



Welcome to the fifth edition of this journal in which we hope to report on the activities of the Federation and of the member Associations. The intention is to give you reports on events that have happened since the last Federation meeting and news of events coming up in the future and we also intend to include news of interest to member Associations. For this to work we need you to send us news and photographs of events that you think would be of interest to other Associations and also any future events that you would like to be included.

The journal is not only for the officers of Associations but also Association members so we ask you to give it as wide a distribution as possible to members and anyone else you think might be interested.

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PAST EVENTS

There were no events to report on January apart from the continuing awful weather.

FUTURE EVENTS

Below is the programme that has been produced by Charles Crichton and Richard Bendell for events in Plymouth this year. **Please, Please** let me know if your Association has an event that you want the Federation to support. The final programme will be published in next month's Journal.

DRAFT PLYMOUTH DIARY DATES 2013 CEREMONIES AND ANNIVERSARIES

Sat 16 March Plymouth Argyle Armed Services Day – Home Park

Sat 30 March USA Naval Memorial - Tamar Bridge Car Park 11.30 for 1200

Fri 17 May City of Plymouth - Lord Mayor Making Ceremony Guildhall

Sat 18 May City of Plymouth – Lord Mayor's Day

- 3-6 June** Visit by the Society of United States Daughters of 1812. Programme will include commemorating the 200th anniversary of the marching of American POWs from Plymouth to the new Dartmoor Prison.
- Tue 04 June** Ceremony at the American memorial at Dartmoor Prison.
- Wed 05 June** Door of Unity Service Minster Church of St Andrew.
- Thu 06 June** Normandy Vets wreath laying – 1100 for 1130 Belvedere Gardens the Hoe
- Sun 23 June** Prayers & Service for Armed Forces Week- St Andrews Church 0915
- Mon 24 June** Raising of Armed Forces week Flag - Plymouth Guild Hall Steps 1130
- Sat 29 June** Armed Forces Day
RAF and Allied Air Forces Monument Service Plymouth Hoe
- Sun 30 June** Sea Sunday - Minster Church of St Andrew Plymouth. To include Atlantic Day and Civic Service to commemorate the 70th Anniversary of the Battle of the Atlantic.
- Sun 08 Sept** Merchant Navy Day - Barbican 1000
- Thur 12- Sun 15 Sept** Civic Trust-Heritage Open Days
- Sun 15 Sept** Battle of Britain Memorial Day-Minster Church of St Andrew Plymouth- 1045
- Fri 8 Nov** Remembrance Festival 2013 - Plymouth Pavilions
- Sun 10 Nov** Remembrance Day Plymouth Hoe
- Sun 01 Dec** North Corner - Steam Packet 1030
- Tue 31 Dec** Hinkley VC Ford Park Cemetery- Ford Park Cemetery 11.00

POST TRUMATIC STRESS DIS- ORDER

At the last meeting Caroline Keane of StressCare gave us a talk on this very important subject which is printed below as I considered it needed the widest circulation.

Caroline had not been in the CityBus social club since she attended the inquest of her brother, who was shot by the police when he was suffering from PTSD so she felt quite odd to be talking to us in this particular venue. She came back from Zimbabwe after the independence war there, and she also suffered PTSD as she had been taken hostage during that war.

She got a tremendous amount of help from the hostage centre at RAF Woughton and also RNH Haslar's PTST trauma centre run by Morgan O'Connell so literally her life was saved by these two organisations when she returned to the UK in 1987. After her recovery from PTSD she set up StressCare the Post Traumatic Stress Association with Surgeon Capt Morgan O'Connell (RN ret'd), Squadron Leader Walter Busuttill (RAF ret'd) and Major Gen Andrew Keeling (RM ret'd) as both Woughton and RNH Haslar were closing down their PTSD units. She thought that most of the delegates would know quite a lot about PTSD as they had served in the Armed Forces and they probably knew what difficulties it caused to the families of sufferers and to that person who was trying to live a normal civilian life after have moved on from the Armed Forces.

She has spent 20 years researching with Veterans in this country and in America, with the troops over there, and has setting up a pilot project which she finished recently in Tavistock. This is called the Colour Wheel Self-empowerment Programme for those suffering from trauma and PTSD. The person who helped her to run the programme was Michelle Cotter who got involved because of her husband Mark Cotter.

Plymouth University have now evaluated their project and they are streamlining and changing the project for working with Veterans and the Armed Services. This 10 week programme includes a lot of Music, Art and Drama therapy, cognitive behavioural therapy and neuro-linguistic practise. The programme has been very very successful and they are hoping to move it through with Combat Stress. Walter Busuttill is now Head of Mental Health Services, and she is very grateful to him for his help when she was in difficulty at Woughton, so she hopes that this programme will be useful to the Military.

Michelle then spoke to us and said that she is lucky to be here as she is married to a veteran who was diagnosed with PTSD two years ago. He went through the NHS and the proper channels and got the treatment he required. Previously people did not think about it and you just had to get on with it but now PTSD is much more recognised and we need to treat people who come back from active service with PTSD. What StressCare is intending to do is take away the stigma and consider how you are feeling and how they can be helped to overcome their stress. It is a privilege to serve ones country and we need to support people who come back after active service. They would be grateful for any advice from veterans as to ways of helping those with PTSD.

Contact details for Caroline are:- StressCare, 20 Parkwood Road, Tavistock, PL19 OHH. stresscare@btinternet.com 01822610546 and the website is www.stresscareuk.com

END PIECE And finally we have a couple of photographs from the Celebration of the 10th anniversary of the founding of the Plymouth and District Branch of the RFA Association which was held at the Duke of Cornwall Hotel on the 26th January.



The assembled company on the evening and the Founding Chairman and Social Secretary cutting the cake. Jan told me she did not get to do it on her wedding day but she can always live in hope!