



Review

The journal of
Blind Veterans UK
May 2024



Spring has sprung at Rustington!

Newborn chicks delight all at the centre

Inside:

Counselling services for sight loss

D-Day 80: Honouring our heroes

Ex-Army cook Alan's curry recipe



Rebuilding lives after sight loss



Don't miss out on your chance to lay a wreath

Our Gift a Wreath campaign gives you the chance to lay a wreath at your local Remembrance commemorations



If you'd like the chance to lay a wreath in your local area this coming November, you can request one by contacting your Community Support Worker by 6 September.

Please include the name of the memorial or church you would like to lay a wreath at. Wreaths are limited and will be available on a first come, first served basis.

If you're part of a group or know a local business interested in getting involved in our Gift a Wreath campaign, please contact the Community Partnerships team by emailing them at fundraising@blindveterans.org.uk or call our Supporter Services Team on **0300 111 2233**.

■ For more information about our Gift A Wreath campaign visit blindveterans.org.uk/GAW24



Tony Harbour with Danny Sands



D-Day gliders.
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On the cover
Member Brian Parsons holding a chick recently born at Rustington (see page 8 for more on this).



Future direction

A message from your Chief Executive **Adrian Bell**

Writing my article for the Review always causes me to reflect on what has happened since I last wrote. In particular, I think about what has happened in the life of the charity over the last few months and what I expect to see in the near future. In this article, I focus on two issues in particular: the leadership of the charity and the need to balance our budget, as well as touching on events at our two centres at Llandudno and Rustington.



Adrian Bell

In terms of the senior leadership of the charity, following the recent announcements of the departures of both Nicky Shaw and Jackie Harbor, and the recruitment of Jo Gray from Hearing Dogs for the Deaf into a brand-new position as Director People and Culture, I will shortly be publishing a new Senior Leadership Team and will update you all in due course. I am also presently recruiting for a Director of Transformation to help us shape the charity for the future.

Many of you are aware of the overspend against the income we raise each year, which we have seen in our budget for some years now. In part this is masked by the sale of some of our assets, but we now need to bring this annual cycle under control. Towards the end of last year, the Chairman, Barry Coupe and I co-wrote the introduction to the Annual Report for 2023 in which we said:

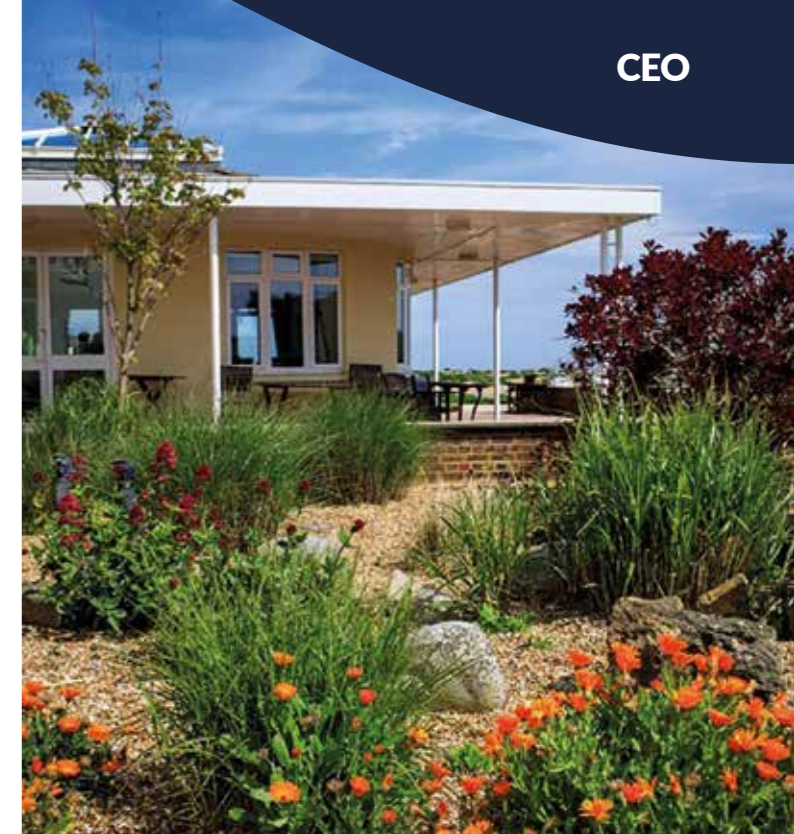
“In order to bring the budget into balance, we will look at the range of services we provide and the way in which we deliver them against realistic

projections around income. This is no simple task and much of next year will be spent revisiting our strategy and planning for a new future so that we are able to deliver the best possible support to our existing and potential beneficiaries from a financially sustainable position.”

We are now embarking on that work and in early May we will be holding the first Members Conference since I took up the reins as Chief Executive in April last year. The purpose of the conference is to discuss the future direction of the charity given the need to eliminate our sizeable deficit and balance our budget. I will publish a brief report on the outcomes of the conference, but a key output will be a new Member Survey which I am planning to run in the summer to garner the views of as many of you as possible on the future of Blind Veterans UK.

You will all receive more details on this survey in the next month or two but I would urge you all please to engage. It is your charity, and I am especially keen that your voice is heard and understood. What we do and how we work will be very influenced by your thoughts and opinions.

You should all be aware by now of the temporary - and I stress *temporary*



The Rustington Centre

- closure of our Llandudno Centre to allow for necessary maintenance work and I thank you wholeheartedly for your patience, understanding and forbearance at this time. I will have more news on how long we expect the centre to remain closed and this will be communicated with you as soon as I am able. Please do bear with us!

Meanwhile, and I hope I am not tempting fate as I write these words, as we witness the first glimmers of summer (well, at least less rain presently), I would draw your attention to the formal opening of our Rustington Centre this summer, including a VIP visit. Again, further details will be published soon and a full feature will also appear in the July Review. 🍷



News

Llandudno Centre temporary closure

Hopefully by now, you will have received a letter from our Chief Executive, Adrian Bell, informing you about the temporary closure of the Llandudno Centre.

Following a recently completed building survey that confirmed issues surrounding safety, we made an informed decision to temporarily close the Llandudno Centre on Monday 25 March so the maintenance work can be done as quickly as possible.



Our Llandudno Centre

We'll post regular updates on the temporary closure of our Llandudno Centre of Wellbeing on the Veterans' area of our website at blindveterans.org.uk/member and the Blind Veterans UK Llandudno Centre of Wellbeing Facebook Group.

The Llandudno Centre Hospitality Team continue to work 24/7 at the centre. They are available to answer any questions you may have over the phone on **01492 868700** or by email at llandudnobookings@blindveterans.org.uk.

■ **Please call our Member Support Hub on 01273 391 447 should you have any general support enquiries or equipment needs while the centre is closed.**



Lynn and Chris Allen celebrate at Rustington with Chris' parents

Lynn and Chris run from Ovingdean to Rustington

One of our staff members at Rustington, Lynn Allen, and her husband, Chris, completed a mammoth run from the former Brighton building to the Rustington Centre of Wellbeing, raising money for Blind Veterans UK.

A welcoming reception comprising Rustington Centre of Wellbeing residents Nancy and Margaret, Chris's parents and all of Lynn's colleagues from the centre were there to cheer them over their finishing line!

Despite a temperature of just ten degrees Celcius and running mostly along the coast into the light headwind, Lynn and Chris covered 23.67 miles in a very respectable four hours 49 minutes.

Once they'd caught their breath, they went on to enjoy a lovely lunch and some well deserved refreshments at the centre.

■ **If you're inspired by Lynn and Chris' incredible efforts and would like to devise a challenge of your own to fundraise for the charity, please get in touch with fundraising@blindveterans.org.uk.**



Don't get caught out by fake toilet keys

A RADAR key, also known as an NKS key, is a blue and silver-coloured key that opens more than 10,000 disabled toilets across the UK. Used by some 400 local authorities, they allow disabled people access to locked accessible toilets.

Before RADAR locks were introduced, many establishments locked the accessible toilet themselves, which meant that disabled people could only use the toilet on request. There were also cases where the key couldn't be located by the staff member on duty.

Fortunately, the introduction of the NKS meant disabled people could now use the toilet without having to ask someone if they could be let in.

Disabled toilets that need a RADAR



A RADAR key

key to access them can be found in a variety of UK locations, including train stations, shopping centres, cafes, airports and supermarkets.

Most local authorities will sell or give you a RADAR key, or you can buy one online. According to Disability Rights UK, if you do decide to buy your RADAR key online, you'll be faced with many different websites selling them.

Although they claim to be genuine, you need to make sure it's the official N&C Phlexicare key. So do be careful you don't get caught out.

RADAR keys can also be purchased at a large range of outlets, including Disability Rights UK and the Blue Badge Company, and if you are a disabled person you should be able to buy the key VAT free.

RADAR keys cost about £5, but some local authorities give them away free of charge.

Egg watch at Rustington

Spring was in the air at our Rustington Centre just after Easter as eight incubating eggs that were being hosted there started to hatch.



Left, meeting the newborn chicks, and right, Member Nancy on egg watch

The eggs were brought to the centre as part of a new wellbeing project for Members and residents. Petting small animals like chicks has been proven to reduce stress and mitigate feelings of isolation, which can be common with sight loss. The delightful sound and touch of a little chick can't fail to put a smile on most faces!

Nancy, one of our permanent residents, was clearly over-the-moon to learn about the eggs project - and even more excited when she heard the eggs had hatched.

In fact, the whole experience brought back childhood memories for her, as she recalled: "Oooh chicks! It reminds me of my father and when I lived on a farm before the war. We had hens and chicks and I remember 20 hatching in one day with no mother. They went into an incubator too."

Once the chicks had hatched they were moved from the incubator to a temporary nursery pen and enjoyed by everyone who saw them. They were eventually adopted by a member of staff. 🐣



Nigel Whiteley 1945 - 2024

It is with great sadness that we announce the death of Nigel Whiteley. As well as being a proud Member, Nigel served the charity as a volunteer, particularly in his role as Standard Bearer, for over 20 years.

Nigel's association with Blind Veterans UK, then St Dunstan's, began in 1972 when as a member of the Fleet Air Arm Field Gun Crew he would work with First World War St Dunstaners at the annual summer camp.

He served in the Royal Navy from 1961-1986, and served throughout the Falklands War. As Lead Instructor for the Royal Naval Command First Aid School at HMS Raleigh, when the war started he was temporarily transferred to one of the Commando Air Squadrons tasked with taking troops and equipment forward and bringing casualties back for treatment. He also served in Northern Ireland, Singapore, the West Indies, Bangladesh, and Lebanon.

It was while serving in Lebanon that Nigel contracted the virus that



Nigel Whiteley

would eventually lead to him losing his sight. He lost most of the sight in one eye in 1984 and the other in 1999. It was at this point that he got in touch with St Dunstan's and started receiving help and support from us.

Embracing everything the charity had to offer, he quickly found a passion for shooting and archery, winning gold medals at the Blind Archery World Championships.

Nigel was asked to take on the role as a Standard Bearer in 2003 and served for 12 years at over 60 events. He carried the standard at events and locations including Armed Forces Day, the National Memorial Arboretum and our centenary service at Westminster Abbey.

Nigel and his wife Jacquie, who supported him in all his work and drove him across the country to fulfil his duties, also attended countless other events and talks to tell people about the charity and raise money.

All at Blind Veterans UK would like to offer our condolences to Jacquie and thank him once again for his dedicated service. 🇬🇧



"I could talk cooking all day!"

Ex-Army cook, **Alan**, 93, gets back in the kitchen at Llandudno

An ex-Army cook has reignited his love of cooking, all thanks to a stay at our Llandudno Centre.

Member Alan Quinlan signed up for National Service on his 18th birthday, serving as a regimental cook in the

Royal Army Ordnance Corp preparing hearty meals for hungry soldiers.

Alan, who's now 92, has always loved cooking but, having recently lost his sight, he lost his confidence in the kitchen and with that one of his greatest joys.

During a recent stay at our Llandudno Centre, Alan worked with the team to learn new cooking methods which have boosted his confidence and re-inspired him.

Alan says: "I have macular degeneration and Charles Bonnet syndrome. I've known for some time that I was eventually going to lose my sight. It was in May last year that I finally found I couldn't see at all.

"I knew it was coming so it didn't come as a shock to me. I'll be 93 this year so I've done well and can't grumble.

"Last year, I also lost my wife after →



Member Alan with ROVI Karla in the kitchen at Llandudno



“When I returned from my recent stay at Llandudno, I told my son and daughter that I’ve never felt better”

70 years of marriage. The days can seem long and I do get down from time to time, I planted some daffodils and tulips but I can’t see the flowers and won’t get to enjoy them this year.

“I first visited the Llandudno Centre in September and on my first day I broke down but by the end of the week there had been a complete change in me. I’d turned a corner. When I had the call to return for a wellbeing break in January of this year, I jumped at the chance.”

During his recent visit, Alan worked daily with Karla Rogers from the wellbeing team to regain his skills in the kitchen. Karla taught Alan new ways of doing tasks and showed him that it is possible to cook filling and healthy meals regardless of his sight loss.

Alan says: “My week at Llandudno has retaught me the basics. Karla and I didn’t agree on everything in the kitchen, but I am incredibly grateful to her for all her support and patience. Without her, I wouldn’t have the confidence I now have.

“When I was at Llandudno I made a curry which I ate for my tea. I’ve not actually made that recipe again since being home but my son is due to stay with me soon and I’ll ask him what he would like to eat; if he requests a curry then I shall use the recipe Karla taught me.

“I use my slow cooker to cook my meals as I won’t touch my gas stove now. I’ve been busy making myself meals such as savoury mince, beef casserole and braising steak and I use my microwave, along with a pan that the charity gave me, to make myself porridge for breakfast every morning.

“I’ve made meals for my son and my daughter and make my own sandwiches. I could talk cooking all day, I love it. When I returned from my recent stay at Llandudno, I told my son and daughter that I’ve never felt better.”

Having successfully re-conquered the kitchen, Alan would like to turn his attention to the dance floor.

He says: “I met my wife while I was serving in Aldershot. We went dancing every night of the week; we loved to jive. I’ve got my grandson’s wedding next year and I would like to learn to dance again so I can join him and his wife on the dance floor.” 🎉

Alan’s chicken curry recipe

Please note this recipe is based on using a 650 watt Microwave cooker.

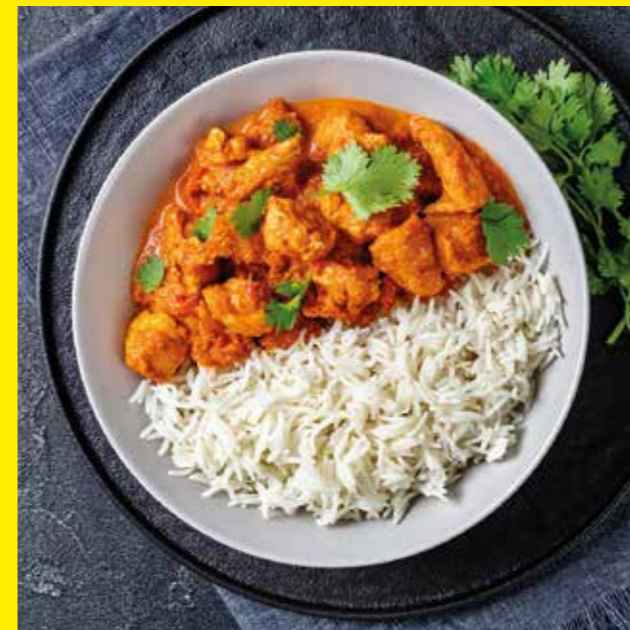
Two portions Ingredients

- 8 ounces of cooked chicken.
- One medium onion, peeled and chopped.
- One clove of garlic, chopped or crushed.
- One teaspoon of curry paste.
- Generous pinch of ginger powder.
- One dessert spoon of tomato purée.
- Half pint of stock using chicken stock cube.
- One round dessert spoon of dried peppers or a little fresh green pepper chopped.
- One chopped tomato.
- Two or three mushrooms, roughly chopped.
- Pepper.
- Generous pinch of salt.
- One level dessert spoon of flour.
- Knob of margarine or drop of olive oil.
- One small apple cored, peeled and diced is optional.

Method

1. Place onions, garlic, oil and sprinkling of pepper in a large casserole dish. Cover and cook on high for 2 minutes,
2. Stir in tomato puree, curry paste and ginger,
3. Add flour, mix well, gradually stir in the stock,
4. Stir in chopped tomato, mushrooms, peppers, salt and apple. Cover and cook on HIGH for 10 minutes,
5. Add chicken. Cover and cook on high for 3 minutes.

- **Serve with cooked rice. We used a microwave rice pouch which takes just 2 mins to cook.**



MYVIEWPOINT / ADOBE STOCK

In your community

Some of the social gatherings that have taken place across the country recently, bringing local Members together

A lovely lunch in Peterborough

Members enjoyed a lovely lunch recently in Peterborough. They were very pleased to be back together again and great conversations were had. During the lunch, one of our Members even realised that the Member next to him was someone he worked with 30 years ago!



Enjoying lunch in Peterborough

Birthday celebrations in Teesside

Teesside Member, Avril, celebrated her 99th birthday at our monthly social group in Middlesbrough, even though we didn't have space on her cake for 99 candles!

As well as enjoying cake and company, we were also joined, remotely, by the



Avril's 99th birthday celebration

brilliant Judith Potts from national charity, Esme's Umbrella, which raises awareness of Charles Bonnet Syndrome, a condition that causes hallucinations for people with sight loss.

All the Members had experienced Charles Bonnet Syndrome in some form or another, although some didn't have a name for their symptoms or had never talked about it before. A great conversation to start!

Llandudno staff surprise Member for her birthday

One of our Members, Phyllis, was due to come to our Llandudno Centre to celebrate her hundredth birthday last month, but as the centre is temporarily closed we thought we would surprise her at her home. We took birthday treats, balloons and cake and Phyllis was blown away. She's now looking forward to visiting us in the future.

First Kings Lynn social

We held our first Kings Lynn social last month. The Members had so much to talk about that they didn't want to leave. They definitely want to do it again!



South East craft group

South East craft group

Members, volunteers, carers and staff enjoyed refreshments at the fortnightly art and craft group in the South East. This group has now been running for around 18 months and has proved very successful. 🍷

**Do you want to know what's going on in your local area?
Contact your local community team who can tell you everything you need to know.**



And relax...

As Mental Health Awareness Week kicks off on 13 May, we give you the lowdown on our activities on offer especially designed to de-stress and give you a boost

According to mental health charity, Mind, two of the most effective things you can do to improve your mental wellbeing are to “find ways to learn and be creative” and “connect with others”.

We couldn't agree more, which is why we run a range of Member activities



PIXEL-SHOT / ADOBE STOCK

Immersing yourself in a creative activity can help you de-stress

especially designed to help you do both. From holidays to crafts; and virtual groups to volunteering, all our activities will make you feel better about life, even if just a little. So if you're in need of a lift, read on...

Join a virtual group

Our virtual interest groups are a fantastic way to get to know like-minded Members from the comfort of your own home. If you want to have a go at photography, fishing or knitting, or you just fancy a cuppa and chat, then there's a group for you. Turn to page 40 to find out what's happening and when.

Get creative

Every month we post out creative activities for you to get immersed in at home. These projects are specifically designed for people with sight loss and range from modelmaking to painting, and crafts to mosaics. It's all delivered to your door, along with our VI-friendly instructions. Turn to

page 38 to find out about this month's projects. All you need to do is request a kit and start creating.

Support a fellow Member

If you've got time on your hands why not use it to support your fellow blind veterans? You could call or visit a Member who needs the company, support our fundraising activities or help out at our centres and events. Find out about our latest volunteering opportunities by visiting blindveterans.org.uk/volunteer or speak to your community support worker.

Enjoy a relaxing break

We offer fantastic accessible breaks at our Centres of Wellbeing Excellence in Llandudno and Rustington where you can unleash your creativity, find out about military history, enjoy the outdoors and take in some great entertainment. You also get to hang out with other veterans in the same boat. You'll find the most up-to-date details about our breaks at blindveterans.org.uk/centrebrea ks. Alternatively, your community support worker will be happy to help.

Take on a challenge

Taking on any kind of challenge for a cause close to your heart is an amazing way to focus the mind, expand your horizons and give you a



Ian Summers with his daughters

renewed sense of purpose.

This June, Ian, who served in the 2nd Battalion Royal Princess of Wales's Royal Regiment in his 20s, is organising an activity to show people what sight loss is like. Ian says:

“I'm organising a 6km 'Blindfolded Bimble' where walkers pair up and take it in turns to complete 3km under blindfold while guided by their partner.

“I think those taking part will be surprised how vulnerable they feel when they put on their blindfolds and start walking. They will have to really trust their partner to warn them of →



Volunteer Brian helping fellow Member, Les, with his model

obstacles and changes in gradient and surface type.

“I’m sure they’ll be very glad to remove their blindfolds and will remember that for blind veterans like me that isn’t an option.”

Organising the challenge is no mean feat for Ian. He tragically lost his sight in his 30s after he choked while eating dinner at home with his family. He became a Member in 2018 and has found the charity’s services, along with the experience of meeting other Members, so life-changing that he’s determined to give something back to Blind Veterans UK.

He says, “My brain was starved of oxygen which has resulted in severe sight loss. A simple everyday activity changed my life overnight. Everything became difficult, even taking a walk, preparing a meal or spending time with friends or my two daughters. My confidence reached an all-time low.

“Discovering Blind Veterans UK has turned my life around. The staff helped me learn to use a cane so that I could walk safely unaided and they provided equipment like a talking microwave to help me prepare food.

“They also made it possible for me to meet other blind veterans which has helped me to imagine a life for myself beyond sight loss.

Being able to meet others in the same boat as you means you are all on the same playing field and sight loss isn’t the first thing that we notice about each other.

“My confidence has been boosted and I’ve been spurred on to spend time with family and friends and show others what I can do.”

■ **If you’d like to show your support for Ian, visit his Just Giving page at [justgiving.com/page/blindfoldedbimble](https://www.justgiving.com/page/blindfoldedbimble)** 🇬🇧



Digital technology and mental health

This new series from our Digital Inclusion team kicks off with a look at the different ways in which the internet and phone apps can support your wellbeing

Firstly, an introduction. Digital inclusion is about making sure you have the capability to use the internet, access data and digital technology to do day-to-day tasks that benefit you.

At Blind Veterans UK, we’re aware of the importance of having digital skills to be able to navigate and engage in the digital world. For this reason, we have a skilled team of digital practitioners skilled in helping you set up devices and providing bespoke rehabilitation training to access the digital world.

There are all kinds of benefits to becoming more digital savvy. These are just some of the ways that being online can benefit your mental health:

It can keep you connected

Digital technology can make a huge difference when it comes to staying in touch with others. For instance, having an internet connection or a smartphone makes it much easier to connect with friends and family via messages, voice calls and video messages.



Listening to talking books



You can also use these devices to join in with social media, which might help you feel more 'in the loop' with your loved ones.

It can help you relax

Talking books have been a long-term benefit to Members. Listening to someone read can help relax the mind, particularly before bedtime. If you speak to any talking book user, I'm sure they can tell you about all the times they've fallen asleep while listening to a book.

The benefit of using talking books on a smart device is the greater choice in books you have access to, and the ability to download them wherever you can access the internet. The RNIB service has over 40,000 books to choose from and apps such as Audible have over 200,000.

Read our guide **Talking books and audio publications** in last month's Review or at blindveterans.org.uk to find out more.

It can help you get active

Exercise can help with our strength, balance and flexibility. These days there are many digital technologies, from smart watches to fitness trackers and even smart phone apps that help track our physical activity and give us realistic targets to aim for each day.

What's more, these devices can be used to monitor all our activity, whether it's getting up regularly to put the kettle on, doing light housework or going for a stroll outside. So, they let you know exactly where you're up to with your daily target.

It can make you learn

Digital technology forces us to learn new skills and techniques; we learn how to make our devices accessible and use them in a safe and efficient way.

This learning process, although daunting at first, can have a profoundly positive effect on our quality of life. It not only gives us a more positive outlook on life, but it can change our image of ourselves.

Once we start to get the hang of using a smart phone or computer or whatever, and our confidence grows, we continue to learn from the tips, advice and recommendations we receive from friends and family, all of which challenge us to use our brains.

Get in touch

■ **If you'd like to become more digitally savvy, our Digital Inclusion team are here to support you. Please contact the MeSH helpline on 01273 391447, or speak to your community team.** 🗨️



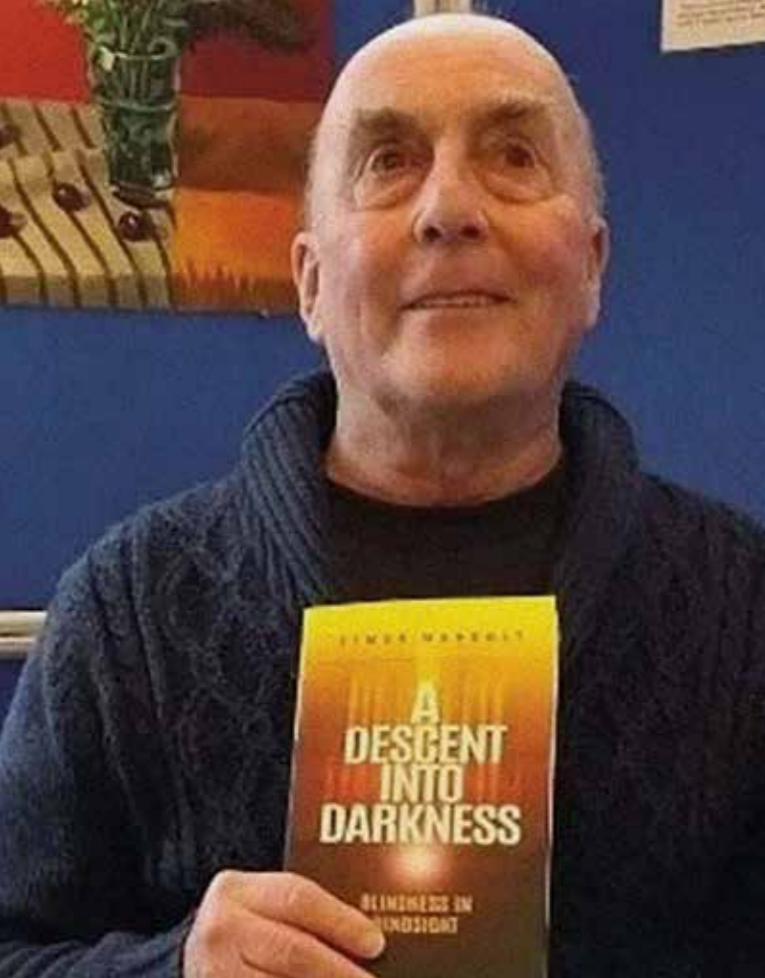
Member **Simon Mahoney**

Weaving straw into gold

Member **Simon Mahoney**, a published author, shares a recent life-changing hospital experience

I've ranted about the service offered by eye clinics for many years, but over Christmas and New Year I had the chance to see the other side of hospital life. This was my first experience of being an inpatient since losing my sight. What I found was a real eye opener.

It began with an initial visit to A&E. The usual occurred: the doctor asked me if I'd banged my head as my eyes were not responding properly. My response that it might be because I was stone blind was met by the usual embarrassed silence. →



Simon with one of his books

On this occasion, after 11 hours I was taken into critical care. I was off my face on morphine, which was playing old Harry with my Charles Bonnet, in a lot of pain and feeling extremely anxious and isolated.

On joining the ward, I was immediately pulled about by a couple of nurses without as much as by your leave. Over the next ten days I felt isolated and as if I was regarded as an object rather than a person. This was not malice; it was just that the staff were clueless and embarrassed by my lack of sight.

When I finally came off the morphine after ten days or so, I began to analyse

the behaviour of the staff and started to train them on how to respond to me as if I was human. I was also able to train them in guiding.

After I'd been there for two weeks, I was allowed to go home. On leaving, they informed me I would receive a letter for a follow-up appointment. I told them that as I was stone blind and live on my own, perhaps they could send a text or an email as I have assistive technology. After a lively debate, they agreed. This was, I felt, a triumph for common sense over a procedure that had become a ritual and, therefore, almost holy!

My return to hospital

Once home I gave some thought about how I could change the behaviour of the staff so that I felt involved and less isolated. I had no sooner drafted a basic proposal when it became necessary to return to the hospital.

This time, I talked to the paramedics about staff behaviour and how very little it would take to make the experience less of a nightmare for myself as a blind person.

On arrival at A&E, the paramedic parked me and said he'd be back. Some 15 minutes later he returned to say that he'd briefed the staff and they were all on board with my suggestions.

The change was astonishing. I was approached by two nurses who called me by name so I knew they were talking to me, said who they were and what they would be doing. I was wheeled into a bay and one of them kept coming in to tell me what was happening or to do observations.

They brought the doctor to me who started the conversation by saying, "I understand you are totally blind," and we chatted about that as she examined me. During the 11 hours I spent in A&E, people told me who they were and what they would be doing. Totally different from my previous experience.

Communicating with staff

On going up to the ward, I used a different approach. As staff came to me I would say, "You need to know two things: I'm totally blind and I do not bite. When you come to me please use my name so I know you are talking to me; tell me who you are and what you will be doing. As you carry out your task, talk me through it so I can cooperate and, finally, when you leave, please say goodbye so I'm not left talking to mid-air." All said with a smile, of course.

The second stay was, dare I say it, a pleasure. Amongst other things, I was able to teach the staff to tell me when

they moved things and when there was food or a drink on my table, and to provide a bowl for my food rather than a plate and describe my meal to me.

Whilst I felt perfectly competent to go to the toilet, I preferred to be taken. There were two reasons for this. Firstly, the staff would have had kittens if I tried and, secondly, the toilet was used by a number of people. Suffice to say that some of them had curious ideas about personal hygiene and I preferred to know what I was walking into!

A win-win situation

Telling people that I could not see and letting them know what I needed in the way of communication worked wonders. I was able to cooperate constructively with their care, it was less stressful for the staff and I felt far more relaxed and not at all isolated.

All in all, it was one of those rare win-win situations, as my CSW put it, "spinning straw into gold".

■ **Simon has written a book of his experience, along with a leaflet and guidelines for hospital staff, which you can purchase by emailing simon@wingingitblind.com. The book costs £3. You can also listen to Simon's podcast on partsight.org.uk**



Honouring our D-Day heroes

As we approach the 80th anniversary of the historic Normandy Landings on 6 June, two of our Members who took part in the invasion share their recollections



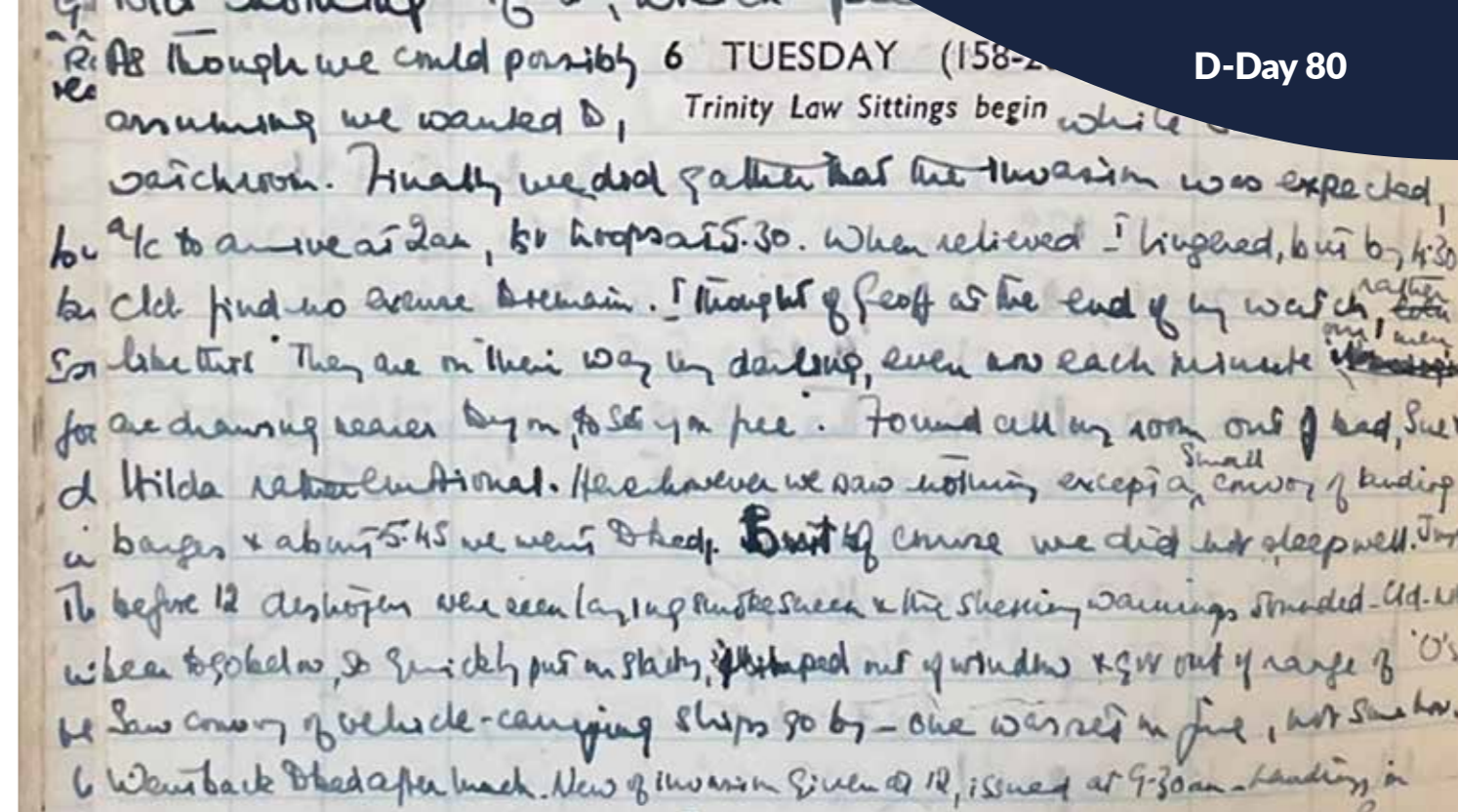
Peggy in uniform in 1944

Peggy, 102, D-Day linguist
As a linguist for the Royal Navy during the war, Peggy translated intercepted radio messages. Her work was so secret that she never even told her parents.

In June 1944, Peggy was stationed at Abbotscliff, between Dover and Folkestone. She had recently qualified as a petty officer after undergoing extensive training.

She remembers it being so busy in the run up to the D-Day invasion that she describes it as "hellfire corner". Most of the messages she intercepted were from the German Navy; some from the Luftwaffe. Occasionally she'd intercept the odd taxi driver in Yugoslavia.

Peggy remembers taking down pages and pages of four-figure code.



Peggy's wartime diary

Although she could translate it, she didn't know what it was about. It was sent off to another team to analyse.

When Peggy had a shift in the direction-finding (DF) tower, she would spend the night on her own. She took a coat, blanket, books and enough food and drink to last until breakfast the next morning. Her job was to search for the bearings of traffic intercepted by the watch.

Peggy kept a diary throughout this time, which she's shared with us. Her work was too confidential to feature in it, but it's a fascinating record of her feelings. She records that the weather was so bad on 4 June 1944, she stayed in bed until noon. In fact, it was so terrible that D-Day was delayed.

The night before D-Day, Peggy was on watch. She had longed for the invasion to begin: all her hopes for the safety of her future husband, who was a prisoner of war in Germany, were pinned on its success.

From Peggy's diary:
"1 o'clock came, then 3 o'clock. Sergeant and Woodhouse, both in slacks, obviously prepared to stay the night. Then Lt Gray arrived, + an NO from Newhaven and Lt Woods.

It was quite obvious that something was in the wind but as mere watchkeepers, we were told nothing of it, which peeved me considerably. As though we could possibly do any damage, assuming we wanted to, while stuck in the watchroom. →

Finally, we did gather that the invasion was expected, the aircraft at 2am and first troops at 5:30. When relieved, I did linger but by 4:30 could find no excuse to remain.

I thought of Geoff at the end of my watch, rather like this. 'They are on their way, my darling, even now each minute they are drawing nearer to you, to set you free.'

Found all my room out of bed, Sue and Hilda rather emotional. Here, however we saw nothing, except a small convoy of landing barges, and about 5:45 we went to bed. But, of course, we did not sleep well.

News of invasion given at 12, issued at 9:30am. Landing in Normandy. Le Havre-Cherbourg-Caen. Monty with them. Got up to see another convoy go by – troopships this time. It is a fine sight and I would not be anywhere else at this time. Even if we were further up the coast we would only see departures, not France.

It is terrible to think what is happening so near us. I suppose it is the nearness, and newness that makes it seem worse than Italy."

Peggy turned 102 on 2 April. We wish her a very happy birthday.



A young Syd in uniform

Syd, 101
As Peggy watched the convoy leave, another of our Members, former pilot, Syd, was in the air over the channel with an incredible view of all the vessels as they headed for France.

Syd was with 644 Squadron, flying in a Halifax bomber that towed gliders into Normandy. He remembers that when he looked to the right and left, the sea was completely covered.

"They were all in straight lines. I would say that you could walk from England to France, without getting your feet



Syd with 644 Squadron

wet, that's how close they were. It was an amazing sight."

On D-Day itself, the weather was against the pilots. They were supposed to drop gliders at 1,000 feet, but on the actual day the cloud base was 2,500 feet so they had to go below it.

Syd says, "We were in touch with the glider. The navigator said 'Pilot ten miles to go'. Our pilot asked the glider pilot what height he wanted to be released at and the glider was released with about four miles to go. The glider pilot landed on landing zone 11." Syd

remembers saying "glider released".

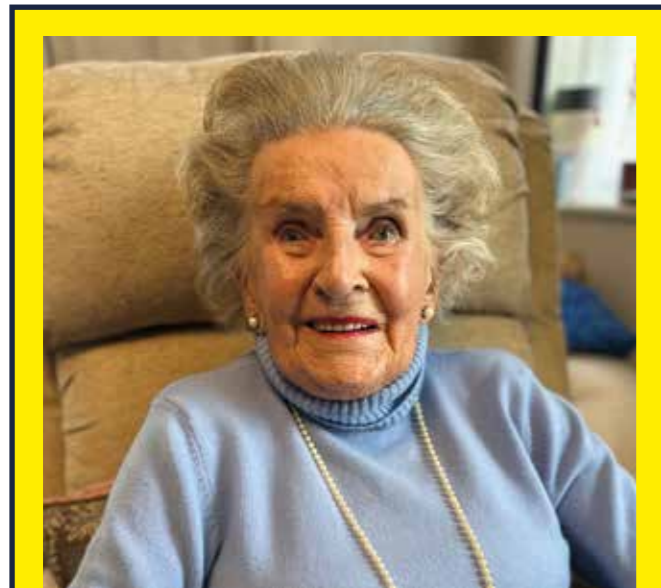
"There was also nine cannisters in the bomb bay which we dropped. We then dropped the tow rope, turned towards the Atlantic and then turned for home arriving at 05:19. Syd saw no enemy aircraft at all.

Syd remembers that they trained very hard up to D-Day and everything was kept very secret. He says, "The enormity of it is... I'm still amazed at it, to be honest. To think the arranging and planning to get all that? It's out of this world really." 🇬🇧



Service spotlight

Review writer **Sheena Thomson** asks WWII veteran and former VAD, **Maureen**, about her time in service at St Dunstan's, Church Stretton



Name: Maureen
Trade: Healthcare
Service: Voluntary Aid Detachment (VAD), 1943-1945

After an interview with Lady Fraser in London, wife of the then Chairman, Maureen found herself on a train to Church Stretton to start her VAD duties at the evacuated St Dunstan's.

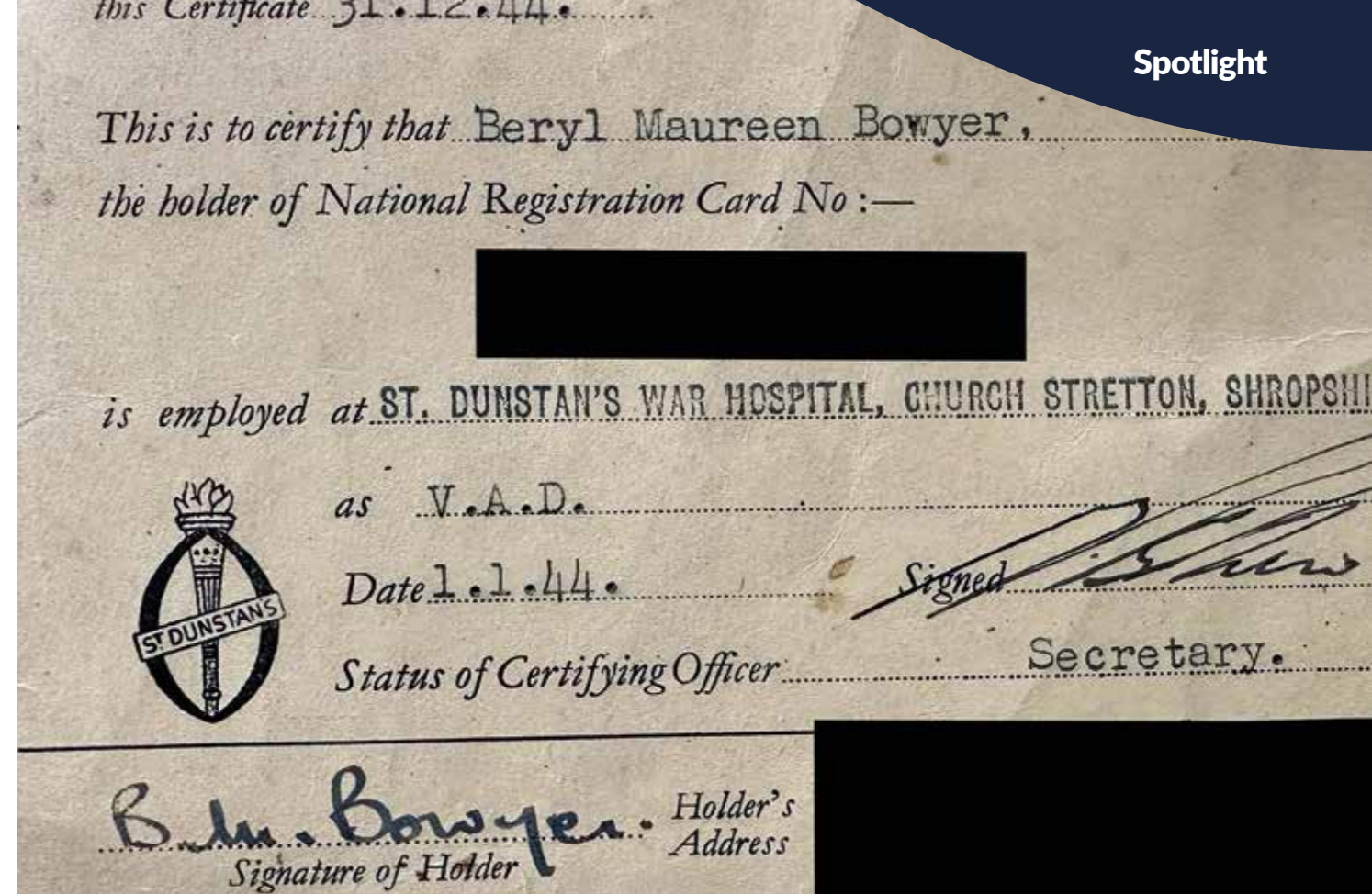
Maureen has fond memories of her time at Church Stretton. She went on to join the Royal Navy and served at the Royal Navy Hospital Haslar (Gosport) and HMS Collingwood.

Jump to 2016 and Maureen became a Member of Blind Veterans UK herself when her own eyesight began to deteriorate. She moved into our old Brighton Centre a year later.

Describe what life was like as a VAD at St Dunstan's, Church Stretton:

"There was a boy's prep-school, Brockenhurst, which St Dunstan's had taken over. It was a wonderful place on top of the hill with lovely grounds and nice spacious rooms. Perhaps 15 servicemen were there, still in uniform. They hadn't been discharged.

At the age of 18, Rustington Centre resident Maureen wanted to join the Royal Navy but was told she was too young. Instead, she was encouraged to apply for the VAD and heard that St Dunstan's was looking for assistance following their evacuation of Brighton.



Maureen's ID when she was employed by St Dunstan's, Church Stretton

St Dunstan's headquarters, Longmynd, was on the other side of the road at the end of our drive, with Tiger Hall close by [for men that needed medical attention]. There was also a house in Church Stretton for officers.

"We helped the men to dress and with their meals. Some were totally blind. After breakfast we would read the letters, they had received. After that they would go to their lessons; learning how to write braille, type and even how to run a shop. They were all in training for something, learning how to cope with being blind.

"In the afternoon we would take

them on walks. There were some lovely country walks and a lovely tea shop run by two women who always managed to get the ingredients to make delicious little cakes. That was a nice little outing. We would also describe the scenery if they wanted.

"There was also the odd trip into Shrewsbury for the cinema. We would tell them the change of scenes, or whatever they wanted us to describe.

"Then there were the dances at a RAF station nearby. They invited us to their dances and then we would have to choose a partner for the men. We would ask the girls if they would dance



Tandem cycling during a sports day at Brockhurst, Church Stretton

with one of our men. The men would then have a signal if they didn't like the women they were dancing with. They would pull out a pocket handkerchief. If it was hanging out, it meant 'rescue me'."

What special memories do you have from your VAD service:

"I remember Norman, a fantastically brave man. He was determined not to let blindness be detrimental to his life.

I was put in charge of the clinic. A number had glass eyes and I used to

take out the eyes, wash them and wash the socket and put them back in again.

"Norman had two glass eyes and I remember doing him one day and putting them back and thought, "Oh crumbs, I've got them in the wrong way - what will I say, as some men would be terribly upset." However, Norman had a good sense of humour.

"I said, 'Norman, do you feel comfortable?' He replied, 'I know what you've done.' I apologised and put them in again and said, 'Now you're looking straight ahead and not East and West.' Norman was so amused by it as well. I always wondered what happened to him."

Maureen's curiosity was satisfied when she moved into Ovingdean where, remarkably, Norman was also a resident.

This is not the first time you've featured in Review. In the September 1943 edition, under Church Stretton Notes, it was reported you won a blindfold race in the summer of that year. Do you remember the race?

"I remember the race very well because I had been down in the town in the officers house to read to them and remembered there was this wretched race, so I cycled back

"We helped the men to dress and with their meals. Some were totally blind"

furiously. It was a long, long ride all the way up to Brockenhurst, so I was exhausted puffing and panting and thought, 'Oh golly, am I going to be able to race now?'

"I was lucky I suppose as [when the



A VAD recruitment poster

race started]; I just dived ahead and kept going. I was quite surprised when they told me I had come first!"

Maureen also remembers giggling with her VAD colleagues when told about the matron's collision with a big beech tree, as reported in the 1943 Review:

"She was found scrabbling around the scrub saying where am I? Where am I? Come and help me."

Maureen also recalled the course: "In actual fact, as far as I remember, the route was the other way around to what is described [in Review].

"It was quite a tough course because it was a long drive down from Brokenhurst. Then of course we had to cross the main road safely, but there were plenty people to help us. Then uphill again to Longmynd.

"I seem to remember the day was great fun. There had been such a lot of chat about it all before. About how we were going to manage it blindfolded. A lot of chat about how we were going to tackle it and of course trying out the course before. It was a lot of fun. We were all blindfolded and we didn't cheat.

"It was a very good day thoroughly enjoyed by everyone." 🍷

Counselling services for people with low vision

If you're struggling with your mental health, don't suffer in silence – talking to someone can make a difference. We recommend the following organisations...

It's no secret that experiencing loss of vision can have a profound effect on your mental health and wellbeing. Adjusting to sight loss can be frustrating and overwhelming, so it's common to experience feelings of anxiety, loneliness and loss of independence.

Reach out for support

Some sight loss organisations offer specialised counselling services to help you and your family to navigate the psychological impact.

If you feel you could do with talking to a professional, we recommend the following services which are confidential and bound by the BACP (British Association for Counselling and Psychotherapy) ethical framework.

RNIB

RNIB offers emotional support for blind and partially sighted people through their Sight Loss Counselling team, a group of professional telephone and online counsellors.

What they offer:

- A comprehensive sight loss counselling service.
- One-to-one telephone sessions.
- Also offers online counselling, telephone support groups and guides to good mental health.

- **Call the RNIB helpline on 0303 123 9999 or contact the counselling team directly by leaving a message at 020 7391 2186 or emailing cwt@rnib.org.uk.**

The Macular Society

This is a charity counselling service for anyone affected by age-related macular sight loss, and their family members.

What they offer:

- Counselling over the phone
- Tailored for individuals with severe vision impairment
- Support for family members
- Connects individuals to befriending programs and local support groups

- **Anyone can self-refer (or refer someone else with their permission) using the online**

counselling referral form on their website at macularsociety.org or via their helpline on 0300 3030 111.

DisabilityPlus

DisabilityPlus offers specialised sight loss mental health counselling for those navigating the complexities of vision loss.

What they offer:

- Blind counsellors offer personal experience and understanding
- Video call and telephone counselling
- A range of free and paid services →



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- Find them at disabilityplus.co.uk or call 01932 881849.

DeafBlind UK

This charity provides non-judgemental counselling for people who are deafblind by trained and experienced staff and volunteers.

What they offer:

- Counselling for people with a dual sensory loss.
- A course of ten 50-minute counselling sessions.



MELITA / ADOBE STOCK

- Visit their website at deafblind.org.uk for more information, or call 0800 132320.

Private counselling

For those of you don't mind paying for talking therapy, the British Association for Counselling and Psychotherapy (BACP) can send details of private counsellors in your area. Alternatively, you can search the BACP 'Find a Therapist' database at bacp.co.uk.

- Telephone 01455 883 300
Email bacp@bacp.co.uk

Likewise, the United Kingdom Council for Psychotherapy can send you details of qualified and registered therapists in your area.

- Telephone 020 7014 9955
Email info@ukcp.org.uk

General counselling

The charity Sane provides a helpline offering information and emotional support to anyone affected by mental health problems.

- Telephone 0845 767 8000
Email info@sane.org.uk

For immediate support

If you're in distress about your sight loss or anything else, don't suffer alone. It can always help to talk to someone. Samaritans are available 24 hours a day. You can call them any time, day or night for free on **116 123**. 📞



Member voice

Tim Eckersley, Member Engagement and Military Lead, shares the latest news and updates...



Blind Veterans UK logo

Your monthly survey

This month, our Member Engagement Team want to find out about how much you and those around you would like to get involved in our work and the kind of activities you're interested in.

How likely would you be to attend an online Member Engagement update each month which provides you with an update on all charity matters and a chance to feed back?

- Highly likely
- Likely
- Unlikely
- Never

How likely would you be to attend a face-to-face Member Engagement Conference in your local area to learn more about our activities, opportunities and future direction?

- Highly likely
- Likely
- Unlikely
- Never

Would you be happy to answer a short online Member survey each month, giving us your feedback so that we can improve our services?

- Yes
- No



How likely is it that your carer or partner would want to get involved in an online families and carers group?

- Highly likely
- Likely
- Unlikely
- Never

Are you aware that you can ask the Member Engagement Team a question online, via email, or by via your local community team?

- Yes
- No

■ If you would like to share your thoughts in relation to any of the questions above, go to blindveterans.org.uk/monthlysurvey or contact the Member Engagement Team via the e-mail address: MET@blindveterans.org.uk

Feedback from Members

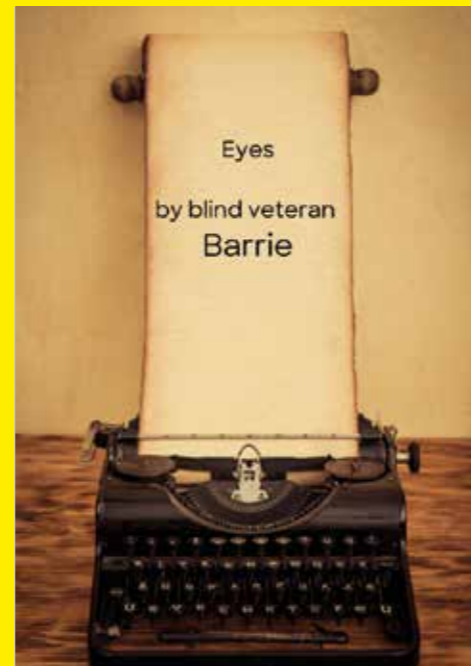
In the March Review, we asked you about the volunteering service at Blind Veterans UK. We'll share the results with you next month. 🍷

Barrie's poem about driving

To acknowledge Mental Health Awareness Month, we're sharing a poem by blind veteran Barrie, written on an old typewriter, about his experience of having to give up driving due to his sight loss.

Eyes

I watch the aircraft flying high,
Thousands of feet in the sky,
But down on Earth I
must face my fate
Because I can't read a number plate.
The tax man said No more talk,
Get out of that car,
you've got to walk.
So now I walk or take the bus,
And I wondered why I made a fuss,
Because I'm getting fitter by the day,
And without the car,
There's a lot less to pay.



ANDREW BAYDA / ADOBE STOCK



Military Engagement Dinners

Our military engagement dinners promise to be filled with warmth, laughter and delicious food. They give you the chance to savour our military history and heritage as you catch up with friends and Forces personnel over welcome drinks, canapes, a three-course meal, port and table wine.

2024 dates and venues (between 13:00-17:30)

- 6 June 2024 - D-Day Commemoration Dinner, Victory Services Club, London
- 21 June 2024 - HMS Sultan, Gosport
- 30 August 2024 - Petwood Hotel, Lincolnshire

- September 2024 (To be confirmed)
- 11 October 2024 - RAF Honington, Suffolk

There is no food cost for Members attending our dinners, but no transport or accommodation will be provided. Having said this, the grants process remains open should it be of support to those who could otherwise not attend.

- To book your place, please register your interest at blindveterans.org.uk/events or phone Supporter Services on 0300 111 22 33 who will be happy to assist you.



Flower moon mosaic

National Creative Wellbeing Programme

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

For more information on any of these creative activities, or to request a pack, please call **01273 391447** - you can simply leave a message on the NCWP answer machine. Or visit our website at blindveterans.org.uk/activitykit.

All projects come with VI friendly instructions and the option of audio

instructions on a USB stick or by email if you request it.

Mosaic:

Flower moon mosaic: We've chosen a cheerful 'man in the moon' base for this mosaic, and as the May full moon is named the Flower Moon, this is the inspiration for the design. You'll

receive a 20cm base, colour labelled and separated tiles, a step-by-step design guide and everything else you'll need for your mosaic.

■ **A note about mosaics:** If you can, please store any spare tiles from your mosaic kits somewhere safe along with a set of tweezers from the pack. At the end of 2024, we'll be offering a 'Christmas leftovers' mosaic pack to use up your spares and make a special coaster with your own unique design.

Collaborative Craft:

Christmas collage: Following the success of the hot air balloon tea towels, this is an opportunity for you to create artwork for our Christmas merchandise. It may seem a strange time of year for a Christmas project, but there's quite a few stages to getting ready for the festive period!

You will receive a bauble template and a variety of paper and card collage materials to make your own design, with some pre-cut shapes to use if you wish. The submission deadline is 1 August 2024 and everyone who takes part will receive a tea towel as a memento.

Drawing:

Seaside sketchbook: This sketching kit is suitable for any drawing ability

- including beginners. You will receive a variety of specially chosen art materials for visually impaired artists, two sketchbooks and some seaside themed tactile prompts to get started with the basics of drawing and sketching.

■ **We'd love to see what you create from our projects. If you'd like to share photos of your work, or just like to get in touch with us, please do send us an email at ncwt@blindveterans.org.uk.**

■ **Thank you for continuing to return the surveys within your packs. Your feedback is very valuable to us and will help us to continue to shape the NCWP going forward.** →

PIER / ADOBE STOCK
Coloured sketching pencils

CREATIVE HOBBY CIRCLES

Facilitated by Blind Veterans UK staff and our Member volunteers, Members with a shared interest meet monthly using Microsoft Teams for a chat to offer ideas, tips and support with ongoing projects.

Painting & drawing: This group is for amateur and experienced artists to share tips and hints and talk about your current creative projects. Held on the second Tuesday of the month at 11am.

Knitting, crochet or weaving: This is for Members to chat about your latest projects with wool. All abilities welcome, a friendly group to support

and inspire! Held on the third Thursday of the month at 10am.

Woodwork: For those of you interested in woodwork, woodturning, wooden model making and more. This group offers peer support, tips and encouragement with your wooden model projects. Held on the last Thursday of the month at 11am.

Gardening: For amateur gardeners and also Members enjoying our gardening projects, this group aims to offer support with VI friendly gardening, no matter the size of your garden, greenhouse, or windowsill. Held on the first Tuesday of the month at 11am. 🌱



Gardening



Quiz time

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

1. **The Isle of Man is in which sea?**
2. **What nickname is given to the seats in a theatre that are at the highest level and the furthest distance from the stage?**
3. **In which ball sport are you NOT allowed to play left-handed?**
4. **Marion Morrison is the real name of which Western film actor?**
5. **How many consonants are there in the English alphabet?**
6. **What do puffins live in?
a) Scrapes b) Nests c) Burrows**
7. **Who was the first black President of the USA?**
8. **Which is the UK's busiest motorway?**
9. **How many keys are there on a typical full-sized piano?
a) 78 b) 88 c) 98**
10. **Through which county does the River Dart flow?**



Answers on Page 47



Family news

Victor Brown who celebrates his 101st birthday on 29 May 2024.

Phyllis Davies who celebrates her 102nd birthday on 26 May 2024.

John Davis who celebrates his 100th birthday on 6 May 2024.

John Harlow who celebrates his 100th birthday on 8 May 2024.

Joan Harrison who celebrates her 101st birthday on 5 May 2024.

Henry Hogg who celebrates his 105th birthday on 17 May 2024.

Leslie Hutt who celebrates his 103rd birthday on 28 May 2024.

Mary Johnston who celebrates her 100th birthday on 10 May 2024.

Jean Lees who celebrates her 100th birthday on 24 May 2024.

Cyril Lewis who celebrates his 103rd birthday on 13 May 2024.

Diana Lidstone who celebrates her 100th birthday on 5 April 2024.

John Metcalfe who celebrates his 100th birthday on 2 May 2024.

Ronald Monk who celebrates his 100th birthday on 3 May 2024.

Richard Pelzer who celebrates his 100th birthday on 20 May 2024.

Edward Tann who celebrates his 101st birthday on 11 May 2024.

Condolences

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

Robert Clayton who died on 30 March 2024. He was the husband of Dorothy Clayton.

Eunice Lloyd who died on 29 January 2024. She was the wife of William Lloyd.

Patricia Martill who died on 1 December 2023. She was the wife of David Martill.

Sheila Sefton who died on 28 March 2024. She was the wife of Gordon Sefton.



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

Anthony John Angwin of Taunton, Somerset died on 1 April 2024 aged 96. He served as a Lieutenant in the Royal Army Service Corps.

David Appleton of Ipswich, Suffolk died on 6 March 2024 aged 85. He served as a Senior Aircraftman in the Royal Air Force.

Gordon Avern of Bournemouth died on 6 March 2024 aged 96. He served in the Royal Navy.

Norma Mary Baker of Worthing, West Sussex died on 20 March 2024 aged 105. She served as a Leading Aircraftwoman in the Women's Auxiliary Air Force.

Stanley Barnes of Tamworth, Staffordshire died on 1 March 2024 aged 92. He served as a Trooper in the Royal Artillery.

Raymond Barnewall of Hindhead, Surrey died on 1 March 2024 aged 93. He served as a Corporal in the Royal Army Service Corps.

Fred Batchelor of Sudbury, Suffolk died on 21 February 2024 aged 96. He served as a Corporal in the Royal Air Force.

Francis Berry of Prescot, Merseyside died on 1 March 2024 aged 96. He served as an Able Seaman in the Merchant Navy. →

Alan Bickerton of Crewe died on 1 March 2024 aged 85. He served as a Private in the Royal Electrical and Mechanical Engineers.

Matthew Stobbart Brown of Swindon, Wiltshire died on 11 March 2024 aged 92. He served as an Acting Corporal in the Royal Air Force.

Patrick Cyril Coadey of Oswestry, Shropshire died on 6 March 2024 aged 91. He served as a Private in the King's Shropshire Light Infantry.

John Stuart Cumming of Battle, East Sussex died on 1 March 2024 aged 96. He served as a 2nd Lieutenant in the Royal Army Ordnance Corps.

Reuben George Daniel of Camborne, Cornwall died on 1 April 2024 aged 97. He served as a Lance Corporal in the Royal Signals.

William James Dill of Newtownabbey, County Antrim died on 1 June 2023 aged 83. He served as a Staff Sergeant in the Ulster Defence Regiment.

Arthur Herbert William Dixon of Milton Keynes, Buckinghamshire died on 1 March 2024 aged 92. He served as a Private in the Royal Army Service Corps.

Alan Peter Drew of Norwich died on 1 March 2024 aged 88. He served as a Private in the Royal Electrical and Mechanical Engineers.

Reginald Henry Eyles of Faringdon, Oxfordshire died on 7 March 2024 aged 105. He served as a Chief Petty Officer in the Royal Navy.

Keith Fitton of Oldham died on 1 March 2024 aged 85. He served as a Corporal in the Royal Army Pay Corps.

Gordon Charles Foskett of Reading died on 11 March 2024 aged 91. He served as a Trooper in the Royal Armoured Corps.

Dennis Franklin of Maidenhead, Berkshire died on 17 January 2024 aged 96. He served as a Corporal in the Royal Air Force.

James Gargett of Stockton-On-Tees, Cleveland died on 7 March 2024 aged 94. He served as a Private in the Royal Army Medical Corps.

Clive Robert Gerrelli of Bexhill-On-Sea, East Sussex died on 15 March 2024 aged 74. He served as a Corporal in the Queen's Regiment.

Eric Green of Sheffield died on 2 March 2024 aged 94. He served as a Fusilier in the Royal Northumberland Fusiliers.

Arthur Harvey of Halesowen, West Midlands died on 30 March 2024 aged 86. He served as an Aircraftman First Class in the Royal Air Force.

Ernest Edward Hoole of Woking, Surrey died on 29 January 2024 aged 95. He served as an Aircraftman First Class in the Royal Air Force.

John Humphreys of London died on 17 March 2024 aged 102. He served as a Lieutenant Colonel in the Royal Engineers.

Allen l'Anson of Ferryhill, County Durham died on 1 March 2024 aged 98. He served as a Telegraphist in the Royal Navy.

Carl Kibblewhite of Amlwch, Gwynedd died on 28 March 2024 aged 61. He served as a Private in the Royal Army Ordnance Corps.

Gerald Brian Lord of Oldham died on 1 March 2024 aged 93. He served as a Leading Aircraftman in the Royal Air Force.

Godfrey Reed of Norwich died on 26 December 2023 aged 90. He served as a Leading Aircraftman in the Royal Air Force.

Alan Ayton Rushton of Sheffield died on 17 March 2024 aged 98. He served as an Able Seaman in the Royal Navy.

Roy Sagar of Leeds, West Yorkshire died on 10 March 2024 aged 93. He served as a Gunner in the Royal Artillery.

Roy Sands of Bournemouth, Dorset died on 22 February 2024 aged 91. He served as a Signaller in the Royal Signals.

William Geoffrey Sansom of Leicester, Leicestershire died on 12 February 2024 aged 98. He served as a Leading Aircraftman in the Royal Air Force. →

Robert Matthew Shaw of Accrington, Lancashire died on 23 March 2024 aged 95. He served as a Chief Technician in the Royal Air Force.

Dennis Smith of Middlesbrough, Cleveland died on 12 March 2024 aged 93. He served as a Leading Aircraftman in the Royal Air Force.

Terence Stringer of Great Yarmouth, Norfolk died on 27 March 2024 aged 94. He served as a Sergeant Navigator in the Royal Air Force.

Madge Thornton of Crewe died on 20 March 2024 aged 104. She served as a Leading Aircraftwoman in the Women's Auxiliary Air Force.

Michael George Virgo of London died on 30 December 2023 aged 87. He served as a Senior Aircraftman in the Royal Air Force.

Geoffrey Wallace of Chester Le Street, County Durham died on 8 March 2024 aged 87. He served as a Driver in the Royal Army Service Corps.

Ron Wallis of Barnstaple, Devon died on 2 March 2024 aged 93. He served as a Corporal in the Royal Engineers.

Richard David Wallis of Portland, Dorset died on 5 March 2024 aged 88. He served as a Chief Technician in the Royal Air Force.

Arthur Frederick Charles Warwick of Chorley died on 1 March 2024 aged 102. He served as a Flight Lieutenant in the Royal Air Force.

Nigel John Whiteley of Eastbourne, East Sussex died on 3 April 2024 aged 78. He served as an Acting Petty Officer in the Royal Navy.

Ronald Zaple of Plymouth died on 18 March 2024 aged 89. He served as a 3rd Engineer in the Royal Fleet Auxiliary.

Did you know that we can set up online tribute pages for the loved ones of Members, staff and supporters? Find out more about setting up a Tribute Page here: blindveteransuk.muchloved.org



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**.

Rustington Centre: 01903 945 300

Llandudno Centre: 01492 868 700

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**.

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

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 44

1. Irish **2.** The gods **3.** Polo **4.** John Wayne **5.** 21 **6.** Burrows **7.** Barack Obama **8.** M25 (bonus point for M25 West!) **9.** 88 **10.** Devon

A different format?

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



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