

HOWRM & SA April Newsletter

Here for when you need us.

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www.facebook.com/Helpourwounded



IN THESE unusual times rest assured Help our Wounded will always be here for you and this newsletter will continue. As a result of the Covid-19 crisis, we have made significant changes to our operational programme and **most of our events and outreach have been postponed for the foreseeable future.**

These include our 50/50 Yomp, South Kent Show, Armed Forces day and all the other events that we were invited to attend. You can still support us by visiting our shop at: www.helpourwounded.co.uk/ourshop/

Here you can find some really amazing items and it is so easy to order, at the same time supporting our charity.

HELP OUR WOUNDED ROYAL MARINES AND SUPPORTING ARMS Is a charity raising money to help wounded Royal Marines and other military personnel who have been injured serving their country.

1. To provide on-going financial help not only for today or tomorrow, but for life. A number of Royal Marines are double or triple amputees, some suffering from blindness and disfigurement. The conditions which our injured Royal Marines find themselves in has a long term impact on their standards of living.

2. To help provide suitable employment for our most seriously disabled lads into becoming professional fundraisers and to look at other forms of full time employment to suit their disabilities.

NOT ALL WOUNDS ARE VISIBLE
POST TRAUMATIC STRESS DISORDER
LOOK OUT FOR YOUR MATES, DON'T WAIT UNTIL IT'S TOO LATE...

Are they increasingly withdrawing?
Does it seem their personality has changed?
Are they forgetful and confused?
Are they increasingly irritable?
Are they increasingly stressed and anxious?
Are they struggling with sleep and nightmares?
Are they avoiding things they may have once enjoyed?
Are they drinking more or using drugs?
Are they struggling with memories?

WHAT TO DO
1. **Acknowledge**
Accept PTSD is a real issue.
2. **Encourage**
Get them to talk to you.
3. **Remove stigma**
Talk to them about their stress and remove the stigma.
4. **Inform**
Get help from GP, Combat stress or any other qualified organisation.

Flashbacks/Nightmares
Avoiding people
Self-harm
Heavy drinking
Failed relationship
Feeling isolated
Thoughts of Suicide

Outbursts
Insomnia
Tearfulness
Depression
Confusion
Forgetfulness
Emotional

!! Often it will be friends or family who realise that all is not well... !!

IF YOU SPOT ANY OF THESE SIGNS, GET THEM HELP AS SOON AS POSSIBLE. THEY NEED YOU!!

Help our Wounded Royal Marines and Supporting Arms
Registered Charity No. 2110893

Mental health

KEEP positive. For those who are socially isolating it is essential to make sure your mental health does not suffer. Help each other by sharing your best ideas to keep your mental health in good shape.

24 hour helpline: Dave Lilburn Mobile: 07538083179

or email Barry Jones: b-jones17@ntworld.com, Dave Lilburn: reflectionsowar@gmail.com,
Chris Falcke: chrisfalcke62@gmail.com or Jean MacPherson: jmacp35@gmail.com

You can also contact us via our contact page at: www.helpourwounded.co.uk/contactus.html

A few past and ongoing events

£10,000.00 cheque presentation to help Hunter troop CTCRM



London to Brighton Sleigh Pull



£1,325.00 cheque presentation by Cottesmore Golf Club



45 Memorial bench presentation



50/50 Yomp with Patron Chris Terrill and Mayor of Brighton



HOW Annual bike ride



Useful contacts

Here are a list of places that can help you.

SSAFA	0800 731 4880
PTSD Resolution	0300 302 0551
Mind	0300 123 3393
Icarus	0333 9875055
The Poppy Practice	0151 329 3868
Samaritans	116 123
Help A Squaddie	03003651332
Phoenix Heroes	01206 932488

Please contact your GP for referral for

Trauma Stress Service	02032282969
ASSIST	01788560800
BACP	01455 883 316
Cruse Bereavement Care	0844 477 9400
BAPCP	0161 797 4484



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Our Online Shop

We have a wide range of items for all ages and all genders. Please visit our shop to see full range. If you can't see it in our shop, it doesn't mean we don't have it.

www.helpourwounded.co.uk/ourshop



Hoodie
£24.99



Polo Shirt
£21.99



T-Shirts
£12.00



Baseball cap
£10.00

Clothing available in all sizes (S, M, L, XL, XXL, XXXL) and all colours.



HOW Cups
£5.00

Below is a list of just a few that we have helped over the past year

- £892 - Assistance for homeless former RM
- £2,000 - For former RM suffering from cancer
- £46.45 - Car repair bill for ill former RM
- £945 - University Fees for RM wife
- £2,500 - Assistance for ill former RM
- £2,500 - Assistance for former RM house repairs
- £999 - Assistance for ill former RM
- £2,000 - Coming Home Centre donation
- £3,500 - Assistance for ill former RM
- £6,000 - 45Cdo Memorial Garden upkeep
- £635 - Donation - UK Homes 4 Heroes
- £286 - Paid for a wounded RM fishing trip
- £2,145 - Assistance for almost homeless RM
- £3,000 - Assistance for ill former RM
- £2,688 - Assistance for former RM with cancer
- £3,000 - Assistance for RM in financial trouble
- £233.00 - Car repairs for former RM
- £5,000 - For wife of RM looking after ill husband
- £5,000 - For former RM suffering from cancer
- £156 - Help for former RM -broken car
- £682 - Cooker & hob for wife of RM (house fire)
- £5,000 - Care home costs for former RM
- £650 - Financial help for former RM
- £4,916 - Help for RM in financial difficulties
- £2,800 - Help for sister of RM to visit his grave in the Falklands.

Please support us by setting up a Standing Order.

Right click on the image to select save and print off. You can then fill in the details and hand/post to your bank. This is completely safe and does not breach any security issues anyone may have.



HELP OUR WOUNDED STANDING ORDER MANDATE



To:	The Manager
Bank Name:	
Bank Address:	
Please Pay:	Barclays Bank PLC, 81 High Street, Sittingbourne, Kent—ME10 4AW
For the credit of:	HELP OUR WOUNDED
Account Number:	50712590
Sort Code:	20—30—47
The sum of (in NO's and words)	
Commencing on:	The Day of (month) in the year and every month/year until further notice, please debit my account accordingly.
Account name:	
Account Number:	
Sort Code:	

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Signature:..... Dated:

This Standing Order Mandate supersedes all previous standing Orders to Help our Wounded

Delivery of presents from our sleigh pull to our units:

From 40 CDO RM.

Hi Dave,

Thank you so much for the wonderful gifts that you supplied for our Christmas Party on Sat, it was an absolute joy to see the children's faces as they got these surprise presents from the main man himself. We ensured that all parents knew where they presents originated from.

Thank you once again.

Jeanette

From RMB Chivenor (CDO LOGS)

Dear Dave,

The presents that were donated were very well received, the children's faces were an absolute picture when they received a parcel each from Santa. The parents were also blown away by the generosity of the people who donate the gifts, the thought and effort that goes into it all is amazing. Thank you.



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Poetry Page

Each month we will publish a couple of poems that will be part out the new book. Other poems can be accessed from:

www.facebook.com/Reflections-of-War-398105806883122/



Navy Medics...

I lay there all night with shrapnel in my side,
Bright crimson on my junglies so bloodied by the fight,
My oppo's fought so hard to protect my deadly plight,
Whilst waiting for the Navy medic to carry me through the night.

Back to the protective arms of our Navy Medics, so loving in their care,
All day they hovered over me to keep me from despair,
Whilst doctors shook their weary heads to say, "He's too far gone",
best keep him warm and cosy so that he might easily pass on.

To travel that down the path that many bootnecks walk again and again,
My guardian Angel Medic sat through the night, to ease my dying pain,
She wiped away a tear or two and gently wished me well,
Rest now brave Royal, her kind words, spoken true, I could tell.

Soon I would be on my way, with fond memories of her words,
Her gentle soothing hands and her hair so fair and curled,
Yet, sadness in her steady voice as she tried to say goodbye,
For me, my tour was over, as I quietly passed on by.

A final whisper to the medic was my faint but last goodbye,
I see the final light now, which mirrored in her eyes,
Surrounded now by other angels, who seemed to have just appeared,
And the light went out, at peace at last, the world now disappeared.

Dignity...

I felt the heat burn on my face,
And I opened my eyes to see,
That I was no longer in the sands of hell,
But at last I was home free.

I got up to walk and felt some pain,
Down the side of my right leg,
And in my mind flashed images,
Of which now my emotions are fed.

I felt the heat burn on my face,
It was day, no longer night,
I left behind a part of me,
But at least I still have life.

News Update: In next months newsletter we will be putting up a quiz where the lucky winner will receive a signed copy of our poetry book and an HOW pen.

From all the trustees, we thank you all for your continued support.