



Rebuilding
lives after
sight loss

Debrief

Your impact on the lives of blind veterans

Summer 2022



Building the future

INSIDE

- p6** A Summer of Jubilation
- p10** Walking taller and prouder
- p16** Remembering the Falklands War

Welcome



Major General (Rtd) Nick Caplin CB
CEO, Blind Veterans UK

It's frightening to think how the world has changed since the last edition of Debrief.

The situation in Ukraine continues to be utmost in our minds, particularly as figures suggest many injured Ukrainian soldiers are suffering with facial injuries. As world leaders in vision rehabilitation for the war blind, we naturally want to help and are currently exploring how we might be able to.

Whatever comes of this, our priority will always be our own veterans and, thanks to you, we've been able to support them with some wonderful activities over the past few months. We showcase a few examples in this issue, including a sea fishing weekend for our working age blind veterans on page 17, and a 101-year-old blind veteran's very special pandemic project on page 10.

We've also made great strides towards securing a more sustainable future for the charity. In the past few months, we've sold our London office to move into rented office accommodation. More significantly, we've also purchased what will become our new Centre of Wellbeing in Rustington, West Sussex, to replace our Brighton Centre of Wellbeing, which is, sadly, no longer fit for purpose. It needs a substantial amount of work but has amazing potential.

The new centre will be far more cost effective, but that doesn't mean to say we will compromise our veterans' experience. Everyone who has visited the site loves that the location is a mere stone's throw from the beach and, as you can read on pages 4 and 5 our veterans are very involved in helping us make the design first class. We will be working hard to raise funds to make sure the new centre is the perfect safe place for blind veterans to rebuild their lives.

It is so important to us that we are doing all we can to ensure our veterans can live the most fulfilling lives possible, despite their sight loss. I thank you from the bottom of my heart for everything you are doing to help us achieve this.

A handwritten signature in black ink, which appears to read 'Nick Caplin'. The signature is fluid and stylized, with a long, sweeping underline.

Inside for you

Blind veterans are designing our new centre 4

A Summer of Jubilation 6

National Creative Project (NCP) 7

The making of John’s memoir 9

Walking taller and prouder 10

Take on the Challenge 12

‘Quality in Befriending’ award 13

Did you know? 14

Sea fishing? We’re hooked! 17

Remembering the Falklands War 18

Give your doormat the day off 20



Follow us on social media!

-  [BlindVeterans](#)
-  [blind.veterans](#)
-  [blindveteransuk](#)
-  [blind-veterans-uk](#)



Group of blind veterans at Rustington

Blind veterans at the heart of designing our new centre

It was recently announced that we will be moving to a new south coast home in Rustington, West Sussex after leaving our iconic, but now unsuitable, centre in Ovingdean, East Sussex.

As part of this move, a group of blind veterans has been brought together to consult from the beginning on the new centre and what needs to be considered in the design and build.

Lesley Garven, Blind Veterans UK Centre Manager, said: "Although it will be a sad day when we finally close the doors in Ovingdean for the last time, we have the excitement of moving to our new home. Many great memories have been made over the last 83 years and we look forward to making many more in Rustington."

"We have been very much in the design process in the last couple of months and the really exciting thing is that we will be working very closely with a group of blind veterans who are making up our blind veteran design group. Their expertise and input will be invaluable to make sure our new centre will be the best it can be."

- Centre Manager Lesley Garven MBE

Some of this group made a recent visit to the site and had a tour of the main building, the other buildings that surround it, and the seafront that it sits just behind.

One of these was blind veteran Alan. In normal times, Alan is a regular user of the Brighton Centre and lives locally. He is also the Working Age representative for Sussex and said: "The building itself is a lot more compact and all on one level which is a bonus for blind veterans with reduced mobility."

Alan raised the issue of travel to and from the centre and this will be something that needs to be planned and addressed, particularly working with the local community.

Sue is also a member of the group and, as a Guide Dog owner, is particularly concerned with ensuring the centre is best set up for her and others with assistance dogs.

Terry lives in Sussex and has an engineering background. He came away from the visit saying: "There is a lot more space than I thought there was going to be. The good thing about the space is that it's also very adaptable. It's going to be a big job but there's huge potential for us."



Blind Veteran Billy exploring the new site with his cane

"I'll be trying to input on practical elements that will make it easier for blind veterans when using the centre, symmetry is very important for those of us with a vision impairment. I'll also chip in on other areas in the broader design. I've suggested we look into ground source heat pumps that could heat the whole building."

- Blind veteran Terry

Chief Executive of Blind Veterans UK, Major General (Rtd) Nick Caplin CB said: "We are very excited to be making the short trip along the Sussex coast and moving to our new Rustington home.

"The blind veteran population we support today is very different to that of the 1930s, when our Ovingdean centre opened, and the average age of the veterans we support now is 87. Moving to this new building will mean we can offer different services, that far better suit their needs and the needs of future blind veterans."

Watch a short film of our veterans' tour of the site at **blindveterans.org.uk/rustington**

Remembering your loved ones



Why not create an online Tribute Fund in memory of a loved one? Keep their story alive while you help Blind Veterans UK provide lifelong support to ex-Service men and women with sight loss now and into the future.

Find out more online at **blindveterans.org.uk/memory** or contact us on **tributefunds@blindveterans.org.uk** or 0300 111 2233.

A Summer of Jubilation

Earlier in the Summer, Platinum Jubilee fever took hold across the country and our blind veterans were no different in wanting to take part in something special to celebrate Her Majesty's historic 70-year reign.



The Queen meeting a blind veteran

As Patron of this charity from 1952 to 2016, the Queen will always hold a special place in our hearts and the history of Blind Veterans UK. It's no surprise, then, that Blind Veterans UK staff, volunteers and blind veterans across the country took part in countless exciting events in Her Majesty's honour.

Blind veterans enjoyed Jubilee lunches, singing and dancing, games, and competitions and thousands of sandwiches, cakes, and other treats were consumed.

Our National Creative Project (NCP) team, set up at the start of the first lockdown to support blind veterans with creative activities at home, also wanted to mark the occasion and leave a lasting legacy for this historic time.

In January, they started working on an amazing 'Jubilee bunting on a bag' activity with blind veterans invited to design bunting for Her Majesty's big weekend.

More than 50 blind veterans took part in the project, each producing bunting designs fit for a queen. Our NCP team sent everyone a project pack with all the materials they needed, plus a stamped addressed envelope so they could return their finished artwork to decorate both our centres in Brighton and Llandudno.

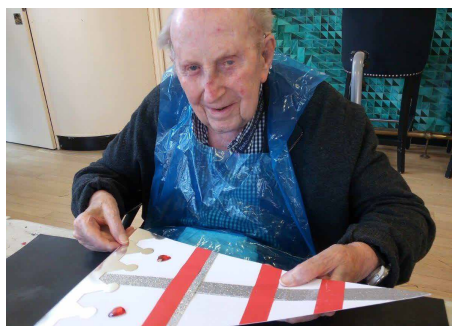
We also invited our Patron, HRH The Countess of Wessex GCVO, to join in the fun and were delighted when she sent us her design for a bunting triangle.

Her Royal Highness's exquisite design is a yellow crown pattern complimented by purple stripes.

As well as producing bunting to decorate our two Centres of Wellbeing over the Jubilee period, our NCP team wanted to help encourage a sense of community for all who took part. The designs were joined up to create the print for a special Jubilee cotton shopping bag. This lovely souvenir not only showcases the work of our blind veterans, but is also unique and eco-friendly.



Win with her bunting



Ken making his part of the bunting

Another resident, Ken, 99, was also delighted with his bag. He said, "The bags really are very nice. The design I did was based on the cross of St George, so the colours are red and white. I'm looking forward to showing it to my sons."

Congratulations and thank you to Her Majesty for 70 years of the most dedicated service. We know that, together with our Royal Patron, all those who took part in the project will carry their Jubilee bag with pride.

HRH The Countess of Wessex's design features in the centre of the bag and, along with every participant, she received her finished printed bag in time for the celebrations.

One blind veteran who took part in the project was 96-year-old Betty, who's a resident at our Brighton Centre. She said, "Before I started being supported by Blind Veterans UK I'd never done any arts and crafts, but now I take part in all the projects on offer and enjoy them all. I will carry my Jubilee bag with pride and I thank the arts and crafts staff for their care and patience."



Betty with her Jubilee bag

Catching up with Lewis

Who remembers the blind veteran whose wonderful art featured in last year's appeal?

Major Lewis Evans, now 86, helped us to raise money for the National Creative Project initiative – and we are delighted that he hasn't stopped working on his art! Lewis drew his mountain goat after an outing to the Orme with staff and other blind veterans from the Llandudno centre. It's one of the many creations that he has produced since the appeal that his watercolour painting of boats appeared in.

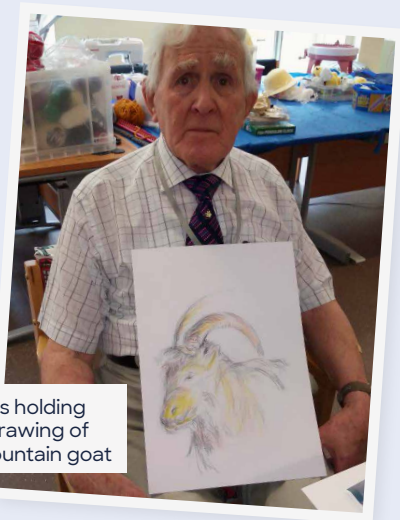
He shared his story then, of how the charity's National Creative Project gave his life a new purpose during lockdown. Former Welsh Guard, Lewis, whose sight loss is caused by macular degeneration, was delighted that supporters enjoyed seeing his creations.

When we told him the appeal featuring his artwork had raised lots of money for the charity, Lewis said he was "over the moon".

"I'm chuffed to bits" he says. "Amazing to think I was able to raise so much with my paintings. Wonderful. Lovely to give back to a brilliant charity that has supported me so much."

Lewis dreamed of doing something with his art even when he was a child: "I always wanted to be an artist. When I was a schoolboy, I wanted to be an art teacher. But I had to do National Service."

During three years of National Service, Lewis served all over the world, looking after soldiers and their families: "Chief Clarke saw potential in me and got me to sign on for another three years. I became a Sergeant. I loved the life and ended up doing 34 years and becoming a Major."



Lewis holding his drawing of a mountain goat

But life became harder for Lewis during the pandemic. He says, "I survived the past couple of years by doing my art", he tells us. "Originally, I saw in Review magazine there was the opportunity to do some art. I saw it as a way of improving my ability".

Louise Kirk-Partridge, Rehabilitation Lead, Art & Craft, gives an update on the National Creative Project.

Our National Creative Project continues to go from strength to strength. Launched in September 2020 this project continues to offer our veterans the opportunity to take part in creative and practical activities in their own homes and join in with remote social groups by telephone or video call. In the last year and a half, we have sent out over 2000 creative activities kits to veterans keen to take part. Our programme of projects changes each month, and we have between four and six projects on offer at any one time. Gardening, art and a range of crafts are covered and many of the projects involve veterans contributing to collaborative pieces.

Some of our more recent projects include our Winter Amaryllis – over 200 of our veterans signed up for this project and we were overwhelmed by the amount of positive messages and photos we received from participants. Those amaryllises really brought some excitement and colour to the Festive Season, in our veterans' home and families and back at HQ in our inboxes.

Our NCP Clock project involved veterans receiving a wooden kit to sand and assemble, creating a beautiful working clock for their homes. This project generated much chat in our Creative Circles – the virtual chat groups we offer as part of the projects – with veterans exchanging tips and stories about their clock making. An unforeseen plus side we've realised, especially with our woodwork projects, is that often when the project is a bit tricky, veterans call upon the help of family or friends. We've had many lovely tales from our veterans of such situations, where the call for help with a difficult part of a project has opened the door to a closer relationship with a grandson, niece, or neighbour. One of our veterans hardly ever saw his son and through taking part in our Tumbling Tomatoes project, father and son now meet regularly to grow tomatoes together.

Our Jubilee shopping bag project is a great example of how we incorporate individual and collaborative work into our projects.



Lewis's painting of sunset

As well as leading the National Creative Project our Art & Craft team also support our veterans with learning or adapting creative and practical activities whilst accommodating sight loss. Using their expertise in creative and practical activities and their specialist knowledge of VI friendly techniques, materials and assistive technology our team work 1:1 supporting veterans to continue with the activities they love, or to learn something new. From woodturning to pottery, mosaic work to acrylic painting, and everything in between, our Art & Craft team are here when often hope has been lost, to support our veterans with new meaningful possibilities.

Your support contributes to activities like the National Creative Project, and is what helps blind veterans like Lewis feel part of a community in hard times.

Find out more here:

blindveterans.org.uk/ncp

Our Centre Manager has been awarded an MBE in the Queen's Platinum Jubilee Honours.

Lesley Garven MBE, who has been Manager of the Blind Veterans UK Centre since 2012, received the honour for 'Services to Veterans'. The award was given particularly for her work leading the centre and protecting our permanent residents throughout the pandemic.



The making of John's memoir

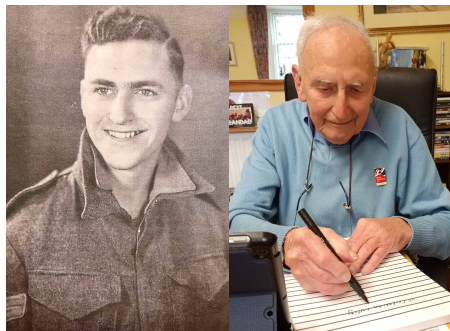
The inspiring story of a 101-year-old's pandemic project

During the lockdown, one of our oldest blind veterans embarked on a very special writing project.

John McOwan, who celebrated his 101st birthday in February, has written a memoir detailing his experiences of the Second World War. John served in the revered 7th Armoured Division, Desert Rats, and says the writing project has been 'therapeutic' and given him something to focus on throughout the pandemic.

As John has macular degeneration, we worked with him to explore different ways to record his memoirs. In the end, he wrote his story on extra-large lined paper, helped by good lighting and a trusty iPad for research. We also matched him with one of our volunteers, Frances Nixon, who with John's son-in-law Jim, and the family, helped type and edit his work.

Like many of his young friends, John enlisted in the territorial army at the age of 18 and admits he was "naively not giving



John aged 18 and now at 101



John with our volunteer, Frances

much thought to the imminence of another war." Due to his experience in repairing clocks in his father's jewellery shop, when war broke out he was directed to the Royal Electrical and Mechanical Engineers Corp and served throughout the entire six years.

John attained the rank of Sergeant and received several campaign medals, including the 1939-1945 Star. In 2019, he joined the Royal British Legion trip to Dunkirk and Normandy to commemorate the 75th anniversary of the D-Day landings where he was personally thanked for his efforts by the French President, Emmanuel Macron.

He was also supported in his writing project by The Desert Rats Association and the REME Museum. He plans to print his memoirs for family and friends so they can learn from his experiences.

Your generosity provided John with the technology and support he needed to make this happen. Thank you!

Walking taller and prouder

Blind veteran Clare's journey to the Invictus Games

If you tuned in to the Invictus Games in April, you may well have spotted one of our blind veterans.

Clare Keating, 41, from Dorset, was thrilled to compete in power lifting and indoor rowing at the international sporting event for ex-Servicemen and women - and was the only vision-impaired competitor from the UK who took part this year.

We started supporting the former senior aircraftsman after she lost her sight in 2007 to punctate inner choroidopathy, a degenerative condition. Clare has no vision in her left eye and limited central vision in her right eye, which she describes as being distorted as though looking through washing up liquid.

She says, "When I was discharged from the RAF because of my sight, I lost my friends, my home and my career. I found myself having to start again and didn't think anyone would want to employ me. I no longer felt part of society."

Fortunately, she soon became involved in our activities and we also supported her with equipment to help with the



Clare with her Invictus Games jacket



Photo of Clare who competed in the Invictus Games

day-to-day. Clare says, "Blind Veterans UK has always been there and helped me regain confidence in the activities I love."

Then a friend was selected for the 2017 Invictus Games in Toronto and Clare was able to join her at the training camp. She met a fellow blind veteran who was competing and was so inspired that she made it a goal to compete herself one day.

Clare says, "I realised I still had a lot to give, so I decided I would train for a future Invictus Games. The training has helped me to believe in myself more and I've come on so far, both physically and mentally. "My children see that I'm walking taller and prouder and they love it!"

Clare had a brilliant time at the Games. She came 4th in the endurance rowing and 4th in the power lifting, and she also achieved two personal bests. She now says of the experience, "It's been amazing. I've loved it. It's kickstarted a positive change in my life that I'm determined to continue."

Read more at
blindveterans.org.uk/clare-invictus

Take on the Challenge

For our veterans, victory over blindness begins in the mind.

From re-learning to make a cup of tea safely, walking to the local shop unaided or taking on physically demanding challenges like Clare – every challenge has a positive impact on mental well-being. Confidence and self-belief increases, the drive to push yourself further returns and a sense of purpose is restored.



Rachel Jones used her Own Place in the Great North Run to raise over £350

Do It now

For some the wait for a challenge can be the hardest part. We have a number of self-guided challenges such as our Virtual Sight Run and a Power Up boot camp challenge that you can take on at a time to suit you. Or perhaps you'd like to plan your own activity?



Team members from TNS Catering signed up to the Virtual Sight Run and worked together to raise over £2500

Dare to Do It

It's not too late to step (or peddle) out of your comfort zone. We have a limited number of charity places in the London Marathon, Great North Run and London to Brighton Cycle. Have another event in mind? Supporters have used Own Places in events such as the Manchester 10k, Wolf Runs, Night Rider and Sky Dives to name but a few to test their limits.



Izzy Jones organised her own blind-folded Snowdon Ascent, raising £1200

Do It together

For many the biggest barrier to embarking on a challenge is going it alone. Why not plan or sign up to a challenge with your work colleagues, family or friends?

Ready to Do It?

Visit our website to find out more, sign up to our challenge events and activities or to let us know about your Own Place in a challenge event.

blindveterans.org.uk/fundraise

Blind Veterans UK achieves the 'Quality in Befriending' award

Last year the Volunteering service set out on a journey to work through the Quality in Befriending (QiB) award, to recognise the significant difference volunteer support provides to blind veterans and highlight the quality of the volunteer service the charity offers. The Quality in Befriending award (QiB) is the only award in the UK which is specifically tailored for befriending services and is valued by referrers, befrienders, commissioners, and funders.

To achieve the QiB award, we were required to meet 83 indicators of good practice, requiring time and consideration to provide evidence, and expose the quality-of-service Blind Veterans UK offers. The process involved demonstrating the robust volunteering recruitment, befriending process, and quality standards we have in place as a charity. Whilst navigating through the process it empowered us to identify areas of development, and further strengthen the volunteering offer.



Thais (left), Joanna (centre) and Stacey (right) with the QiB award

We are delighted to announce the volunteering service successfully and proudly achieved the QiB award on 14 March 2022, and what an inspirational achievement this is. This truly is a significant recognition for the Volunteers, the Volunteering service, and the Charity as a whole, underpinning our 'One Team' value.

Following this significant piece of work, now is an exciting and special time to join the charity, with new and interesting roles becoming available. With the new centre in Rustington underway, the Llandudno centre re-introducing volunteers following the pandemic, communities expanding their volunteering support, and fundraising recommencing, now is a really good time to become involved locally, and help continue to support local blind veterans across the charity.



Beth (left) and Martine (right) proudly holding their QiB certificates

Thanks for Jess Wood, Volunteer Support Lead, for this article. If you are interested in Volunteering please visit blindveterans.org.uk/volunteer



Blind veteran, Rob and his daughter

Did you know?

5 in 10 of our blind veterans are supported as a result of Gifts in Wills?

To leave a gift to Blind Veterans UK in your Will you just need our address and charity number:

- Blind Veterans UK, 3 Queen Square, London, WC1N 3AR
- Charity Number: 216227

We can also refer you to a free Will provider to help make or amend your Will, or you can find a solicitor at lawsociety.org.uk.



Contact Us

Email: giftsinwills@blindveterans.org.uk

Phone: 020 7616 7923

Website: blindveterans.org.uk/leaveagift

Sea fishing? We're hooked!

Our working age blind veteran Liaison Officer, Kevin Alderton, reports on a windswept weekend on the Mersey, thanks to a brilliant new partnership.

Last November we were invited to join the Wirral Sea Angling Academy for a two-day sea fishing trial, organised especially for our blind veterans.

Six of our working age blind veterans from the north west went along for the weekend, excited about the chance to get together after a break in lockdown restrictions, and give something new a try.

The staff from the Wirral Sea Angling Academy are very experienced at organising trips and their professionalism and generosity shone through from the start. They provided our group with all the equipment they needed, and even organised sponsorship from local tackle shops who handed over fresh bait and fantastic prizes.

The trip was also supported by a number of the Academy's registered volunteers, which meant each blind veteran was lucky enough to receive expert one-to-one tuition and support.

On the first day, our blind veterans fished on the River Mersey and, even though the weather was dreary, their spirits were high. After a few small pointers on the finer art of casting, almost everyone caught something during the session and, while we fished, some of the volunteers were cooking up a fantastic BBQ lunch.



Jonathon (left) and Steve (right) with their trophies

That evening, the Academy arranged for us to go to the West Cheshire Sailing Club to enjoy a few drinks, as well as a delicious curry which had been donated by a local Indian restaurant.

On the second day, we joined forces with the members of the Boat Angling Club for a day's fishing in the estuary. Each of our blind veterans teamed up with a local boat owner and his crew, and had the chance to catch a different species of fish and try out a whole new style of fishing.

Two of our blind veterans, Steve and Jonathon, won superb boat rods for landing the biggest catches of the day and everyone had a fantastic experience.

The weekend not only kickstarted a great new hobby for our blind veterans, but also launched an amazing new partnership for the charity.

Without your support, blind veterans wouldn't be able to enjoy such adventures. Thank you!



Argentinian surrender, June 1982

Remembering the Falklands War

This image of a young man collecting guns from surrendering Argentinians featured in our recent Falklands 40th anniversary appeal.

We were amazed to learn it's a picture of one of our blind veterans - Alan "Reggie" Perrin. Former Royal Marine Commando Reggie was then just 17.

Forty years on, Reggie recalls the day the photo was taken, when they were moving prisoners to the airport. "As they came through, we disarmed them and then processed them to move onto the airport when we were caught on camera".

Of the 40th anniversary, Reggie says, "I'm surprised it's been so long – it just doesn't seem that long ago." He will soon be reunited with those he served with: "I'm going to a reunion, and we've invited the guys we captured on the Battle of Mount Harriet, the Argentinian veterans, so it should be quite interesting to meet them. They were just doing their jobs like we did

our jobs". The reunion took place on an important date, 11-12 June. "The same days that we fought in the Battle of the Mountains", Reggie explains.



Reggie Perrin, aged 17

The youngest back then at 17, Reggie says: "It's going to be good to still be the youngest there – lots of the guys will be in their sixties and I'll still be fifty-seven. I still feel like the youngster! I imagine we're all grey, bald and we all have about two more inches around the waist than that of a few years ago!"

Reggie lost his sight while serving in Northern Ireland. He had become the youngest sergeant in the Royal Marines at just 25, with a wonderful military career ahead of him. In 1992, during a controlled explosion set up to simulate a grenade attack, he was struck by fragments from the blast and left partially blind in his right eye and completely blind in his left. He also suffered injuries to his arm and leg.



Reggie Perrin in Northern Ireland

Reggie found Blind Veterans UK in 1994, and it transformed his life. He says, "when I got injured, I was left on a bed for about eighteen months and Blind Veterans UK got me out". Before his visit to the centre, Reggie says he felt utterly alone. Then, he made friends, started using accessible computers and navigating a kitchen safely and became independent again. He says that Blind Veterans UK "rescued" him.



Reggie Perrin as he is today

Sadly, Reggie's injuries mean he probably can't take part in the 40th anniversary parade. "I'm not too comfortable, I have mobility problems, so I won't feel smart enough. I may have to sit and watch which will feel a little bit disappointing."

However, he knows things could have been much worse for him and says he is very grateful to the supporters of Blind Veterans UK. "I was literally wandering around in the dark, and then I found you guys".

Reggie is one of the blind veterans featured in our Falklands 40 appeal. Read more at **blindveterans.org.uk/40falklands**

Former soldier from Gwent credits charity Blind Veterans UK with saving his life

A blind veteran from Gwent has credited Blind Veterans UK with saving his life after he reached out to the charity when he was at his lowest.

Dean Twaite, who is 64 and from Tredegar, considered taking his own life when he was told he had lost his sight but after joining Blind Veterans UK, and receiving ongoing support from the charity, he now has a life after sight loss.

Dean enlisted into the British Army in 1975 and served for nine years with the Royal Corps of Transport as a driver. He spent time in Northern Ireland, Aldershot and Belize.

In around 2008 Dean's eyesight was seriously damaged in an industrial accident and within two years he was completely blind in his right eye and had very little vision remaining in his left eye.

Dean said: "I didn't take the news well and I got to a stage when I thought I would kill myself as I couldn't cope but Blind Veterans UK helped to turn that around.

"The charity saved my life. My world was black but now the sunshine has been let in. I've been provided with magnifying equipment so I can enjoy my hobby of building and painting military models and I've been on courses at the charity's Llandudno Centre which got me back into cooking and arts and crafts.

"I didn't think I would get out and about again but now I use my long cane and I go out walking and meeting people."



Dean (right) on the promenade at Rhos-on-Sea

Dean hopes that more blind veterans can be supported by the charity and given the same opportunities as he has had.

He said: "Contact Blind Veterans UK and get support from them as soon as you can. If you are feeling as low as I was don't let it get on top of you. You need to talk to people and Blind Veterans UK are those people. I owe everything to the charity, if it wasn't for their support I wouldn't be here."

Blind Veterans UK supports up to 5,000 blind veterans across the country, but the charity knows there are tens of thousands who urgently need our help to rebuild their lives after sight loss.

If you, or someone you know, served in the Armed Forces, including National Service, and are now struggling with sight loss, then please get in touch. Call 0800 389 7979 or visit **blindveterans.org.uk/GetHelp**

Give your doormat the day off - switch to email!

We aim to save money so that we can invest more into our crucial work for those we support. By using emails instead of paper, we do not incur print or postage costs and the saving we make can be funnelled straight back into providing the best possible care and support for our veterans.

Not only that, but using digital communications means that we are doing our bit for the environment. Less paper, less ink and less miles all equal a smaller carbon footprint.

Please don't think that by handing over your email address you will suddenly be flooded with spam emails - we never share your data and will only contact you according to your preferences. The only change you might notice is a clearer doormat!



The average letter has a carbon footprint of about 29 grams of CO₂. The carbon footprint of a normal email footprint is much less, about four grams of CO₂.



If 20% of our mailings were switched to email we would reduce our carbon footprint by over a quarter of a ton across the year.



It's really easy to do your bit...

Simply scan the QR Code below or visit **blindveterans.org.uk/debrief-updates** to complete the form and tell us your preferences. Alternatively there is a section on the donation form which you can return to us at your leisure.

WEEKLY LOTTERY

Playing the Blind Veterans UK Weekly Lottery is a fun way to help blind ex-Service men and women rediscover a life beyond sight loss.

You could win a cash prize too! With 34 prizes to be won every week, you're in with a real chance to win the jackpot prize every week!



Sign up now by visiting
lottery.blindveterans.org.uk



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

You must be 18 or over and live in Great Britain to play or claim a prize. Full Terms and Conditions apply, please see lottery.blindveterans.org.uk/lottery-rules for more details.