



HOWRM & SA May 2020

NEWS LETTER

Meet our Patron

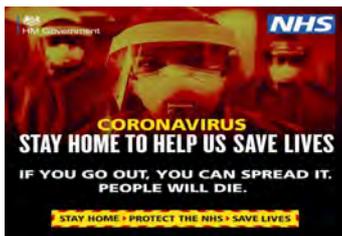


Chris Terrill has an excellent long-running relationship with the Royal Marines, having completed his full Royal Marines Commando recruit training and earning his coveted Green Beret in 2007. Chris Terrill is the only civilian to actually earn his Green Beret on completing his Royal Marine training at the age of 55. What makes this feat more remarkable is the fact that he filmed most of the process himself for *The 55 Year Old Commando*. He then filmed *Commando – On The Front Line*, where he followed his "oppos" or fellow recruits on deployment in Afghanistan.

HOW Continue to provide the best support service for our wounded 24 hours a day.
You are not forgotten!



www.facebook.com/Helpourwounded



HOWRM&SA has no paid trustees and is run entirely on donations from our supporters, for that we thank you.



SUPER HERO

Capt. Tom Moore

6055%

£30,278,095

raised of £500,000 target
by 1,415,227 supporters

Donate



Facebook

Captain Tom Moore a 100 year old army veteran has raised more than £30m (and still going up) to help the NHS in the fight against Covid-19 and has vowed to keep going even though he has smashed his original £1,000 target.

NHS Charities Together, which will benefit from the funds, said it was "truly inspired and humbled".

Tom was born and brought up in Keighley, Yorkshire.

He went to Keighley Grammar School and later completed an apprenticeship as a Civil Engineer.

Tom went onto being enlisted in 8 DWR (145 RAC) at the beginning of the war, and in 1940 was selected for Officer training. He was later posted to 9DWR in India, and served and fought on the Arakan, went to Regiment to Sumatra after the Japanese surrender and returned to be Instructor at Armoured Fighting Vehicle School in Bovington.



Royal Marines
Courage. Determination.
Selflessness

**Royal Marines help set up and run mobile coronavirus testing unit in Torquay...
[Go Royal!](#)**



FYI: Government Helplines.

DWP customer service - 0800 055 6688

Job-seeker's Allowance - 0800 169 0310

Universal Credit - 0800 328 5644

Redundancy payments - 0330 331 0020 (select option 3)

www.gov.uk

Charity founder - Chris Stubbings BEM.

Founder of HOWRM & SA, Chris joined the Corps in June 1959 as a Bugler/Drummer at 15 years of age. He transferred to Commando service at 18 years of age and served in Borneo, Northern Ireland, Falklands and UN tour in Cyprus.

Chris was awarded the British Empire Medal for bomb, mine and booby trap disposal during and immediately after the Falklands War and retired from the Corps in April 1986. He joined the Lions Club International and got heavily involved in charity work in the UK, Germany, Republic of Yemen, Bulgaria, USA and Russia. He served for 12 years with the Foreign Office before setting up a gardening and landscaping business. Chris Founded Help Our Wounded as a fundraising organisation on the 3rd March 2010 and then as a charity in its own right in February 2013.



BREAKING NEWS

The Coming Home Centre is a drop in centre for Armed Forces Veterans based at the Pearce Institute, Govan, Glasgow. During the Covid-19 crisis the centre are delivering much needed food and provisions to our veterans across Glasgow.

HOWRM&SA are proud to announce that we have donated **£500** to help them continue with this amazing work.

www.cominghomecentre.org

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Meet our sister charity - UK Homes 4 Heroes - Pride and Passion



UK Homes 4 Heroes-pride and passion are focused on helping our ex-service personnel enjoy clean living environments - a place where they can feel at home. They also focus on helping them find a permanent home through social housing and assisting them with their application.

Their Outreach projects include helping ex-service personnel with food, clothing and advice. In addition to this, UK Homes 4 Heroes provides a counselling service to assist with a host of psychological disorders including PTSD.

Charity Founders

Jimmy Jukes MBE (CEO)
Michelle Thorpe (Director)



London Outreach

At 6pm every Wednesday and Sunday Jimmy and Michelle are out on the streets of Waterloo serving our homeless community with hot food, warm clothing, much needed provisions and a much needed friendly chat. Jimmy and Michelle are often helped by one of the charity supporters, Carl Newbold.



CURRENT PROJECTS

Heroes Retreat



UKH4H have purchased a beautiful Caravan on a holiday park in Kent, here we can accommodate Homeless Ex-service personnel in an emergency situation to provide them with a secure unit until we can place them in more permanent accommodation. We can also offer Veterans a much needed break away with their families. We will be working alongside various Military Charities to decipher who fits the criteria to receive a free break.

Sit Shave Shower



A one of a kind in the UK...
 UK Homes 4 Heroes are proud to be able to provide a mobile shower unit at street level. Our homeless can take an hot shower, have a much needed shave and haircut and leave the unit with new clothing feeling 'On top of the world'
 The unit serves our homeless communities in **London, Brighton, Kent and Bournemouth.**

www.ukh4h.org.uk/



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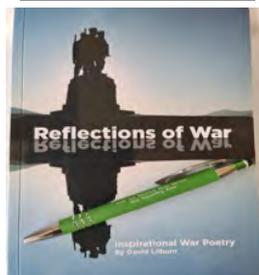
We have a small quiz to challenge you this month. We will be giving a **prize** to the three winners that get all ten correct answers (first three we receive).

Please send your answers to: reflectionsofwar@gmail.com and add your name and address on your email.

We need the title of the **Film**, the **Year** and the two **main actors** to be in a chance to win!



This months prize



Winners will be notified by email and displayed in next months edition

Good luck to you all and please email your answers to: reflectionsofwar@gmail.com

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NEWS LETTER

This months poetry and events update page

Each month we will publish a new poem for you. You can also access more poems on our poetry page from the link below.

We have also had some of our poetry put to song and you can access them from the links below. Thank you for reading.

Online poetry: www.facebook.com/Reflections-of-War-398105806883122/

Dear Mom: www.youtube.com/watch?v=9-TBuhMsYig

Hero: www.youtube.com/watch?v=VeFfdrzmdz8

Santa: www.youtube.com/watch?v=pu_0029AU0E

HOMELESS HERO

A hero lay sleeping, silent and alone,
Tucked up on the floor, a doorway his home,
The face it looked gentle, the space in disarray,
This is not how I pictured a hero today.

Was this the hero of whom I had read,
Tucked up in a quilt, the floor for his bed,
I realised the people, that I saw in Brighton this night,
Owed their lives to this hero, who was sent off to fight.

Around the world all the children would play,
Adults would celebrate another new day,
They all enjoyed freedom each day of the year,
Because of this hero, the one lying here.

I couldn't help think how many more lay alone,
On a cold winters night, in a box for a home,
This heart-wrenching thought, brought a tear to my eye,
And I dropped to my knees and started to cry.

The hero awakened, and I heard his rough voice,
You don't have to cry, this life is my choice,
I gave the country my all, please don't bow in sorrow,
For the wars that I won, gave you a better tomorrow.

LIVE UPDATES

- 50-50 Yomp - **Modified (see below)**
- Ovingdean Armed Forces Day - **Cancelled**
- Warrington Armed Forces Day - **Cancelled**
- A Bit of a Do (Lulworth) - **Cancelled**
- Kent County Show - **Cancelled**
- Hinckley Trophy - **Cancelled**
- Rottingdean Village Fair - **Cancelled**
- Great MOD Reunion (Brighton) - **Postponed**
- Ardingly County Show - **Cancelled**
- London 2 Brighton Sleigh Pull - **On Track**

As Trustees we have very sadly been forced by events to cancel most of our forthcoming fundraising activities (and please believe me when I say this is not a decision we have taken lightly!).

This leaves us with the prospect of not being able to raise funds in order to assist our injured, wounded and suffering comrades.

You can help by downloading our Standing order form (available on the website) or through Just-Giving.

Any support you can give will be greatly appreciated and will help us continue to look after and care for those that need us.

www.justgiving.com/howmasa

BREAKING NEWS

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The Worthing to Havant 50/50 Yomp is one of our most popular events and this year we celebrate it being our tenth to date. We have decided to do the Yomp this year but on a slightly different footing. FIVE members of the original team will each do 10 miles from their own garden or open space near their home and video their progress so our supporters can see how they are getting on. Each Yomper will carry a pack up to 50lb in weight...We know during these difficult times that things are hard for everyone but would really appreciate a little support for the team by donating just a little onto our YOMP Just Giving page. Thank you all for your support and updates will be put into our July newsletter and our FB page.

www.justgiving.com/fundraising/50-50yomp-2020

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