

Connections

Spring Issue 2011

The Newsletter of The Royal Star & Garter Homes

www.starandgarter.org

Registered Charity No. 210119



A SECOND NEW ROYAL STAR & GARTER HOME

The new year opened with the exciting news that the Charity had exchanged contracts for the purchase of a site for its second new home which will replace the Richmond Home. The site is in Langley Avenue, Surbiton, a pleasant residential area, only a little over five miles from the Richmond building.

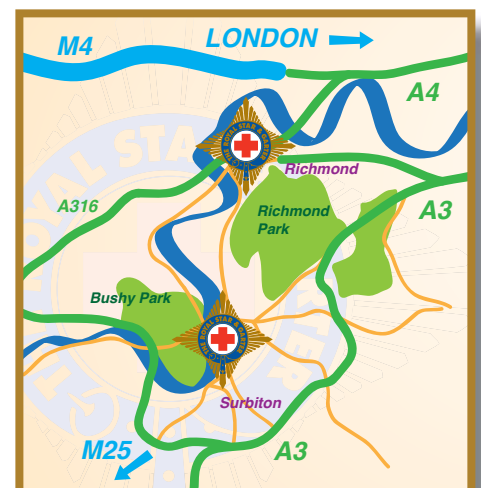
The Charity originally planned that the new home would be part of a development at Hampton Court Station, but although Elmbridge Council granted planning approval just over two years ago, opposition to the scheme continued and it was the subject of a Judicial Review. In July 2010, following an endless series of delays and

uncertainty, the Charity's Board of Governors decided, after very careful consideration, to exercise its option to withdraw from the scheme.

Just six months later our Chairman, Vice Admiral Sir John Dunt, was able to announce the acquisition of the Surbiton site to residents and staff and told them: "I am happy to assure you that there will be no repetition of the tortuous planning process that we encountered with the Hampton Court Station site since the Langley Avenue site already has planning permission for a care home."

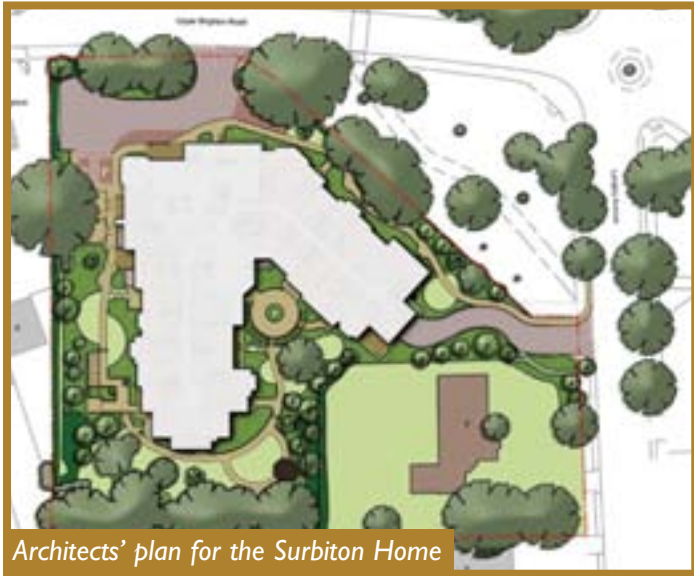
There is still a good deal of work to

be done on designing the interior and going through the tendering process, but it is hoped that work will start on the site in December of this year and we hope to move into the new Surbiton Home in 2013.



THE ROYAL STAR & GARTER HOMES

THE ROYAL STAR & GARTER HOMES



Architects' plan for the Surbiton Home

Location

Surbiton is an ideal location for our new home. Its thriving centre has good amenities and transport links, and the site is close to the river and the historic market town of Kingston upon Thames with its excellent range of shops, theatre, museum and other facilities for the residents to enjoy. The Langley Avenue site is only just over five miles from the Richmond Home, minimising inconvenience to the residents, their families, staff and volunteers. It is very fitting that as a Charity with a Royal Charter since 1979, our new London home should be located in the Royal Borough of Kingston upon Thames.

A modern home in keeping with the area

In October 2009 the site was granted planning permission for a three-storey building including underground parking – the ideal size to meet our needs to accommodate the 60 residents currently living in the Richmond Home. The architects, Scurr Architects Ltd, are also the same firm that designed our award-winning Solihull Home. The site has many mature trees and will allow us to surround the building with a varied landscape to create a relaxing outdoor area and provide a secure sensory garden for residents with dementia. The state-of-the-art facilities will also allow us to offer interim care for younger disabled ex-Service people.



Computer-generated impression of the new Home in Langley Avenue

Old and new friends

We will be very sorry to leave Richmond and we are extremely grateful to the innumerable people in the area who have supported us over the years. We know that there is a lot of affection for both the Charity and the building and as the Surbiton Home is only a short distance away, we hope that our Richmond supporters will continue their much-valued relationship with us and we look forward to making many new friends for our new Home.

Local politicians and Surbiton residents have been quick to welcome the news. Leader of Kingston Council, Cllr Derek Osbourne, said: "We are delighted to welcome The Royal Star & Garter to our Royal Borough. I am sure that everyone will feel a sense of pride that we will be the new home to this respected charity and its residents."

The Surbiton Home together with the one in Solihull and a third home planned for Buckinghamshire will allow the Charity to continue to offer its special brand of care for many years to come. Equally importantly, while creating these new purpose-built homes, our links with the Military and strong traditions will continue to define the Royal Star & Garter experience.



Sir John Dunt, Mike Barter & residents meet Surbiton councillors

THE ROYAL STAR & GARTER HOMES THE ROYAL STAR & GARTER HOMES

Founder's Day Celebrations

The Charity celebrated its 95th birthday on January 14th and both homes naturally had parties. Our Chairman, Vice Admiral Sir John Dunt, went to Solihull where his day started with a meet and greet with residents in the café/bar. He toured the building to chat to staff, see changes that have taken place since his previous visit, particularly in the Roundel Wing, and meet more residents in their rooms before returning to the Reception area where pianist and singer Mike and Elspeth Sullivan were entertaining residents.

Prior to lunch, Sir John made a brief speech in which he told residents and staff the excellent news



The celebrations at the Richmond Home

about our Surbiton Home and raised his glass of pink champagne in a birthday toast, and then joined residents in the meal which concluded with a splendid birthday cake cooked by Chef Pauline Hazelwood.



Sir John Dunt with Larry Cox & John Whiteley

The Richmond Home made merry with an afternoon of entertainment followed by a lavish tea. Residents, staff and guests including Rita Palmer, the Deputy Mayor

of Richmond, packed the Queen's Room to be welcomed by Chief Executive Mike Barter and enjoy performances from pianist Carol Anne Wells, the smooth vocal tones of Del Bearfoot, glamorous gold-clad contortionist Delia Dusol, and the very versatile flautist Adelaide Brown. The entertainment and tea was kindly funded by the Lest We Forget Association, some of whose members joined us for the afternoon.

Wheels On Fire

Wheelchair dancing is a favourite activity in the Richmond Home where the vast space in the Queen's Room is perfect for residents, staff and volunteers to "trip the light fantastic". Over a number of months Activities Manager Heather Robinson has been building up a variety of routines to music for Scottish reels, stately waltzes, rock and roll, and as a finale, the conga line.

However, wheelchair dancing was not one of the many activities in which residents at the Solihull Home took part ... until now. Heather and Activities Assistant Philip Marvell took three of the Richmond wheelchair dancing stars – Jessie Millard, Eric Jordan and Stephanie Kerans – up to Solihull in the Home's coach for a demonstration.

The Solihull residents were more than welcoming as they gathered in the café/bar and offered the Richmond residents coffee and cakes. Then it was time for them to show their paces. Initially the Solihull residents seemed a little doubtful, but "Rock around the Clock" got them tapping their feet and doing the hand jive, and Derek Whiteley's fluorescent orange RAFBF satchel on the back of his chair was to be seen whirling across

the room while John Ferguson had the lights on his chair flashing as he darted back and forth. In true Richmond tradition, "The Lion Sleeps Tonight" was the signal for a long conga line to set off round the Solihull Home, returning to the Reception area for a finale of "Dancing Queen".



Wheels on Fire at the Richmond Home

A richly-deserved drink and lunch followed and then it was back on the coach for the Richmond residents, but it has not gone unnoticed that wheelchair dancing has been included in the list of events taking place in the Solihull Home during March.

As Bruce Forsyth would say, "Ke-e-e-ep dancing".

Fun And Frolics

The Activities and Physiotherapy departments at Solihull have joined forces to introduce an afternoon of 'Fun and Frolics' on Wednesdays. These have residents joining in games such as blow football, and more physical activities including cycling on the exercise bike, and playing sports using the Wii home entertainment console.

Wii Sports is a collection of five sports simulations – tennis, baseball, bowling, golf, and boxing. Players use a motion-sensing remote control to mimic actions performed in real life sports such as swinging a tennis racket or putting a golf ball. Every game has a single-player or two-player mode. The afternoons are entertaining but also have a therapeutic value and the staff are constantly thinking of new games and exercises so that they retain the fun element and do not become routine.



For those who prefer less active pursuits, every third Wednesday there is a 'Pamper Session' which is more relaxing than Fun and Frolics, and includes spas, head, foot and hand massage, and using the sensory trolley.



Greenhouse For Green-Fingered Residents

The Gardening Club in Solihull is one of the most popular activities and outings to garden centres are always well attended so the winter months have been an unwelcome interruption for the horticultural residents and those who simply like to watch other people gardening.



Now part of the back lawn has been dug up and a greenhouse installed together with a shed for tools and a vegetable plot consisting of three beds, one of them raised to be easily accessible from a wheelchair. Even before the greenhouse was in place, the keen gardeners had planted leeks and peas from seed and grew them in propagators in the Activities Room. A composter has also been purchased, and with the kitchen putting their peelings in it and the official gardener his grass cuttings, everyone is helping out.



All the residents are looking forward to freshly-grown vegetables and salads from their own back garden, and the greenhouse will also be used to raise plants for the roof terrace and for sale at the Home's Summer Fete.

The Solihull Home Summer Fete is on Sunday 21st August - please see details on back page...

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Butterfly Project Up-Date

In the Autumn 2010 issue of Connections we described how the Solihull Home had embarked on a development programme called the Butterfly Project which focuses on inspiring new ways of working in dementia care. The Charity's Director of Care & Service Development, Pauline Shaw, says: "While I was confident that we were providing good, safe dementia care, I did not consider it was exceptional care and I believed we could improve the quality of life for our residents in the Roundel Wing. With the help of an organisation called Dementia Care Matters and its charismatic founder, David Sheard, the Solihull Home Manager and I were motivated to promote change,



helped them to understand the lives of people with dementia, to realise the role they play in supporting residents and their families, and to value the importance of team work, knowing your colleagues, and supporting and guiding each other.

The physical environment of the Roundel Wing is changing too. Large spaces have been reduced by the clever use of attractive partitions to create a more domestic scale, and residents live in small matched groups of people at similar points of a journey in their dementia. The Wing's communal areas have been redecorated in colour themes which assist with 'way finding' as well as brightening the environment. The Wing is also being filled with sensory items to stimulate memories and spark reminiscence including an office area with a desk, typewriter, and other office equipment, a 'retail' area with overhead shop canopy, red shelving with sweet jars, grocery packages, cash register,

scales, and shopping bags, and a workshop area with work bench and tools.

Even the entrance to the Roundel Wing is being landscaped to bring the outside in. To one side of the main door will be a garden bench with a creeper-covered trellis behind and butterflies and birds amongst the greenery, and nearby will be an indoor water feature so that residents can sit and listen to the sound of water running.



Pauline Shaw says: "The staff involved are certainly moving on from simply 'doing' things for residents to achieving real emotional connections and learning about being person-centred in their approach. Meanwhile residents are calmer, are eating better and more engaged in activities and relationships. In Solihull we are well on the way to providing really leading edge, life-enhancing dementia care which will be mirrored in our other homes."



be brave, and move from the shadows of average dementia care and create an inspiring, quality, person-centred service."

Staff were divided into two groups of 20 people. The groups meet every three weeks, either for classroom-based activities or in the Solihull Home working directly with residents. There are also consultancy days where a Course Facilitator spends a day on the Roundel Wing with staff mentoring, coaching, and introducing new ideas as well as reinforcing existing initiatives. The first group has now completed all 10 sessions of the Being a Star training and the second group is due to finish in April. The staff who have taken part have all agreed that they have learnt a completely different approach to care and the training has



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A Visit From Our President

Her Royal Highness Princess Alexandra, who is President of The Royal Star & Garter Homes, paid an informal visit to the Richmond Home. The Princess was received by Vice Admiral Sir John Dunt, Chairman of the Board of Governors, and Mike Barter, the Charity's Chief Executive. Her Royal Highness then met Director of Care & Service Development, Pauline Shaw, and the Charity's new Director of Fundraising & Marketing, Gordon Craig, who presented members of his department.

The Princess moved on to the Queen's Room where resident Stephanie Kerans, who was in the WRNS and acted as a 'plotter' for the D-Day landings, presented a posy of spring flowers. The



HRH Princess Alexandra meets Jimmy Harman

Princess sat with residents to watch a most unusual performance as Richard Curtis, a Crufts judge and winning competitor, presented his K9 Freestyle dancing dog display team. Betty the tiny Chihuahua cross, Border Collie Pogo, a Portuguese Water Dog called Disco, and

Whizzy, a Poodle cross, demonstrated their agility and concentration, moving to the beat of the music with precision and artistry in response to Richard's signals. Following the performance, Her Royal Highness went round the room speaking to residents and staff including Jimmy Harman who fought in North Africa during WWII, clearing mines at El Alamein

Before departing, Her Royal Highness was briefed by Sir John Dunt and Mike Barter on the Charity's purchase of the site in Surbiton for its new home to which the Richmond residents will move in 2013. Princess Alexandra left waving goodbye to staff who had gathered in the main hall.

Jessie Bowls Alec Over

Cricket fans among the Richmond residents were delighted to receive a visit from former England cricket captain Alec Stewart who is also famous as the country's most capped Test match cricketer of all time.

Alec talked briefly about his playing career before chatting individually to residents, and proved a true sportsman when he was gently teased about having fallen victim to Australian cricketer Shane Warne's bowling for three of Warne's landmarks – his 150th, 250th, and 400th wickets.

Alec was quick to spot resident Eric Jordan's MCC tie, and found another England player in Jessie Millard, although her game was bowls rather than cricket.



Former bowls champion Jessie with Alec



Nurse Care Manager Katie gives Cecilia her cake

100th Birthday Celebrations

A resident at the Richmond Home has just celebrated her 100th birthday. Cecilia Pollock was born in Limerick, Republic of Ireland. She married Richard (Dicky) Pollock in 1937 and lived with her husband's family in Highgate, North London, but after only three years of marriage her husband died and she never remarried. Cecilia served with the Women's Auxiliary Air Force during WWII as a driver. She came to The Royal Star & Garter Home in March 1998.

Her birthday party in 'The Battle of Britain' room was attended by many fellow residents and staff, her niece and nephew and their children. The room was packed and there was a great atmosphere with guitarist Paul Kerr playing Irish folk tunes, a beautiful cake baked by the Home's Chef Les Barlow, pink champagne, and everyone took turns to admire Cecilia's card from HM the Queen.

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Rugby Meets Dance

The usual Wednesday afternoon Music and Movement sessions have been augmented by a half an hour interval of Dance led by Amy Howard, Dance Officer for the Harlequins Rugby League Foundation. The Foundation is the charitable arm of the famous Harlequins rugby club and supports programmes that enhance people's lives, principally children but also older communities.

Amy and her colleagues start the session by demonstrating and teaching residents hand routines, gradually adding new actions, then progress to moving the upper body, and finally the legs where possible. Activities and Physiotherapy staff also participate, and the session comes to a climax with the helpers



rotating around the residents as everybody performs the whole routine. There is a different dance theme each week.

The programme comprises 10 sessions, six of them funded by the Foundation with donations from PlaySport London, and an additional six sessions at The Stoop Stadium which may also be attended by the Club's rugby players.



Pancake Races

Richmond Home residents and staff celebrated Shrove Tuesday with a series of pancake races. Activities Manager Heather Robinson started proceedings with a brief talk on the history of pancake-making and explained that pancakes are eaten on this day because they contain fat, butter and eggs which were forbidden during Lent.

The first race was for residents in electric wheelchairs, each sporting their pancake on their head – if it fell off they had to go back to the beginning of the course. Then came the manual wheelchair race with both the competitors and the staff pushing them wearing their

pancakes as hats. Next came pancake tossing with residents throwing their pancakes as far as they could, and the session concluded with a second race for both electric and manual wheelchair users.

It was great fun and the races were keenly contested. However, when Heather asked residents what they were planning to give up for Lent the response was a little less enthusiastic!

Residents Attend Inaugural Tournament

In early December Richmond residents Shirley Macalpine-Downie, Eric Jordan, Norman Knowles, and Peter Beer attended the inaugural performance of The British Military Tournament based on the best elements of the former internationally-famous Royal Tournament which was the oldest and biggest military tattoo in the world until its demise in 1999.

The event was staged by ABF The Soldiers' Charity, and there were re-enactments of events from the history of the British Army, from the English Civil War to the conflict in Afghanistan today, with horses dominating the show in celebration of the 350th anniversary of the formation of the Household Cavalry. The Tournament also commemorated the 150th anniversary of both the Army Physical Training Corps and the cadet movement.

The four performances over two days at Earls Court Exhibition Centre were attended by over 51,000 people and it is hoped to stage another one in December 2011.



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New Director Of Fundraising & Marketing

Gordon Craig has joined The Royal Star & Garter Homes as Director of Fundraising & Marketing, replacing Patsy Willis who has left after 21 years of dedicated service with the Charity.

Gordon has been a fundraiser in the charity sector for 13 years, working in the fundraising departments of Macmillan Cancer Support and WWF amongst others. Previously he was the Assistant Director of Corporate Fundraising at Enterprise UK.



community. I'm really looking forward to building on the excellent fundraising work so far, and taking up the challenge of embarking on a new and exciting fundraising and marketing strategy

Gordon says "I'm delighted to be working in a charity with so much history and prestige which offers the best possible care and facilities to the ex-Service

aligned with the Charity's ongoing programme of building new care homes around the country".

Running For Our Charity

Running in aid of the Royal Star & Garter Homes in this year's London Marathon on Sunday 17th April is 22-year-old Rebecca Higson. Rebecca's late Grandfather Geoffrey served in the Royal Navy and was a resident in our Solihull Home. Rebecca is studying at Birmingham University, and having completed various half marathons, is training hard for the big one. Good luck Rebecca!

To support Rebecca, please go to:
www.justgiving.com/rebecca-higson

Another person running for the Charity with a connection to the Solihull Home is Kenny Mair. Kenny is running in the Edinburgh Marathon on Sunday 22nd May and is one of an expected 30,000 entrants. Kenny is a student nurse who undertook a placement on the Roundel Wing at Solihull and said: "I'm absolutely loving the experience. The residents receive amazing care from a fantastic team, who have made the experience unforgettable. So in return I would like to give something back." Many thanks Kenny.

To make a donation towards Kenny's target please go to:
www.justgiving.com/kenny-mair1

Another student nurse on placement at the Solihull Home is one of our runners in the Bupa London 10,000 race on 30th May. Ellie Walls from Scarborough, North Yorkshire, will be 28 the day after the race so let's hope she'll have lots to celebrate!

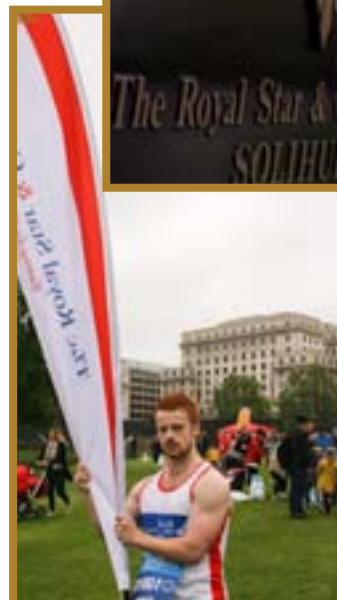
Also running the Bupa race is our new Director of Fundraising & Marketing, Gordon Craig, his friend Nick Frisby, and Allan Pickles who ran for us last year is hoping to better his 2010 time of 49.59 minutes. Thank you to all of them for their support.

We still have some places available in the Bupa London 10,000 so to join our runners please contact us via the form on our website or on the number below. This is a great way to raise vital funds for The Royal Star & Garter Homes!

We also have places in the 2012 London Marathon so if you would like to run for us please contact Gordon Craig on **020 8439 8110** or email gordon.craig@starandgarter.org.



Rebecca Higson



Allan Pickles at the 2010
BUPA event



Kenny Mair at the 2010
Edinburgh Marathon

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Online Memorial Book

Presently we record the names of people who have left us a legacy or for whom we have received in memory donations in two Commemorative Books which are on display in the main lobby of the Richmond Home. In 2009 we also launched a new online Memorial Book, including all the names from these books, and this has enabled much easier access to people all over the country to view the name of their loved one. This has been especially useful since we opened our home in Solihull, and once the new homes in Surbiton and Buckinghamshire have been built there will be an even greater need for wider accessibility.

We have decided that the online book will be the best way of enabling wide and easy access to view the names once we have three separate homes up and running. It will also ensure that the book can be updated quickly and easily. As from the 1st May, therefore, new names will only be added to the online Memorial Book.

The existing Commemorative Books will remain on display for as long as we remain in the Richmond Home and the pages will continue to be turned every day. A final decision as to where they are then stored

will be made at a later date, but they will certainly form a valuable part of the Charity's archive material.

As part of the review process we have listened to your feedback and made changes to the online book so that it is

who can then add their own tributes and appreciation messages if they wish. For instance, a tribute or eulogy from a funeral service can be entered, and then circulated to friends and family.

You may like to have a look at our memorial



An example of the new Online Memorial Book

page for Charlie Hankins, one of our longest and most illustrious residents who passed away in 2004. This may help to give you ideas for setting up your own memorial page. Using the site is totally free, but the Charity would value any donation that you would like to make in memory of your loved one.

If you would like more information, assistance in viewing a name in the book or help with setting up a tribute please feel free to contact either John Ingram or Anna

easier to use. The improved book will contain all the existing names and tributes, and will be fully integrated onto our own website. In addition to making a tribute to an existing name it will now also be possible to add a new name to the book.

A special feature of the online book is the opportunity to create a personal "memorial page" for your loved one. This can include a written tribute and up to three photographs. The page can be shared with friends and family

Wilkinson, using the details below. John and Anna would also welcome any feedback on your experience in using our online book.

John Ingram, Legacy & Trust Manager
020 8438 8125

john.ingram@starandgarter.org

Anna Wilkinson, Legacy & Trust Administrator
020 8439 8170

anna.wilkinson@starandgarter.org

Leave a lasting gift - remember The Royal Star & Garter Homes in your Will.

A legacy to The Royal Star & Garter Homes is one of the most precious gifts you can give to those who have done so much in the Service of their country. Legacies are vital in ensuring that we can continue to provide our very special care and support for disabled ex-Service people, and are an essential part of the Charity's future development programme.

Contact our Legacy Department on 020 8439 8125 or email john.ingram@starandgarter.org to find out how you can include a gift to The Royal Star & Garter Homes in your will, or to request a complimentary copy of our DVD "How You Can Help" featuring military historian and presenter Dan Snow

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Our Prizewinners

Christmas came early for Robin Adler from Shinfield, near Reading, when he was the winner in the 2010 Grand Prize Draw which took place in early December. The first prize was a choice of a Seat Leon car or £10,000 and Robin opted to take the money as 2011 is going to be a big – and expensive – year for him. His daughter Lucy is getting married in September, his wife has a significant birthday, and he and his wife are planning a trip to New Zealand to celebrate their 25th wedding anniversary.

Robin came in to the Richmond Home to collect his cheque and have a tour of the building, meeting residents along the way. Many of the residents were listening to a talk about the fall of Singapore to the Japanese army in 1942 and as Robin has read Sir Winston Churchill's memoirs and is particularly interested in the history of World War II, he stopped to listen for a while.

The Prize Draw is an annual event which is launched in April and closes in December with tickets costing £1 each. Robin had bought a book of 10 tickets which was certainly a worthwhile investment.

Another winner was David Griffiths from Market Harborough who responded to one of our fundraising mailings which featured a Solihull Home resident, John Whiteley. During WWII John flew Lancasters with 619 Squadron, part of 5 Group Bomber Command, and was awarded the Distinguished Flying Cross. Everybody who made a donation as a

result of the mailing was entered into a draw to win a tail down taxi ride in Avro Lancaster Bomber NX611 "Just Jane" at Lincolnshire Aviation Heritage Centre. This offers the opportunity to experience the vibrations, smells, sound and atmosphere of a genuine Lancaster Bomber operating on a real Bomber Command airfield in front of an original Control Tower.

David wrote to say that the whole day was a wonderful experience, and that the "exploration" of the inside of the Lancaster was most memorable and fully stimulated his imagination.



Robin, Martin Sutcliffe & Gordon Craig

There is another opportunity to win this incredible experience by completing the form on the back cover flap of this newsletter.



"Just Jane" Lancaster Bomber NX611

West Highland Way Challenge

In the previous issue of Connections we told how a team of 14 serving soldiers from the Unified Systems Support Organisation (USSO) was about to undertake the 96-mile walk along the West Highland Way from Milngavie outside Glasgow to Fort William in full military kit and carrying 55 lbs backpacks, aiming to complete it in just five days rather than the usual eight or nine.

The team accomplished the challenge in spite of some horrible weather and a couple of them having to make use of the

team medic's services to repair blisters. They reported that the views from the top of some of the mountains were spectacular even though the low cloud base occasionally obscured much of the distant views. For the section of the walk which included the Devil's Staircase they were joined by their Commanding Officer, Lt Col Ian Condie. At 550m (1850ft) this is the highest point along the Way.

Having completed the challenge, nine members of the team came to the Richmond Home from their bases at Blandford, Larkhill and Bicester to present Chief Executive Mike Barter with a cheque for £5873.56 raised as a result

of their sterling efforts on our behalf for which we are most grateful.



The USSO Team at the Richmond Home

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Birmingham Tattoo

For the third year running The Royal Star & Garter was the beneficiary of the collection at the 2010 Birmingham Tattoo which raised £10,606 for the Charity, bringing the total donated since the 2008 event to £31,674. We are extremely grateful to the Tattoo organiser, Norman Rogerson MBE, who has kindly confirmed that he will continue to support us.



Solihull residents Victor Price, Derek Whiteley, Arthur Kelly, Colin Lund, Jim Best, and Mary Ackland had a late night attending the Tattoo's Saturday performance. Leaving the Home at 4.00 pm they were settled in good time in the National Indoor Arena for an evening of music, pageantry, displays and parades. Besides The Band of the King's Division, there were bands from The Royal

Netherlands Army Reserve, The Royal Swedish Navy Cadets, The Polish Border Guard, and The Royal Irish Regiment. There was Flyball Racing in which two teams of four dogs competed in a relay race, and since no tattoo would be complete without an inter-Service field gun competition there was fierce rivalry between a Royal Navy and Army team on one hand and a team from RAF Cosford.

There was also a Sunday matinee performance which Solihull resident Ronald Careless attended with Health Care Assistant Stephen Broadhurst coming in on his day off to escort Ronald.

At both performances Falklands veteran Simon Weston addressed the audience from the arena telling them about the Charity and asking for their support.

Valiant Supporters

Supporters come up with some incredible events to undertake while raising funds for the Charity. A long-time supporter is Charles Jenkins, a Major in the Intelligence Corps based at RAF Waddington. This year Charles is planning to participate in two challenging events. He and a friend have a two-man kayak entry for the "Endeavour" category of the Devizes to Westminster International Canoe Race on 22-25 April

– a distance of 125 miles. The first 52 miles are along the Kennet and Avon Canal, the next 55 miles are on the River Thames and the final section is on the tidal portion of the Thames. The race has been held annually over the Easter Weekend since 1948 and is a severe test of skill and stamina.

Charles' next venture takes place on 11th September when he will be part of an INT CORPS team entry for the inaugural Ironman Wales triathlon. This comprises a 3.8km swim at South Beach in the seaside village of Tenby in Pembrokeshire, a 180km bike race through the fascinating countryside of Pembrokeshire Coast National Park, and concludes with a running marathon through Tenby with its medieval town walls and picturesque beach front.



Charles Jenkins & Michael Dixon

Another enterprising supporter is Michael Dixon whose Father Ray has been

resident in the Richmond Home since 1984 after being struck down by Multiple Sclerosis at the age of 28. Michael will be one of a group of English and Belgians cycling 300km over 3 days from London to Brussels. They will depart on Friday 3rd June from the Richmond Home, reaching Dover by the first night. Day 2 will see them taking the ferry to Dunkirk and riding along the French/Belgian coast finishing in Bruges, and the final day will take them through Ghent into the centre of Brussels.

The money they raise will be divided between our Charity and the Neo-Natal Unit of St Luc Hospital, Brussels, a leading centre for the care of sick and premature babies in Belgium.

You can donate in support of Michael and his team mates at: www.charitygiving.co.uk/cyclelondontobrusseel

Our grateful thanks go to all these valiant fundraisers.

Upcoming Events...

Kneller Hall 'Concerts in the Park'

Season 1 5th June - 27th July



29th June - British Army Brass Band
Collections in aid of The Royal Star & Garter

Tel for concert info & tickets: 020 8744 8633

The Royal Military School of Music, Kneller Hall
Kneller Road, Twickenham. Middlesex TW2 7DU
www.army.mod.uk/music

SOLIHULL SUMMER FETE

SUNDAY 21ST AUGUST

THE ROYAL STAR & GARTER HOME
TUDOR COPPICE, MONKSPATH HALL ROAD
SOLIHULL, B91 3DE

- *FOOD & DRINK
- *PLANT STALL
- *BRIC A BRAC
- *CAKES STALL
- *AD BAND PLAYS 2.00 - 4.00 PM
- *RAFFLE
- *TOMBOLA
- *FACE PAINTING
- *AND MORE!

DOORS OPEN 12.30 PM - ADMISSION FREE OFFICIAL OPENING 1.00 PM



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