



The Supporting Wounded Veterans Carol Concert 2020

Holy Trinity, Sloane Street, London
7pm, Wednesday 2nd December 2020



Donations made this evening will be
doubled – see page 17 for details

Tonight's concert is dedicated to Richard 'Tigger' Hoare,
our much loved friend.

Deputy Chairman of family bank C Hoare and Co, he was
also Founder and Chairman of The Bulldog Trust.
In 2006 he received an OBE for his outstanding
contribution to the charitable sector.



Tigger was our first ever donor and the reason that our
fledgling charity was able to have a launch party. His
constant and timely advice remains one of the principal
reasons behind our success and his generosity towards
SWV never wavered. He will be much missed by us all.

Richard 'Tigger' Hoare *1943 – 2020*

□ A MESSAGE FROM OUR PATRON

This has been a difficult year for everyone. We are living through extraordinary times. Our way of life has been significantly challenged, there has been considerable uncertainty and many people have suffered. One can only imagine though what it must be like for those veterans of recent campaigns for whom life is a struggle in normal times.

Many of these veterans have made remarkable sacrifices on behalf of our country and as they have transitioned to civilian life, and left behind the camaraderie of Service life, the physical, mental and emotional scars of battle are being exposed.

Supporting Wounded Veterans is a very special charity that has a rare understanding of these challenges and a genuinely innovative approach to defeating them. Thank you for your support.



Nick Carter

General Sir Nicholas Carter KCB CBE DSO
Patron, Supporting Wounded Veterans

□ MESSAGE FROM OUR FOUNDER

Welcome to our fourth annual Supporting Wounded Veterans' Carol Concert and thank you so much for supporting us this year of all years. I wish that we were able to meet up all together, but we so hope that you enjoy our Concert at home, hopefully surrounded by your loved ones.

Any funds that we raise tonight will enable SWV to continue with our unique programmes of support for our Veterans, with the aim of helping those in need to regain their independence in civilian life via our Occupation, Training and Employment (OTE), Mentoring and Pain Management programmes.

Our success speaks for itself; 93% of the Veterans who have engaged with us are back into OTE. As one Veteran writes further on in the programme, 'you are never injured once'. The requirement for treatment after complex trauma injury goes on and on and on, with multiple operations, and often after years of being at Headley Court and years of battling with PTSD. But, with the right help, people can overcome extraordinary hurdles and be an inspiration to us all.

By watching our concert tonight, you are helping the charity to continue to support as many Veterans as we can, in all aspects of civilian life, and to help us initiate important research studies at King's College on new treatments for those who have fought for their country.

This year has been particularly challenging for so many, and this includes many Veterans. SWV has been working hard to support those most in need throughout this year and has adapted to new ways in which to do this remotely, which we will continue to do into 2021 and beyond.

Once again, we are taking part in The Big Give which enables some donations to be doubled in size. This was very successful last year and we hope to raise even more money this year.

A huge thank you from all of us at SWV, and we wish you a very Happy Christmas.

Gilly Norton

Gilly Norton
Founder and CEO, Supporting Wounded Veterans





□ ABOUT THE CHARITY

Supporting Wounded Veterans is a UK charity that helps mentally and physically wounded Veterans get back into occupation, training and employment.

We have developed needs-based comprehensive programmes to assist the wounded and the sick by:

RECOVERY THROUGH SPORT

Skiing shows medically discharged Veterans, whether suffering from physical injuries, combat stress (PTSD) or a combination of both, that nothing is impossible. Skiing is one of the few sports in which, with expert help, almost anyone can participate – no matter how severely injured they are. Since our inception, we have taken Veterans to our annual ski week in Klosters and, for most, this provides the mental motivation they need to restart their lives and get back into the workplace. Many Veterans are very isolated by their circumstances, and the ski week gives them the opportunity to engage with other Veterans and volunteers. We had 120 applications this year (fewer than last year due to COVID-19 concerns) from Veterans inspired to take part in a possibly life-changing Ski Week experience. The average age of those applying being 33½ years.

MENTORING PROGRAMME

This is a structured programme giving each Veteran a trained and dedicated mentor, who supports that Veteran in all areas of their life. We assist with their transition into civilian life and, where possible, employment. 85% of our Veterans remain engaged with their mentor for over a year.



“

SKI WEEK – FROM A VETERAN

“Thank you for all your help. I worry so much about everything, bloody hell, can't believe I was ever a soldier. Really felt when I was medical discharge I was on my own in the big wide world, but so happy I have you guys behind me. I think if I never had SWV I wouldn't be here now. Thank you.”

”

EMPLOYMENT PROGRAMME

This helps Veterans understand possible career paths in the civilian world and their own transferable skills and strengths within it, matching ability and creating opportunities with employers. We assist them into employment, training and occupation and pride ourselves on our continued support for SWV Veterans once they secure the right role. 95% of our Veterans are now in full or part-time employment, training or meaningful occupation.

PAIN MANAGEMENT PROGRAMME

Chronic pain and the incorrect use of pain medication are major barriers for many wounded Veterans to becoming employed, integrating into their communities or even being able to participate in everyday life. It is estimated that two out of three wounded Veterans live with chronic pain and this can have an often-devastating impact on family life and relationships generally. Many are prescribed such significant amounts of medication that re-entry into the workplace is all but impossible. It is our aim to help the wounded Veterans manage their pain better and to reduce their reliance on, and in some cases addiction to, medication.

“

PAIN MANAGEMENT PROGRAMMES

“I have had five years of nothing but hospital visits and being told negative, and scary, things about what was going to happen to my life. This is the first time for a long time that I have been treated as a human being with the chance for a positive future. The boost to my confidence and self-belief has been massive.”

“This is yet another outstanding example of the effort that the team at SWV put into looking after, supporting and enabling our wounded, sick and injured service personnel. Without their unwavering support, and care, I for one would not be in the position I am now where I am able to look toward the future, and have belief in myself. The opportunity to participate in this programme will undoubtedly enable me to continue to move forward and hopefully show others that have been, and are, in my position that they are not alone in their struggles and give them the same confidence that SWV have given to me.”

”

In 2016 we launched the first Veteran specific Pain Management Programme (PMP) in the UK at King Edward VII Hospital, with additional programmes being offered at the Chelsea and Westminster Hospital and online. We are delighted to report that this is being used by the whole Veteran community with Band of Brothers, Help for Heroes, BLESMA and other charities referring their Veterans to the programme.

Of those attending the programme, 96% report improved pain management with better understanding and control of pain triggers. Although reducing medication is not always appropriate, it is the preferred outcome, due to the adverse impact it can have on everyday life and, particularly in the case of opioids, the likelihood of addiction. We have noted a 74% reduction in medication following the PMP.

In 2020 in response to COVID-19 lockdown we moved the Pain Clinics online which were a huge success. We also launched the SWV Online Pain Resilience Programme in September – at the time of going to print we did not have the statistics, but feedback to date has been extremely positive from the Clinicians delivering and the veterans attending the programme. Two of our veterans worked with the clinicians as facilitators for the workshops including ensuring online support for the veterans attending the programme.

“

EMOTIONAL FREEDOM TECHNIQUE PROGRAMME

“I’ve tried many different treatments for PTSD and EFT is the only thing that has helped.”

“EFT has given me tools that help me cope better than before day-to-day.”

”

EMOTIONAL FREEDOM TECHNIQUE (EFT) PROGRAMME

In December 2018, SWV began offering sessions of Emotional Freedom Technique (EFT) to veterans with PTSD and other difficulties. EFT is an evidence-based treatment method and over 100 clinical studies demonstrate its efficacy for a wide range of issues, including anxiety, depression, and PTSD. It has also been shown to be effective at helping people cope with chronic pain and sleep disturbances.

EFT combines elements of exposure therapy, cognitive therapy, and somatic therapy in the form of “tapping” with the fingers on acupressure points on the face and body. It is safe, non-invasive, and does not require veterans to revisit their trauma in painful detail – something veterans frequently cite as a benefit of the method.

Sessions take place one-on-one with a qualified practitioner, either in-person or online. Veterans also learn EFT techniques to use outside of sessions when needed to reduce symptoms or improve their daily lives.

“

EMOTIONAL FREEDOM TECHNIQUE PROGRAMME

“I have used EFT on a number of occasions when I have felt overwhelmed or anxious. I’m truly grateful that I have a discreet tool I can use on my own.”

”

Our survey results of veterans after receiving EFT show that the sessions resulted in a clinically significant reduction in symptoms of PTSD, anxiety and depression. In addition, 100% of veterans report that EFT improved their day-to-day lives and they would recommend it to others. 71% report that it helped them cope with chronic pain.

Here are some examples of the benefits of EFT, according to veterans who have taken part in our programme:

- Greater resilience
- Improved sleep
- Less anger
- Less hypervigilance
- More confidence
- More connection with others
- Greater ability to work
- Higher tolerance for public spaces and new situations

“

EMOTIONAL FREEDOM TECHNIQUE PROGRAMME

“I had a very positive experience with my EFT session. I have had issues with sleep and anxiety and this session eased the anxiety and made me feel more relaxed. I also had a good night's sleep. They also teach you the exercises so that we can practice it for ourselves. Highly recommended.”

”

THE VETERAN AMBASSADOR BOARD

We have put in place a Veteran Ambassador Board to enable Veterans to have a representation on what they feel the charity sector should be providing for their ongoing care. SWV Ambassadors are wounded Veterans who have been through our programmes. They are role models for both the Veteran and the wounded Veteran community and also assist SWV with fundraising events, wounded Veteran awareness and inspirational speaking at schools, community groups and projects. The Ambassador Board meets quarterly and liaises directly with the Executive Committee.

These meetings cover updates on the progress of the charity and its Veterans, a review of SWV's Programmes, and the Ambassadors also take the lead on the Regional Veteran Representative Group.

□ SOME FEEDBACK FROM OUR VETERANS

“

PAIN MANAGEMENT PROGRAMMES

“Pain management is currently my biggest barrier to quality of life.”

“I’m desperate to find alternative ways of dealing with chronic pain.”

“I’ve exhausted all NHS avenues and they seem to be at a loss as to what to do with me.”

“The medics have been unable to help me. Along with a cocktail of drugs which just about gets me through the day. I am married with three children and desperate to gain employment.”

“If only I had attended this programme shortly after injury – it would have saved me years of pain and related anxiety – thank you SWV for setting it up for me – it is going to have a hugely positive impact on my quality of life.”

“I have lived with chronic pain for several years and the stress and direct effect that pain has on an individual/family is crippling both physically and mentally. It drains you like pulling the plug on a swimming pool. Eventually that pool will empty and you can see no way of refilling it... you just live with it.”

”



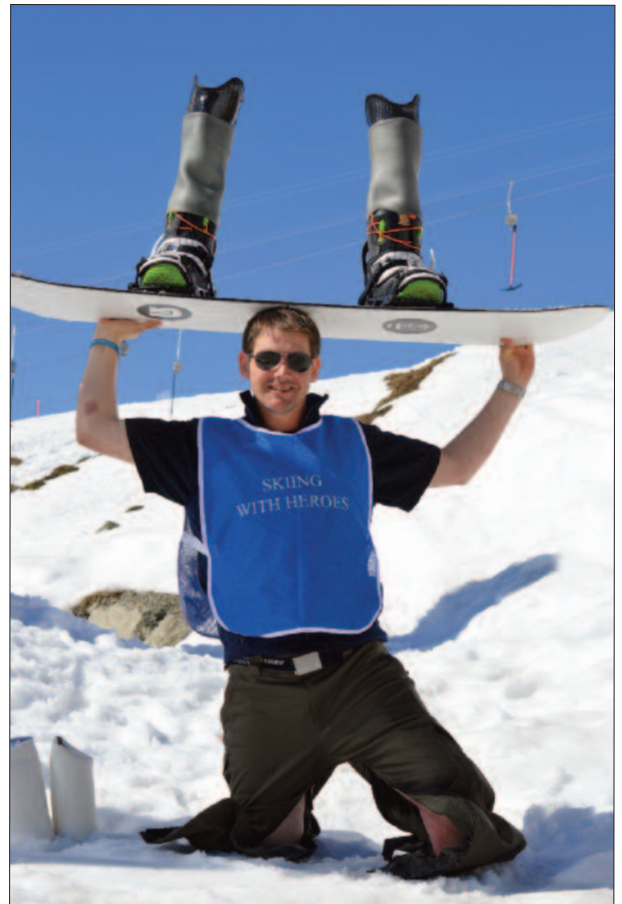
□ SUPPORTING WOUNDED VETERANS EVENTS CALENDAR

There are so many opportunities to support our fun and extraordinarily diverse events, be it through sponsorship and branding opportunities, volunteering, donating prizes, spreading the word, joining in yourself or simply being there. The COVID pandemic has put a pause on many of our fundraising events this year, but we are very much hoping to reinstate them in 2021!

2021

3rd – 7th MARCH THE SWV WINTER CONFERENCE INCORPORATING THE SWV SKI CHALLENGE, KLOSTERS, SWITZERLAND

SWV is launching a one-day Pioneer Series Conference with guest speakers including General Sir Nick Carter and Lord Hamilton of Epsom covering topics on Global Threats, Leadership, Building Alliances and Building Resilience followed by our biggest annual fundraiser **THE SKI CHALLENGE**. Come and attend the Conference and join the Ski Challenge as an individual or bring a team of friends or colleagues and race against each other and our wounded Veterans! A unique sporting weekend of adrenalin, socialising and fun, including a gala dinner and prize giving. There is an option of just attending the Conference, either in person or remotely, or just attending the Ski Challenge. The choice is yours! For more information, please contact alexhuntley@supportingwoundedveterans.com.



8th – 14th MARCH THE 9TH VETERANS' SKI WEEK, KLOSTERS, SWITZERLAND

Every year we take 28 military discharged wounded Veterans skiing to kick start their rehabilitation and introduce them to the SWV family. Alongside them will be our volunteer buddies, helping them with their sports rehabilitation. Why not apply to join us as a buddy or volunteer? Please email buddies@supportingwoundedveterans.com or look at the website for more details of how to get involved.

22nd – 27th MAY NORMANDY BATTLEFIELDS CYCLE CHALLENGE

Organised by one of our Veterans, Harry Long, the Cycle Challenge will be a unique 300 mile bike ride across Brittany and Normandy. The tour is WWII themed with a specific emphasis towards some of the more audacious and daring raids and commando style actions that took place in that corner of France.



Continued overleaf ►

2021 *continued*

We start in Saint-Nazaire at the site of Operation Chariot known as “the greatest raid of all” and over the next four days wind our way north towards the infamous Normandy beaches finishing at the iconic Pegasus Bridge. En route we will be taking in many historic sites as well as some local surprises. The tour will be accompanied by a distinguished battlefield guide and some of SWV's veterans.

The Cycle Challenge is fully supported by a professional logistics team. The terrain is easy going and daily distances are achievable for all levels of cycling experience, so you simply need to fundraise, turn up and ride! For more information, contact ride@swv.org.uk. Spaces are filling up fast!

TUESDAY 7th DECEMBER 2021 SWV CAROL CONCERT, LONDON

2021 will hopefully see us all back together at St Columba's Church, Pont Street, London, celebrating what will be SWV's 5th annual Carol Concert. Put the date in your diaries!

If you have any ideas for fundraising events, please get in touch with Emma on emmaharvey@swv.org.uk.



“

SKI WEEK – FROM A BUDDY

“I don't know where to start. A simple thank you doesn't seem sufficient or do the week justice. Let me start by thanking you; you are amazing and you have created such an awe inspiring, wonderfully supportive, caring and inclusive environment which does nothing but provide a life changing experience for anyone who is part of it. I am humbled and so delighted to have been part of it this year. Thank you from the bottom of my heart for including me.

The vets were all truly amazing and incredibly brave individuals.

I know soldiers – I love soldiers but these guys and girls were different and so special. You have created an environment where they can come back to life, flourish and, for the first time in a while, see a brighter light at the end of the tunnel. They know that – they can see that – no matter how hard that is. The afternoon tea where people shared stories still gives me goose bumps. For some to speak in front of 50ish people is a first, let alone to talk about their own vulnerabilities so openly, but the atmosphere allowed them to feel safe and that is utterly special and unique.”

”



JOIN A VERY DIFFERENT SKIING CHALLENGE IN KLOSTERS, SWITZERLAND

Thursday 4th March –
Sunday 7th March 2021

Help **Supporting Wounded Veterans** change Veterans' lives whilst having the time of ***your*** life!

Held annually, **THE SKI CHALLENGE** is a fun, demanding, adrenaline-fuelled and competitive skiing event, for both individuals and businesses. A testing Marathon and Slalom race – the course having been set up with intimate knowledge of the terrain and resort.

For further details please email
alexhuntley@supportingwoundedveterans.com

- The competitors ski against each other and, uniquely, against five wounded Veteran teams.
- An extraordinary opportunity for networking, teamwork and personal development on many levels, with the competitors invariably inspired and motivated by the Veterans and their needs.
- Enter as a team of 2-4 people, or if you come on your own SWV will complete the team for you – teams can be either corporate or social.
- To take part you only need to be an intermediate level skier, or snowboarder (and above!).
- The funds raised will go directly to Supporting Wounded Veterans.
- Cost is £1,500 per person to include welcome drinks and three dinners, entry into all races, transfers to/from Zurich airport to meet the recommended flights, 2-day ski pass and winter sports holiday insurance (UK residents only). It does not include flights, accommodation, equipment hire or lunch.
- Included in the price is the fundraising minimum of £1,000 in aid of Supporting Wounded Veterans but additional fundraising is extremely welcome!
- If entering a corporate team please find out if matched funding is available.

info@supportingwoundedveterans.com
www.supportingwoundedveterans.com

Registered charity no. 1149727. Company no. 08258649 limited by guarantee.
Registered in England.



SUPPORTING
— WOUNDED —
VETERANS



REHABILITATION TO EMPLOYMENT

Join the Supporting Wounded Veterans Ocean Challenge 2021 in Cowes, Isle of Wight

Supporting Wounded Veterans delivered its first Ocean Challenge in 2018 with enormous success, involving four international teams who trained and competed in the famous 'Round the Island Race'.

THE OCEAN CHALLENGE will hopefully return in 2021 bringing together medically discharged Veterans to live on board, support each other in their recovery, train and race together in a way that most will not have experienced since being discharged from the Armed Forces. Made up of five days – three days of training and two days of racing when corporate teams will join the Veteran teams culminating in a final showdown race for victory.

You can get involved and show your support:

- Sponsor a Veterans' team for training and racing
- Enter your own team of 8 for two-day training/racing
 - Join a team as an individual or team of four for two-day training/racing
 - Be the regatta Title Sponsor

For further details or a brochure please email: info@supportingwoundedveterans.com.

info@supportingwoundedveterans.com
www.supportingwoundedveterans.com

Registered charity no. 1149727. Company no. 08258649 limited by guarantee.
Registered in England.

Would you like to be a mentor?

Help a Veteran realise their potential towards employment and personal goals; the journey post-injury back to civvy street can sometimes be a long and lonely one.

Lending someone a hand can make all the difference.

If you'd like to know more please contact Rikki Jacout

rikki@supportingwoundedveterans.com

01225 446 308 or 07973 222 666.

MENTOR

“

“After my ski trip with you last year I have really moved on and my new business is starting to perform well with the input and advice from your team and, in particular, from my mentor; without her I would not have had the confidence or skill set to start the project I am now running. I still have a long path to recovery and a coping strategy to master, but running my own business is really helping. Thank you so much, perhaps I can help another Veteran in the future as a helper and motivator!”

A Veteran

”

□ A VETERAN'S STORY...

MARK FORSTER ATTENDED THE 2020 SUPPORTING WOUNDED VETERANS SKI WEEK

My sixteenth birthday was coming up. This meant my time at the children's home was coming to an end. Next stop, homeless hostels. A key worker at the home, ex-military, encouraged me to sign up and so began my journey towards becoming a soldier. The initial process took 6 weeks ending with a trip to Lichfield for a military medical – which I failed. It was revealed that I had heart murmur, which I thought was down to me being so nervous! I was told that I could try again once the results of my heart scan came in. I was devastated and at 16, a weak and unsure child, I moved into my first homeless hostel.

I learnt fast to adapt to life in the hostel which was also home to drug addicts and ex-convicts. I tried to keep my head down and just do as I was told, which made life easier but also introduced me to a life of crime and I lost sight of my plans to join the military. Eighteen months later, my results came in. I was fit and healthy and could try again for a place in the army. In 2001, I started my Phase I training at Glencorse in Scotland. I felt I had finally found my family. At the end of the year, I joined the 1st King's Liverpool & Manchester regiment and started training to become an infantry soldier. I loved the life that was unfolding before me.



In 2003, as part of Operation Telic (Op TELIC 2) in Iraq, I was a search team member whose role was to conduct house raids looking for weapons, munitions and ex-Iraqi party members or officials wanted for crimes or questioning. I also played an active role in company orders, manning vehicle checkpoints, buildings and allied bases. Over time, the pressure got to me, often kicking down doors only to find women and children terrified and shouting inside.

In November 2003, I returned to the UK and to regimental life. I struggled. My fitness and relationships suffered and I found myself retreating from the lads, hiding away, scared of my own shadow, having suicidal thoughts. Prescribed mild anti-depressants by an unsympathetic MO, I was deployed down to Salisbury. I was signed off in 2005 and spent the next 15 years hiding away from the world.

Having tried so many different ways to get better, to help my PTSD, I needed to find my confidence again and to let my three children see their dad how he used to be. Then, I was accepted to join the SWV Skihabilitation Week in March 2020 and my life changed!

My mentor was amazing in helping me think about my future. With guidance from the SWV Occupation, Training and Employment (OTE) team, we explored my experience including my love of Game Design (I have self-taught C++ computer language and game design skills). Suddenly, I had a CV, my life but presented differently, the first step towards being able to lift my head and regain my confidence. On the back of this, not only have I applied to do some training with High Ground, but I have also been awarded an Open University Veteran Scholarship to read Computer Sciences!

Most recently, SWV have introduced me to EFT (Emotional Freedom Technique) therapy which is going really well and gives me another tool to help me in my recovery.

Who know where my Game Design skills and OU degree might take me, but without the support and belief of SWV, I genuinely feel there would be no future for me. I would like to take this opportunity to thank everyone at SWV who have helped me believe in people again and, more importantly, in myself. I can't thank them enough for all the support they are giving me and other veterans.

“

MARK FORSTER, AN SWV VETERAN

“I owe SWV my life”

”



theBigGive

CHRISTMAS CHALLENGE 2020

**Please give generously and your
donation will be DOUBLED!**

Help us support our Veterans through rehabilitation to occupation and your donation will be doubled, plus you can add Gift Aid. For example:

Donate £100 + Gift Aid and matched funding = £225

Donate £300 + Gift Aid and matched funding = £675

To donate click on the link below:

www.thebiggive.org.uk

and search for “Supporting Wounded Veterans”

The deadline for donations through the Big Give is
midday on Tuesday 8th December 2020.

If you have any questions about the Big Give Challenge,
please contact **Abigail** on: **07802 783 604** or
abigail@supportingwoundedveterans.com

Thank you so much for your invaluable support.

□ THANK YOU TO OUR SUPPORTERS

The Supporting Wounded Veterans' Committee would like to thank the following for all their support today and throughout the past year:

- Gerry and Rob Lewis from GL Productions who produced our virtual Carol Concert and donated their time, creativity and expertise at no charge. An enormous thank you!
- Rev Angus Macleod and Lucy Llewellyn, St Colomba's, Pont Street, London
- Mishal Husain, Geraldine James, Gyles Brandreth and Nicky Haslam
- Our Veterans: Harry Long, Martin Wade, Neil Heritage and Ben Roberts
- Oliver Lalllement, Musical Director at Holy Trinity, Sloane Street, London
- Sloane Square Chamber Choir and organist Edward Dean
- Grace O'Malley, our wonderful soloist from the Royal College of Music
- Jaclyn Rosenfeld, our sublime cellist from the Royal College of Music
- Clinton and Myriam at Holy Trinity, Sloane Street, London
- The 2020 SWV Carol Concert Committee and Chairman, Liz Vyvyan
- The SWV No-Meetings Committee
- All our sponsors
- All our Veterans and volunteers
- The SWV Events Committee: Marie-Claire Agnew, Jane Alexander, Alidad, Marianne Banbury, Meri Benham, Caroline Bordeaux Groult, Rose Cameron, Minnie Cecil, Valentine Cecil, William Clutterbuck, Stanny D'Arcy Clark, Olivia Davies, Amanda Downes, Michael Fitzroy, Howard Flood, Alexandra Gibbs, Claire Gooch, Nigel Hadden-Paton, Emma Harvey, Isabelle Hayhoe, Jamie Hazeel, Polly Hipkins, Lalie Jacout, Amy Lashinsky, John Mackinnon, Victoria Mather, Alexandra Moss, Miko Nakajima, Geoffrey Paterson, Patrick Phillips, John Henry Pounds, Michaela Rees Jones, Emma Resouly, Tania Ruck Keene, Rory Scott, Bella Seel, Alison Sola, Louise St Aldwyn, Nikki Symington, Francesca Tait, Elizabeth van Geest, Paul-Henry van Hasbroeck, Lucy Vaughan, Arrelle von Hurter, Liz Vyvyan, Catherine Weir and Joanna Wood

And last but certainly not least, all our donors, volunteers and fundraisers for their continued and ever-important support throughout the year.



□ SOME FEEDBACK FROM OUR SKI WEEK BUDDIES

“

SKI WEEK – FROM BUDDIES

“Sometimes life offers you a chance to make a difference to other people's lives. I've just spent a week with some incredibly brave and humble but fragile people. This week was just the start of their journey back into a normal life. I've watched a rhino of a Fijian, damaged horribly by an IED on duty in Afghanistan, cry tears of joy because he made it to the top of the Mountain and was free to ski down and witnessed an entire room sit silently whilst very emotional but brave men and women told their stories. Too many to mention here but the stand out was a theatre nurse, scarred by the memories of too many awful injuries. She spoke eloquently but very emotionally, about her perception that every casualty she saw, left a piece of their life's jigsaw in her. When she realised she'd been carrying hundreds of these pieces around with her, it all became too much. A hidden injury. She brought us all to tears. Supporting Wounded Veterans will mentor Veterans back into a normal life, I hope to become a mentor myself. Your donations were enough to fund a Veteran's place on this week and an entire year's mentoring. Your generosity has been humbling and I know that they all deeply appreciate your contribution to their recovery. The medics were truly fabulous, as all in that profession are and the other ski buddies were some of the kindest, warmest and most inspirational people I've had the privilege to be around. Thank you, with all my heart, for supporting them and me, believe me, we've made a difference.”

”



□ SUPPORTING WOUNDED VETERANS PATRON, TRUSTEES AND COMMITTEES

PATRON

- General Sir Nicholas Carter KCB CBE DSO ADC

TRUSTEES

- Frank Akers-Douglas
- James Charrington
- Right Hon Lord Hamilton of Epsom
- Philip Howell
- Colonel John A Kirkwood OBE

EXECUTIVE COMMITTEE

- Bart Borchardt
- George Brooksbank
- Michael FitzRoy
- Peter Flynn
- Emma Harvey
- Ed Hynes
- George Littler
- Rikki Jacout
- Gilly Norton
- Zizi Mason
- Abigail Rowe
- Nick Wiszowaty

FULL COMMITTEE

- Curtis Adams
- Ashley Berry
- Oliver Bleeker
- Kate Bright
- Ron de Jong
- Rachael Dickens
- Frances 'Tuft' Dobson
- Anna Gage
- Caroline Gillespie
- Martin Hewitt
- Christel Labes
- Rupert Legge
- John MacKinnon
- Liam Modlin
- Christina Muller
- James Palmer-Tomkinson
- Sally Ramsay Patrick
- Emma Resouly
- Abigail Rowe
- Bella Seel
- Carol Winkler

“

PAIN MANAGEMENT PROGRAMMES

“I have been waiting within the NHS for meaningful treatment to tackle my chronic pain and severe PTSD for over a year now. I am so pleased that SWV have been able to design the Pain Management Programme on it's own initiative, and can put some momentum back into my recovery.”

”

□ BIOGRAPHIES, IN ORDER OF APPEARANCE



MISHAL HUSAIN

Mishal Husain presents the Today Programme on BBC Radio 4 and the television news on BBC1. In a career spanning more than 20 years she was also one of the main faces of the international channel BBC World News and of the 2012 Olympics coverage. She has also made four critically-acclaimed documentaries, most recently on Malala Yousafzai and on the EU referendum in 2016. Her book *'The Skills – How to Win at Work'* will be published in paperback in January.

GYLES BRANDRETH

Gyles Brandreth is a writer, broadcaster, actor, former MP and Lord Commissioner of the Treasury, now Chancellor of the University of Chester. A star of Celebrity Gogglebox, a veteran of QI and Have I Got News For You, a reporter on The One Show and a regular on Just a Minute, his many books include The Oscar Wilde Murder Mysteries and three recent bestsellers: The 7 Secrets of Happiness; his celebrations of good English punctuation, spelling and grammar, Have You Eaten Grandma?; and his anthology of poetry to learn by heart, Dancing by the Light of the Moon. In 2021, pandemic permitting, he is appearing on stage with Dame Judi Dench at the Bridge Theatre, on TV with Sheila Hancock in Great Canal Journeys, and on tour throughout the country with his one-man show, Break a Leg! He presents a weekly podcast with Susie Dent about words: Something Rhymes With Purple – Best Entertainment Podcast at the British Podcast Awards, 2020.



GERALDINE JAMES OBE

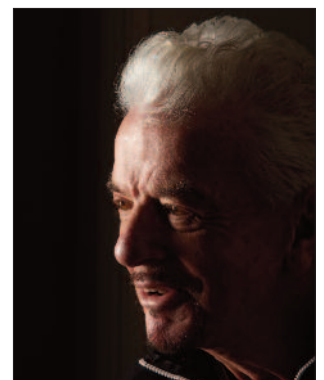
Geraldine has just completed work on Terence Davies' new film Benediction based on the life of Siegfried Sassoon. Other Films include Downton Abbey; 45 Years; Sherlock Holmes; The Girl with the Dragon Tattoo; Alice in Wonderland; Calendar Girls and Gandhi. Straight after Lockdown she spent 6 weeks on the Isle of Wight filming a new TV series by Nicholas Blake (aka Cecil Day Lewis) called The Beast must Die. She was also part of BBC's series of Lockdown stories, Unprecedented. Other Television work includes: Anne with an E; Black Work; Utopia; Sins; White Teeth; Band of Gold; Blott on the Landscape and The Jewel in the Crown. Theatre work includes: Hamlet (Broadway); Lawrence after Arabia; The Seagull; Victory; Lysistrata; Hedda Gabler; Faith Healer; Cymbeline and The Merchant of Venice (Broadway and West End).

NICKY HASLAM

Nicky Haslam is an acclaimed interior decorator. He was International Designer of the Year in 2016, and is included in Architectural Digest's 100 Greatest in that profession. His companies, NH Design and Nicky Haslam Studio, have created projects for Charles Saatchi, Bryan Ferry, Rupert Everett, Roman Abramovich and Ringo Starr among many, and designed events for the Rothschilds and the Prince of Wales. He is the author of four design books and an autobiography, Redeeming Features. His new book The Impatient Pen will be published in the Spring. He is a diarist and literary critic, as well as an editor for The Tatler and Milieu, the American design magazine. He also performs Cabaret once a month at The Pheasantry in the King's Road.

While at Eton, Haslam excelled in art. He lived for ten years in the USA, employed by Vogue magazine in New York, followed by ranching in Arizona and working in the film industry in Los Angeles. In 1972 he returned and set up his design company. Today his watercolour renderings are held by the Victoria and Albert Museum, as well as The Royal Institute of British Architects, and command high prices at auction.

He is involved in various philanthropies including The Ponsonby Temple Appeal for Parkstead (formerly Bessborough) House in Roehampton – his C18th ancestral family home – the Soane Museum, Historic Royal Palaces, Maggie's Cancer Centres UK and ASAP (African Solutions for African Problems).



□ ABOUT OUR CONDUCTOR AND MUSICIANS

CONDUCTOR – OLIVER LALLEMANT

Oliver Lallemand has been Organist and Director of Music at Holy Trinity Sloane Square for the past five years, and runs several choirs including Sloane Square Choral Society, Chelsea Chamber Choir and the Chelsea Arts Club Singers. A Fellow of the Royal College of Organists, and a Licentiate of the Royal Schools of Music in Piano Performance, Olly also organises and directs singing holidays on the Continent.

Llandaff Cathedral was where Olly began his musical training as a young chorister. He was, and remains, the only living soul to have sung Howard Blake's 'We're Walking in the Air' in Welsh on national television. After Llandaff he moved to Wells Cathedral School, and then to King's School, Bruton, before going on to read music at Trinity College, Cambridge (2002–5), where he was an organ scholar. While at Trinity, Olly played for radio broadcasts and high-profile concerts, and went on tour to destinations including India, Germany, Austria and the USA.

Also a jazz pianist, Olly performs as a soloist or with his trio at weddings, soirées, cocktail receptions and Christmas parties. He plays frequently around the world, and can be heard three nights a week in the glorious setting of the Michelin-starred restaurant at the Ritz. Olly is a passionate linguist who speaks French, German, Italian and Spanish to varying degrees of fluency. To contact Olly, email oliver@lallemand.com.



SOLOIST (SOPRANO) – GRACE O'MALLEY

Grace is a 22 year-old soprano from Lancashire. Having completed her Undergraduate studies at The Royal College of Music she is now in her first Postgraduate year as a Derek Butler scholar supported by the Henry Wood Accommodation Trust and continuing to study with Baritone Peter Savidge. Grace attended Chethams School of Music as a Manchester Cathedral chorister and went on to study at the Junior Royal Northern College of Music with Linda Richardson. She was the gold medal winner at the Llangollen International Eisteddfod in 2012 and was awarded the Helen Latto Award for Singing and the Rotary award for Performance at The Junior Royal Northern College of Music.

Grace has raised over £100,000 for charities such as The Royal British Legion and Petal Childhood Cancer Research UK. She is an honorary member of both these charities and has won awards including 'Young Citizen Award' from the High Sheriff of Lancashire and 'BBC Rotary Young Citizen' award. Grace is a founding member of The Rotaract Club of London and during the pandemic raised £6000 for Polio and the homeless charity CRISIS via a zoom concert. She has also performed for the Chelsea Pensioners while staying as their guest at The Royal Hospital and is excited to start singing for the children of Great Ormond Street Hospital.



Opera (scenes) roles include Alcina and Morgana from Handel's 'Alcina', Romilda from 'Serses' and Smetana's Marenka from 'The Bartered Bride' at the RCM. She has also performed Susanna from Mozart's 'The Marriage of Figaro' and Miss Wordsworth from Britten's 'Albert Herring' at Oxenfoord Summer Course. In October 2019, Grace was the Soprano soloist in Lili Boulanger's Hymne au Soleil (Les Sirenes) with the RCM Chamber Choir, conducted by Natalie Murray Beale. Recently at the Royal College of Music, Grace participated in a Lieder collaborative masterclass with world-renowned accompanist and coach, Helmut Deutsch. In March at the RCM, she participated in a vocal masterclass with Soprano Lynn Eustis.

Grace should have been making her role debut as the Second Lady in Arcadian Opera's production of 'The Magic Flute' as well taking part in masterclasses and opera scenes from 'La Boheme' in Verona but due to the pandemic these have been moved to next year. She is passionate about all aspects of performance and is happiest when onstage performing for an audience.

CELLIST – JACLYN ROSENFELD

Jaclyn Rosenfeld is a British cellist, orchestrator and musician based in London, specialising in contemporary music. She is currently studying for her Masters with Richard Lester at the Royal College of Music (RCM), where she regularly appears in the RCM's New Perspectives ensemble, and frequently collaborates with composers on new works for solo cello. Prior to this, she read Music at Trinity College Cambridge, during which time she was fortunate enough to play under distinguished professional conductors such as Nicholas Collon, Andrew Gourlay and Sir Roger Norrington.

During her time at RCM so far, Jaclyn has worked under eminent conductors such as Rafael Payare and Jac van Steen, given solo recitals at the Victoria & Albert Museum, had her orchestrations performed in RCM orchestral concerts, and arranged for and collaborated with Pixie Lott. A former principal cello of the National Youth Chamber Orchestra of Great Britain, she has participated in several projects with the London-based Aleph Orchestra, in which she regularly worked with members of the London Symphony Orchestra. Jaclyn has also had the privilege of taking part in masterclasses with eminent cellists such as Hannah Roberts, Gemma Rosefield and David Waterman. Jaclyn ended her time at Cambridge by winning the highest recital mark of any instrumentalist in her year, after which she went to Germany to study cello in the class of Prof. Julius Berger at the Leopold-Mozart-Zentrum der Universität Augsburg, as a scholar of the 'Studienstiftung des Deutschen Volkes'.



ORGANIST – EDWARD DEAN

Edward Dean is graduate of both the Royal College of Music, London, and the Eastman School of Music (Rochester NY, USA). He graduated from the Royal College of Music with First Class Honours, winning the Harold Darke prize for organ performance at the same time. At the Royal College he studied interpretation and improvisation with Sophie-Véronique Cauchefer Choplin (Saint-Sulpice, Paris), with David Graham (Church of the Immaculate Conception, Farm Street), and harpsichord with Terence Charlston. He has also studied with Nathan Laube and Andrew Dewar.

Since his time living and working in Paris, he has developed a keen interest in the harmonium. He has been called upon to restore rare instruments, including the Mustel Art Harmonium at the Eastman School of Music, and is currently acting as an advisor to a PhD candidate at York University whose thesis centres around free reed instruments.



THE CHOIR

The singers in this recording have been members or deputies of the professional Holy Trinity Choir over the years. We go under the name of Sloane Square Chamber Choir when singing external engagements.

- Louise Prickett (soprano)
- Harriet Hougham Slade (alto)
- James Way (tenor)
- James Hobson (bass)



□ THE SUPPORTING WOUNDED VETERANS CAROL CONCERT

ORGAN VOLUNTARY

INTRODUCTION

Mishal Husain

ONCE IN ROYAL DAVID'S CITY

Grace O'Malley, soprano, and The Choir

Solo

1. Once in royal David's city,
Stood a lowly cattle shed,
Where a mother laid her baby
In a manger for His bed:
Mary was that mother mild,
Jesus Christ her little child.

The Choir

2. He came down to earth from heaven,
Who is God and Lord of all,
And His shelter was a stable,
And His cradle was a stall;
With the poor and meek and lowly,
Lived on earth our Saviour holy.
3. Not in that poor lowly stable,
With the oxen standing by,
We shall see Him, but in heaven,
Set at God's right hand on high;
When like stars
His children crowned,
All in white shall be around.

Words by C.F. Alexander (1818-1895), 1848

Music by Henry Gauntlett (1805-1876), 1849

A NEW NATIVITY by Alan Titchmarsh

Gyles Brandreth

O COME, O COME EMMANUEL

Oliver Lallement, piano and Jaclyn Rosenfeld, cello

O LITTLE TOWN OF BETHLEHEM

The Choir

1. O little town of Bethlehem,
How still we see thee lie!
Above thy deep and dreamless sleep
The silent stars go by;
Yet in the dark street shineth
The everlasting Light;
The hopes and fears of all the years
Are met in thee tonight.

2. How silently, how silently,
The wondrous Gift is given!
So God imparts to human hearts
The blessings of His heaven.
No ear may hear His coming,
But in this world of sin,
Where meek souls will receive Him still,
The dear Christ enters in.

4. O holy Child of Bethlehem,
Descend to us, we pray;
Cast out our sin and enter in,
Be born in us today.
We hear the Christmas angels
The great glad tidings tell:
Oh, come to us, abide with us,
Our Lord Emmanuel!

Words by Rector Phillips Brooks (1835-1903)

A folk melody harmonised by Ralph Vaughan Williams (1872-1958)

THE LION, THE UNICORN AND ME by Jeanette Winterson

Geraldine James

SILENT NIGHT

The Choir

1. Silent night, holy night
Heaven is new, earth is bright
Angel's songs are heard above
As the child of peace and love
Sleeps in Mary's arms
Sleeps in Mary's arms

2. Silent night, holy night,
Skies are clear, stars are bright
Now the shepherds wend their way
Homage to this child to pay
He is Christ the Lord
He is Christ the Lord
3. Silent night, holy night,
Christ is here, all is light
Shadows of the past are gone
With the advent of the son,
Born to save us all
Born to save us all

Music by Franz Xaver Gruber (1787-1863)

Words by GB Timms (1910-1997) based on Joseph Mohr (1792-1848)

A CHRISTMAS MESSAGE

Harry Long, Veteran

O HOLY NIGHT

Grace O'Malley, soprano, and Oliver Lallement, piano

Oh, holy night, the stars are brightly shining
It is the night of our dear Saviour's birth
Long lay the world in sin and error, pining
Till He appeared and the soul felt it's worth
A thrill of hope, the weary world rejoices
For yonder breaks a new and glorious morn'
Fall on your knees, oh, hear the Angels' voices
Oh, night divine, oh, night when Christ was born
Oh, night divine, oh, night, oh night divine

Led by the light of faith serenely beaming,
With glowing hearts by His cradle we stand.
So led by light of a star sweetly gleaming,
Here came the wise men from Orient land.
The King of kings lay thus in lowly manger,
In all our trials born to be our Friend!
Fall on your knees, oh, hear the Angels' voices
Oh, night divine, oh, night when Christ was born!
Oh, night divine, oh, night, oh, night divine!

Music by Adolphe Adam (1803-1856)

Lyrics by Placide Cappeau (1808-1877)

A VETERAN'S STORY

Martin Wade

THE BIRTH OF CHRIST, GOSPEL OF ST LUKE, Chapter 2

Nicky Haslam

ANGELS FROM THE REALMS OF GLORY

Grace O'Malley, soprano, Oliver Lallement, piano and The Choir

Solo and piano

Angels from the realms of glory
Wing your flight o'er all the earth
Ye who sang creation's story
Now proclaim Messiah's birth

Gloria
In excelsis deo
Gloria
In excelsis deo

The Choir

Shepherds, in the fields abiding
Watching o'er your flocks by night
God with man is now residing
Yonder shines the infant light

Gloria
In excelsis deo
Gloria
In excelsis deo

Though an Infant now we view Him,
He shall fill His Father's throne,
Gather all the nations to Him;
Every knee shall then bow down:

Gloria
In excelsis deo
Gloria
In excelsis deo

Lyrics by James Montgomery (1771 – 1854)

A VETERAN'S EXPERIENCE

Neil Heritage

O MAGNUM MYSTERIUM

Music by Tomás Luis de Victoria (c. 1548 – 1611)

The Choir

THE ADDRESS

General Sir Nicholas Carter, Chief of the Defence Staff and Patron of
Supporting Wounded Veterans

HARK! THE HERALD ANGELS SING

1. Hark! The herald angels sing,
 "Glory to the newborn King!
 Peace on earth and mercy mild,
 God and sinners reconciled."
 Joyful, all ye nations rise,
 Join the triumph of the skies,
 With th'angelic host proclaim:
 "Christ is born in Bethlehem."
*Hark! The herald angels sing,
 "Glory to the new born King!"*

2. Christ by highest heav'n adored,
 Christ the everlasting Lord!
 Late in time behold Him come,
 Offspring of a Virgin's womb.
 Veiled in flesh the Godhead see,
 Hail the incarnate Deity,
 Pleased as man with man to dwell,
 Jesus, our Emmanuel.
*Hark! The herald angels sing,
 "Glory to the new born King!"*

3. Hail the heav'n-born Prince of Peace!
 Hail the Son of Righteousness!
 Light and life to all He brings,
 Ris'n with healing in His wings.
 Mild He lays His glory by,
 Born that man no more may die,
 Born to raise the sons of earth,
 Born to give them second birth.
*Hark! The herald angels sing,
 "Glory to the new born King!"*

Felix Mendelssohn (1809-1847)

Arranged by David Willcocks (1919-2015)

PRAYERS AND BLESSING

The Reverend Angus MacLeod

FAREWELL

Mishal Husain

LEAN ON ME by Bill Withers

Ben Roberts, SWV Veterans and Buddies

SIMON GAMMELL

SWV Buddy 2021 (or is it Hans from The Nutcracker...?)





Thank you so much again for watching and supporting us tonight. We hope you enjoyed the concert!

The charity simply cannot run without your amazing support, so please keep an eye on all that is going on at the charity throughout the year at www.supportingwoundedveterans.com.

Don't forget, you can double your donation with The Big Give Christmas Challenge 2020 – see page 17.

We wish you all a Merry Christmas.

