



Grenadier News

The Autumn Newsletter of the
Grenadier Guards Association



Edition 5, October 2018

Regimental Headquarters

The Lieutenant Colonel: Major General CRV Walker, DSO

Regimental Adjutant: Major JPW Gatehouse

Regimental Archivist: Captain AGH Ogden

Assistant Equerry: Captain E R Harmer

Regimental Quartermaster Sergeant: WO2 (RQMS) J Thompson

Regimental Casualty Officer: Mr Matthew Ellmer

Regimental Affairs Non-Commissioned Officer: Sgt R Haughton

Regimental Property Non-Commissioned Officer: LSgt M MacMillan

Orderly: Dmr J Walker

Association Headquarters

President: Colonel REH Aubrey-Fletcher

General Secretary & Regimental Treasurer: Major AJ Green

Association Senior Non-Commissioned Officer: Sgt R Broomes

Wellington Barracks, Birdcage Walk, LONDON, SW1E 6HQ

REGIMENTAL HEADQUARTERS

Our New Regimental Adjutant



Major James Gatehouse was commissioned from Sandhurst in December 1982 and posted immediately to the 2nd Battalion on a six month United Nations tour in Cyprus, commanding a platoon in Number 2 Company, based in a deserted farm complex in between the Greek and Turkish lines.

In 1984 he was the Ensign on the Queen's Birthday Parade selected, amongst others, by the then

Adjutant, Captain Grant Baker; their paths would continue to cross. That autumn he moved with the Battalion to Belize on a seven month tour and spent much of his time patrolling in the jungle along the border with Guatemala, professionally a very rewarding experience. There was also time for some hugely enjoyable adventure training on desert islands in the Caribbean.

In mid-1985 the Battalion returned to Chelsea Barracks and public duties followed; later that year starting to prepare for a two year residential tour in Northern Ireland. He moved with the Battalion to Ballykelly and was there, or at Aughnacloy for the next six months, before being posted to 14th Company at the Guards Depot in mid-1986 where he commanded a platoon of Junior Leaders in Waterloo Company followed by a platoon of adult recruits in Caterham Company.

He left the Guards Depot in early 1988 to return to Ballykelly as the Signals Officer and then on to Caterham with the Battalion and a testing overseas exercise in Kenya. In 1989 he was posted to RMA Sandhurst as a Platoon Commander and the Regimental Representative at the Academy. Two years later he joined the 1st Battalion as Adjutant in Wellington Barracks to Lieutenant Colonel Robert Cartwright. Two Queen's Birthday Parades followed, both mounted, as well as the Presentation of Colours to both Battalions on Horse Guards in 1992.

In 1993 he was posted back to the 2nd Battalion to take command of Number 1 Company. The Commanding Officer was Lieutenant Colonel Richard Aubrey-Fletcher who of course is now the current Grenadier Guards Association President. This was a sad period as the Battalion moved towards suspended animation and much time and effort was spent looking after the future careers of all the Warrant and Non-Commissioned officers in the Battalion as well as the Guardsmen.

After two years as a Junior Staff Officer in HQ 1 Mechanized Brigade in Tidworth, he returned to the 1st Battalion in 1995 to command Number 2 Company. He moved with them to Ballykinler in early 1996 and left the Army that October to pursue a new career in investment management. He was a partner in a London-based stockbroker for 18 years, looking after private clients and managing broking teams in the West End and then the City.

In July 2018 he remarried and with Miranda now lives in Barnes, South West London. His two children are both in their twenties, living and working in London, and his son tells him that he wants to join the Army. No pressure there!

Major Gatehouse regards the job of Regimental Adjutant as a huge privilege and intends to be the man in the Regiment who provides continuity to it over the next 10 years or so.

THE REGIMENTAL CASUALTY OFFICER

By Matthew Ellmer

2018 has been a busy year to date. On behalf of The Colonel's Fund I now look after 66 Grenadier veterans and 17 bereaved families.



Major Baker (rear), RCO, John Dawson and Gdsm from Nijmegen Coy.

In November 2017 former Gdsm John Dawson, injured on OP Herrick 16, was presented with the keys for his new apartment that is in the grounds of the Lord Leycester Hospital in Warwick. This was partly funded by the Colonel's Fund and is a step forward in John's recovery. The day was attended by the Regimental Adjutant, RCO, the Mayor of Warwick and supported by two Gdsm from Nijmegen Company.

In March 2018, along with Major Bernie Broad, Nick Davis, Ben Russell, Mandy Bainbridge, Kerry Ashworth and other members and former members of the Regiment, I was invited to attend the Parade at Windsor for our new Colonel, HRH The Duke of York in the presence of HM The Queen. The day went well and those attending had the honour of meeting Her Majesty.



RCO introducing Her Majesty to Kerry Ashworth, Mandy Bainbridge, Nick Davis, Ben Russell and Major Bernie Broad.

120 bereaved family members and wounded attended this year's Regimental Remembrance Day. The families feel that this day is special as they feel part of the Regiment and enjoy meeting Grenadiers that knew their loved ones. I also had the honour of hosting and introducing The Colonel to many of them and he spent quite some time chatting with them.



The Colonel with Millie Atherton and Emma Ball

On Saturday 23rd June 42 Grenadier veterans, including Major Bernie Broad, Gdsm John Dawson, Gdsm Leon Stokes, Emma Ball, Kelly Atherton and Mandy Bainbridge along with family and friends of the Regiment walked up Ben Nevis, Britain's highest mountain in aid of The Colonel's Fund. All 42 summited and got down safely with the last man, John Dawson and his support team coming off the mountain after 13.5 hours!

This was the second mountain that I have taken wounded, bereaved and veterans up and the benefits are there to see; team spirit, a sense of belonging, personal goals achieved and above all it shows our wounded can achieve anything. I have already planned the next mountain for 2019 - Scafell Pike (978m), England's highest mountain and have a list of individuals who want to join me. The total so far raised for the Ben Nevis challenge on my Just Giving page stands at **£14,903.25** (02 Oct 18).





Former Gdsm John Dawson and his support team nearing the summit of Ben Nevis.



Other team members on the Summit of Ben Nevis.

In July the television programme Love My Garden with Alan Titchmarsh, was aired on ITV and featured former LSgt Nathan Cumberland. The filming took part in March and I was contacted by the producers and asked if I would give an interview about Nathan. I agreed and the following week the camera crew turned up at my house and much to my wife's dismay they picked the only part of my garden that we hadn't finished! I volunteered to help with Nathan's garden and spent the day painting fences. The following day we were invited along with family and friends for the big reveal. The photos below show how much Nathan and his family appreciated their garden.



Nathan Cumberland with the RCO in his new garden.



Nathan Cumberland and his family with Alan Titchmarsh.

Finally I would like to take this opportunity to thank all Grenadiers, their families and friends who have raised money for The Colonel's Fund. It does such a fantastic job of supporting our wounded, bereaved and their families; they are all so grateful.

THE ASSOCIATION SHOP

This year the Association Shop has re-introduced Serving Mats, Placemats and Coasters. These high-quality items of the Regiment's Company Colours were sold many years ago and have now been reproduced. Set in dark maroon, with a gold-edged finish, they display a sign of quality for any dining occasion. Order Forms can be found and downloaded from the shop's initial notification page on our website.

We have also introduced a fantastic new statuette – The Guards' Memorial – which is now available from the shop. This striking piece is excellently made, and can be finished in electro-silver, and with various different bases. This sculpture certainly complements the original memorial and has become available for sale at a most prominent time. Visit our website for prices.

The shop will be closed for this year's Christmas & New Year break, from Thursday 6th December 2018 and orders placed after this date will not be sent out until after Monday 7th January 2019 when the shop reopens.

THE 1st BATTALION

Commanding Officer: Lt. Colonel PL Ashfield, DSO

Adjutant: Captain BRN Tracey

Sgt Major: WO1 (RSM) S Brooks

Lille Barracks, ALDERSHOT, Hampshire, GU11 2NQ

Update provided by Captain Ben Tracey

Op SHADER TAJI and BGHQ



The 1st Battalion Grenadier Guards Battle Group Headquarters with a smattering of Headquarter Company personnel, a platoon from No 2 Company and 77 Squadron, Royal Engineers deployed to Camp Taji, a vast sprawling military complex situated a mere 15minute helicopter ride to the North West of Baghdad and on the banks of the Euphrates River, in early June for a six and a half month deployment.

An astounding place, with a Coalition base bolted onto the Western side of an Iraqi Army complex which contains the 9th Iraqi Army Division with all its tanks, vehicles and units and a number of Iraqi military Schools and Academies. The Coalition Base, home to an eclectic mix of some 4000 military personnel and civilian contractors which has been our home for the last 4 months is much like any other deployed American base. It has a busier helicopter apron than Wattisham and Yeovil combined, row upon row of airconditioned accommodation containers which are positively plush in comparison to some of the operational accommodation some of us have had to deal with over the years. A busy DFAC serving American food, two gyms and an array of coffee shops and shops selling all manner of knock off “tat” and kit compliments the accommodation with organisational headquarters of all shapes and sizes scattered about. A transient population of Americans, New Zealanders, Australians, Spanish, Singaporeans, Canadians and a healthy percentage of Fijian and Gurkha Private Military Contractors and Iraqi Interpreters, certainly makes life within Camp Taji fascinating.

The Engineer Squadron and elements of BGHQ have been heavily involved in advising, assisting and mentoring at the Iraqi School of Military Engineering and at the Iraqi Junior Non Commissioned Officers Academy. Latterly we have also been joined by a group from 4 Rifles, a Specialist Infantry Battalion, who have arrived to provide training to the Qwat Kasah, an Iraqi Army Special Forces Unit. BGHQ has found that as well as the Squadron of Engineers and a 4 Rifles SPIB Team being attached to the Battle group, there is also a platoon of Canadian Engineers, a section of Singaporean IED specialists and shortly a Company (-) of Swedish Infantry to command. With all these additional foreign force elements and personnel deployed in three operational theatres and in three separate locations within Iraq, two separate locations in South Sudan and in at least three locations in Afghanistan, the span of command is considerably larger than any previous Battle Group has had to deal with.

BGHQ has busied itself coordinating and controlling the activities within theatre in Taji, Besmaya and Erbil whilst keeping a weather eye on the activities of the Companies in Afghanistan and South Sudan. The Force Protection Platoon in Taji has spent its time providing the Guardian Angel service for those providing training within the Iraqi schools and Academies. The heat in the high summer months has meant that training has all been conducted in the relative cool of the morning with teams deploying out onto the ground long before 6 am. By 10 am with the temperature in the early 50's it has just been too hot to consider any activity outside. The poor electricity supply within the Iraqi schools and the regular daily power cuts has also precluded any work indoors, so the training teams and FP platoon are happily back in the coalition camp, off the ground and preparing for deploying out again the next day, well before midday.

Once the temperature has dropped in the late evening, most Grenadiers have discovered the many sporting and extra-curricular activities available within camp. A few have become avid Volleyball players, others have taken to “Op Massive/Op Beefcake” and have spent many hours in the gym “shifting tin” and polishing mirrors. Others have discovered the vibrant Salsa Dancing lessons much to the dismay of the Sergeant Major.

The ANZAC Task Group, to whom we have been TACON for the duration of this deployment, have run regular quiz nights which have been well attended by the Battle Group Logistics Officer, a keen participant. With regular and reasonably reliable internet

access the majority have kept in touch with family and friends back home. The ANZACS have also been readily agreeable to a sporting challenge and with the ambient temperature dropping to more sociable levels in the evening touch rugby and games of cricket have occurred. We have of course kept a close eye on the state of the cricket ball at all times particularly when playing the Aussies.

Time out in theatre has ebbed quickly and the Operations Officer and G4 team have now firmly focused their attentions on the Battle Group's return to the UK. Flights and FETs have been booked and completed, freight manifests and plans for the return to barracks have been drawn up and agreed by all and everyone waits expectantly for the arrival of the next SHADER team.

Op SHADER BESMAYA (Support Company)

Support Company is engaged in three different theatres of operation; The Corps of Drums are with the Inkerman Company in Sudan, whilst the Mortar Platoon and the Recce Groups are with The Welsh Guards in Afghanistan. The remainder of the Company and Company Headquarters is operating from a small forward operating base 20 km or so east of Baghdad city, Iraq, only reachable by helicopter.

Support Company Group Iraq includes an array of cap badges from the Grenadier infantry force protection platoon through Mobility Support and CIED Royal Engineers and even some French specialists. Working directly under a Spanish Brigade Headquarters and closely alongside a Spanish Parachute Battalion, and Canadian and Portuguese contingents, life is a fascinating experience for all ranks. Differences in ways of doing business, culture and diet comes with challenges not experienced by many of the more senior soldiers and officers let alone the Guardsmen – patience and understanding is required by all.

The focus is on building relationships, training and mentoring Iraqi Security Forces in the Iraqi Bomb Disposal School and in the surrounding desert range complex, but working alongside soldiers from many nations has built friendships and brought many other opportunities. The Grenadiers have taken particular interest in the live ranges they have been conducting with the Spanish Infantry, including sniper, pistol and machine gun training with a myriad of weapons. The British hold their own in joint sporting and fitness events although the Spanish football and volleyball teams are quite a force! Outside of working time the Grenadiers live closely together in a 'UK street' of three man accommodation containers which allows for social time together in the evenings; games of cards, film nights projected onto the concrete 'T walls' and even a twice monthly hotly contested 'Big Besmaya Quiz Night'. Despite the small and remote location, Support Company Group is happy and the Grenadiers would not swap life in the base and these experiences for any other of the larger and less austere locations in Iraq.

Op SHADER ERBIL (Number Two Company)

The Kurdish region of Iraq is proving to be a stimulating environment for Number 2 Company deployed on Operation SHADER 7. The Company Headquarters and a Force Protection element for ground moves are based just outside Erbil, a vibrant city with a high-rise central business district that is built on the ancient settlement of Ur. Our centre

of gravity is the international airport, the ever-present backdrop to the majority of contemporary operations. The remainder of the company have formed two mobile training teams in order to build capacity for Kurdish Peshmerga unit training. The teams stay at the Peshmerga training centres, delivering courses for units that maintain security in the Kurdish region, with an immediate aim of preventing Da'esh freedom of action.

The Peshmerga are engaging hosts and are eager to interact with our soldiers. One senses it takes a good deal of humility on their part to listen to lessons that they may have already learned the hard way during battles against Da'esh. We can only try to match their experiences by demonstrating our own humility and the highest standards of professionalism. We are operating in a coalition environment, often calling for cooperation, compromise and good humour at all levels. One watches an Italian trying to comprehend an Australian, initially with a suppressed smile, followed swiftly by a sense of embarrassment at our own limited linguistic skills. So far, Number 2 Company continues to enjoy the freedom of manoeuvre afforded by the region's relative stability. We remain vigilant, and follow from the side-lines the various diplomatic, political and (on occasion) foreign military activities that play out in the Kurdish region.

Op TRENTON (The Inkerman Company)

The Inkerman Company are split between Malakal and Bentiu, austere locations in the northern part of South Sudan, situated within the Protection of Civilian (POC) sites where tens of thousands of displaced personnel are living in fairly squalid conditions. In Malakal the Gdsm are primarily occupied with base security but also provide some limited assault pioneer support to Engineer tasks.

The Corps of Drums have a spring in their step as following weeks of delay they received their instruments by airfreight; unsurprisingly there was keen interest from the children in the POC site peering over the HESCO as they conducted an outdoor rehearsal! Over in Bentiu force protection remains the focus, with a little more variety from airport runs and inner cordon FP to Engineering tasks within the POC site. The Coy HQ elements spend most days navigating the UN operational structure, very different from previous tours and characterised as challenging yet rewarding.

The Gdsm are well catered for, living in four man rooms and with consistent WiFi have few grumbles. The current "rat catching challenge", earning a free day of unlimited WiFi is proving popular; the snakes, sand-flies and aggressive mosquitos less so but this is South Sudan and to be expected. All in all, the experience so far has been richly rewarding.

Op TORAL (The Queen's Company)

The Queen's Company (augmented by two Australian Platoons from 6 RAR) along with the Recce PI, Anti-Tank PI and Mortar PI are all currently deployed in Kabul attached to the Welsh Guards on Op TORAL 6. Based in Camp Qarghar (QAA) in the West of the city, our role has been to provide camp security, the Kabul West QRF and Force Protection for the mentoring mission at the Afghan National Army Officer Academy (ANAOA), 'Sandhurst-in-the-Sand'.

Our Australian Platoons have fitted in very well with the Grenadier ethos of professionalism at all levels, although they remain nonplussed by some of our customs! Qarghar is a small and 'bursting at the seams' camp filled with representatives from seven different nationalities all working and living alongside each other in relative harmony (most disputes are resolved on the Volleyball court). This has given us the opportunity to learn more about our NATO allies and develop relationships that will no doubt endure beyond the end of our tour.

The Recce platoon is based at the Hamid Karzai International Airport (HKIA). They are extremely busy providing Force Protection to the UK Puma detachment and escorting the plethora of VVIPs who visit Kabul on a regular basis. On the flip side, the Platoon has easy access to the American and Turkish dining facilities which has in turn meant a strong focus on maintain their fitness for when they return from tour.

The Mortar and Anti-Tank Platoons are both situated right in the heart of Kabul and are working to the Prince of Wales and No 2 Coy 1WG respectively. Their duties have included being the overt presence of NATO troops in the centre of Kabul as well as providing Force Protection for the civilian and military personnel allowing them to move around the city, attend meetings and mentor government departments.

This deployment to Afghanistan is completely different to our previous HERRICK tours. NATO's strategic position has evolved considerably since the last Battalion deployment here, with the emphasis now being solely on Institutional Development; from governmental departments to soldier/officer training and police capability development. As a Company, our role is pivotal; without the provision of Force Protection this could not take place.

Key to the success of our mission is the initiative and adaptability of our Guardsmen and the leadership shown by the Junior Non-Commissioned Officers who are operating in relative isolation and with full autonomy. It has been a joy to see The Company flourish in unfamiliar surroundings and under novel pressures. Additionally, this deployment has allowed the younger members of the Company to experience a tour in a country and culture that is steeped in British Military History (and our ties to Afghanistan do not look like severing in the near future).

THE REGIMENTAL BAND

Director of Music: Major Michael Smith BA (Mus) LRSM CAMUS

Bandmaster: WO1 Sarah Marinescu LRSM BA (Hons)

Band Sergeant Major: WO2 Mark Buckley MA DIP ABRSM

The Bands of the Household Division will once again present their concert Scarlet and Gold at the Cadogan Hall, London, SW1X 9DQ on 28th & 29th November 2018. Tickets start from £20 and can be booked by calling the box office on 020 7730 4500 or online at www.cadoganhall.com



All details of the band's future activities can be found on their Facebook pages at:
<https://facebook.com/BandoftheGrenadierGuards>

CADET NEWS

Sgt John Tillotson

County & 'A' Company Public Relations Officer, Suffolk ACF



Grenadier Cadets from the Ixworth Detachment had the honour of being invited to Regimental Remembrance Day this year. On arrival at Wellington Barracks they were met by LSgt MacMillan, their host for the day. After tea & coffee, the Cadets were given the opportunity to have a look at current weapons close up under the supervision of a Grenadier Skill at Arms Instructor. The next stop was the Guards Museum to

see the rich history of the Grenadier Guards and Household Division. The museum is well appointed and well worth the visit.

Moving on, the Cadets went into the Guards Chapel for the Service of Remembrance joining serving and past members of the Regiment in the presence of the Colonel of the Regiment, HRH the Duke of York. After the service and before forming up for the Parade, The Colonel spoke to the Cadets taking great interest in all their activities, including the Duke of Edinburgh's Award Scheme.



They then went on to look at some of the Victoria Crosses won by Grenadiers and concluded their visit at the end of the Parade by being presented with gifts from the Regiment. They felt truly privileged to have been invited and all had a cracking day. Special thanks go to LSgt Matthew MacMillan and Sgt Shane Galvin for making everyone feel so welcome.



Grenadier Cadet RSM Jack Larder from the Ixworth Detachment has had a remarkable year. In February, he was appointed the Lord Lieutenant's Cadet for Suffolk and then in May he was appointed the Cadet RSM for Suffolk Army Cadet Force. Cadet RSM Larder also went on to win, with others nationally, The Duke of Westminster Award and a trip of a life time to South Africa in July. After returning from South Africa, he deployed with Suffolk Army Cadet Force on their Annual Camp to Sennelager in Germany. Straight after Annual Camp he took part in the final leg

of Lord Dannatt's round Britain Challenge. Ixworth Grenadier Detachment Staff are extremely proud of what their Cadets have achieved and their close association with our Regiment and all they do for us.

FORTHCOMING EVENTS – KNOWN DATES

Grenadier Guards Association Annual General Meeting (AGM) – Sat 23rd Mar 2019

Regimental Remembrance Day – Sun 19th May 2019

The Major General's Review – Sat 25th May 2019

The Colonel's Review – Sat 1st Jun 2019

Beating Retreat Wed 5th & Thu 6th Jun 2019

<http://www.householddivision.org.uk/beating-retreat>

The Queen's Birthday Parade (1st Battalion Grenadier Guards) – Sat 8th Jun 2019

<http://www.householddivision.org.uk/trooping-the-colour>

Grenadier Day – Lille Barracks, Aldershot, GU11 2NQ – Sun 14th Jul 2019

USEFUL INFORMATION & NOTICES



FORCES PENSION SOCIETY

The Forces Pension Society is your independent not-for-profit pension watchdog, fighting for the interests of the Armed Forces and their families.

With four pension schemes now in operation, Armed Forces Pensions have never been more complex. Our website has various sections, one of which will give a brief explanation of the current pension schemes (AFPS 75, 05, 15 Reserve Forces Pension Scheme (RFPS)) features. We help our Members through the pension maze and campaign against injustices in the system as we did when winning the right of all widows to retain their pension on remarriage, or working to rectify those retired service personnel in receipt of underpaid pensions. We also sit on the MoD Pensions Board and on the Public Sector Pensioners Council representing our Members' interests.

When you join the Forces Pension Society you will have access to the expert help offered through our Pension Advisory Service. You will also receive our exclusive magazine, Pennant, copies of our e-newsletters, entry to our Members' Area and access to a wide range of Member Offers in Healthcare, Travel, Legal & Financial, Motoring and Personal & Home. These are provided through our affiliations with trusted suppliers, some of whom we have worked with for very many years.

Visit www.forcespensionsociety.org for further information or to register to become a Member.



X-FORCES – ENTREPRENEURIAL SERVICE

X-Forces is a social enterprise which helps members of the armed forces and emergency service communities and their family members nurture their entrepreneurial ambition. They have supported over 700 businesses and lent over £7m seed capital with the Start Up Loans Company.

They provide aspiring business owners a dedicated business adviser who provides handrail support through business planning, financial forecasting, mentoring and networking opportunities.

X-Forces is an official Start Up Loans Delivery Partner and has a team of experienced business advisers who work closely with applicants to help prepare their business plan and cash flow forecast. Once an application is complete, X-Forces will also make the loan decision and provide ongoing mentoring support to successful applicants.

Craig Kotze – Former Lance Sergeant in the Grenadier Guards – is the X-Forces Project Officer and a good initial contact for those of you who are interested in starting your own business. He can be found on LinkedIn if you have any questions, or you can call 0800 368 9533 or email info@x-forces.com for general enquiries.



CENTRE FOR
VETERANS' HEALTH
KING EDWARD VII'S HOSPITAL

Members of the Armed Forces have received help from King Edward VII's Hospital since 1899. Now the veteran community and their partners can experience the highest quality of care at our Centre for Veterans' Health.

VETERANS' PAIN MANAGEMENT PROGRAMME

The Pain Management Programme is a five-day residential programme run by The Centre For Veterans' Health, with five follow up day sessions over the course of six months. The Programme is specifically designed to help Veterans who have been suffering with chronic pain to get the correct assessment, diagnosis, and treatment as quickly as possible. Created in partnership with Supporting Wounded Veterans and funded by generous donations including a LIBOR grant, it is offered **free of charge to Veterans from all Services** and aims to help you feel empowered to return to life as you knew it, pre- trauma.



The Programme benefits from the expertise of an inter-disciplinary team of consultants in pain medicine, psychology and psychiatry, with the complimentary expertise of a specialist pain nurse and pain physiotherapist. The team are leaders in their field with extensive experience helping people with persistent pain to improve their lives.

VETERANS PAIN CLINIC

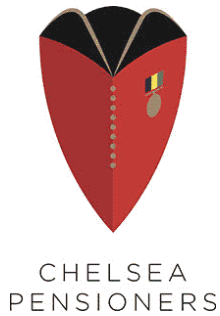
The Veterans' Pain Clinic offers veterans a 45-minute appointment with Dr Dominic Aldington, a renowned specialist in Pain Medicine who was formerly head of the Pain Service at Headley Court.

As a veteran himself, Dr Aldington provides a unique insight into pain and the veteran and offers medication review, advice and guidance and will also liaise directly with the veterans' GPs.

HOW TO APPLY

To take part in the Programme you will first need a referral from your GP. We will send you an application form along with a form to take along with you to your GP appointment for your GP to sign. To access the Veterans' Pain Clinic, you can be referred by your GP, your consultant, a Veterans Charity, Regimental Association, or you can self-refer. You can do this by phone, by calling 0207 467 4370.

Your application will be assessed by our specialist pain team who will make sure the course is right for you. If the clinicians agree that the course will benefit you, you will receive an invitation to attend the next Programme.



The Royal Hospital Chelsea is currently looking for veterans to join and become a Chelsea Pensioner, representing the Royal Hospital and the wider veteran community.

The Royal Hospital offers independent living in a sheltered housing environment intended for those who, upon admission, are self-caring and able to live independently, with extra support where required, but without the need for nursing care. Accommodation is provided in the newly refurbished Long Wards, where you will have your own bedroom with en-suite facilities and study area.

All meals are provided in the beautiful dining rooms of the Great Hall and the Chelsea Pensioners' Club, with different menu options available every day and there is ample time to socialise with fellow Pensioners and admire the magnificent views of the Royal Hospital.

Chelsea Pensioners are encouraged to wear their uniforms; it is mandatory to wear the scarlet uniform when representing the Royal Hospital on a recognised visit or when on parade, such as the annual Founder's Day parade in June. Otherwise within a two mile radius of the Royal Hospital the blue day-to-day uniform is normally worn. The blue uniform is also worn at breakfast and lunch in the Great Hall.

The social life of the Royal Hospital is rich and varied with a number of activities on offer every week, such as bingo, gardening, film nights, pottery and bridge club. There are also frequent invitations to attend special events outside the Royal Hospital, from charity fundraisers to sporting fixtures. Every year Chelsea Pensioners have the opportunity to represent the Royal Hospital at various ceremonial and commemorative events, including at the National Service of Remembrance at the Cenotaph.

ELIGIBILITY

Basic eligibility for a candidate's admission as a Chelsea Pensioner, must start with them having been a former non-commissioned officer or soldier of the British Army, who is currently:

- Over 65 years or of State Pension age (whichever is the greater)
- Either in receipt of an Army Service Pension or War Disability Pension (of which you would be required to surrender upon entry to the Royal Hospital OR if you do not receive an Army Pension you would be required to make a weekly financial contribution (payable by Standing Order) towards your living costs.
- Free of any financial obligation to support a spouse or family
- Able to live independently in the sheltered accommodation (Long Wards) – the Royal Hospital Chelsea is unable to accept direct entries to the nursing wards

Also eligible for admission are any former officers of the British Army who meet the criteria, provided they served for at least 12 years in the ranks before obtaining a commission or if they were awarded a disablement pension while serving in the ranks.

To apply contact Nicola Seccombe – the Chelsea Pensioner Admissions Officer – on 020 7881 5204 or email her at admissions@chelsea-pensioners.org.uk



THE MILITARY MUTUAL

Owned by you, to serve you and the Military Family

Whether you are serving, a veteran, a family member or a proud supporter of our Armed Forces, we - The Military Mutual - offer insurance cover designed around you.

As a mutual we are owned by our members. Because we don't have shareholders who expect to be paid dividends, any surpluses belong to members and can be used to re-invest in products and service to support the wider military community, however, you don't have to be in the Armed Forces to be a member or take cover with us. Also, there are **no administration fees** if you need to amend your cover.

The Military Mutual also offer other products including:

- > Kit Insurance
- > Landlord Insurance
- > Small Business Insurance
- > Motor
- > Small Business
- > Home

You can contact The Military Mutual on freephone 0800 088 2951 or visit their website at www.themilitarymutual.com to see their full range of products



OFFICERS' ASSOCIATION

We exist to help officers find employment and to provide advice and financial support to relieve hardship amongst those who have held a commission in the Armed Forces, their families and dependents.

During the past financial year we provided:

As the only Tri-Service charity working with the officer corps, we support serving, reservist and former officers to enable them to achieve a sustainable and fulfilling transition from Service to civilian life. We proudly champion the skills and qualities of the officer job seeker.

For former officers and their families, their widows/ widowers and dependents, we provide advice and, where needed, financial support to ensure they are able to live with dignity and without hardship. We provide a confidential and impartial service to those who need our support.

Transitioning from a military to a civilian career brings particular challenges. We support former officers through this change to help them achieve sustainable employment in a role that feels right and takes into account individual circumstances, aspirations and skills.

Supporting Service leavers to find the right industry, company and role is what we do best. By providing the tools, insight and opportunities from employers, we enable officers to capitalise on the skills they developed while serving.

We assist them to plan, manage and succeed in their transition to civilian employment.



QUEEN MARY UNIVERSITY OF LONDON SCHOOL OF LAW – FREE LEGAL ADVICE

The Queen Mary Legal Advice Centre's 'Law for Forces' programme doesn't exist to pass judgement on the rights and wrongs of war – we're here because we believe there is a need for our services. There are an estimated 3,000 charities in the UK that assist those currently serving or those who have served in the armed forces, but very few of them provide free legal advice.

That's where we come in. We offer free legal advice to those currently in the Armed Services, to those who have served, and to their families.

Through our 'Law for Forces Project', we offer free legal advice in areas of law such as:

- Landlord and Tenant Disputes
- Employment Issues
- Hate Crime
- Family Law

There are many more areas covered, and more information can be found on our website www.lac.qmul.ac.uk or by calling 020 7882 3931