



Trafford Veterans @The Mess

Another month has flown by,

we hope that people have enjoyed a good summer break.

AUGUST NEWS LETTER

Free Sports Sessions

Fantastic news this month, with the partnership work of Greater Sport and Trafford Leisure services, a series of free sports sessions will be held at Urmston Leisure Centre over nine weeks. Those who choose to attend will have their pick of trying some new sports. Walking Football, Boccia, Badminton, Indoor Archery to name a few. Serving personnel, Veterans, Cadets and family members are all welcome to attend. The dates are all Saturday's and will be from 1030 – 1200. Just turn up and join in!

AUG 26TH
SEPT 9TH, 23RD, 30TH
OCT 14TH, 28TH
NOV 11TH, 25TH
DEC 9TH

Social Media Course



forward to seeing them put their new skills to good use!

Trafford Veterans

SPORT SESSIONS

COME AND JOIN YOUR FELLOW VETERANS, CURRENT SERVING FORCES PERSONNEL AND FAMILIES TO ENJOY 9 INTRODUCTORY WEEKS OF SPORTS AND PHYSICAL ACTIVITY.



WALKING FOOTBALL-BOCCIA-TABLE TENNIS- BADMINTON- BASKETBALL-FITNESS SESSIONS & MANY MORE

TRAFFORD LEISURE HAVE JOINED FORCES WITH GREATER SPORT AND TRAFFORD VETERANS CHARITY TO PROVIDE YOU WITH

SUPER SPORTS SATURDAYS

10:30-12:00PM ON THE DATES BELOW.
THE SESSIONS ARE FREE AT URMSTON LEISURE CENTRE.

AUG 26th
SEPT 9th, 23rd, 30th
OCT 14th & 28th
NOV 11th & 25th
DEC 9th




THANK YOU for your support

If possible, we are always looking to invest in our volunteers and help them to develop, learn new skills and take part in training. On Friday 18th August, three of our volunteers attended a Social media course at Urmston Library. The course is part of a series of training available to community groups and has been kindly funded by United Utilities. The training was delivered by staff from Groundwork. The course ran for three hours and the topics included Twitter, Facebook and Instagram. It was very informative and our volunteers came away with some useful tips and ideas. Looking





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South Trafford Breakfast Club #1

On Saturday 5th August, we opened our first breakfast event in Altrincham. This will help us to provide peer support to Veterans and their families over in the Sale and Altrincham areas, or the South of the Borough. We have created a different menu to our Flixton event. On the Menu we have 'Egg Banjos', Spam and egg barmes, Croissants and a selection of baked goods, cereals and American pancakes with Nutella. For this event we are fortunate to have the support of some local sponsors. A big Thank you to JTS Solicitors for believing in us and helping us with the room hire costs. Also a big THANKYOU to Tulip for their kind donation of some catering tins of SPAM to help feed the troops! Depending on the number of people who turn out to this event, we are looking to hold this on the first Saturday of each month.



**South Trafford
Armed Forces & Veteran's
Breakfast Club**

**The Rowans
100, Navigation Road
Altrincham
WA14 1LL**

**We Meet
The 1st Saturday of each month
For breakfast
10.00am – 12 noon**

Good Food & Good Banter

Find us on:
 **facebook.**



Anyone for Cricket?!

Lancashire County Cricket Club and Trafford Partnerships Team have been working together to provide free tickets to cricket matches for community groups. We have been fortunate to have been selected from the draw to receive tickets on more than one occasion! We would like to say THANK YOU for this opportunity. There have been a few happy Veterans and their family members attending the matches. On Saturday 6th August, six of our members went to see England VS South



Africa and again on the 16th Lancashire Lightning VS Worcestershire Rapids. A great day out was had by all.



New Mascot!

Louise Gregory is the wife of one of our breakfast club Veterans. She is very gifted and creates some wonderful knitted dolls. Her husband Darren said "My wife knitted 3 toys for the last breakfast club resembling different aspects of the emergency services. It was mentioned they looked too male, so after using different patterns she has managed to make this especially for Dawn! If you are on Facebook please visit Louise's knits and pieces for that specially made gift.



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The Veterans Living History Museum

A few months back, we were visited by our friends Pat and Mark from The Veterans Living History Museum. They have a great collection of military equipment, which they use for displays and educational trips. One of our volunteers, Norma donated some kit and a large shell. This can be seen in the picture to the left. Pat and Norma were recently reunited at one of our breakfast events, where she saw the great polish job that the shell

had recently been given. We would like to say a big THANK YOU to the guys for their ongoing support. If you would like to make a booking for the museum or make a donation of kit and equipment, please get in touch with us or send an email to

veteranslivinghistorymuseum@gmail.com



Some of their fantastic displays.



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Golf



On Monday 28th August, members of the Trafford Veterans @ The Mess Golf Society met at Altrincham Golf course. It was a great day as the weather was perfect and the banter was plentiful. This was our first time of introducing the element of competition to the golf society and it was well received by all. The overall winner by just one point was serving captain Andy Graham and winning the long drive prize was newcomer Dave Griffin. Prizes were



presented by our President Jeff Hawker who was also a very gallant runner up. Also our serving captain donated the Captain's Trophy which will be played for annually from next season. Thank you to all who were able to take part today for making it a memorable event. We are always looking to welcome new members. If you would like to join us please contact jeffhawkerbem@gmail.com

Signaller Lewis Banham



On Thursday 31st August, three of our volunteers attended a very special event over at the Veterans In Communities centre in Haslingden. 94 year old World War 2 veteran Lewis Banham, who was a Royal Signals dispatch rider in France and Germany during the war was awarded a Dutch Liberation medal. There was also a special surprise in store for him after the presentation, when he was reunited with a BSA motorcycle! Lewis said "I have had a great day, It brought back some memories that!"



Model making and craft group

We are delighted to tell you that we have secured some funding to help us start a new peer support activity. With the help of the One Stop Shop Carriers for causes fund, we have been awarded £1,000 to start a new model making a craft group. John, who is one of our Veterans and a valued volunteer will be the lead on this project. He has a lot of experience in model making and is looking forward to sharing his skills. The group will hold its first class in October at Stretford Public Hall and dates and times are being finalised as this is being written! Please watch this space as further details will be announced soon.

The classes will be free to attend but a small donation for refreshments would be welcomed!





Military & Emergency Service Support

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Gavin's Story

One of our veterans and valued volunteers Gavin has some great news to share and we would just like to say a big WELL DONE and how proud we are of you! Gavin said "I first met Celia from the College for Military Veterans and Emergency Services in January of this year, when I attended the breakfast club as a visitor. Celia spent a great deal of time talking to me about what career I would enjoy doing, there was a long list of careers however due to my injury I wouldn't be able to do them. I explained to Celia I have a love for working with electronics and Celia supported me to find the correct path to go down. Since then I have gone on to complete an intensive 4 week course that has given me the skills to become a domestic electrician and I am looking forward to doing this full time. I am grateful to have found Trafford Veterans @ The MESS because if I hadn't I would never have known where to start without the support of the right people." For more information about CMVES please go to www.cmves.org.uk



Useful Contacts

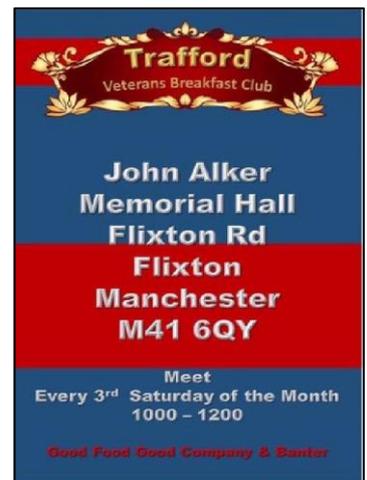
SSAFA Helpline 0800 731 4880

Royal British Legion Helpline 0808 802 8080 7 days a week 8am -8pm

Trafford Housing Trust Helpline 0300 777 7777

Veterans UK Free Helpline 0808 1914 218

NHS Military Veterans Service
Psychological Therapy 0300 323 0707
Email mviapt.enquiries.nw@nhs.net



Citizens Advice Trafford 0300 330 1153 Mon – Fri 10am – 4pm

Samaritans Manchester / Salford 0161 236 8000

Veterans Gateway 0808 802 1212 www.veteransgateway.org.uk

Royal Naval Association – Meet on the 1st Tuesday of the month at 2000 at Urmston Conservative Club, Croftsbank Road, Urmston, M41 0TZ

Next Breakfast Saturday 16th September

We are able to Issue vouchers for the Trafford Foodbanks

Trafford Veterans @The Mess supported by:

