



Review

The journal of
Blind Veterans UK

July 2023



Service and sacrifice

Marking 60 years since
the end of conscription

Inside:

Ski hero brings home Silver
Founder's Awards nominees
Mark's spectacular skydive



Rebuilding
lives after
sight loss



Listen here

Your checklist for writing a Will

Last month, Member **Jules Lee** talked about pledging a gift in his Will to Blind Veterans UK. Writing or updating your Will can seem daunting, but it doesn't have to be. Here's our handy checklist:

1. Find someone to help

We recommend finding a solicitor at solicitors.lawsociety.org.uk or we can refer you to a free Will-writing service. Simply get in touch with us on **020 7616 7923**, giftsinwills@blindveterans.org or visit blindveterans.org.uk/freewills to find out more.

2. Decide who will look after your dependants

If you have dependants, including pets, you can make provision for them.

3. Choose who gets what

List your assets and their values before deciding how to distribute them. It's not always possible to distribute your assets equally between loved ones, but you could ask your beneficiaries if there's anything they'd like you to leave them. Without a Will, your money and possessions may be distributed in a way you wouldn't have wanted.

4. Consider a gift to charity

Once you've provided for loved ones, you may wish to support

causes important to you. We would be enormously grateful if you considered a gift to Blind Veterans UK.

5. Appoint an executor

Select someone responsible and trustworthy to carry out your instructions.

6. Record other wishes

You can include other wishes, such as instructions about your funeral.

7. Store your Will

Put your Will somewhere safe, making sure someone you trust knows where it is.

8. Review and update your Will

Keeping your Will up to date is essential, especially after major life changes. 🌐



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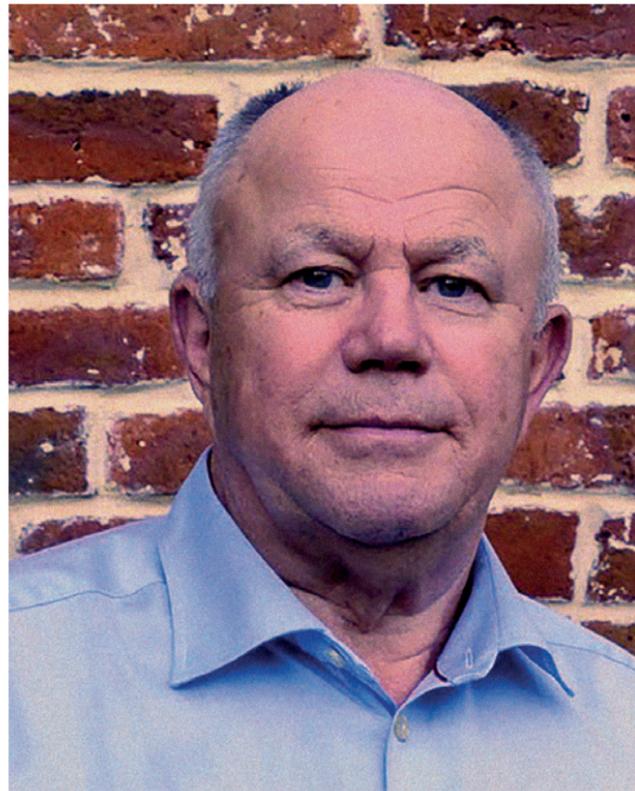
Members lay a Blind Veterans UK poppy wreath at the National Aboretum to honour UK National Servicemen and women.



A passionate advocate

A message from your Chair, **Barry Coupe**

It's been a very busy time for me and my fellow Trustees since I last wrote to you. In the past few weeks, we've attended a number of committee meetings, focusing on the charity's priorities in Operations, Engagement and Finance.



Caption: Barry Coupe

Soon, we will have our first Council meeting with our new Chief Executive, Adrian Bell. I have to say, we've all been very impressed at how he's thrown himself into the role in his first few months. I really believe we have some exciting times ahead at Blind Veterans UK.

As I've written before, due to my profession as an architect - and in my role as your Chair - I've also attended all the site meetings for our new Rustington Centre. I felt things had really progressed when I last visited and I'm pleased to say that everything is still on track to start moving our permanent residents in this September.

However, earlier building delays mean that, unfortunately, we will need to delay the arrival of our first Member holidaymakers by a few weeks. You can read more about this on page 25.

One additional perk of my Rustington

“I was grateful to attend Graham’s funeral. He was a great advocate for Blind Veterans UK”

site visits has been the opportunity to pop in to see local Member, Graham Forshaw, so I was very sad when Graham passed away at the beginning of May. I was very grateful to attend his funeral - he was a great advocate for Blind Veterans UK, not least by taking on a skydive a few years ago at the age of 81!

This passion was evident at the funeral as Blind Veterans UK was the chosen charity for any donations made. I found myself sitting next to a gentleman who asked how I'd known Graham. When I told him it was through Blind Veterans UK, he got his chequebook out straightaway, saying, “He would have been pleased to see me doing this.” What a legacy Graham has left behind!

Later in the month, I joined our VI charity sector partners, including RNIB, Guide Dogs, The Macular Society and The Thomas Pocklington Trust, for a seminar. All these charities started working much more closely together at the start of the pandemic which has turned out to be very mutually beneficial, particularly when



Chairman

Caption: Barry, left, with Graham at his home before he passed away

it comes to sharing information. We want to make sure these benefits are maximised for you.

I've also had a fascinating chat with Member James Fenton on the wonderful occasion of his 101st birthday. James told me all about his service in Burma and the book he went on to write about it. He also spoke of his love of writing poetry. Of course, I passed this on to the Review team as soon as I could, so we can expect to learn more about him, and perhaps even read some of his work in a future issue of the magazine. I'm looking forward to it. 🌍



New plan to make it easier to see your GP

The government has now introduced a new plan to make it easier for patients to see their GP.

In a bid to avoid the 8am rush for GP appointments, patients will be given an appointment immediately or signposted to a more relevant service. This will be supported by providing GPs with new and better technology.

Also, prescription medication will be available from pharmacies without someone needing a GP appointment, which should mean that more GP appointments will be available. Patients will also be able to access their medical records on the NHS app.

■ For more information, go to [gov.uk/government/news/what-the-prime-ministers-primary-care-recovery-plan-means-for-you](https://www.gov.uk/government/news/what-the-prime-ministers-primary-care-recovery-plan-means-for-you)

New Member Code of Conduct launched

Our President, Colin Williamson, introduces our new Code of Conduct, included in your issue this month and co-produced with Members.

You will notice a leaflet in your issue of Review this month. This is the new Member Code of Conduct.

Blind Veterans UK takes justifiable pride in the range and quality of our services and the support we provide to Members. One element on which we will not compromise – and where I hope we never fail – is the provision of a safe and supportive environment for everyone where we are all treated with dignity and respect. We look to our Members to help us meet and maintain these standards.

This Code of Conduct, co-produced with Members, sets out the expected standards of behaviour of all Members, families, friends, widows and widowers when engaging with the charity.



Please take the time to read and understand it and get in touch with your community team if you have any questions.

Members treated to Trooping the Colour

Member Engagement Administrator, Jennie Fuller, reports back on a fabulous day with Members at Trooping the Colour in London

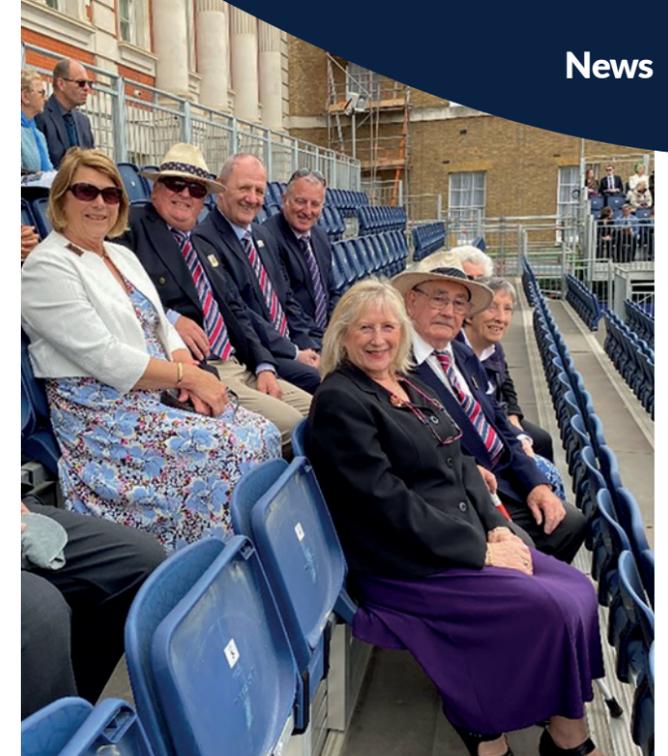
Despite the rail strike, five Members from Blind Veterans UK, and their escorts, made their way to London on Saturday, 3 June 2023, to attend Trooping the Colour, reviewed by Major General CJ Ghika CBE.

Starting with a slightly fresh but cloudless day, London was soon bathed in glorious sunshine, warming the day up nicely as the parade started.

Surrounded by spectator stands, the parade square filled with the massed bands and divisions of the Guards Regiments. Their scarlet red tunics, black trousers and bear skins were a striking contrast against the sand.

The Household Cavalry, with their silver helmets and breast plates shimmering in the sunlight, were immaculately presented formed up in front of the Guards Memorial, creating an impressive display.

Watching the massed band carry out the 'spin wheel' manoeuvre is even more impressive in real life than it is



Caption: Members at the event

on television. What's more, this drill movement is not simply written down for just anyone to read but carefully handed down from generation to generation.

The mounted band of the household cavalry with drum horses, 'Major' Atlas and 'Major' Apollo, led the way, timpani drums keeping feet tapping to the beat. The King's Troop was thunderous in their presence as they trotted around the parade square. The gleaming gun carriages, riders, horses and saddlery looked pristine, whilst the ground and stands rumbled as they passed.

It was a wonderful event to experience and I was so pleased that the opportunity to attend was presented. I would happily go again. Absolutely fantastic. 🇬🇧



Caption: Noeline



Caption: Peter



Caption: Andy



Founder's Awards 2023: the nominees

Thank you to everyone who sent in their nominations for this year's Founder's Awards. Here are the nominees!

Our Founder's Awards mark the founding of Blind Veterans UK when Sir Arthur Pearson opened the doors to war-blinded veterans in 1915 for the very first time.

They recognise the inspiring contributions of those who share the

same boundless spirit as our founder and help us celebrate all that's great about our charity.

We are delighted to share our list of all nominees and what they were nominated for. The ceremony will take place in the autumn.

1. **David Atkinson** was nominated for the Inspiring Communities Award for his drive and enthusiasm to promote Blind Veterans UK both locally and nationally.
2. **Linda Bakker** was nominated for the Carers Recognition Award for going above and beyond in her role as a carer.
3. **Richard Booth** was nominated for the Carers Recognition Award for his dedication to his grandfather, a blind veteran.
4. **Sheila Botley** was nominated for the Life beyond Sight Loss Award for pushing her boundaries to become independent again, raising funds selling her handmade craft pieces and helping other Members in the local area.
5. **Terry Bullingham** was nominated for the Ted Higgs Prize for his determination to support other Members and the charity.
6. **John Charlesworth** was nominated for the Inspiring Communities Award for being determined to learn about and support those with sight loss, especially blind veterans.
7. **Noeline Charlesworth** was nominated for the Camaraderie Award, Creative Award, Outstanding Achievement Award and Inspiring Communities Award for the support she provides to fellow blind veterans and her fundraising efforts.
8. **Les Fryer** was nominated for the Camaraderie Award, Inspiring Communities Award, Life beyond Sight Loss Award, and Sporting Achievement Award for setting up a local bowls group in Worthing and bringing local blind veterans together.
9. **Barrie Hathaway** was nominated for the Camaraderie Award. As a Member and volunteer he has supported fellow Member, Peter, in his sight loss journey.
10. **Kenneth Hall** was nominated for the Inspiring Communities Award for setting up multiple groups for Members in his local area, as well as representing the charity at other local meetings.
11. **Lesley Hall** was nominated for the Outstanding Achievement Award and Vocational Award for her commitment to learning new skills to give her the confidence to travel and shop independently again.
12. **Percy Harrison** was nominated for the Life beyond Sight Loss Award for learning ways to continue his engine restoration hobby with his sight loss.
13. **Jill Humphries** was nominated for the Inspiring Communities Award and Life beyond Sight Loss Award for her incredible fundraising efforts for multiple charities.
14. **Peter Kay** was nominated for the Camaraderie Award and →



Caption: Alan

Life beyond Sight Loss Award for finding new and creative ways to enjoy woodwork.

- 15. Cameron Kennedy** was nominated for the Creative Award for embracing the National Creative Project, even despite his sight loss deteriorating over the last year.
- 16. Val Kennedy** was nominated for the Inspiring Communities Award for never failing to make sure Members and their family members feel welcome at social events in the local area.
- 17. Jules Lee** was nominated for the Inspiring Communities Award for his engagement and passion for the charity, as a Member and also a volunteer.



Caption: Jed

- 18. Andrew Leitch** was nominated for the Sporting Achievement Award for his remarkable determination and dedication to sport and his commitment to overcoming obstacles.
- 19. Alan Lock** was nominated for the Sporting Achievement Award for his positivity and energy. As well as being an inspirational sportsman, he also takes time to listen to and support others.
- 20. Craig Lundberg** was nominated for the Ted Higgs Prize for his determination to live life as fully as possible and for mentoring others who are struggling with their sight loss journey.
- 21. Winnifred Marrable** was



Caption: Dean

- nominated for the Creative Award for embracing the National Creative Project and her positive attitude towards giving new skills a try.
- 22. Malcolm McGregor** was nominated for the Life beyond Sight Loss Award as, despite losing his sight and often being in pain due to disability, he has found ways to continue to enjoy gardening, cooking and photography.
- 23. Penny Melville-Brown** was nominated for the Ted Higgs Prize for consistently challenging perceptions of what people with a disability can achieve and for helping others with disabilities.
- 24. Bill Mooney** was nominated for the Creative Award for his work creating beautiful pens and ornaments from wood and using his skill to fundraise for the charity.
- 25. Ronald Smith** was nominated for the Inspiring Communities Award and Life beyond Sight Loss Award. He and another Member have together embraced art and craft activities and continue to encourage each other.
- 26. Jed Splain** was nominated for the Camaraderie Award for his involvement with the Vision in Song Choir. Patrick assists other members of the choir, offering them support and acting as a spokesperson for the group.

- 27. Dean Twaite** was nominated for the Inspiring Communities Award for his work as a telephone befriender and the positive impact he has made alleviating social isolation and increasing motivation of other members. His journey and achievements have been an inspiration to both staff and Members.
- 28. Keith Verral** was nominated for the Creative Award for his determination and perseverance leading to him excelling at wood turning. He uses his skills to fundraise for the charity.
- 29. Adam Walsh** was nominated for the Life beyond Sight Loss Award in recognition of his hard work and perseverance to transform his life into one with meaning, including being back in employment, cooking and learning to use his cane to travel around independently.
- 30. Rory White** was nominated for the Life beyond Sight Loss Award for his openness to accepting support, which has led to increased independence and the discovery of new skills and activities.
- 31. Ron Zaple** was nominated for the Creative Award for his passion and enthusiasm for the National Creative Project despite his deteriorating eyesight. He's always willing to provide support to others with sight loss. 🇬🇧



Listen here



Caption: John on Remembrance Day with Members in London

Service and sacrifice

As this year marks 60 years since the last National Serviceman was demobbed, we ask Members John, 84, and Bob, 88, about their experience of conscription

John: “You learnt how to take personal responsibility”

John Hodges was called up to National Service in 1958 and trained in intelligence. He found the experience so positive that he now credits it with

making him a better person. John says, “My service gave me self-confidence and new skills. You learn how to lead people and take personal responsibility. And if you had a task to do, you did it with pride. Other people depended on you so you got on and did it.”

After two years, John left to go on to work for a newspaper group. He remembers how much it helped him to be able to take the work ethic he learnt in his service into his career.

He says: “One aspect of service I particularly appreciated was having worked under commanding officers from Australia, New Zealand and the United States. I think the combined nations’ operations prepared me for business relationships.”

John lost his sight due to age-related macular degeneration, but has managed to stay busy and engaged despite the challenges. Thanks to advice from his support worker, he’s now adept at using his Alexa device to access information and store lists.

And he also continues to bake his almost legendary lemon drizzle cake, thanks to the set of talking scales we gave him. He uses them so often, in fact, that he’s even given them a nickname: Gerald. “Gerald’s a great friend,” John jokes.

Above all, he’s grateful that Blind Veterans UK gives him the same sense of belonging as his National Service did. “The charity draws people together, helping and being there. It’s the Blind Veterans UK family.”



Caption: Former medic, Bob

Bob: “It gave me a step up”

When Bob Splain was called up he had no qualifications and no trade, so he felt fortunate to be able to gain the training that National Service provided.

He says, “It gave me a step up the ladder and took me around the world. I’d missed out an education in the early 50s, but I was able to catch up and learn about something that I was interested in. That’s why I stayed on and enlisted in the army.”

Bob was sent to Berlin and was actually there as the wall went up. As a medic, he was responsible for looking after the Nazi prisoners in Spandau Jail. He says, “I saw the value of National Service at the hospital. Over 70% of the staff were there because of it.

“At Blind Veterans UK, we have the same camaraderie. There’s always someone I can turn to if I need help.” 🇬🇧



Caption: National Arboretum National Service monument



Caption: Top, band playing and, bottom, Members at the event



Caption: Members waiting to lay the Blind Veterans UK wreath



Anniversary



Caption: Our Members and their partners at the service

Marking National Service at the National Memorial Arboretum

On 16 May, The Royal British Legion organised an event at the National Memorial Arboretum to mark the service and sacrifice of the UK National Servicemen from the end of the Second World War until 1963.

Members Anthony, Roy, Jeff and William, as well as their partners, attended and enjoyed a special private afternoon tea served in a marquee with music by The Royal Air Force Salon Orchestra.

Afterwards, there was a reflective ceremony led by the actor Robert Powell with memories from veterans and family members reading letters sent home by National Servicemen.

HRH The Princess Royal, gave a speech and spent some time afterwards talking to veterans and their family members. The ceremony included music from the British Army

band and a parade of flags with buglers from the Royal Marines.

Members Tony, Roy and Jeff laid a Blind Veterans UK wreath and reflected on their own memories and lost friends.

Thank you to The Royal British Legion and National Memorial Arboretum for such a special day. 🇬🇧

A wonderful life

To honour the legacy of our former President, **Ray Hazan OBE**, who passed away in April this year, Members, staff and friends share special memories

Jeff Parker, Member

Being friends for over 40 years, I have so many memories of Ray. He was the first man I met who represented St Dunstan's. He used to run the computer club and helped everyone with new visual aids. I admired Ray more than anyone else. I remember he set up his own Apple computer, all on his own, by using braille on the wires. That's the kind of man he was.

When I first joined the charity and



Caption: Ray in his younger years

went to the centre, a group of us used to go out to the pub together then come back and sit in the dining area. We would be there for hours, laughing and chatting. We paid a heavy price to become St Dunstaners, but we were great company for one another. So many of this group have passed on.

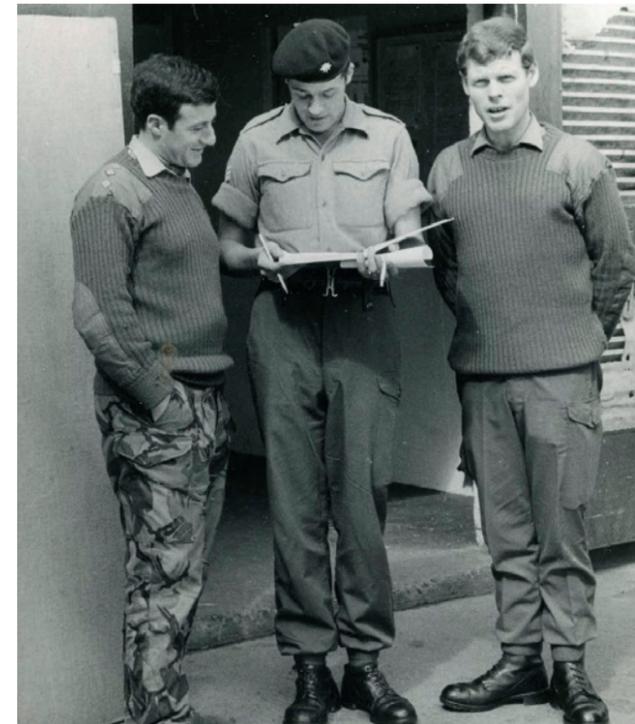
I greatly admired Ray Hazan for what he achieved and all he overcame with his many injuries. God bless him and rest in peace. Our dear friend.

Jo Brown, friend

Ray touched my life when my husband suffered similar injuries in Northern Ireland when an incendiary device was placed on his car.

His generosity of time and knowledge gave us so much to hope for. To see the happy, successful life he'd created gave us something to aim for.

Ray, you really did create "a wonderful life" - for real people, not just 1930s Hollywood.



Caption: Ray, left, with his colleagues during service

Lesley Garven MBE, Brighton Centre Manager

I will never forget Ray's eloquence, humour and gentle ways. He represented us so well for so many years and was a man of great dignity and pride who will be sorely missed.

Former Sgt Chris Headland, 2 R Anglian

I first became aware of the great man, Captain Ray Hazan, when I joined his old Battalion, The Poachers, in 1987.

Soldiers who had served with Ray told me his story. I will always remember the respect and revered way they spoke of him as they described his



Caption: In his service uniform before losing his sight in a blast

extreme bravery and positive attitude in overcoming adversity, and in his work with Blind Veterans UK.

It's hard to accept Ray's passing. He's still fondly remembered as an example of what can be achieved, but at this sad time, we should try to think of all the years gained that were put to such use, and which are denied to many.

Captain Hazan, with greatest respect, from one Poacher to another.

Caroline Norman, staff member

I remember having conversations with Ray about him growing up in Seaford. He said that when he retired, he →



Caption: Ray being awarded his OBE

wanted to move back there. That's what he did in the end and he and his late wife Robbie joined the Rotary Club and were well known in the area. Ray also used to come into our Arts and Crafts workshop several times a week.

Glynis Gillam, staff member

When Member Henry Allingham, who was the oldest man living at the time, died at 113 years old, I was asked to escort Ray to the funeral in Brighton.

As we arrived, there was a bank of photographers and press on the side. I whispered to Ray about the press. He stopped me and said, "Are they on my best side? Let's give them a proper picture!" He strode forward in proper marching style with head held high.

This was Ray, always able to make a joke, not take himself too seriously and make others feel at ease. I always loved

spending time with him and listening to his tales. A great man who we will sorely miss.

Barry Coupe, Chair

I first met Ray at the Brighton centre several years ago. He gave me a tour and then we headed off for lunch.

As the son of a blind veteran, I was used to assisting Dad with various things such as cutting meat at meals. I offered to do this for Ray, and he politely declined saying that he has always preferred to do things as best he could himself. He joked that it really wouldn't be the worst thing in the world if he made a mess of it and it ended up on the table.

That simple thing made me realise right away that Ray, possibly more than any Member I've met, epitomised our ethos of living as independent a life as possible. It was also just like him to add humour into the situation.

Thank you, Ray. 🍷

You can share your own memories of Ray or support Blind Veterans UK in his memory through his online tribute page at RayHazan.muchloved.com



Listen here

A shared passion

As **Ray Peart BEM**, 76, approaches 50 years as a Member, he shares fond memories of the Amateur Radio Society and his good friend, Ray Hazan OBE



Caption: Society members in 2001

My dear old friend, the late Ray Hazan, once wrote: "It is perhaps unfortunate that to become classed as a radio 'ham' is a little derogatory in implication. Yet, as a hobby it can satisfy the communicator, the linguist, the constructor, the adventurer."

I think there's never been a truer word said.

I lost my sight in 1973, during my third tour in Northern Ireland. I was standing behind a soldier when he opened a cupboard only to find a bomb inside.

I'm sorry to say two soldiers were killed, while I was left black blind with my front teeth blown out, shrapnel in my face, and damage to my hearing. I was 27.

I ended up in Milbank Military hospital where I was lucky enough to meet 29-year-old Ray. Ray had also been caught in a blast and was being treated for multiple severe injuries, including sight loss. We hit it off straightaway and became great, long-time friends.

I remember the then Chairman of St Dunstan's, Ian Fraser, walking into the ward, giving us our first braille watches and inviting us to become →

St Dunstaners. Little did he know that Ray would go on to become one of the greatest Presidents the charity has ever seen.

Ray and I had so much in common. Not only were we both learning to deal with sight loss, but we also shared a love of amateur radio – still a passion of mine today. We quickly became very involved with the charity's Amateur Radio Society and had a great time getting to know the others in the group.

People often get amateur radio mixed up with CB radio, but it's quite different. For starters, we use Morse Code as well as voice, and we each have our own call signs – mine is GOFHK, while Ray's was GOPQQ.

In those days all the Members were war-blinded, some from the First World War. At our Centres we learnt braille, as well as touch typing on the old typewriters, and we also played different sports.

Thanks to this, I was able to take part in the Paralympics in 1976. I competed in the Pentathlon and did OK. I would have done better if it wasn't for my trainer, who was running behind me in the sprint, accidentally shouting "right" instead of "straight" and running me off the track!

Later on, I started working for a high street bank where I met my wife, Claire. Luckily, she quickly came to enjoy amateur radio almost as much as me. Her call sign is G1FHK.

The group still holds annual breaks at our Centres, which are fantastic. We connect with people from all over the world through the radio, then enjoy a few drinks in the bar in the evenings. These days we're supported by brilliant volunteers, while the charity's Chairman, Barry Coupe, recently became the group's President. I'm still involved as the Chairman and Claire's now our Treasurer, while our Secretary is John Houlihan.

Sadly, like my good friend Ray, many of our group have become 'silent keys', as we say. Gone but not forgotten. We're always looking for new recruits so, if you'd like to see what we're all about, do come along to our break in September at Llandudno.

You'll be more than welcome. 🇬🇧

The Amateur Radio Society Week runs from Tuesday, 19 September to Monday, 25 September 2023. To book, call our Llandudno bookings team on 01492 868700.



Our Centre breaks

Fancy a break? We're running a whole host of relaxing, fun-filled and active weeks at Llandudno and Rustington...

Llandudno Centre

Situated between two headlands: the Great Orme and the Little Orme, this North Wales Centre is on the edge of the largest Welsh seaside resort, surrounded by beaches and areas of outstanding natural beauty.

Wellbeing breaks

We provide holiday weeks all year round, bookable up to six months in

advance. We also run themed breaks as follows:

Castles of Wales

9-15 July

Explore Caernarfon and Beaumaris Castles, two of the finest examples of military architecture. Enjoy medieval games, archery and cookery demonstrations.

Beside the seaside

23-29 July

Come to buzzing Llandudno for ice cream on the pier, a visit to Snowdonia National Park/Eryri, and the splendours of North Wales.

Cruise week

6-12 August

Cruise ship entertainment on dry land! Visit Anglesey and Holyhead where cruise ships dock and enjoy a formal dinner to rival the Captain's Table, live music, casino games, and sunset on the deck (our patio).

Beside the seaside

20-26 August

Stroll along the pier, cool down



Caption: All about the Arts week



Caption: Potting and planting week

with ice cream, and delight in spectacular countryside.

Planes, trains and automobiles **3-9 September**

Visit Anglesey's Transport Museum, Caernarfon's Aviation Museum and Holyhead's Maritime Museum. Learn about shipwrecks at Wales' oldest lifeboat station and ride on Llanberis Lake Railway at the foot of Snowdon.

All about the arts **17-23 September**

Give creativity a go! Sessions include woodwork, knitting, jewellery-making and constructing model kits.

Music and dance week **1-7 October 2023**

Bach to Beethoven, musicals to rock'n'roll: our musicians, orchestras

and singers bring you workshops and musical sessions.

Autumn colours **15-21 October**

Gentle strolls in our woodlands or further afield, followed by a relaxing hot chocolate or craftwork – making a bird box, beach-combing, woodland foraging, photography or painting.

Every day is different! **22-28 October**

From on-site wrestlers to creative writing, art, music and trips, no two days will be the same on this week.

Military week **5-13 November**

A time of Remembrance and military culture. Discuss your days in the Forces, compare modern

military lifestyles and try up-to-date equipment. Sharing the Remembrance Parade on the seafront with other Members is extraordinarily moving. The week comes to a fitting end with a formal dinner.

Turkey and Tinsel week **26 November-2 December,** **3-9 December, 10-16 December**

You'll enjoy Llandudno's events, plus our own carol singing, dancing, entertainment, and delicious Christmas dinner.

2024 **Scandinavian Winter Cruise** **14-20 January**

This week gives you time to talk and be together. Try hand massages, heat treatments and facials; and hot chocolate, liqueur coffees, and cheese and wine. Enjoy a dinner at the Captain's table (no passport required).



Caption: Music and dance week

Highland fling **21-27 January**

Burns Night in Wales! We'll have a ceilidh, haggis, neeps and tatties, pipers, and a live band. Make your own tartan and try the bagpipes.

Dancing and romancing **11-17 February**

Learn new dances. A time for glitz and glamour.

Dragons and daffodils **25 Feb-2 March**

St David's Day with unbeatable countryside, music and a delicious special dinner. Enjoy Welsh cakes or bara brith with new friends.

Potting and planting **10-16 March**

Learn from experts, create your own planters, and explore wonderful garden centres.

Planes trains and automobiles **24-30 March**

Enjoy vintage cars, historic aircraft and steam railways. Visit Anglesey's Transport Museum, Caernarfon's Aviation Museum, and Holyhead's Maritime Museum. Learn about shipwrecks at the oldest lifeboat station in Wales. Includes a ride on Llanberis Lake Railway, at the foot of Snowdon.





Caption: Adventure week

Activity weeks

Photography week

2-8 July, 19-25 November

Capture images of local wildlife and scenery. Bring a camera, or a smartphone with a camera.

Strolling week

16-22 July, 22-28 October.

Explore the world heritage site of Conwy and an RSPB reserve. Improve your fitness, learn relaxation techniques, and connect with your fellow Members.

Target week

30 July-5 August

Group competitions in target sports,

from shooting to archery and bowls. Time to practise and relax together.

Golf week

13-19 August

Professionals and staff will support you at the most desirable golfing locations in North Wales. Beginners always welcome too.

Wood week

27 August-2 September

Create a bird box, try basket weaving, working with green wood (using a freshly cut tree), using a pole lathe and pyrography.

Adventure week

3-9 September

You'll need a level of physical fitness to try new experiences and re-engage with endeavours that bring joy, in beautiful surroundings.

Water week

10-16 September

Visit picturesque lakes and coastline. Participate in kayaking, paddleboarding, canoeing, sailing and coasteering – exploring where the sea hits the land, often underwater.

Cycling weeks

24-30 September, 1-7 October

Ride through wonderful countryside, no matter your ability. As the 'stoker' on the back of an electric tandem

bike, you'll team with a pilot as part of a larger group. Take in coastline, cycle tracks, even some hills.

■ **To make a booking for the Llandudno Centre, call our Booking team on 01492 868 700. Bookings open six months in advance.**

Rustington Centre

Due to building delays, we will now be taking a phased approach to the opening of our Rustington Centre.

This means that, while our residents will move in this September as planned, we're sorry to say that guests coming for overnight stays will have to wait just a little longer than initially thought. Rather than kicking off our full programme of Member activities in November, the earliest we can

now welcome overnight stays will be Christmas, so our full programme of activities will run after this. We'll share more details in the September Review.

Day visitors

We hope to be able to welcome day visitors much sooner than this, as we'd love to hear your feedback and find out if the new Centre is everything you hoped for. We'll share opportunities for day visits in the September Review.

Christmas & New Year Breaks

For a special Christmas stay at Llandudno or Rustington, register your interest with your community team before the end of October 2023. Once spaces are allocated, we'll notify those successful. Please note, our Centre bookings teams aren't able to take requests for these dates. 🇬🇧

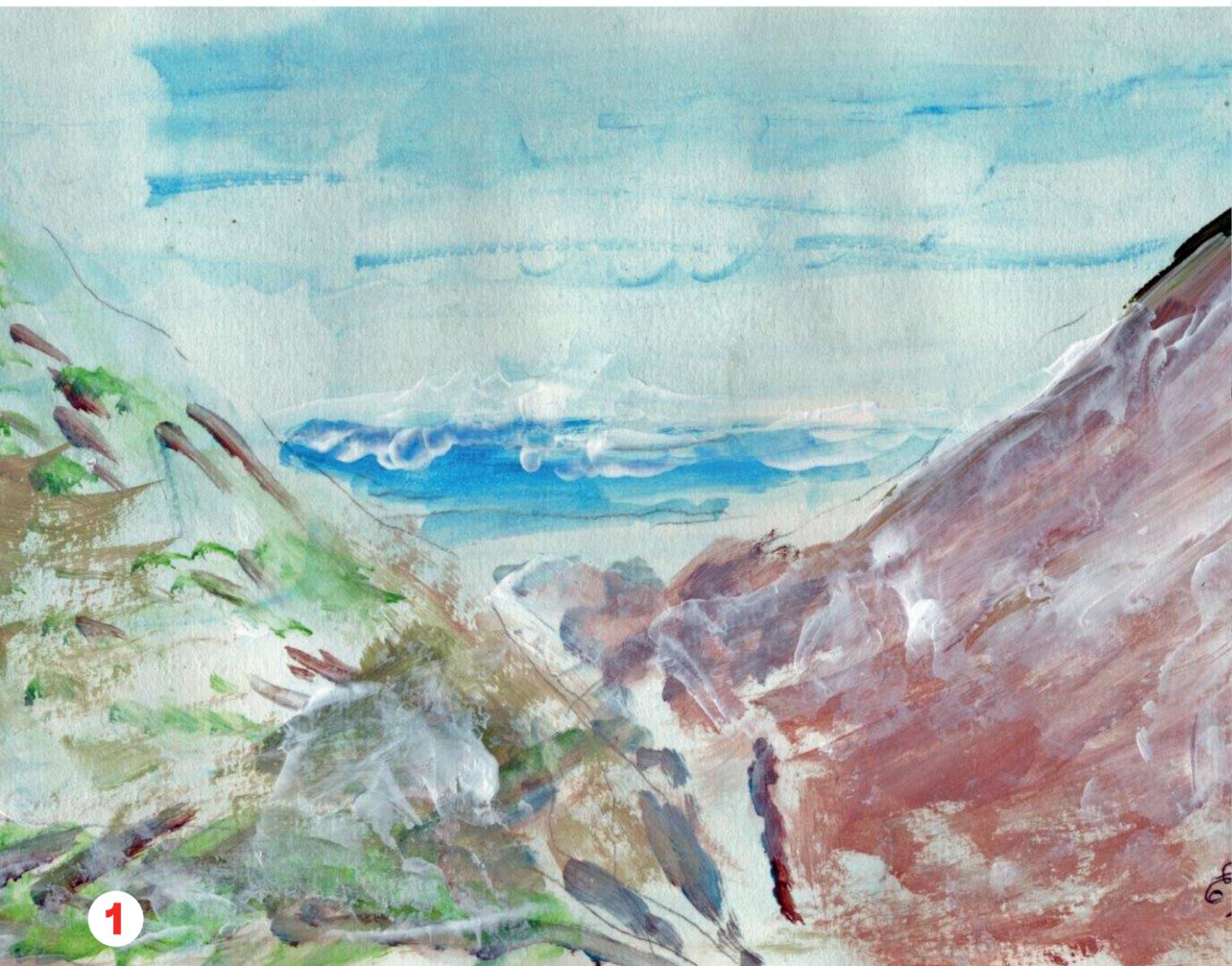


Caption: Aerial photo of the Rustington Centre

Artistic flair

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

Captions: 1. Eddie Edrich - Landscape 2. Michael Kaye - Seascape 3. Rita Scarratt - Our Lane in Spring 4. David Anderson - Penguins 5. Mickie Robinson - Sunflower 6. Shaun Gregory - Plum



Ski hero brings home Silver

Member **Mark Abel** shares his extraordinary journey from sight loss and tragedy to international ski champ



Caption: Mark and his guide, Neil

After losing his sight in 2011, Mark Abel thought he'd never ski again. Yet this March, in Colorado in the US, he represented the Armed Forces Para-Snowsport Team at an international level.

With his guide, Mark won second place in the alpine skiing slalom event against 36 other competitors from around the world.

The 57-year-old's journey has not been easy. Mark learnt to ski when he joined the Army at 16. But he believed his days on the slopes were behind him after he became unwell and woke up a few hours later to find he couldn't see.

He was told the optic nerves in his eyes were damaged due to optic neuritis, and that he had multiple sclerosis. He was devastated.

He says, "I was in shock. My job as a support worker was in jeopardy, I lost friends who didn't know how to talk to me about it and I'd no longer be able to ride a bike or go skiing.

"Eventually I visited my local Sight Concern organisation and was pointed in the direction of Blind Veterans UK. This was a turning point for me. The charity helped me with my IT skills and my fiancée taught me to touch type. I was able to get back to work and I'm now an administrator for the NHS.

"Then, in January 2012, I was introduced to visually impaired skiing. I went to several camps across Europe with the Armed Forces Para Snowsport team to develop my skiing and racing techniques. It was phenomenal to be back doing something I was passionate about.

"In January 2017, I was starting to realise my dream of racing. I gained a paralympic race licence and took part in my first proper race. But my ski racing dream came to a sudden halt following the tragic death of my son, Sam, who was just 14. Then in the same month my wife, Anita, was diagnosed with a cancerous tumour. My world was collapsing around me.

"I was away from the slopes for four years, but with the support and

encouragement of my ski guide, Neil, I returned to the snow in 2021 and started to rebuild my confidence.

"As a sight-impaired skier, it's terrifying not being able to see the mountain you're about to launch yourself down – you put your life in the hands of your guide. But the adrenaline rush; the excitement; the feel-good factor of the cold crisp air rushing past your face... it all spurs you on.

"I went to Colorado in March 2022 for my first competition and went again this year. On the last day, I took part in the alpine slalom race. We were allowed two attempts with our fastest time being the one that counted.

"My guide, Neil, and I wear Bluetooth headsets so he can safely talk me down the course. Neil skis slightly ahead of me and tells me when to turn. He also describes the finer details, such as when the snow conditions have changed. Our first run was good, but Neil and I both knew we could go faster so we went back to the top and improved on our time.

"I was overwhelmed to win the silver medal. I'm very grateful to Neil for pushing me to get back on the slopes. My plan now is to get back to training, hopefully compete again this summer and go back to Colorado next year." 🇬🇧



Caption: Mark, bottom, during the jump, strapped to his instructor

Mark's skydive success

In May, Member **Mark Pile**, who is terminally ill, jumped 13,000 feet out of a plane to raise funds for his fellow blind veterans. Here, he describes the experience...

"The whole day was brilliant. I had fantastic weather and lots of friends, some who I hadn't seen for over a year, came to support me.

In the run up to the jump I became unwell with pneumonia, but that didn't stop me. I wouldn't have missed it for the world.



Caption: Mark with his wife, Trudy

The experience was everything I could have hoped for. The instructor, who I was strapped to, was my eyes and explained everything that he could see on the way down. I felt a few seconds of free fall before the parachute opened and we glided down.

The adrenaline certainly got me through. When the excitement wore off, the enormity of the adventure took its toll on my body. But it was totally worth it.

So far, the jump has raised over £3,000 for Blind Veterans UK, much

more than I ever expected. Giving back to this charity that has done so much for me and my family. It's so important to me. I've received so much help from staff and fellow Members. I used to run photography weeks and events for Members as my way to give back, but I'm not able to do that anymore so this parachute jump has been my small way of saying 'thank you'.

I've been a Member of Blind Veterans UK for 12 years. This charity gave me back my life when I was ready to throw in the towel after losing my sight. It's still supporting me right to the end to do things that I never thought I'd be able to do.

I can't thank everyone enough for helping me to raise such a wonderful amount of money already. Simply saying 'thank you' doesn't feel like nearly enough, but I do sincerely thank each and every person who has donated. I appreciate it from the bottom of my heart."

Want to see Mark in action? Visit blindveterans.org.uk/skydive to watch his jump.

■ **There's still time to help boost Mark's fundraising total. If you'd like to give, visit justgiving.com/page/markpilesskydive**

Keeping Maria's memory alive - one year on

As we approach the first anniversary of the sad passing of our Vice President, Maria Pikulski-Hughes, her brave husband **Richard Hughes** opens up about life as a widower



Caption: Richard and Treacle

This coming August will mark the one-year anniversary of the death of my wife, Maria. It's going to be an incredibly difficult day, but I will be spending it surrounded by family and friends as we scatter Maria's ashes at Loughrigg Fell in Cumbria. This was her dying wish - a place she and I enjoyed walking together.

It's been a difficult year full of 'firsts' - the first Remembrance Parade without Maria, the first Christmas, her birthday and now the anniversary of her death.

I've tried to keep myself busy and have recently rehomed a rescue dog from Spain called Treacle. He's a big softie and having him has been great company. He gets me out of the house every day.

No matter where in the world I am, I will continue to support Blind Veterans UK, the charity that meant so much to Maria.

On 10 September, I'll be riding 55 miles in the London to Brighton Cycle, in memory of Maria, to raise money for her fellow blind veterans.

Maria and I took on the London to Brighton Cycle together in 2021. Of course, at the time we didn't realise this would be her last fundraising challenge. Just one week later the doctors told her that she had a tumour. I don't know how she did the ride as it was really tough, but she was incredibly fit and the only sign something wasn't right was that she was suffering with headaches.

Regardless of how she felt, I believe she would have completed that ride as she wouldn't have wanted to let the charity down.

Maria's story

Maria started receiving support from Blind Veterans UK in 2004. After the charity turned her life around, she was determined to give back by fundraising and raising awareness.

She was a proud Member through and through. The charity meant so much to her.

I didn't know her when she first lost her sight, but she told me she was in a very dark place until Blind Veterans UK gave her the confidence to pick herself

“Maria was a proud Member through and through. The charity meant so much to her”

up. Becoming a Member helped show her that sight loss needn't stop her from making the most of her life.

Through the charity she was able to try out new activities, like skiing and white-water rafting. This made such a difference to her life. And she was given IT training, which helped her secure a job as an eye clinic liaison officer, helping others who'd lost their sight.

She also threw herself into fundraising and raised more than £5,500 for the charity, inspiring many others to join in.

I want to keep the link with Blind Veterans UK forever. It's so important to me to keep Maria's memory alive.

■ **If you'd like to sponsor Richard's London to Brighton Cycle Challenge, visit justgiving.com/fundraising/ridingformaria. And if you'd like to plan your own activity, or take part in a challenge in memory of a loved one, simply get in touch with our Community Partnerships Team at fundraising@blindveterans.org.uk They'll be happy to help. 🐾**

Member voice

Our Member Engagement team updates you on the latest opportunities and upcoming events



ASTON WEBB / WIKIPEDIA

Caption: Britannia Royal Naval College, Dartmouth

Do you have a story to share from your service?

We are currently collating experiences of national, reserve or regular service and would love to hear your story if you're happy to share it. This month, as we mark the 70th anniversary of the armistice agreement of the

Korean War, we are particularly interested in hearing from Members who served in this conflict. Just email us at met@blindveterans.org.uk.

Member engagement events

These military-related events are an opportunity to meet up with other Members.

- **15 July:** Britannia Royal Naval College Open Day (Dartmouth)
- **10 September:** Help for Heroes Community Games (Loughborough)
- **22 September:** HMS Raleigh Pass Out (Cornwall)
- **19 October:** RAF Cranwell Pass Out (RAF Cranwell)
- **11 November:** Union Jack Club Engagement Event (London)
- **12 November:** Cenotaph Parade (London)
- **23 November:** HMS Temeraire PT Pass Out (Portsmouth)
- **To register your interest in any of these events, please contact your community teams for further support.** 🇬🇧

Forces fact

'Dhobi Dust'

(Navy/Army/RAF) Slang term for washing powder. The Indian word 'dobi' meaning 'washing' or 'laundry' has been used ever since the British military were stationed there.

This month's Forces Fact was provided by Jennie Fuller, Member Engagement Administrator.



CHRIS MCKENNA / WIKIPEDIA

Caption: the Korean War Memorial in London

This month in history

On July 27, 1953, an armistice agreement was signed to mark the end of the Korean war, but there was no peace treaty.

Nearly 60,000 British combat troops saw action during the war in Korea, from both the regular army and national servicemen. The war led to heavy casualties - 1,100 British soldiers and around 36,000 Americans lost their lives, and Korean casualties were much higher. Estimates suggest that the North lost 11% of its population, while 227,000 South Korean troops died, while civilian casualties were higher.

To this day, the Korean war is not officially over and tensions still run high between North and South Korea. US forces remain in the south, serving along one of the most heavily militarised borders in the world.

Now, 70 years on, many veterans of the conflict feel Korea is the 'forgotten war', overshadowed by the Second World War and the subsequent events of the Cold War.

National creative wellbeing programme

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

To sign up to or find out more about the following creative activities or hobby circles, simply call 01273 391447. You can leave a message on our answer machine if you'd like to request a project pack. All our projects come with VI and reader-friendly instructions, as well as the option of audio on a USB stick if requested.

CRAFT

Seaside postcards

A collaborative project! Your kit includes everything you need to create several collaged designs inspired by beach huts at Ovingdean and Rustington. Decorate the blank beach hut templates and send your favourite ones back to us in the stamped addressed envelope provided. We'll work our magic to produce a set of seaside postcards, including your designs, to send back to you. You could keep these for yourself, send with a message to family and friends, or even send a message welcoming staff and Members to their new home at our Rustington Centre.

Bird box - an easy woodwork project

Build a simple bird box for your garden, balcony or another outside space. This one is tried and tested by the National Trust. We'll send you the pre-drilled VI friendly marked up wooden kit and fittings. You will need a hammer and Phillips screwdriver to put the project



Caption: Seaside postcard collage

together. We'll also send you a bird stencil and paint to decorate your finished bird box. Complete it over the summer and get it ready for nesting season in Spring 2024.

GARDENING

Radishes

With their attractive leaves and beautiful tasty fruits, this radish pot will not only brighten up your windowsill but also your dinner plate. No need to worry about tiny seeds as we have stuck them to a tissue paper sheet, so they are easy to plant. We'll send you some recipe ideas to try as you harvest your crop.

ART

Sketchbook for beginners and improvers - July

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

■ Please call 01273 391447 for more information or to request an activity pack for the creative activities above.

Thank you to those who have completed and returned the surveys we have been sending out in the NCWP packs since May. Please continue to do this for each project you do. Your feedback is very important and we will use it to plan future projects and services.

■ The National Creative Wellbeing Programme team ncwt@blindveterans.org.uk

OPPORTUNITY FOR VI AND BLIND ARTISTS! Art & Low Vision International Drawing Competition

An invitation from blind artist, Charles Emmanuel Schelfhout, President of Art & Low Vision: "Year after year, the competition has become an effective tool that allows visually impaired people to avoid the trap of boredom and even depression; to create an independent activity and to rediscover lost joys.

"The finalists' works will be exhibited at the major ophthalmology congress OB 2023 in Brussels, where their authors will be rewarded with magnificent prizes."

The power of a genuine friendship

When grieving Member **Ron Smith** arrived at our Centre, little did he know he was about to make a wonderful friend

When Ron Smith arrived at our Llandudno Centre for Jubilee Week in June last year, he was feeling very sad. Having recently lost his wife, the 91-year-old was struggling to adjust to life alone and felt lonely and isolated.

Fortunately, Liz Duncan, widow of blind veteran Freddie, took him under her wing. As Liz had lost Freddie, she understood how Ron was feeling. She encouraged him to take part in the activities on offer and, gradually, they struck up a lovely friendship.

Nowadays, despite living in different areas of the country, Ron and Liz are still in touch. They meet up for shared holidays at the Llandudno Centre and visit each other when they can.

In fact, thanks to Liz, Ron is now an eager advocate of our National Creative Wellbeing Project (NCWP). Liz signposted him to information in the Review magazine and once he saw what was on offer, he was keen to give it a go.

Since taking part in his first wooden model project, Titanic, Ron, who has macular degeneration, has gone on to try other projects. He's completed the



Photo: Ron at our Llandudno Centre where he met new friend Liz



Photo: Ron with his bird box

Battle of Britain and St Paul's Cathedral wooden models; the hyacinth gardening project and the poppy mosaic. He's made festive quilled cards, joined in with drawing and sketchbook art. And, more recently, he's made a bird box, which sits in a tree in his garden where it awaits its first residents.

Ron says, "Since being encouraged by Liz to partake in arts and crafts projects at Llandudno, where we first met, I've also become interested in the creative projects advertised in the Review Magazine.

"The encouragement I receive



Photo: Liz and Ron with his creations

from Liz has enabled me to achieve standards I didn't realise I could manage. We believe that fate brought us together at a time and place when we both needed help and support most."

Liz says, "My friendship with Ron means a lot to me. The support and encouragement we give each other is what we both need to give us strength and brighten our lives.

"Our friendship is still growing stronger day by day. Supporting Ron with his NCWP projects and seeing all his amazing achievements gives me great pleasure." 🍷



Quiz time

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

1. What is Port Jackson in Australia more commonly known as?

2. Where is the home of the international criminal court?

3. Which flower shares its name with part of the eye?

4. How many rounds are there in an Olympic boxing match?
 - a) 3
 - b) 7
 - c) 12

5. What did SOE stand for during the Second World War?

6. Who was on the British throne between 1837-1901?

7. The first TV advert in the UK was for which product?
 - a) Dog food
 - b) Toothpaste
 - c) Cat food

8. What game in Britain used to be called Housey-Housey?

9. What is a female warlock called?

10. In which city is the world's oldest racecourse?

Answers on Page 47



Family news

Birthdays

Irene Causer who celebrates her 100th birthday on 17 July 2023.

William Davies who celebrates his 101st birthday on 1 August 2023.

Frank Grosse who celebrates his 102nd birthday on 27 July 2023.

John Lee who celebrates his 100th birthday on 19 July 2023.

Joyce Malcolm who celebrates her 100th birthday on 17 July 2023.

Douglas Marsh who celebrates his 100th birthday on 8 July 2023.

Norbert Marshall who celebrates his 102nd birthday on 10 July 2023.

Eileen McCombe who celebrates her 101st birthday on 20 July 2023.

Alexander McRae who celebrates his 100th birthday on 22 July 2023.

Dilys Moy who celebrates her 102nd birthday on 27 July 2023.

Ronald Phillips who celebrates his 103rd birthday on 28 July 2023.

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

Alan Pyefinch who celebrates his 101st birthday on 24 July 2023.

Cyril Rand who celebrates his 101st birthday on 30 July 2023.

Victor Read who celebrates his 100th birthday on 28 July 2023.

Madge Thornton who celebrates her 104th birthday on 23 July 2023.

Condolences

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

Ursula Duke who died on 1 April 2023. She was the wife of Edward Duke.

Roma Richards who died on 27 April 2023. She was the wife of Roy Richards.

Esme Sudlow who died on 2 May 2023. She was the wife of Roy Sudlow.

Hilda Tullett who died on 1 May 2023. She was the wife of Derek Tullett.

Gloria Vivash who died on 22 May 2023. She was the wife of Kenneth Vivash.



Listen here

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

William John Anderson of Edinburgh died on 6 May 2023 aged 84. He served as a Private in the Royal Scots Regiment.

Kenneth Balment of Ilfracombe, Devon died on 27 April 2023 aged 96. He served as a Bombardier in the Royal Artillery.

Alexander Aitken Birch of Okehampton, Devon died on 4 May 2023 aged 80. He served as a Marine in the Royal Marines.

Margaret Helen Bird of Farnham, Surrey died on 1 May 2023 aged 97. She served as an Aircraftwoman in the Women's Auxiliary Air Force.

Nora Booth of Burton-On-Trent, Staffordshire died on 26 May 2023 aged 101. She served as a Gunner in the Auxiliary Territorial Service.

Donald Bravin of Rugby, Warwickshire died on 20 May 2023 aged 96. He served as a Writer in the Royal Navy.

Arthur Ernest Broadley of Whitby, North Yorkshire died on 13 May 2023 aged 72. He served as a Driver in the Royal Corps of Transport.

William James Campbell of Bishop Auckland, County Durham died on 19 May 2023 aged 84. He served as a Warrant Officer (2nd Class) in the Royal Corps of Transport.

Dudley Charles Carter of Harwich, Essex died on 13 April 2023 aged 88. He served as a Gunner in the 3rd Regiment Royal Horse Artillery.

Derek Percy Clay of Bedford died on 2 May 2023 aged 92. He served as a Gunner in the Royal Artillery.

Stanley James Croft Clegg of Bradford, West Yorkshire died on 1 May 2023 aged 91. He served as a Leading Aircraftman in the Royal Air Force.

David Allen Crooke of Leeds, West Yorkshire died on 6 May 2023 aged 86. He served as a Private in the Army Catering Corps.

George Wynne Davies of Conwy died on 29 April 2023 aged 94. He served as a Leading Aircraftman in the Royal Air Force.

David Arthur Davies of Abergele, Conwy died on 1 May 2023 aged 99. He served as a Gunner in the Royal Artillery.

Ronald Davies of Neath, West Glamorgan died on 23 April 2023 aged 99. He served as a Private in the Royal Pioneer Corps.

John Owen Dew of Cardiff died on 9 May 2023 aged 93. He served as a Corporal in the Royal Army Medical Corps.

Ron Druce of Torquay died on 10 May 2023 aged 89. He served in the Royal Signals.

Donald Richard Eaton of Belper, Derbyshire died on 14 May 2023 aged 85. He served as a Driver in the Royal Army Service Corps.

Geoffrey Ellis of Thatcham, Berkshire died on 26 April 2023 aged 95. He served as a Gunner in the Royal Artillery.

George Glyn Evans of Stroud, Gloucestershire died on 22 May 2023 aged 89. He served as a Sergeant in the Royal Electrical and Mechanical Engineers.

Brian Farnworth of Manchester died on 6 February 2023 aged 86. He served as a Sapper in the Royal Engineers.

Anthony Finney of St. Helens, Merseyside died on 10 April 2023 aged 84. He served as a Fusilier in the Lancashire Fusiliers.



Graham Harry Forshaw of Worthing, West Sussex died on 1 May 2023 aged 85. He served as a Gunner in the Royal Artillery.

Ronald Game of Sudbury, Suffolk died on 1 April 2023 aged 95. He served as a Leading Aircraftman in the Royal Air Force.

Raymond Gray of Saltburn-by-the-Sea, Cleveland died on 30 May 2023 aged 100. He served as an Aircraftman 1st Class in the Royal Air Force.

Kenneth Grimward of Honiton, Devon died on 19 May 2023 aged 89. He served as a Leading Aircraftman in the Royal Air Force.

John Dennis Hogan of Bootle, Merseyside died on 1 May 2023 aged 91. He served as a Private in the Royal Army Service Corps.

Albert Hopkinson of Sheffield died on 27 March 2023 aged 84. He served as a Corporal in the Royal Pioneer Corps.

John Cyril Horne of Dunstable, Bedfordshire died on 10 May 2023 aged 99. He served as a Lance Corporal in the Royal Artillery.

Kenneth Hughes of Hailsham, East Sussex died on 9 April 2023 aged 90. He served as a Lance Corporal in the Duke of Wellington's (West Riding Regiment).

William Charles Ireland of Southport, Merseyside died on 27 April 2023 aged 92. He served as a Corporal in the Lancashire Regiment.

Robert William Judkins of Hampton, Middlesex died on 17 April 2023 aged 86. He served as a Guardsman in the Coldstream Guards.

Allan Kavanagh of Harrogate, North Yorkshire died on 31 May 2023 aged 89. He served as a Sergeant in the Royal Army Educational Corps.

Barry Thomas Kiely of Bournemouth died on 20 January 2023 aged 89. He served as a Leading Hand in the Royal Navy.

Leslie Kirkby of Hull, East Riding of Yorkshire died on 1 May 2023 aged 93. He served as a Leading Aircraftman in the Royal Air Force.

Eric Lucas of St. Helens, Merseyside died on 6 March 2023 aged 94. He served as a Gunner in the Royal Artillery.

Donald MacFarlane of Isle of Man died on 23 February 2023 aged 86. He served as a Craftsman in the Royal Electrical and Mechanical Engineers.

Bryan John McAvoy of Liverpool, Merseyside died on 28 May 2023 aged 87. He served as a Lance Corporal in the Argyll and Sutherland Highlanders (Princess Louise's).

Andrew McGaw of Paisley, Renfrewshire died on 1 May 2023 aged 89. He served as a Senior Aircraftman in the Royal Air Force.

Leslie McLellan of Bedford died on 9 April 2023 aged 90. He served as a Craftsman in the Royal Electrical and Mechanical Engineers.

John Miles of Shepton Mallet, Somerset died on 1 May 2023 aged 92. He served as a Leading Aircraftman in the Royal Air Force.

Ian Mitchell of Brighton, East Sussex died on 7 May 2023 aged 86. He served as a Corporal in the Royal Electrical and Mechanical Engineers.

Gary Simon Morley of Swansea died on 31 May 2023 aged 39. He served in the Royal Navy.

Kenneth Morris of Slough died on 22 April 2023 aged 96. He served as an Able Seaman in the Royal Navy.

Peter Mulvie of Bishopton, Renfrewshire died on 1 May 2023 aged 99. He served as a Captain in the Black Watch (Royal Highland Regiment).

Mark Charles Packer of Hope Valley, Derbyshire died on 1 February 2023 aged 99. He served as a Sergeant in the Royal Marine Commandos.

Raymond Parish of Poole, Dorset died on 14 April 2023 aged 87. He served as a Senior Aircraftman in the Royal Air Force.

Anthony Brian Parkes of Melksham, Wiltshire died on 23 May 2023 aged 91. He served as a Leading Aircraftman in the Royal Air Force.

Doris Holmes Pemberton of Askam-in-Furness, Cumbria died on 23 May 2023 aged 99. She served as a Lance Corporal in the Auxiliary Territorial Service.

Alexander George Pine of Norwich died on 12 May 2023 aged 97. He served as a Warrant Officer in the Royal Air Force.

Ernest Reginald Randall of Bexhill-on-Sea, East Sussex died on 4 May 2023 aged 92. He served as a Corporal in the Royal Army Medical Corps.

Donald Reynolds of Rugby, Warwickshire died on 13 May 2023 aged 88. He served as a Craftsman in the Royal Electrical and Mechanical Engineers.

John Stratford Rose of Haywards Heath, West Sussex died on 1 May 2023 aged 97. He served as an Able Seaman in the Royal Navy.

Gladys Mabel Rowland of Coppull, Lancashire died on 1 November 2022 aged 101. She served as a Leading Aircraftwoman in the Royal Air Force.

Reginald Arthur Slater of Braintree, Essex died on 10 May 2023 aged 101. He served as a Corporal in the Royal Army Ordnance Corps.

George Henry Smallwood of Birmingham died on 1 May 2023 aged 98. He served in the Royal Marines.

David Clifford Smith of Torquay died on 5 May 2023 aged 80. He served in the Army.

Michael Trigg of Henley-in-Arden died on 21 February 2023 aged 90. He served as a Private in the Royal Engineers.

William Weavers of Thatcham, Berkshire died on 9 April 2023 aged 90. He served as a Private in the Royal Engineers.

Peter Joseph Williamson of Derby died on 10 May 2023 aged 86. He served in the Royal Army Service Corps.

George Alfred Wright of Newcastle upon Tyne died on 1 May 2023 aged 87. He served as a Leading Aircraftman in the Royal Air Force Fire Service.

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

Find out more about setting up a Tribute Page here:
blindveteransuk.muchloved.org



Listen here

AGENTURFOTOGRAFIN / ADOBE STOCK



Contact details

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

Member Support Hub (MeSH):
01273 391 447

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

A different format?

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

The Brighton Centre 01273 307 811

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Review Editor: 0300 111 22 33 or
revieweditor@blindveterans.org.uk

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

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

Quiz answers - from page 54 1. Sydney Harbour 2. The Hague, Netherlands 3. An Iris 4. 3 5. Special Operations Executive 6. Queen Victoria 7. Toothpaste (Gibbs SR) 8. Bingo 9. A witch 10. Chester, established in 1539

The 2023 Summer Raffle is now open!

1st Prize

£15,000

2nd Prize
£1,000

Plus 30+
other prizes.

Tickets cost £1

and help to rebuild blind veterans' lives

Phone **0300 111 2233**

Play online raffle.blindveterans.org.uk

Raffle closes 22 September. Draw takes place 29 September

No under 18 allowed to enter. No prizes will be paid to anyone under 18 years of age. Full terms and conditions apply, please visit raffle.blindveterans.org.uk/rules for more details.



BeGambleAware.org[®]
Helpline: **0808 8020 133**

Person responsible for the raffle and lottery: Richard Neate, Blind Veterans UK, 3 Queen Square, London WC1N 3AR. Blind Veterans UK is a registered charity no. 216227 (England & Wales) and SC039411 (Scotland). Licensed by the Gambling Commission under the 2005 Gambling Act. Registered license number 008297.