own sentimental response to RAF100. I guess I shouldn't be. It only recently struck me that I have been wearing a form of RAF uniform for some 54 years: over half of the RAF's 100-year existence. I first put it on as an air cadet in 1964 and I still wear it today when officiating as a Deputy Lieutenant in Hampshire. But it hasn't been the glamour of the aircraft, the glory of the operations or the gaudiness of the ritual that has caught my attention. It has been the sense of belonging it gave me and that I still hold dear.

I don't know why that has caught me unawares. I was born into an RAF family, with a WRAF sergeant for a mum and an RAF corporal for a dad. They followed the flag and towed me and my siblings with them from RAF station to RAF station. The RAF was part of our lives, not least when my four year old brother rode his trike right through the centre rank of a guard of honour during an AOC's inspection. At the age of 16 I couldn't wait to fly the nest and find pastures new. So, at the age of 17, I left home ... to join the RAF! Along the road I have built up a sizeable and enduring cohort of mates, just as my parents did. Right up to her death a couple of years ago, my mum was in weekly contact with her oldest WRAF friend, amusing and shocking the family in equal measure when we overheard the phone call revelations of their adventures in the Canal Zone. My mum could have taught the baby boomer generation a thing or two about social liberation.

This sense of belonging is so important; it is often one of the key differences between the military and their civilian counterpart. I wasn't unduly concerned when I retired from the RAF, because I knew it would endure in friendships, reunions and old comrades' associations. I was also to some extent cushioned

by then being part of an organisation that supported Service Reserves and Cadets for the next decade. However, I wasn't prepared for the fact that I would then become part of a third, Service-related community: Blind Veterans UK.

It has been genuinely heart-warming to discover what a well-knit community we are in Blind Veterans UK, whether as a member, a volunteer or a member of staff. I have felt welcomed from the start. I have also been struck by how much sharing in that community spirit impacts positively on what we achieve. Discovering the various activities you undertake has been a revelation, all the more because it is often the care and encouragement of other members that drives us to do something that we and our families might have otherwise thought impossible. It is equally heartening to see how much vicarious pleasure we can draw from seeing another member develop and progress, whether in recovering small domestic skills or, literally, in climbing mountains.

Which provides a useful link to the rest of the Review. This month we have a rich vein of individual and collective achievement within Blind Veterans UK to celebrate as well. Vivian's story, who like my mum served in the Canal Zone, is heartwarming and I am sure will resound with many of you. The interviews with Peter van Zeller and Chris Cardwell that follow can tell their own story, without needing any commentary from me. For my part I will just marvel at the ambition and achievement; hope that they will inspire you; commit to making sure that Blind Veterans UK continues to deliver the best range of opportunity that we can; and share in the pleasure and pride they give. That is what belonging means to me: I can feel part of it and I trust you all can as well. I look forward to meeting you throughout the year at our Reunions.



Picture: Sid and Ron Morris at one of our first Reunions of 2018.

Vivian's story.

Oh how my life has changed thanks to Blind Veterans UK. What a vast difference from being housebound for five years. I could not venture down or up the three very steep banks to the main road and this only offered a small post office, no other shops near at hand. £14 return for a taxi to the nearest supermarkets. My sight is so impaired I needed someone to accompany me to read prices, living on my own in a cul de sac of 12.

Cara Turnbull, Sensory Support Worker, visited and compiled an application form for me to become a member of Blind Veterans UK, as I had served my country in the Canal Zone in 1952 to 1953 in the WRAF when the troubles were on in Egypt. After being accepted I had a visit from Jo Cliff, Community Support Worker, who communicated with integrity, care, compassion, and was so positive. All was so uplifting. I was invited to a meeting in Newcastle to be greeted with lovely smiles, such a welcome from Jill James and her team. People the same as me — sight impaired. I started to feel I was person again and treated as an equal.

I had so much help to find a new home where I now live. The building built especially for the blind and sight impaired. We have our own flat, live independently and privately, plenty of help whether it be for computers, white stick training, medical problems, forgetting to take your tablets etc. Help is at hand and we try to live as independently as we can with our own furniture and possessions around us. Shops close by — what a treat and a blessing this is. Jo arranged for me to go to the Llandudno centre for a week. Transport door to door. Such a welcome when I arrived there, greeted with cheerful smiles and words of magic "Come inside and meet your new family which is yours for life". I was happily choked with tears streaming down my face — tears of utter joy. I enjoyed every moment and the tutors were so constructive, all staff were wonderful and all our needs were catered for.

A further two meetings were arranged by Jo, the last one being the Christmas dinner. On arrival to be recognised and greeted with "Hello Vivian" (and no I didn't have my name tag on) they remembered me! Jill and her team did an excellent job, tables set out so nicely, everyone organised with a minimum of fuss. Delicious meal plus fantastic communication with all.

I am not alone anymore as I have neighbours, nine of us reside here, and we all get along very well together with fantastic help from our sensory support workers who are always there when needed. And Blind Veterans UK; if they make a promise it is fulfilled. I feel very humble living an excellent new lease of life. My sincere thanks to all concerned.

Grants Review by Alison Becker, Regional Manager East.

One of the services we know many of you value from Blind Veterans UK is the financial support which is provided through our grants system.

Every three years we review our grants policy and procedure to make sure that it stays current and relevant, in order to best meet your needs. The last time this happened was December 2015.

In order to undertake this review, a Grants Working Group has been set up, comprising of staff from across the organisation. Areas which the group will be looking at include; financial support for specialist equipment, how we can support you with housing or property matters, helping those of you who have care needs and how we support widows.

With our new strategy, which aims to support up to 10,000 members over the next five years, we also need to make sure that it is sustainable and can support everyone for many years to come. The main consideration is to enable us to meet your needs, making the best use of the resources that we have available, now and into the future. We want to ensure that our grant decisions are always clear, fair and consistent for you.

During the course of the review you will be involved in discussions and will be kept informed of progress, through the pages of Review, and through updates at community events and at the centres. We are also planning some meetings to talk through our grants principles with you. If you are interested in being part of these discussions then please let your local community team know so that we ensure you get an invite.

Ron Russell's Food themed quiz.

1. What food is made in Melton Mowbray?
2. Lava bread is traditionally a Welsh type of bread. What is it made from?
3. What is baked Alaska?
4. From which country does the dish paella originate?
5. Caviar is the roe of fish. True caviar is obtained from which fish?
6. What fish is used to make roll mops?
7. Scrumpy Jack is another name for which alcoholic drink?
8. What is another name for the egg plant?
9. The drink known as Calvados is made from cherries. True or false?
10. the tomato is a vegetable. True or false?
11. Is the pumpkin a fruit or a vegetable?
12. The drink slivitzis is made from oranges, cherries or plums?
13. What is the red dye called that is sometimes used in cooking?
14. What is cockaleekie soup made from?
15. Traditionally haggis is served with neaps tatties. What are neaps tatties?
16. How would you ask for salt and vinegar crisps in Spanish?

Answers on page 31.

Friends Reunited - members reunions in the early years by Rob Baker, Collections and Archives.

Under the management of our Reunion team 37 Reunions are scheduled to take place in 2018. These meetings have in fact taken place since soon after we were founded in 1915. You may be interested to know of some of the activities that took place at them.

The first was at Bristol in 1920, and the number of meetings soon grew and spread throughout the country. For example in the first few months of 1927 there were meetings in Hull, Leeds, Sheffield, Hastings, Canterbury, Bedford and Reading. Further afield, the first meeting in Northern Ireland had taken place in Belfast in April 1925, with the first in the then Irish Free State taking place in Dublin in July of the same year.

It is striking to see how well-attended many of the meetings were. Every member in Northern Ireland came to the first Belfast reunion, and generally attendances of over 100 were not uncommon. They also show how important music was to the early members. The meetings often featured guest singers who would entertain with popular songs. A reunion at Preston in January 1925 is typical, featuring Mr Till of Lancaster who sang songs including 'The Crown of the Year' and 'The Border Ballad'. A meeting in Cardiff the following year had a harp soloist, and the one in Nottingham included a jazz band and dancing. The Review reported that 'it is surprising how many men find they can still dance in spite of not having had any practice since leaving St Dunstan's'. The dances in our headquarters in Regent's Park were very popular events, so it seems rather sad to think that members had not usually danced after they had left there.

Meetings often had other guest speakers too. Sometimes members of our Council were able to attend, and occasionally there were celebrities. The meeting at Exeter in 1925 was entertained by Albert J. Coles, who as 'Jan Stewer' was then a well-known writer, famous for his 'Devon dialect' stories. Competitions and games such as skittles were also popular, although it is now not always clear what was involved; for example, one meeting featured what is intriguingly described as a bun and needle race.

Of course, members would often be meeting up with others they had spent much time with in training and rehabilitation at our early centres. Occasionally these would be men whose involvement dated right back to our very beginnings. The meeting at Canterbury in 1927 was attended by Joseph Selby, who was one of the very first members at what was described at the meeting as 'the little red house in the Bayswater Road'. This was the original hostel which we occupied for a few weeks before moving to St Dunstan's Lodge in Regent's Park. Also present was Alfred Bennett, who had a link to our earliest days. He was reported as saying that when St Dunstan's first opened in the Bayswater Road he was the postman who delivered letters there twice daily, and little did he think that he would eventually become a St Dunstaner!

Reunions were not exclusively local in nature. There were regular reunions of officers, and later of deaf-blind members. There were also meetings of members engaged in particular occupations. A telephonists' reunion in December 1926 was attended by nearly 80, including Chairman Ian Fraser. He was able to boost morale by reporting on success for those engaged in this line of work; of 115 men who had been trained for this employment, only seven were then not in employment.

Other particular groups followed in later years. Women's reunions began in 1963, following on from the first major influx of women members from the Second World War. However the culmination of reunion activities in our early years undoubtedly came in 1935, when special reunions also celebrated the Silver Jubilee of King George V. Meetings were held all over the United Kingdom and in the Irish Free State. The largest was the Home Counties reunion, which was held in the Royal Albert Hall in the presence of the Prince of Wales. Over 500 members and their escorts attended.

The opportunities the meetings afforded to Blind Veterans UK members were clearly very much valued by members, as we know they are today. This could not better be summed up than by our former postman: Bennett also emphasised the importance of the meetings, pointing out what pleasure they gave to the men and their families and stating that it was the explicit desire of their late Chief – Sir Arthur Pearson – that they should meet together once a year and discuss how they were getting on, and he considered these meetings were a very big asset and bond of union.



Picture: A reunion in Bristol.



Picture: A reunion in Bournemouth on 30th April 1925.



Picture: A Reunion at the Royal Albert Hall in London in 1935.



Picture: A Reunion in Belfast on 2nd April 1925.

Colin Williamson speaks with Peter Van Zeller.

Brighton centre resident Peter Van Zeller, aged 96, served in both the RAF and the Army (Somerset Light Infantry) during World War II. Shortly after the D-Day Landings he was shot in the arm by a German sniper and had to have his hand amputated due to the hand 'dying' as a result of blood loss. The Review caught up with Peter and had a chat with him.

"I had always wanted to go to university, but the war started before I left school so I joined the RAF instead. At the age of 19 I received my pilot's badge after just 136 hours of flying and that was one of the proudest moments of my life. I joined 263 squadron and flew a twin engine Westland Whirlwind aeroplane which was underpowered and unreliable. The stalling speed of that plane was one hundred miles an hour, compare that with the stalling speed of a Spitfire, which was sixty five miles an hour and it gives you some idea of its untrustworthiness. We lost many pilots due to them losing their stalling speed and crashing.

One night, while I was a duty pilot seeing aircraft in and out, one pilot, a friend of mine, went into an uncontrollable loop in his Spitfire because he forgot to trim the rudder. He smashed into a stationary aircraft and his aeroplane went up in flames and we had to watch the poor man die. It was very, very upsetting. Shortly afterwards, I was sent for by my flight commander, who was niggling me over some trivial matter. Regrettably, I lost my temper and told him what he could do with his aeroplanes. I was thrown out of the RAF within twenty four hours, and that was the end of that career!

My nerves were shattered, so I decided to work on a farm and it was great to get away from the war but after six months, in Spring 1942, I decided to join the Army. I was identified as a possible officer, but before I could go off for training, we were sent to France and I ended up on the beach at Normandy.

It was a week or so after D-Day, we were the first reinforcements to arrive. Our boys must have been ten miles into France, and I was drafted into the Somerset Light Infantry. We were at Hill 112, where there had been one hell of a battle. The guys were at the end of their tether and they were so glad to see us. One very foggy night we took over a trench on a downward slope. I was on watch, when suddenly I saw hundreds of German helmets in the field below. "I don't think we're going to get through this lot" my mate Charlie White said.

But we knew we had to try so we woke everyone up, but just as it got lighter, I heard a Cockney voice: "Peter, you silly bugger, they ain't Germans, that's a field of cabbages!" Obviously, I had to put up with a lot of stick for a few days! Soon afterwards, we were walking through open fields near the village of Villers Bocage when I was shot in the upper arm by a sniper. He was probably aiming for the middle of my back but fortunately wasn't a very good shot. My arm went numb and I was pumped full of morphine, put on a stretcher and sent to the field hospital in Bayeux. That was the end of my second period of service!

I was flown to a hospital in Wales where I was seen by a magnificent young surgeon. My elbow had been shattered but he managed to save it. My hand died, but to keep the elbow was a tremendous bonus. It was a great shock, though. I was right handed and it took four years for me to instinctively use my left hand. I was in hospital for a few months and then given a prosthetic. It wasn't much different from what I have now and I've had this one for more than twenty years. I can open the hook by stretching my shoulder, this has been my arm for seventy odd years. I wouldn't want anyone to waste £30,000 on a robotic hand for me!

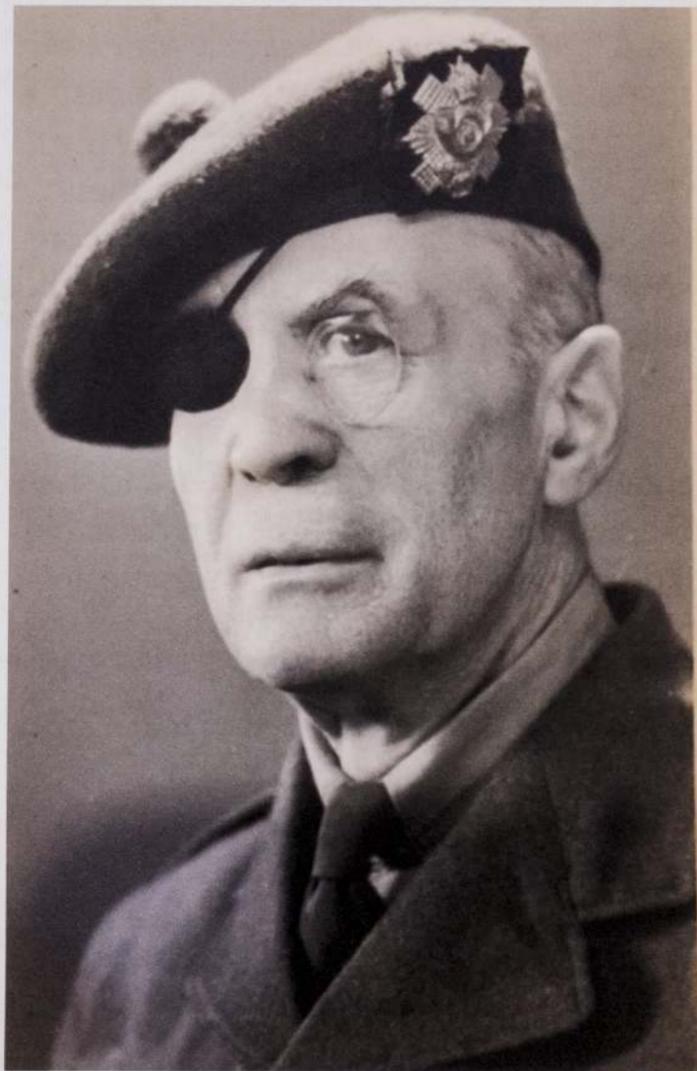
I was determined to remain independent. I moved in with my sister, and she treated me the same as always; if I'd asked her to tie my laces, she'd have told me to get on with it. So I learned to do everything again. It still takes me an hour to shave, shower, dress and make my bed each day, but I do it.

You didn't receive any compensation in those days so I needed to find a job. I worked in agriculture in Rhodesia and Essex, then went to Oxford University and got a degree in agriculture. I learned to ride a horse to a high standard, and later, when I worked for the Milk Marketing Board, I drove 40,000 miles a year. I've also worked in New Zealand and Portugal and took my late wife with me on my travels and she loved it. We had a great life together travelling the world.

There was no on-going rehabilitation back then. I saw a prosthetist from time to time, but no-one ever talked about mental health issues, you just had to have a stiff upper lip. It's very different now in that regard.

I believe that recovering from amputation and now sight loss is up to yourself. I was always determined and stayed positive. I've seen people give up, and you can even wish yourself to death. I've been through despondency, but I don't

let it last. I may have destroyed a lot of neckties while learning to do one up properly with my hook, but I found a way to tie them. I've never given up, and when I started losing my sight due to age related macular degeneration I was determined to remain as positive and independent as I could, and thanks to Blind Veterans UK I can. When I received the phone call informing me that I had been accepted as a member it came as a tremendous boost to my confidence and I love being a member and it has given me a new lease of life. I've made lots of new friends and enjoy going to the gym and craft workshop. I also got given a computer and now I can email and go online and it's wonderful.



Picture: Peter's father Thomas Arundell Van Zeller MM whose name is on the honours board at the Brighton centre.

My late father, Thomas Arundell Van Zeller was a member of St. Dunstan's after losing his right eye and being partially blinded in his left one during the First World War. He was a lieutenant in the Royal Tank Corps and was awarded the Military Cross after leading wounded troops to safety across a blown up bridge under shellfire. His name is on one of the honour boards in the main corridor. It makes me very proud whenever I happen to pass through that corridor knowing that my late father is remembered.

Peter's former Commanding Officer once wrote on his service record "A quiet but reliable pilot."

That may be true but to me he comes across as a very courageous and modest man and it was a pleasure spending some time with him.



Picture: Peter Van Zeller.

Theresa Farley's Chair Exercises Part Two.

In January we brought you the first instalment of chair exercises by Theresa Farley, a Sports & Recreation Instructor at the Brighton centre. This month we bring you the latest set of chair exercises that are ably demonstrated by blind veteran and fitness instructor Alan Walker.

Start position.

You need to be seated with your feet flat on the floor and sitting up nice and straight. Perform each exercise ten on each limb and repeat three times a day. With all of these exercises, please perform them to your own comfort level and stop or take a break whenever you feel you need.



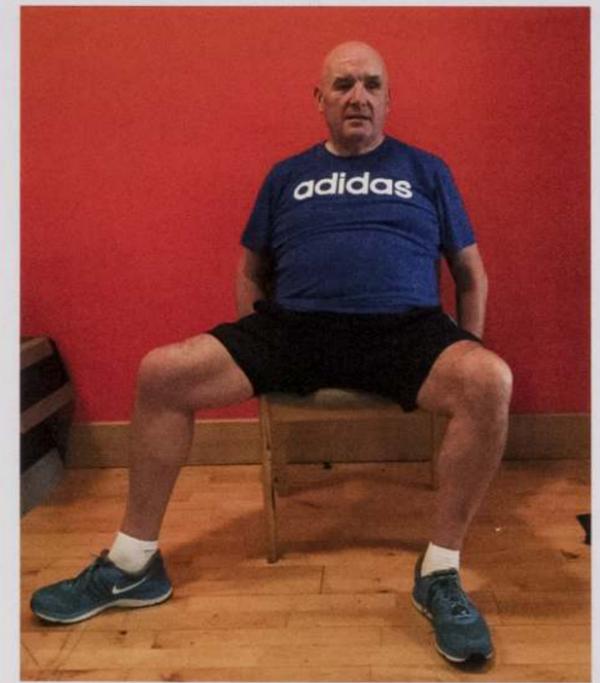
Seated Marches.

Picture: Lift one knee up, place the foot back down and repeat this on the other leg. Just imagine you're marching, only you're seated. If you want to make this a bit harder you can swing your arms, but remember opposite arms and legs go together, just as they do when you're walking. So when you lift your left leg you should swing your right arm forwards, and vice versa.

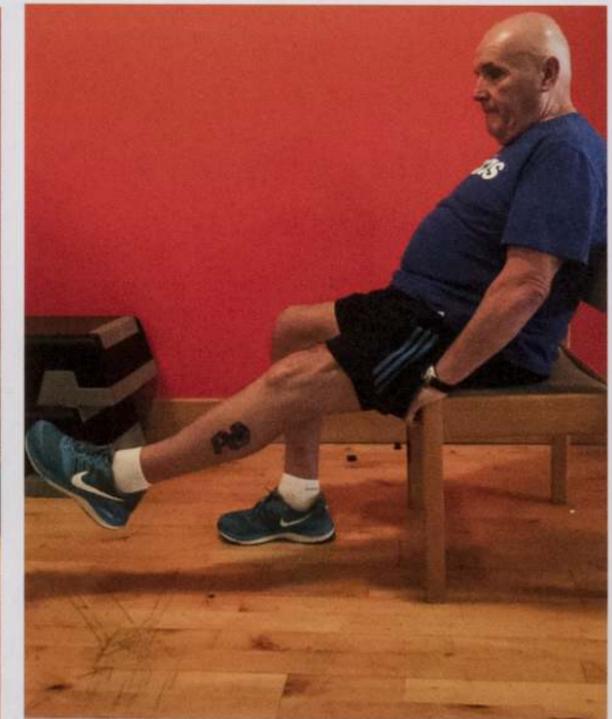


Single Hip abduction.

Picture: Start with both legs together, lift one leg up and take it as wide as you're comfortable. This is great for your bottom muscles. If you wanted to make this harder and you have a resistance band you can tie that around your knees!



Leg Cycles.

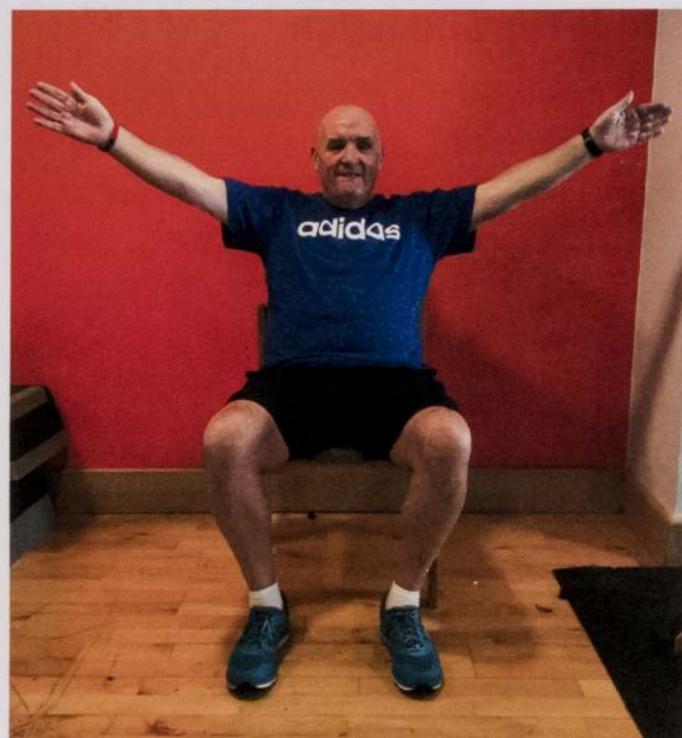


Pictures: With one leg at a time, lift it up and make big forward circles, just as you would when you're cycling. Bending the knee as high as you're comfortable to and then taking it to almost straight.

Arm circles.

Picture: Have your arms out wide, then make big circles with them. Start with forwards for ten circles, then repeat them backwards. This can be very tiring very quickly so take it steady.

If you're limited on space or to make this easier, place your hands on your shoulders and circle your elbows, kind of like having chicken wings instead!



Side Bends.



Pictures: Sit up nice and straight, then lean to one side and then straighten up again. You should feel this in the side of your torso. To make this harder, hold something heavy on the side you're leaning to such as a a bottle of water.

Reverse Fly.



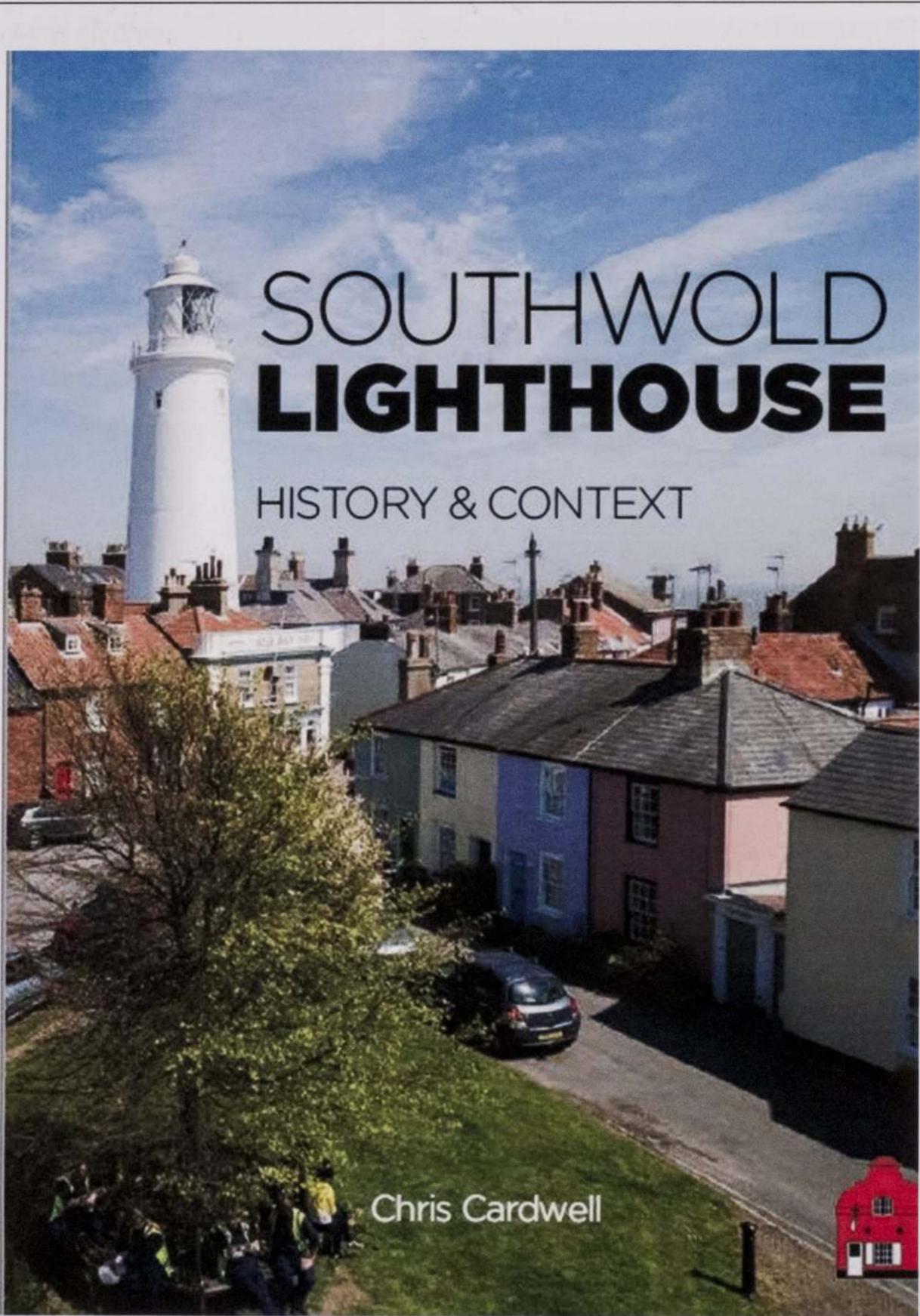
Picture: Start with your arms out straight in front of you. Then squeezing your shoulder blades, bring your arms as wide as you can, trying to keep them straight. If you want to make this harder, you can hold something heavy in both hands, or alternatively if you have a resistance band you can hold this with both hands and try to pull it apart.

Thank you to Theresa Farley for devising this latest set of chair exercises and to Alan Walker for demonstrating them. We hope you enjoy them.

Review Format changes.

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If you opt to receive the Review in USB format please do remember that you must return it each month. A padded wallet is provided for this purpose, and as it is posted as Articles for the Blind, there is no need to add postage. Put the USB in the wallet, reverse the label so that it shows MRA Studios address in Dronfield, and post.



Picture: Chris Cardwell's fascinating history of the Southwold Lighthouse.

Chris Cardwell speaks about his work as a guide at Southwold Lighthouse.

For reasons that seemed like a good idea at the time, and that proved to be true, I've become a lighthouse guide, which is something I'd never expected to do. I had no previous contact whatsoever with lighthouses. They certainly didn't teach us anything about them in the Royal Army Medical Corps and I wanted to do something in retirement that was completely unconnected with anything I'd done in my working life before. So, I decided to volunteer and become a guide at the lighthouse in my home town of Southwold in Suffolk.

Review: What was it like when you went there and said, 'I'd like to volunteer'?

Chris: I was made to feel welcome. Despite that warm reception it was intimidating because the truth of the matter is I'd never been up a lighthouse in my life and the prospect of having to learn so much about the lighthouse, when it was built and by whom and how it worked and how it fitted in to aids to navigation and the history of Trinity House, who own and manage it, was quite a task. That coupled with the fact that obviously because I have a vision impairment I couldn't see everything in terms of the component parts and how the lighthouse worked, so some of this had to be taken on trust. It's worked, and it's worked well. We have about 8,000 visitors a year who pay to go up the lighthouse, and because it's still operational they can only do so with a guide. I take groups up the lighthouse throughout the season. Many of them are here on holiday, so they're out to have a good time and to enjoy themselves, and for the most part they're interesting to meet and engage with as well. They range from very excitable five-year-old children, to retired people who perhaps worked in the lighthouse service in the past, or people who currently work for Trinity House or they're lighthouse engineers from overseas for example. So, being able to engage with such disparate visitors and try to keep them informed and entertained during the guided tours is quite a task, but one that I enjoy.

Review: Do you have a range of stories you tell them, perhaps of ship wrecks that were averted because of the lighthouse as well as the important history of Trinity House and the lighthouses?

Chris: I have a range of approaches. I certainly learnt very early on that our

youngest visitors are not terribly excited by lighthouses but are intrigued by pirates. They don't quite see how the two connect, and of course they don't really, except that wreckers used to light beacons in order to lure ships onto rocks. But they're interested in stories, and the more gruesome the better for the youngest children. They seem to enjoy that very much. Our lighthouse was used to film a BBC2 television series for children called Grandpa in My Pocket, which I'd never heard of and it was only when kiddies started to arrive saying they'd come to see Mr Mentor the Inventor, who is one of the characters in that series, that I realised I had a lot to learn as well. So, keeping them engaged is quite a challenge, and keeping adults engaged is quite a challenge as well. Some visitors are interested in the history and some are not. Some are interested in technicalities about lamps and wattages and voltages and that sort of thing. Others are interested in how the Corporation of Trinity House started many centuries ago as a medieval guild. Other visitors are bored by history and don't want that at all but are keen to take photographs from the top of the tower. So, trying to find a pathway through what people want to hear about and what they've come to see keeps me on my toes.

Review: I bet it does. You said that people come along who may have worked in a lighthouse or had sea faring experiences. Do you find they come along and they want to tell you of their experiences?

Chris: They do. The fact is we've actually not had any lighthouse keepers in this country since 1998, that's when the ones that remained were stood down. So, all of our lighthouses now are automated and there are about 70 around our coastline, but you can only actually visit ten of them. We're in East Anglia, the nearest one to the North that you can visit is up in Yorkshire at Flamborough Head and the nearest one to the South which is possible to visit is way down in the Solent. So, not that many people manage to get up to the top of a lighthouse and for most of them regard it as quite a treat.

Review: As a working lighthouse do you ever get reports of 'this was averted because of this.' I know that's a really naïve question to ask.

Chris: No, it's not naïve because lighthouses of course only exist because they're aids to navigation so, they're there to guide and to warn against hazards. The biggest hazards in this part of the country are not rocks or reefs, it's not like Cornwall, the main dangers are sandbanks, and the biggest challenge is that

the sandbanks shift, they move over time. The big sandbank to the north of us is called Benacre Sands. But intriguingly Benacre Sands are not off Benacre, as you might expect on the map, they're off a place called Kessingland and that's because they continue to move north at a rate of 65 foot per year and when they were named they were off Benacre, but they've shifted. Back in Tudor times they were off Southwold. So, part of the challenge for mariners is not just to be able to read their charts, but to be able to plot how hazards have moved since those charts were written and that's part of the role that lighthouses play in allowing them to fix their position and work out exactly where they are in the scheme of things.

Review: What is the great fascination with lighthouses for you?

Chris: It's the history. It's not the technicalities, lanterns don't fascinate me that much, but the early history of Trinity House and how it was formed as a medieval guild and the people who were responsible for its emergence. For me it's the first charter granted by Henry VIII and the further Acts of Parliament that relate to it as granted by Elizabeth I, plus the Coat of Arms that she also bestowed on the Corporation make for a fascinating history and the further back you go, the more interesting it becomes.

Trinity House has a regional base in Harwich south of where we are, just across the estuary from Felixstowe. Very near in fact to the former HMS Ganges which our members who served in the Royal Navy will doubtless recognise. Felixstowe is a major port which is a dock for these absolutely huge container vessels that come to the UK. An awful lot of traffic. People may think the North Sea is relatively docile, it's not. Some of the most dangerous waters in the world are off our coast and the volume of traffic up and down the channel is absolutely astonishing. It varies from these enormous vessels that tower several stories above you, to people sailing in very small boats across to Southwold from the Hook of Holland, which is directly East of where we are, so sailors who come over from Amsterdam for example via the North Sea Canal for the weekend and then sail back again have to ply across these really busy shipping lanes, so putting buoys and light vessels and lightships out there, as well as having static lighthouses all combine in trying to help them stick to the shipping lanes, keep safe and get to where they're going without incident. Easier said than done for some of them, not everyone is a competent sailor.

Review: Can you tell us a little history of the medieval guild and the Royal Charter.

Chris: The truth of the matter is that we don't quite know when Trinity House was first formed. We know that there were a number of Guilds of the Holy Trinity established in seafaring towns like Great Yarmouth and Hull and Newcastle and London and Gravesend and Dartford dating from the 12th Century onwards and one of them gave rise to what became the Corporation of Trinity House. We know that the Corporation's first Master was Sir Thomas Spert, and Sir Thomas was at one-time Master of the Mary Rose, Henry VIII's flagship. Members may well know about the Mary Rose because it sunk with a dreadful loss of life, but not with Sir Thomas on board because he'd left its service by that time. It had several Masters during its 32-year service of which Sir Thomas was by any measure the most influential. He guided the Corporation through its early years and it developed from being an organisation mainly responsible for pilotage, providing pilots to guide vessels safely along the Thames in particular and out to the North Sea. It then became a body responsible for building its own lighthouses, which previously had been built by individual landowners. The first lighthouse that Trinity House built directly was in Lowestoft in 1609 and it subsequently erected lighthouses all around the coast.

Navigational aids change as the years go by and technology develops. Lighthouses require repair, they're replaced and rebuilt, and we've now got 70 operational lighthouses around the coast with the Corporation now acting as the General Lighthouse Authority for England, Wales, the Channel Isles and Gibraltar, so the lighthouse that's the farthest south from us is down at Europa Point on Gibraltar. Those who served in Gibraltar in the past may well have seen it.

Review: Are you very much a community in Southwold?

Chris: There are 12 of us who provide the lighthouse tours throughout the year. Southwold is an interesting community, so you've asked a very relevant question. Two thirds of the properties in Southwold are either second homes or holiday lets so our permanent population is pretty small and the truth of it is that we're all getting that much older as well so there are not many young families or children coming in to Southwold to live. Those adults who are still relatively able bodied tend to get pulled into all sorts of volunteering

opportunities. I couldn't think of a reason not to be a lighthouse guide, but as these things happen, wheels within wheels mean I've also become a Town Councillor, I've become a Trustee of the Southwold Museum and Historical Society. I've become a guide at the Museum, which has its challenges, and I've also become a Trustee of Southwold Common. So, there's no shortage of opportunities and it may be that other members elsewhere, that if they look around find there are things they can do as well. Contributions they can make to the wider community. Some are easier to take on than others. I have to say to you that being a guide in the Museum when you can't see the exhibits is not without its challenges. When people ask me what item X is at the back of the cabinet and I can't see the cabinet, never mind item X, I found you need to develop techniques for dealing with that. So, my approach is to say 'OK. Tell me what you think it is.' When you do that they then start to describe it, and with a bit of sight and imagination, you can then work out what it is they are looking at and come up with at least a half sensible answer.

Review: What has helped you the most?

Chris: Two things have helped. One is that I'm able to make a contribution to our community and to visitors. And the second thing that has really helped has been the IT training that David Dent and his team gave me down at the Brighton centre. That was to a large part the catalyst to me writing a guidebook to the lighthouse. David had set me a piece of work to move data and images and text around, and after struggling with that for a few days and then getting there, I thought 'If I can do that then surely I've got the capacity to write a booklet and to put it all together'. It was the training from Blind Veterans UK that gave me the confidence to think 'Do it. Why not? You can manage that.' And sure, enough it came to fruition and my booklet was published last year and seems to have been reasonably well received.

Review: You are a great example of why Sir Arthur Pearson set up the charity as he wanted a place where he could show blind men what could be achieved. Not what couldn't.

Chris: Sir Arthur was right wasn't he. It's about what you can do. Not what you can't do. What I like about Blind Veterans UK is that if you're prepared to put the effort in then the organisation is prepared to support you. There's a balance there that needs to be achieved.

What saddens me more than anything are those members who feel so dispirited that they've concluded nothing can be done as it were, I am where I am, and no one's really able to help me. I think in nearly all cases that's not so. It might not be that they're able to dash around doing this, that and the other, but at its most basic level what I found from talking to other members is that at the very least Blind Veterans UK can be supportive. It can befriend people. It can do as much as they want the organisation to do to try and help support them, no matter how limiting and challenging their circumstances are. I think that's admirable. I think the organisation does that really well.

The second aspect that I think is genuinely really positive is that the organisation has a level of expertise that I've not seen matched elsewhere. It doesn't just complement what the NHS and social services can do, it provides a range of services that they can't even aspire to. It does upset me to find that we have people who've served and who've got a serious vision impairment out there who feel stranded without any help. So, anything we can do to publicise the organisation, to draw it to the attention of potential members and those who advise them has got to be time well spent. As my wife did. I only became a member because my wife nudged me and said, 'You ought to enquire about joining.' My response was 'I don't need any help. I'm getting on quite nicely.' She said 'No, you're not. Just enquire.' And of course I enquired and that was the start of the story.

Review: How did you hear about Blind Veterans UK?

Chris: Through Sue my wife. She was a nurse. I happened to be a nurse as well, but I hadn't come across the organisation. It was Sue who nudged me, and the result of course is self-evident. Now my wife is a volunteer for Blind Veterans UK. She's one of our home visitors, so I'm grateful for her not just prompting me into becoming a member, but I also appreciate what she's also doing for our other members elsewhere.

Review: As you say there's so much that people can do within the charity. I know that you've previously been on the walking weeks.

Chris: Walking is one of my enthusiasms. I did the 100 mile anniversary walk [not the 100k] out of the Brighton centre a couple of years ago and did some walking in Snowdonia from our Llandudno centre last October. At the moment

I'm helping the staff put together a walking week to tackle Hadrian's Wall this summer. It will be a training week which I hope will stretch the brain as well as the legs, which I think is really important. We're going to look at military history, as well as walking and visiting some of the archaeological sites as we progress. Putting that together is very enjoyable as well. Not every member would be up to walking the Wall or walking along Offa's Dyke or clambering through the hills of Snowdonia, but that doesn't mean there aren't other activities they can engage in. The Llandudno staff are putting together an activity week of strolling, rather than walking, which will be within the reach of many. I have to say that my attempts at archery probably suggest that the vast majority of members would be better at that than me. So, there's always something you can do.

Chris has written a booklet about Southwold Lighthouse. It costs £5 including p&p. If you would like to buy a copy, please send your name and address (block capitals please) and a cheque for £5 payable to Mr C S Cardwell, 52 Hotson Road, Southwold, Suffolk IP18 6BP.



Picture: Sarah Groves photograph of the Southwold Lighthouse beneath a bruised sky and the arc of a double rainbow.

The cure for Age Related Macular Degeneration (AMD)?! Or is it? By Dr Renata Gomes, Head of Research & Innovation.

On March 19, a paper authored by Professor Cruz was published, showing how it may be possible to give some sight back to AMD patients who have a blinding form of AMD.

You can find the original research at www.nature.com/articles/nbt.4114

This research clearly demonstrates that there are very big challenges when using stem cells for maintaining some sight in AMD patients. The Scientists were very transparent and published all ups and downs of this work, mostly downs, but much can be learnt from this work. One of the biggest concerns is formation of teratomas in the eye "cancers". This is being evaluated overtime. The Scientists refused to say this was a cure for AMD as they acknowledge much work needs to be done and they do not wish to mislead Patients or create false expectations. The current research involves complex surgery, up to 14 months of stem cells work in the lab for each patient and also immunosuppression. The method was evaluated on a type of AMD that only affects less than 10 percent of the total AMD population.

However, I believe most of you may have found out about this via the BBC and other media outlets, where the article titles often claim there is a cure for AMD/blindness.

The BBC article can be found here: www.bbc.co.uk/news/health-43458365

This research is a significant achievement, a significant landmark for a very complex disease. I contacted the Scientists, congratulating them on their hard work and achievements. Yet, we all agree there is still much work to be done.

Many of you may think there is a stem cell therapy out there that can cure your AMD in light of some press reports. There is no treatment, there is a method under phase one clinical studies, and anyone recruited to these studies will be contacted directly via their known eye specialist/consultants. This is still research not a treatment.

If you would like more detailed information, or to speak with me or one of my colleagues please contact us in the Research and Innovation Department on

research@blindveterans.org.uk or telephone us at Harcourt Street on 020 7723 5021.

Answers to Ron Russell's food themed quiz from page 9.

1. Pork pies.
2. Seaweed.
3. Ice cream wrapped in meringue and baked in the oven.
4. Spain.
5. The sturgeon.
6. Herrings.
7. Cider.
8. Aubergine.
9. True.
10. It's false.
11. It's a fruit.
12. Plums.
13. Cochineal.
14. Leeks, peppered chicken, stock and garnished with prunes.
15. Potatoes and any yellow or orange vegetables, turnips, swede.
16. Patatas fritas de sal y vinagre por favor.

Letters to the Editor.

As we welcome your letters please do send them in to us. You can post them to Catherine Goodier, Review Editor, Blind Veterans UK, 12 - 14 Harcourt Street, London W1H 4HD. Please mark them For favour or publication. Or email them to revieweditor@blindveterans.org.uk Or you can telephone Catherine on 020 7616 8367.

Dear Editor,

If I may, I would like to share my story with your readers, although I am quite sure most will have a similar story.

After 26 very exciting years in the Army and serving time with the UK Forces and the French Foreign Legion and being seconded to the Singapore Defences I became a civilian.

I continued with my exciting life doing such things as touring the US for over six years. Learning to hang glide at the age of 74 and doing the Olympic toboggan run at Lake Placid.

I also had many hobbies that included building radio controlled models.

At least I did until an appointment at the Sunderland eye infirmary.

It was a fine Tuesday morning, and as my wife drove me the sun was shining and all was right with the world.

However, on reaching the hospital I was informed there was nothing more they could do for me and there would be further loss of sight. I was now declared and registered blind.

The return journey home was full of silent doom and gloom, not a word was spoken.

Some time later I made contact with Blind Veterans UK who took me in hand and sent to me the Sheffield centre on an induction course. There I met Kate who turned my life around as she told me to stop looking backwards with self pity and look towards the future.

I also met up with fellow members who gave me advice on things such as putting the tooth paste in my mouth rather than trying to put it on to the toothbrush. A small but impactful life hack.

Now thanks to Blind Veterans UK the sun is shining and all is right with my world. Again I realise I am not the only person to feel this way, as Blind Veterans UK takes us in hand and gives us our lives back.

Yours faithfully,

Jack Mays.

You Are Unique. By Frank Smith.

Each one of us is quite unique,
The way we act, the way we speak,
The way we laugh, the way we cry,
Whether we are confident, or whether we are shy.

Our parents of course may play a part
In keeping us naive or making us smart.
Of one thing I'm certain,
No one of us is from George Orwell's 1984.

So enjoy your uniqueness for what it's worth,
You've had it since the day of your birth.
That's the way I see it, so to speak.
And in so doing, I am unique.

Frank Smith, who served in the Royal Artillery during the Second World War has been a member of the charity since 1986.

Did you know that our charity has online social groups for the different things we do?

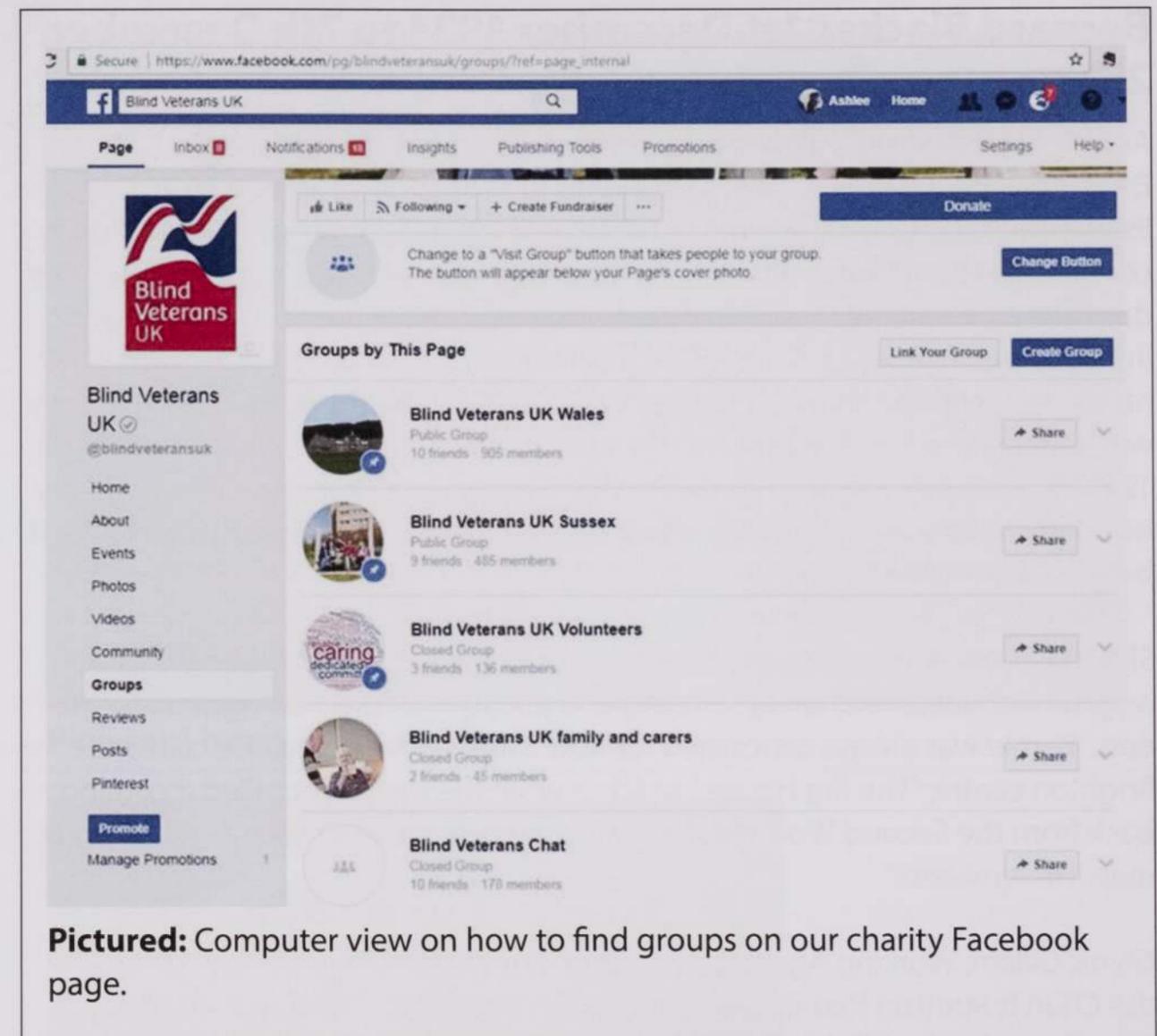
Are you looking for more ways to get in touch with fellow blind veterans? We have lots of online chat groups to choose from exclusively for members who are interested in interacting with each other more.

If you're a blind veteran with the charity, you can be part of our Blind Veterans Chat and share your knowledge and experiences together. Are you a family member or carer of one of our blind veterans? Then join the family group to chat to and support one another. Are you a volunteer? Then speak with fellow volunteers about the different things you all do with the charity. Or maybe you want to get more involved with one of our centres and know what they get up to? Become part of our Blind Veterans UK Sussex or Blind Veterans UK Wales communities. We also have groups for IT, GOAL and Photography.

Are you on Facebook? Then you can be part of them too!

1. Create a log in with your email address at [facebook.com](https://www.facebook.com)
2. Search the internet for [facebook.com/blindveteransuk](https://www.facebook.com/blindveteransuk)
3. On a computer, go to the tabs on the left hand side, select Groups. On a tablet or mobile, under the our star rating swipe left on the scrolling menu and click Groups.
4. A list of our Groups will be displayed. Click the Join or the + button on the Group that interests you.
5. Instead of visiting the charity page, in the search bar on the top on Facebook, search the group name and join that way.

Joining may work slightly differently depending what software you use. If you'd like help with joining a group contact the ROVI IT helpline on 01273 391 447 or email rovi-it@blindveterans.org.uk



Pictured: Computer view on how to find groups on our charity Facebook page.

David Dent at the Brighton centre told the Review. "We encourage people to use Facebook groups and will often sign them up for Blind Veterans UK groups as part of the training process. I know that members themselves have started groups that run quite successfully. We teach members to use the mobile version of Facebook on their computers most often. If you navigate to m.facebook.com you can see how this is much more straightforward for many people who use screen readers."

Bernard Blacker 1st December 1924 to 7th December 2017.

Asked to speak about her late husband Bernie, whom she married on 18th December 1948, Marie Blacker recalled his love of cricket and how he liked to listen to the cricket on the radio as he sat in the inner garden at the Brighton centre. He kept in touch with his friends and he always recalled how in the early days after the Second World War they would walk from the centre to the pub in Rottingdean, going past the Windmill as they guided one another, with their hand placed on the shoulder of the person in front, laughing and joking as they went. Marie also recalled how her husband, who served in the Royal Navy from 1942 to 1945, was very well known at the centre for his practical jokes, and how he could impersonate a ringing phone so well that staff would rush to answer it before they realised it was Bernie!

Sharman Collins, his Welfare Officer told the Review, "Bernie was one of the original St Dunstaners, always smiling and joking with the staff right up to the end. Bernie was always concerned for how others were doing. He called the Brighton centre, 'The Big House,' which is what the members called it coming back from the Second World War. He was one of a kind and such a great family man. He is missed."

Glynis Gillam, Working Age Case Manager, remembered happy days from the Church Stretton Reunion weekends. "For me what I loved was his ability to smile and enjoy all that he got involved in. I remember during a day out at Church Stretton when we went on a steam train in Shropshire, he spent the journey telling jokes and singing to the other members songs by Vera Lynn, to Al Johnstone. I was sitting describing what was going past outside the window, the rolling hills, the farmers ploughing the fields. But he did a bit of a double take at me when I said we were now passing an elephant, the steam train goes through a Safari park. Bernie really did chuckle at this, and spent the rest of the day remarking on how the banter started from when he first came to Brighton centre, and met with the other St Dunstaners. He talked about them depending on one another and walking in to Rottingdean together hand on each shoulder in a line and heading to the pub after training. He said it was the feeling that you were still the same as before and that was what the laughter gave him, and he never stopped loving that. He could also keep everyone else amused with the mischief that they all got up too at that young age, and to be honest I think Bernie never lost that mischievous side."



Picture: A happy Bernie and Marie Blacker.



Picture: A thoughtful Bernie takes a break.

Noticeboard.

Dates for your diary and useful information.

The annual concert by The Band of Her Majesty's Royal Marines at The Brighton centre on Wednesday 11th July.

It is approaching that time when we will soon have the pleasure of the company of The Band of Her Majesty's Royal Marines at our Brighton Centre.

We at Blind Veterans UK, are privileged each year to experience the magic of this concert; a day which is always greatly enjoyed by all. This special event is a highlight in our annual programme, for local and visiting members.

The concert will start at 14:00 on Wednesday 11th July.

If you would like to book a stay during this event, please call Brighton Bookings on 01273 391500.



Picture: The annual concert at the Brighton centre.

2018 Exhibition/Fundraiser. Opportunity for artists.

Blind Veterans UK members, staff and volunteers., beginners, hobby painters, experts and have a go painters all welcome!

You are invited to participate in a fundraising exhibition on the theme of 'Buildings & Architecture, to be held at the Brighton Centre from Monday 15th October for two weeks.

Members, volunteers and staff may enter one painting, drawing or 2D relief piece which must have been created especially for the exhibition. The artwork will be offered for sale by auction to benefit the charity. Prizes will be awarded for audience and judges favourites. Please sent your artwork to Dave Bryant, Art & Craft Instructor, at the Brighton centre. The deadline for entries is September 28th and entries must be accompanied by an entry form.

If you are interested in taking part please request the terms and conditions and an entry form from Dave Bryant, Art & Craft Instructor at the Brighton Art & Craft Workshop in person, by e-mail, phone or post.

Email to david.bryant@blindveterans.org.uk

Or telephone 01273 391466.

Or write to Dave Bryant, Art & Craft Workshop, Blind Veterans UK, Greenways, Ovingdean, Brighton, East Sussex, BN2 7BS.

Family News.

Congratulations to:

Birthdays:

James Edwards who will celebrate his 105th birthday on 13th April.

Fred Tree who will celebrate his 102nd birthday on 25th April.

John Stacey who will celebrate his 100th birthday on 3rd April.

Anniversaries:

Platinum 70 years married.

Jim & Ann Hooper of Great Brickhill, Buckinghamshire on 30th April.

Blue Sapphire 65 years married.

Ernest & Lorna Allchin of Leiston, Suffolk on 4th April.

Constance & Jack Bennett of Cardiff, South Glamorgan on 4th April.

Alfred & Evelyn Cleal of Bolton, Greater Manchester on 4th April.

Colin & Pam Jones of Devizes, Wiltshire on 4th April.

Don & Sheila Scott of Colchester, Essex on 4th April.

Robert & Theresa Scott of Gateshead, Tyne And Wear on 6th April.

Noel & Ingeborg Fitzgerald of Sutton On Hull, Yorkshire on 16th April.

Diamond Yellow 60 years married.

Geoff & Sheila Hodges of Hereford, Herefordshire on 5th April.

John & Rita Stephenson of Keighley, West Yorkshire on 5th April.

Stanley & Irene Burden of Worcester, Worcestershire on 7th April.

Golden 50 years married.

Jim & Margaret Chapman of Weymouth, Dorset on 15th April.

Ruby 40 years married.

Robin & Valerie Mary Delderfield of Hemel Hempstead, Hertfordshire on 15th April.

Silver 25 years married.

Paul & Amy Bickerstaff of Lytham St. Annes, Lancashire on 5th April.

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

Ena Best who died on 5th February 2018. She was the wife of Nigel Best.

Lily Boden-Hook who died on 16th March 2018. She was the widow of the late Anthony Boden-Hook.

Kathleen Brodie who died on 1st January 2017. she was the wife of James Brodie.

Audrey Clark who died on 2nd March 2018. She was the wife of Arthur Clark.

Doreen Eastham who died on 21st February 2018. She was the widow of the late John Eastman.

Margaret King who died on 3rd March 2018. She was the widow of the late Gordon King.

Marjorie Mills who died on 1st December 2017. She was the wife of Gilbert Mills.

Betty Milward who died on 5th January 2018. She was the wife of Kenneth Milward.

Mary 'Cynthia' Murray who died on 15th March 2018. She was the widow of the late John Murray.

Gwyn Passey who died on 22nd December 2017. She was the wife of Frederick Passey.

Muriel 'Muriel' Peck who died on 20th December 2017. She was the widow of the late William Peck.

Rebecca Singleton who died on 12th February 2018. She was the wife of Stephen Singleton.

Eunice Ward who died on 1st October 2017. She was the wife of Leslie Ward.

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.

David Bangs of Uckfield, East Sussex died on 16th March 2018, aged 82. He served as an SAC in England in the Royal Air Force from 1957 to 1959.

Margaret 'Anne' Barber née Jones of Pwllheli, Gwynedd died on 17th February 2018, aged 97. She served as a Lance Corporal in the Auxiliary Territorial Service in Rhyl, North Wales from 1940 to 1943.

Francis Belfit of Hemel Hempstead, Hertfordshire died on 28th February 2018, aged 93. From 1943 to 1947 he served in the Royal Signals in UK, France, Belgium, Holland and Germany, discharging as a Corporal.

Nigel 'Barry' Best of Wakefield, West Yorkshire died on 10th February 2018, aged 85. He served in the Royal Navy from 1948 to 1962 in the Mediterranean, Middle East, Far East, Hong Kong, Korea, Aden and Persia.

John 'Jack' Brantom of Leighton Buzzard, Bedfordshire died on 1st March 2018, aged 98. From 1940 to 1946 he served in the Royal Army Medical Corps in the UK, France, the Mediterranean and Italy.

William 'Stan' Brown of Colwyn Bay, Conwy died on 7th March 2018, aged 92. He served as a Lance Corporal in the Black Watch from 1944 to 1947 in Belgium, Holland and Germany.

Francis Carter of Wantage, Oxfordshire died on 23rd February 2018, aged 93. He served in the Royal Electrical and Mechanical Engineers from 1945 to 1948 in the UK.

Joseph Charlton of Dolgellau, Gwynedd died on 1st March 2018, aged 93. He served as an Abel Seaman in the Royal Navy Fleet Air Arm in Yeovilton from 1941 to 1946.

George Cushion of Conwy, Gwynedd died on 9th March 2018, aged 82. He served with the Royal Signals from 1953 to 1955 in England.

Andrew Davis of Mundford, Norfolk died on 23rd March 2018, aged 76. He served as a Mechanic 1st Class in the Royal Navy in the UK, Far East, Mediterranean, West Indies and Americas from 1960 to 1973.

Trevor Dewhirst of Fordingbridge, Hampshire died on 7th February 2018, aged 83. He was a Sergeant in the Royal Army Ordnance Corps from 1952 to 1954.

Ronald Dodkins of Harpenden, Hertfordshire died on 1st March 2018, aged 95. He served as a Sergeant in the Royal Artillery and the Indian Army Ordnance Corps from 1939 to 1959 in India.

Arthur Finch of Burwell, Cambridgeshire died on 24th February 2018, aged 92. He served as a Petty Officer in the UK in the Royal Navy from 1944 to 1947.

Ernest Frobisher of Prestatyn, Clwyd died on 16th March 2018, aged 104. From 1940 to 1946 he served in the Royal Air Force in England.

Leonard Ginno died on 21st February 2018, aged 99. He served as a Corporal in the Royal Air Force in the UK from 1939 to 1946.

Charles Gough of Guisborough, Cleveland died on 1st February 2018, aged 97. From 1939 to 1946 he served as an LAC in the Royal Air Force in the UK and Canada.

Edgar 'Eddy' Gray of Wigston, Leicestershire died on 8th March 2018, aged 97. From 1939 to 1948 he served as a Sergeant in the Royal Air Force in Norway, France, Belgium, Holland and German and Ghana.

Peter Greenwood of Stoke On Trent, Staffordshire died on 15th February 2018, aged 72. From 1962 to 1972 he served as a Corporal in the Royal Signals in Germany, the Middle East and Far East.

Grace Haddow née Ravenhall of Luton, Bedfordshire died on 17th February 2018, aged 92. She served in Nottingham as a Leading Aircraftwoman in the Women's Auxiliary Air Force from 1942 to 1946.

John Hawkins of Weston Super Mare, North Somerset died on 1st March 2018, aged 84. He served in the Mediterranean in the Royal Marines from 1953 to 1955.

Joyce Henley-Hudson née Cannon of Shanklin, Isle Of Wight died on 25th February 2018, aged 93. She served in the Women's Royal Naval Service in Scotland from 1944 to 1946.

Ronald Hill of Yeovil, Somerset died on 1st January 2018, aged 99. From 1939 to 1966 he served in the Royal Air Force in France, Egypt, Palestine, Iraq, Iran, UK, Sudan and Cyprus, leaving as a Flight Sergeant.

Raymond Holland of Horley, Surrey died on 26th February 2018, aged 88. A Sergeant in the Royal Engineers he served in Hong Kong and Libya from 1951 to 1957.

Alan Holt of Wadhurst, East Sussex died on 2nd March 2018, aged 87. He served as a Sergeant in the Royal Army Ordnance Corps from 1952 to 1958.

Kenneth 'Ken' Hornby of Plymouth, Devon died on 16th February 2018, aged 80. He served as an LAC in England and Yemen in the Royal Air Force from 1956 to 1959.

Pauline Hornsey née Roberts of Newton Abbot, Devon died on 10th February 2018, aged 95. She served as a Sergeant in the UK in the Women's Royal Air Force from 1943 to 1946.

Frederick Hughes of Liverpool, Merseyside died on 19th January 2018, aged 95. He served in the Middle East in the Royal Electrical and Mechanical Engineers from 1944 to 1947.

Henry 'Harry' Hunt of Chichester, West Sussex died on 14th March 2018, aged 88. He served in the 14th/20th King's Hussars and the 4/7th Dragoon Guards in South Africa from 1948 to 1950.

George Hutcheson of Inverness died on 2nd March 2018, aged 75. He served in the Highland Brigade and the Army Catering Corps from 1959 to 1966 in Aden and the UK.

Ronald 'Ron' Jones of Slough, Berkshire died on 31st January 2018, aged 96. He served in the UK as a Sergeant in the Royal Air Force from 1941 to 1946.

Douglas 'Doug' Lewis of Sutton, Surrey died on 26th February 2018, aged 97. He served in the Royal Army Service Corps from 1941 to 1946 in the Middle East, Egypt, Libya, Europe, France, Belgium, Holland and Germany.

Ian Lupton of Manchester died on 15th March 2018, aged 100. From 1940 to 1946 he served in the Royal Army Service Corps in France and the Middle East, until dismissed as a Lieutenant.

Joseph 'Alan' Milburn of Gateshead, Tyne And Wear died on 7th March 2018, aged 95. He served as a LAC in the Royal Air Force from 1941 to 1946 in North Africa, Italy and France.

Leonard 'Len' Mills of Huddersfield, West Yorkshire died on 1st March 2018, aged 95. From 1941 to 1946 he served as a Gunner in the Royal Artillery in Burma and England.

Leonard Milnes of Sheffield, South Yorkshire died on 28th February 2018, aged 97. He served in the Royal Artillery in the UK and Malta from 1943 to 1947 in the UK and Malta.

Colin Morris of Henley In Arden died on 16th March 2018, aged 86. He served in the Royal Army Service Corps in England and Germany from 1949 to 1951.

William Mullen of Burnley, Lancashire died on 22nd February 2018, aged 99. He served in the Royal Navy as a Sick Berth Petty Officer from 1943 to 1946.

David North of Halifax, West Yorkshire died on 26th February 2018, aged 86. He served in the Royal Electrical and Mechanical Engineers from 1952 to 1967 in Hong Kong, Korea, Japan and the UK.

John Oliver of Stanley, County Durham died on 1st January 2018, aged 83. He served as a Petty Officer in the Royal Navy from 1952 to 1968.

William 'Bill' Parker of Wirral, Merseyside died on 3rd March 2018, aged 97. From 1939 to 1946 he served in the Cheshire Regiment and the Royal Signals in Holland and the Middle East.

Ronald 'Ron' Phillips of Chorley, Lancashire died on 14th March 2018, aged 97. He served in the Royal Electrical and Mechanical Engineers from 1943 to 1947 in Europe and India.

John 'Jack' Raglan of Haltwhistle, Northumberland died on 28th December 2017, aged 82. He served as a Lance Corporal in Cyprus in the Royal Army Ordnance Corps from 1956 to 1958.

George Roberts of Shrewsbury died on 3rd March 2018, aged 99. He served in the Royal Artillery from 1939 to 1946 in the UK, India and Burma.

James Roden of Romford, Essex died on 3rd March 2018, aged 87. He served in the Royal Army Pay Corps in Whitchurch, Hampshire from 1949 to 1951.

Trefor Selway of Colwyn Bay, Clwyd died on 25th February 2018, aged 86. He served as a Lance Corporal in England in the Royal Air Force from 1950 to 1952.

Jack Shingles of Norwich, Norfolk died on 19th February 2018, aged 95. He served as an LAC in the Royal Air Force from 1942 to 1947 in the UK, India and Burma.

Jean Standing née Birrell of Southport, Merseyside died on 14th February 2018, aged 87. She served as a LACW in the Women's Royal Air Force from 1949 to 1952.

John Taylor of Melksham, Wiltshire died on 6th March 2018, aged 78. He served in Cyprus in the Royal Signals from 1959 to 1964.

Richard 'Dick' Tetlow of Heanor, Derbyshire died on 2nd March 2018, aged 105. He served in the Royal Army Service Corps in the UK, Italy and North Africa from 1940 to 1946.

Cuthbert 'Peter' Wakefield of Cupar, Fife died on 1st March 2018, aged 84. He served as a Flight Lieutenant in the Royal Air Force in the UK, Canada and the Middle East from 1952 to 1971.

Frank Walker of Deeside, Clwyd died on 1st March 2018, aged 88. He served in the Royal Artillery from 1947 to 1948 in Wales and Germany.

Edmund Watson of Preston, Lancashire died on 7th March 2018, aged 91. He served in Germany with the Royal Signals from 1944 to 1948.

Robert 'Bob' Weedon of Witney, Oxfordshire died on 3rd March 2018, aged 93. He served in the Royal Army Service Corps and the Royal Army Educational Corps from 1948 to 1953 in Singapore, Malaya,, Middle East and North Africa, discharging as a Company Quartermaster Sergeant.

Peter Wickins of Bury St. Edmunds, Suffolk died on 8th March 2018, aged 92. He served with the Royal Marines from 1943 to 1947 in France, Holland and Germany.

Christopher 'John' Williams of Exeter, Devon died on 1st July 2017, aged 65. He served in Yeovilton as a Leading Hand in the Royal Navy from 1969 to 1978.

George 'Howell' Williams of Ammanford, Dyfed died on 1st July 2017, aged 83. He served in the Royal Welch Fusiliers and the Royal Army Service Corps from 1952 to 1960 in the UK and Germany.

Kathleen 'Kay' Williams of Lewes, East Sussex died on 1st March 2018, aged 99. She served in England in the Women's Royal Air Force from 1941 to 1945.

Frank Wilson of Sheffield, South Yorkshire died on 7th February 2018, aged 89. He served in the Royal Army Ordnance Corps from 1946 to 1948 in the UK and Libya.

Irena Wolicka-Wolszleger of Pwllheli, Gwynedd died on 18th March 2018, aged 96. She served as a Lance Corporal in the Polish Army in Iran, Iraq, Palestine and Egypt from 1942 to 1947.

