

# Trafford Veterans @The Mess

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## Trafford Veterans Breakfast Club

Don't just take our word for how good our first breakfast event was... Take a look at the feedback...

"Breakfast was excellent. A good way to get people together. Really good value too, plus a really welcoming and relaxed atmosphere. Thank you!" - **Cllr J Lloyd, Mayor of Trafford & QARNNS veteran.**

"Best full English I've had in a long time!"

- **J Wright, RTR veteran.**

"Thank to everyone. You can't be faulted. Cheers to all."

- **T Norfolk, 94 years old, Dorsets, Manchester Regiment, & SAS veteran.**

"Really good and worth the money, well done!"

- **R Brett, army veteran.**

"Best breakfast in years. This was very good and hope it can be continued. My wife and I had a great time.

We do work with air cadets and will support the veterans where we can."

- **P Cailey, Lancashire Fusilier veteran.**

"A warm and friendly welcome received. Service & entertainment was wonderful, breakfast superb - highly appreciated, and grateful. Would come again. Hope it extends and reach other service personnel. Will endeavour to publicise. A big thank you to TV@ The MESS."

- **C Henderson, WRAF veteran.**



"Everyone was really friendly and welcoming. This is a fantastic initiative and I am sure that this will go from strength to strength. Well done!"

- **R Knight, RAMC & 2IC of 207 Field Hospital.**

"Excellent food, service, wonderful staff great."

- **A Ryan.**

"Good breakfast and value for money. Thank you for giving your time and I wish you all the success with the new venture."

- **M Strickland.**

We had some great support from a number of businesses who donated catering equipment and sundries etc.

Trafford Veterans @The Mess Breakfast Club donations by:



catering supplies



We make it happen!



# Trafford Veterans @The Mess

"Food was lovely and entertainment was great!!" - **O Dutton, B Dutton, J Thompson, A Burgess, RAMC.**

We would like to thank Sarah Dennis, the Veterans Sweetheart, for providing entertainment, gracing us with her beautiful voice.



"Sarah takes her role as Veterans Sweetheart very seriously, she is targeted to raise £1 Million for Veterans Charities by 11/11/2018."

To help Sarah achieve her £1 Million goal, hire her for an event or fundraising party. "She gets the audience involved and singing and you are guaranteed to leave feeling and looking younger than you did before the Show"

For more information visit her website:  
<http://www.veteranssweetheart.co.uk/>



I think you will agree this is great feedback for our dedicated group of volunteers who created the event, and cooked & served the food. We are looking forward to the next one which will be held on **Saturday 14<sup>th</sup> January** at The John Alker Club 10am to 12 noon.

**Thank you to all who helped us make this event a success**

## The Carrington Community Field

During the Winter months all work on our field project came to a halt due to the weather and the wet ground conditions. In the the spring we are hoping to continue with our plans to regenerate the land, design the memorial garden and also put in place some firm plans to build a small community centre which will replace the burnt out porta cabin. You will be able to see our progress in future newsletters and pictures on our social media sites. Again we are very fortunate to have the support of some local businesses, Thank You, we are looking forward to working with you all in 2017! We would also like to thank Carrington Power Station for their donation of some bricks to help us with this task.



# Trafford Veterans @The Mess

## GMP visit Tommy!



Police Officers from Trafford CID paid a visit to 94 year old Tommy this Christmas with a luxury hamper. He was absolutely delighted and we would like to say a big Thank you to Greater Manchester Police for thinking of him.

## Mental Health First Aid Courses

Co founder Andy Graham is the only qualified Armed forces Mental Health First Aid Instructor in Greater Manchester. He is able to offer bespoke 2 day courses to individuals and organisations. The course which is supported by SSAFA, Combat Stress and The Royal British Legion aims to increase peoples understanding of mental health, military culture and improve personal resilience. If you would like further information or would like to book a course please contact Andy Graham on 07890072750 or send an email to [andy@the-mess.org.uk](mailto:andy@the-mess.org.uk)

## Useful Contacts

**SSAFA Helpline** 0800 731 4880

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

**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](mailto:mviapt.enquiries.nw@nhs.net)

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

**Samaritans** Manchester / Salford 0161 236 8000

**Self Help Improving Mental Health** 0300 003 7029 24 hours

**We are able to Issue vouchers for the Trafford Foodbanks**



If you would like to become a volunteer, take part in any of our activities and courses or would just like to know any further information, please email

[info@the-mess.org.uk](mailto:info@the-mess.org.uk)

Or ring Co-Founders Andy Graham on **07890072750** or Claire Wright **07947865500**

Trafford Veterans @The Mess supported by:

