

# VETERANS' NEWSLETTER

From the Northern Ireland Veterans' Support Office

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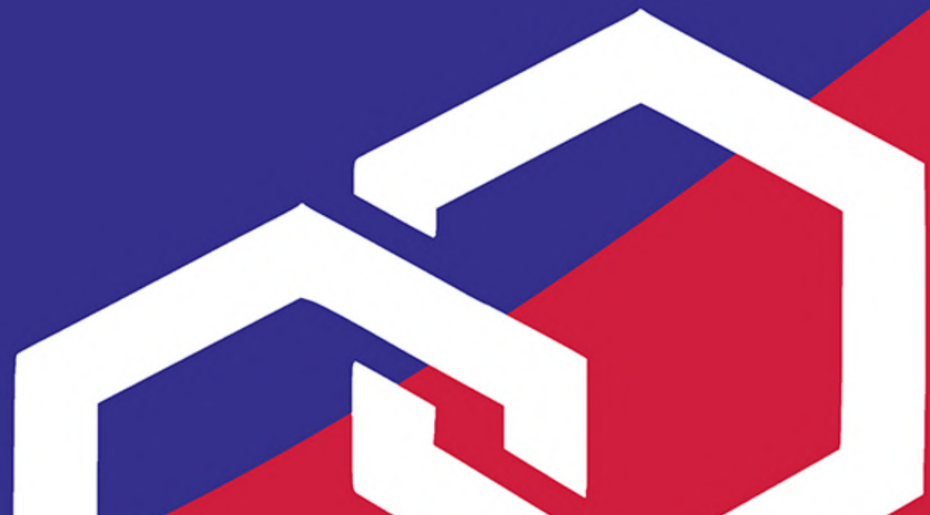


The Northern Ireland Equestrian Centre provides a safe and secure environment for a variety of equine activities

OCTOBER 2023

# Veterans' Newsletter

## From the Northern Ireland Veterans' Support Office



**Dear friends and colleagues,**

Welcome to edition number 8 of our NIVSO Newsletter. As we once again enter the season of Remembrance, the Veterans Commissioner's sentiment that we should never take for granted the sacrifices that veterans and their families have made across the years, is as relevant today as it ever was. In this edition, Bill Moore's Korean War Story is highlighted and there is an update on our 'local hero' Maisie's 105th Birthday, complete with Highland Dancers, which she and we very much enjoyed.

Also by the time this edition is published, new and enhanced Welfare Services will have been launched for all veterans here in NI; one service delivered by the rebranded Veterans Welfare Service (NI) and another brand new health project led by our close collaborative partners, Defence Medical Welfare Services (DMWS). Look out for further updates on these initiatives soon and do also remember that our Veterans Places, Pathways and People Programme is still open for referrals into Mental Health support for those veterans who could benefit from additional support.

In addition, there are articles on other new services recently launched in NI, such as Rock2Recovery and the very specialised Equine Facilitated Rehabilitation - or Hippotherapy - being delivered at the NI Equestrian Centre in Thiepval Barracks. And from horse power to steam power, where our DMWS Navigator Brian, has developed an opportunity for veteran volunteers to get involved in maintaining the rolling stock at Whitehead Railway Museum. There are also updates on the myriad of events, ranging from big breakfasts and lunches, roadshows, clinics and consultations which our Veterans Champions are organising or hosting across NI, to showcase the many organisations and individuals who are working to support and deliver services for veterans in each council area. There really is something for everyone to get involved in! Do also check out the funding opportunities available to support new initiatives and please do contact us if you would like some advice on applying into a grant programme; we'd be only too happy to help.

Other things to look forward to this month are the annual Veterans Awards, taking place on 25th October, which celebrate the achievements of hard working and selfless volunteers across the veteran support network and we look forward to reporting on the very worthy winners in the next edition of the Newsletter. And it is also great to report that the Serving and Ex Serving Women's Network is growing and going from strength to strength. Another enjoyable afternoon tea took place this month - with lots of laughter - and the next event in December is also planned. Look out for details! And finally, over this period of Remembrance, remember to get your requests into Sunday Serving, our very own veterans radio programme. The station broadcasts worldwide online, so it is the perfect way to let friends both near and far know you are thinking of them at this time.

**Head of the Northern Ireland  
Veterans' Support Office**



# World War Two Veteran, Maisie, Celebrates Her Remarkable 105th Birthday With Heartwarming Community Support

On Tuesday 19th September, World War Two veteran, Maisie, as she celebrated her remarkable 105th birthday!

Through funding from the Veterans' Champions engagement fund, the Northern Ireland Veterans' Support Office had the privilege of helping to coordinate a small birthday party for Maisie, surrounded by her family and fellow residents in the lovely Abbeyfield House in Ballymoney.

Maisie was presented with flowers, cake and lots of birthday cards that were sent in by our fantastic veteran support community. Maisie and the residents were also treated to a performance from the incredible Limavady Highland Dancers.

Maisie was truly overwhelmed by the outpouring of love and support from guests who had visited especially for the occasion, including members of the NIVSO, the Northern Ireland Veterans Commissioner, Danny Kinahan, Mayor of Causeway Coast and Glens Borough Council, Steven Callaghan, Veterans' Champion for Causeway Coast and Glens, Councillor Philip Anderson, and the Deputy Lieutenant for Co Antrim, Dr Sheelagh Hillan, MBE to name just a few!

Maisie also received a very special birthday card from His Majesty King Charles III and Her Majesty The Queen Camilla. Thank you very much to the fantastic, hardworking team in Abbeyfield House, for helping us arrange the party and make Maisie's day special! You can read about Maisie's time in service [here](http://www.nivso.org.uk/local-heroes/6/amazing-maisie) on our website: [www.nivso.org.uk/local-heroes/6/amazing-maisie](http://www.nivso.org.uk/local-heroes/6/amazing-maisie)





# An update on the Northern Ireland Veterans' Champions

Thanks to funding provided by the Armed Forces Covenant Fund Trust we are running a programme of support for our Northern Ireland Veterans' Champions, aimed at enhancing and sustaining their contributions within our Armed Forces Community. In recent months, the Northern Ireland Veterans' Champions (VCs) have been actively engaging with the local community and participating in events aimed at enhancing their support for veterans and their families. These elected members of council play a pivotal role in bridging the gap between veterans and their communities, serving as advocates, connectors, and sources of advice and support.

In September, a delegation of VCs participated in the Armed Forces Covenant Community Conference, held in Newcastle Upon Tyne. This conference brought together representatives from all across the UK involved in delivering the Covenant locally. Its purpose was to facilitate the sharing of ideas, best practices, and updates in veteran support and delivery.

In another noteworthy event, the Veterans' Champions from across Northern Ireland recently gathered for an evening of information, discussion, and networking at the NIVSO office in Belfast. Guests were welcomed by the Chief Executive of Reserve Forces and Cadets Association Northern Ireland (RFCA NI), Mike Murdoch, and heard from Athene Gordon, Head of Engagement at RFCA NI. The Veterans' Champions work closely with RFCA NI, as they represent each of the 11 local authorities in Northern Ireland in the RFCA NI membership.





# An update on the Northern Ireland Veterans' Champions



Throughout the evening, guests heard from Liz Brown, Head of the Northern Ireland Veterans' Support Office, who gave an overview of the work of the NIVSO, and Danny Kinahan, the Northern Ireland Veterans Commissioner. The group then broke off into round table discussions with our colleagues from the wider NIVSO team who spoke about services available for veterans through the Defence Gardens Scheme, Andy Allen Veterans Support, Defence Medical Welfare Service and the Veterans' Adviceline for Statutory Professionals.

A series of community events organised by the Veterans' Champions have also been taking place across Northern Ireland. From veteran breakfasts, to information fairs and consultation events, all of the Veterans' Champions are getting out and about in their local area to promote their work and showcase the wealth of support available to veterans in Northern Ireland.

These events are free to attend, funded by the Armed Forces Covenant Fund Trust as part of a wider programme to support Veterans' Champions across Northern Ireland, enabling them to reach you in the heart of your community.

For contact details of your Veterans' Champion visit our website, and find your local area: [www.nivso.org.uk/veteran-champions](http://www.nivso.org.uk/veteran-champions)



**If you would like to find out more, or enquire about an event in your area, contact our Veterans' Champions Support Officer, Bobby.**  
**Email: [vcspofficer@nivso.org.uk](mailto:vcspofficer@nivso.org.uk) or telephone: 07546710977**





# Through the Eyes of a Veteran: Bill Moore's Korean War Story

**This year marks the 70th anniversary of the end of the Korean War. We recently met 89 year old Northern Ireland veteran, Bill Moore, who told us about his time in Service, and detailed his experiences in Korea during the war.**

Bill was enlisted in the Boys Battery Royal Artillery at the age of 14. He excelled in his interviews and exams, and at the age of 17 he joined the Regular Army and went to Norfolk, where he underwent rigorous training, taking up the position of number 3 gun layer.

In 1952, Bill and his fellow soldiers embarked on a peacekeeping mission to Korea, a country deeply entrenched in a war between the North and South since 1950. Their journey was a gruelling one, sailing on an Empire boat from Southampton. Along the way, they made stops in Aden, Colombo, Singapore, Hong Kong, Japan, and finally, Korea. The taxing journey took a toll on them, as Bill described, "By the time we got where we were going to, we were absolutely wrecked."

Bill's first impression of Korea was marked by a 28 hour train journey from Busan to the 38th Parallel, where he witnessed the difficult living conditions of the local people. Conditions in camp were no different, the troops lacked proper beds and winter clothing, facing extremely cold conditions with inadequate gear. The challenges in combat were equally demanding, with shells unable to be fired during rain, sleet, or snow.



In Korea Bill worked on artillery boards, plotting targets on maps and observing the border and writing down the numbers of trucks seen, along with the count of personnel on board. During his time in Korea, Bill also experienced the horrors of war, including the smell of dead bodies, which was unbearable. He recalled the Battle of Hook, where the enemy attacked in waves, and bodies were left unburied. Bill said, "The stench was unbelievable. I will never forget that. The bodies just lay there, decomposing... maggots just dripping off them, and bluebottles the size of bumblebees. There was no notion of burying the dead. We used to throw hand grenades at them with phosphorus, and powered bleach to cover the bodies."

Despite his role in Korea as a peacekeeper, Bill saw some horrific events that have stayed with him. He described one incident, "There was a raid on the supplies by South Koreans, 33 of them, 33 of them riddled by bullets by the South Korean army for stealing food."

Letters to his mother were precious connections to home, often accompanied by parcels containing items like biscuits, local newspapers, and even syrup of figs! After approximately nine months in Korea, Bill was transported by ship to Hong Kong, where he spent a year before returning to England where he was stationed in Colchester. He went on to serve in Cyprus, attached to the Royal Ulster Rifles.

At the age of 28, Bill left the Army, transitioning to civilian life and trying out a range of jobs. Among these roles, he worked at a glassworks in Woolwich, before settling into life as a farmer back home in Northern Ireland. Despite the events he witnessed in Korea, Bill said his Army days were the "best years of his life."



**From above left: Bill in Korea; a Royal Artillery Battery; Bill playing as a boy bugler in 1950. In 1952, Bill played the trumpet at the Royal Albert Hall and St. Paul's Cathedral, performing for the Royal Family and dignitaries like Churchill and Montgomery.**



***Thank you to Bill's family for sharing these wonderful photographs from Bill's life, and also to the team at the Somme Heritage Centre for their additional interview notes.***

# The Royal Black Institution goes Green!

**The Somme Nursing Home has received a generous donation of £65,000 from The Royal Black Institution. The money has been used to install a bespoke, state-of-the-art air source pump heating system into the home.**

The system was officially opened by The Sovereign Grandmaster of The Royal Black Institution, Reverend William Anderson JP, on Friday 6th October, and the occasion has been marked with a plaque in the home's foyer.

Rising energy costs, including gas bills from £10 - £12,000 per month had posed a significant challenge to the home. But, thanks to the Royal Black Institution's support, the Somme embraced a sustainable solution - air-source heat pumps. They are also the first nursing home in the country to have this kind of sustainable technology.

Gary Cassells, Executive Director of the Somme Nursing Home, said: "Now we don't need gas for central heating and have seen a 60-70% reduction in our gas bill. Our electricity bill will go up, but we are looking at a solar solution.

"We are a charity and not for profit, all this fundraising goes back into the home for the benefit of the residents to allow a greater quality of life in the form of better service and services. We are not constrained by financial targets, our purpose is not to generate lots of money, we want to increase and improve our service as often as we can."

This remarkable project was made possible through the unity of Royal Black members from across Northern Ireland, Cavan, Monaghan, Scotland, and England, who came together to raise the funds needed.

Reverend Anderson expressed his delight in supporting the nursing home and the dedicated veterans who have given so much. He said: "It's interesting to see this project completed, it's not often we get to know that part - you have to be commended for that forward thinking."

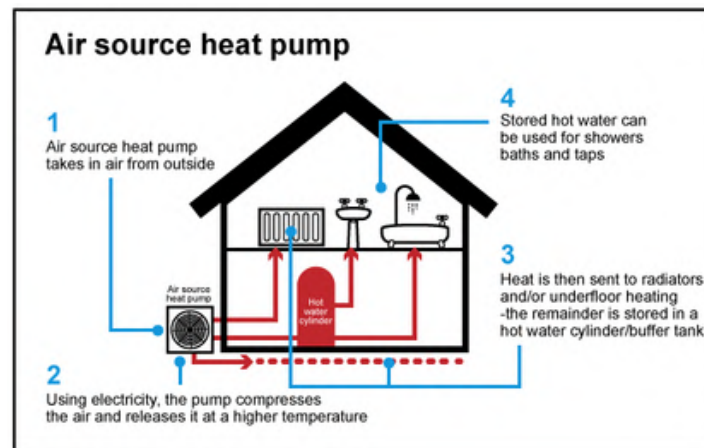
The Somme Nursing Home provides vital care for ex-service personnel and members of the emergency services. For more information, visit [www.sommenursing.org](http://www.sommenursing.org).



**Staff from The Somme Nursing Home welcomed members of The Royal Black Institution**



**The Chairman explained how the system works**



**A sample diagram showing how the system works**



**The pumps are affectionately called *the Daleks!***



# Current Funding Opportunities



**The Veterans' Foundation provides grants to eligible organisations that provide assistance to serving and former members of the armed forces community, operational qualified seafarers and their immediate families.**

The Veterans' Foundation have recently updated their Grant Application process, including a new online platform, and revised guidance, eligibility criteria and application form. Before applying for a grant, please read the guidance carefully to check that your organisation and project are eligible, even if you have received funding from them before.

Please note that the Veterans' Foundation's trustees are more likely to award grants to small and medium sized organisations rather than larger ones. The trustees will consider a range of factors including the projects or items being funded, the number of beneficiaries, the importance of the grant to the applicant organisation, the efficiency of the organisation and need of the beneficiaries.

Please read their [Guidance for Applicants](#), [What we will not fund](#), and [Application Form Questions](#) to learn more.

The deadlines for submission of applications in 2023 - 2024 are:

- 23rd October 2023 - for a decision in December 2023
- 30th January 2024 - for a decision in March 2024
- 23rd April 2024 - for a decision in June 2024
- 30th July 2024 - for a decision in September 2024
- 15th October 2024 - for a decision in December 2024

If you need further support and guidance before applying, please e-mail [grants@veteransfoundation.org.uk](mailto:grants@veteransfoundation.org.uk)



**The National Lottery Community Fund continues to support communities across Northern Ireland under 3 main programmes:**

## Awards for All

- A quick way to apply for smaller amounts of funding between £300 and £10,000.
- Suitable for voluntary or community organisations, public sector organisations.
- Application deadline: Ongoing. Apply at least 12 weeks before you want to start the activities or spend any of the money.

## People and Communities

- A larger amount of funding (between £10,001 and £500,000) for projects working with your community - whether that's a community living in the same area, or people with similar interests or life experiences.
- Application deadline is ongoing

## Empowering Young People

- This funding is for projects that work with young people (8 - 25 years old).
- Empowering Young People will fund one to five year projects that help young people
- get the skills they need for their future, have better relationships with their support networks and communities and have good health and well-being.
- Application deadline is ongoing

Contact us if you have an idea on 028 9055 1455 or at [enquiries.ni@tnlcommunityfund.org.uk](mailto:enquiries.ni@tnlcommunityfund.org.uk)



# Embrace Change, Find Your 'Rock' with Rock 2 Recovery

**Rock 2 Recovery offers confidential one to one specialist change management coaching for veterans, members of the Armed Forces, Emergency Services and their immediate family members, either face to face, via Zoom or by telephone, with a fully qualified change management coach.**

Sessions are free for as long as you need help. You don't have to talk about anything you don't want to - they work at your pace and what you feel comfortable with. Following their unique experiences, they recognise the need for rapid preventative interventions, specific coaching and assistance.

Rock 2 Recovery's non-clinical approach is aimed at inspiring, coaching, motivating and supporting individuals to experience real and positive change in their lives by "rethinking your thinking". They encourage everyone to engage in their own recovery and find their "rock".



**Get Help - Contact Us**

**Email:** [support@rock2recovery.co.uk](mailto:support@rock2recovery.co.uk)

**Tel:** 01392 642960

**Facebook or Instagram:**  
[@rock2recoveryuk](#)

**Rock 2 Recovery aim to respond to all enquiries within 48 hours.**

# Blind Veterans UK Launches New Eligibility Checker

Blind Veterans UK are here to support vision-impaired ex-Servicemen and women for life, regardless of how or when they lost their sight. If you have a service record and a vision impairment then you could be eligible for support.

Whether you need help with day-to-day living, getting out and about or staying in touch with loved ones, their expert staff are here to help you adjust to life with a vision impairment and relearn vital life skills.

×



Have you served in:

☐ UK Armed Forces (including National Service or the Reserves)

☐ Polish/Indian forces under British command

☐ Merchant Navy (deployed within a combat zone in direct support of UK military forces)

☐ Do have a certificate of vision impairment (CVI)? \*

☐ Are you visually impaired in both eyes? \*

**For more information call 0800 389 7979 or visit [www.blindveterans.org.uk](http://www.blindveterans.org.uk)**

# Update from the Northern Ireland Veterans' Commissioner

***"In a world that seems forever fragile, we can never take for granted the peaceful society that we have today. As the season of Remembrance ensues, we look back at how far we have come in both making sure our history, our unique experiences and indeed our sacrifices, are not forgotten and also ensure we progress and sustain how we look after our veterans, ex-military and service families as best we can."***



As I look back over the last year, we have commemorated 70 years since the end of the Korean War, celebrated the birthdays of our few remaining World War Two Veterans and acknowledged the 50th Anniversary of the Greenfinches. These are just a few of the events that have taken place as we recognise the service and sacrifice of those who have served their country. This is in addition to the annual commemoration of the Battle of the Somme, both at the Belfast Garden of Remembrance and Islandbridge; as well as other local commemorations that have taken place in recognition of the service during our own 'Troubles' remembering the brave men and women of local Regiments.

I can never express profoundly enough the bravery of those who have served in the military. This year I have experienced talking to 'cold water swimmers' who asked an elderly veteran whether he had ever given it a go. To which the response was, "I suppose I did when my ship was torpedoed and sunk". Ever in the same unique sense of humour to the Armed Forces and blue light services. I have also listened to the heart-breaking combat experiences of young people dealing with terrible mental health problems and as a consequence, have left them nearly at breaking point and to the families of veterans bereaved due to suicide. These conversations have highlighted the continued need to do better, advocate and support our ex-military and veterans alike.

So what is being done? During my tenure as Veterans Commissioner for NI I have listened intently to the issues faced by veterans who live in Northern Ireland. Identifying as a veteran, accessing veteran friendly services, healthcare, employment and housing all feature as areas for concern and development. The good news is that services for veterans are progressing and access to veteran specific support is available now in NI.



Danny attended the 100th Birthday celebrations of WW2 veteran, Henry 'Morrell' Murphy, earlier this year.



Danny met with the Chief Executive of Harmony Homes to discuss housing for veterans

The UDR and Royal IRISH (Home Service) Aftercare has rebranded to the Veterans Welfare Service NI (VWS NI) and is now inclusive of all Capbadges and Services as of 1st April this year. That is not to say the Aftercare has 'gone away', it has simply changed its name and is now tri service inclusive to extend its support to all who have served. The four field teams, contact numbers, headquarters and capability remain the same as when formerly the Aftercare Service. This enables all veterans living in NI a single accessible organisation for welfare support, working alongside other veteran organisations to ensure veterans seeking assistance are connected with the best pathway for them.

Separately, work is continuing behind the scenes in the veterans housing sector, looking at how NI veterans can benefit from Op Fortitude funding that specifically focuses on homeless veterans. As such we are working alongside housing associations and scoping what the 'art of the possible' may be.



# Update from the Northern Ireland Veterans' Commissioner

*In regards to health, NI has been fortunate to secure funding for a health project led by the Defence Medical Welfare Service. This service will look to help and support veterans that are waiting, or going through health treatment for both mental and physical health conditions. Due to commence in January 2024, we look forward to this service being uplifted to bring NI into line with other veteran health pathways being delivered elsewhere in Great Britain.*

*Our support to 'on the ground' veterans continues. On Saturday 14 October, we were proud to sponsor the latest Serving and Ex Serving Women's Network event of laughter yoga and afternoon tea in Belfast. Female veterans are underrepresented across the UK, however, this year the NI Veterans Commissioner's Office has sought to highlight, support and recognise the service of women in our military. In supporting the veteran community, we continue to champion the upcoming NI Veterans Awards that are taking place at the Europa Hotel on 25 October, once again sponsoring the 'Inspiration of the Year Award'. We seek to highlight and recognise the positive contributions and achievements of the ex-military and veteran community in NI, to demonstrate the real narrative of the attributes achieved through military service.*



**The Commissioner's Office sponsored the most recent SESWN event, Afternoon tea with laughter yoga! Rachael is pictured alongside members of the SESWN committee.**

*In conclusion, this is the season of Remembrance, and as such the NI Veterans Commissioner's Office is again sponsoring the 'We Will Remember' exhibition that we ran in November last year, and exhibits artefacts from Op Banner. This year the exhibition will take place in Kilkeel (7-9th November in Reivers House) with Glen Espie again due to share his lived experience of the days when the Terrorists came knocking, in his presentation the 'Terrorist knocks twice'.*

*This November 'We Will Remember Them' and in duty to those who paid the ultimate sacrifice we will continue to do our best to support and look after those who are thankfully still with us."*

**If you would like to keep up to date with the Northern Ireland Veterans Commissioner please follow us on Twitter @niveteranscomm**

**or Facebook @NorthernIreland VeteransCommissioner**



**The Commissioner laid a wreath in the Belfast Garden of Remembrance in July**

# "I never really thought about how things had affected me before this conversation today."

VETERAN SERVICE USER AT BROOKE HOUSE HEALTH & WELLBEING CENTRE

If you are a veteran living in Northern Ireland and experiencing mental health issues we want to help.

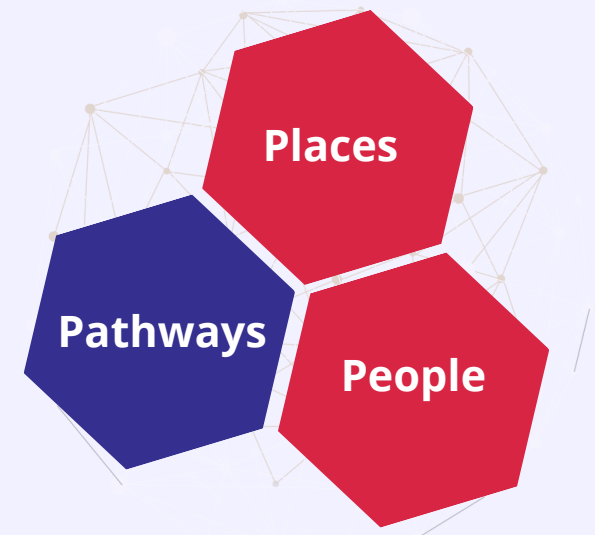
Through our Veterans' Places, Pathways & People Programme we can connect you to peer support and high level mental health services, including psychiatric support and PTSD diagnosis through our trusted delivery partners.

**Sometimes taking that first step to reach out can help the rest fall into place.**

Phone 028 9521 6784  
Email [info@nivso.org.uk](mailto:info@nivso.org.uk)

 THE ARMED FORCES  
COVENANT FUND TRUST

  
Northern Ireland Veterans' Support Office





# The Home Front Festival: A Journey Through Time at Whitehead Railway Museum

On Saturday 30th October we were delighted to attend the Home Front Festival at Whitehead Railway Museum! The event was an incredible journey back in time, allowing us to immerse ourselves in the fascinating world of vintage trains, machinery, and wartime exhibits that the museum proudly showcases.

Guests enjoyed a ride on the steam train and were treated to performances from The Frontier Pipes and Drums band throughout the day. If this has ignited your passion for history, vintage machinery, or if you simply want to find out more, then join the veteran volunteer group! The project is all about getting veterans together in a safe environment, where they can talk, build self-esteem, be part of a team and get involved in something productive. Everything from machine shop, metalwork, welding, woodwork and joinery, electrical work through to painting, cleaning, site maintenance and gardening.

Defence Medical Welfare Service (DMWS) Welfare Officer, Brian Williams, is heading up the group. He said: "The project is all about getting veterans together in a safe environment, where they can talk, build self-esteem, be part of a team and get involved in something productive. As much or as little as you feel you can do - it's all about being part of the team."

**If you would like to find out more or get involved, call Brian on 07818748879**



Find out more at  
[www.steamtrainsireland.com](http://www.steamtrainsireland.com)



# Horses for Health and Wellbeing: Equine Facilitated Rehabilitation, Hippotherapy, Horse Riding, Sport & Education



**NIEC Supporting Veterans and Service Personnel**

## About Us

The Northern Ireland Equestrian Centre (NIEC) provides a safe and secure environment for a variety of equine activities. We have a team of fully trained British Horse Society (BHS) /Household Cavalry Mounted Regiment (HCMR) Riding Instructors and Registered Health and Care Professions Council (HCPC) Physiotherapists committed to working with you.

The team members have many years experience working in and with Armed Forces Personnel. All are security cleared, have Access NI checks and comply with GDPR policy.

## The Setting

Set within Thiepval Barracks, we are located in a building adjacent to the stables with:

- Disabled access and a room for physiotherapy where assessments take place
- Indoor arena with arena mirrors
- Outdoor arena
- Special equipment such as a hoist and mounting block to assist you getting on and off the horse easily and safely.

## What is Hippotherapy?

Hippotherapy is a physiotherapy intervention using the 3-dimensional movement of the horse offering multisensory input to the individual. This can help to improve:

- Strength, balance & coordination
- Core stability, posture & proprioception
- Flexibility, improved range of movement & muscle tone
- Stress management and anxiety through improved breathing control.

“The team is so experienced and encouraging - they pushed my boundaries. I never thought I'd sit on a horse and now through Hippotherapy I have the opportunity to become a rider.” - William.



## Who is Eligible?

Veterans and Tri-Service Personnel affected by illness, injury, disability or trauma who may benefit and who meet referral criteria. You can access this service via:

- Self-Referral (getting in touch directly)
- Service Charity or Organisation
- Personnel Recovery Unit (PRU)
- Veterans UK
- Prison Service NI
- Health care professional.

## What to Expect

You will have an initial assessment to discuss your individual needs and set personal goals with outcomes focused on you. Whether your aim is rehabilitation, sport or education, your goals can also include functional skills both on and off the horse.





# Horses for Health and Wellbeing: Equine Facilitated Rehabilitation, Hippotherapy, Horse Riding, Sport & Education

## Education Opportunities, Care and Welfare of the Horse

As part of the NIEC services you may have the opportunity, if suitable, to gain experience in:

- Stable management
- Horse psychology and behaviour
- Horse tack and equipment
- Handling horses for therapy
- Health and safety
- British Horse Society (BHS) Qualifications

## The Team

- Qualified Army Equitation Riding Instructors, with additional BHS Qualifications
- HCPC Registered Physiotherapists who are qualified in Equine Facilitated Physiotherapy including Hippotherapy, Horse Riding for Therapy and Musculoskeletal Interventions.

The team are experienced working in and with Armed Forces Personnel and will be there to support you and your individual needs.

## Advice – Activity Personal Development Support – Education

The team will work holistically to help you achieve your optimum potential leading to improved health and wellbeing outcomes.

You will be supported at every level by professionals who understand what you have been through, and the challenges and difficulties you face.



NIEC is supported by



**Registered Charity number NIC101150**

## Contact Details

For more information please telephone

**0797 1927 797**

or email

**[nisp-lis-stables-0mailbox@mod.gov.uk](mailto:nisp-lis-stables-0mailbox@mod.gov.uk)**



**Northern Ireland  
Equestrian Centre**



Serving and ex serving women from across Northern Ireland are invited to join the network!

- ✦ Forge meaningful connections with those who understand
- ✦ Attend exciting events and get-togethers to build lasting memories
- ✦ Share service insights
- ✦ Receive peer support in a welcoming community
- ✦ Enjoy a vibrant social calendar

Join us today and be a part of a network that empowers, uplifts, and celebrates you! Find out more at [www.seswn.co.uk](http://www.seswn.co.uk) or email: [hello@seswn.co.uk](mailto:hello@seswn.co.uk)



## Get Involved: Veterans' Radio Production Training with Big Hits Radio

We are delighted to be working with Big Hits Radio to support veterans in radio production training. If you would like to be involved please get in touch! You can tune into Sunday Serving from 6-8pm on Sundays at [www.BigHitsRadio.uk](http://www.BigHitsRadio.uk)

Email your shout outs and song requests to [sundayserving628@gmail.com](mailto:sundayserving628@gmail.com) and follow Sunday Serving on Instagram @sunday\_serving to stay connected.



# SUNDAY SERVING

MUSIC - INFORMATION  
COMMUNITY - COMMUNICATION

[www.BigHitsRadio.uk](http://www.BigHitsRadio.uk)  
6pm - 8pm



Please link in with our NIVSO website and social media channels to stay up to date with our activities!



[www.nivso.org.uk](http://www.nivso.org.uk)



@ni\_veterans\_support\_office



@NorthernIreland VeteransSupportOffice



@VeteransNI



@NIVSO6