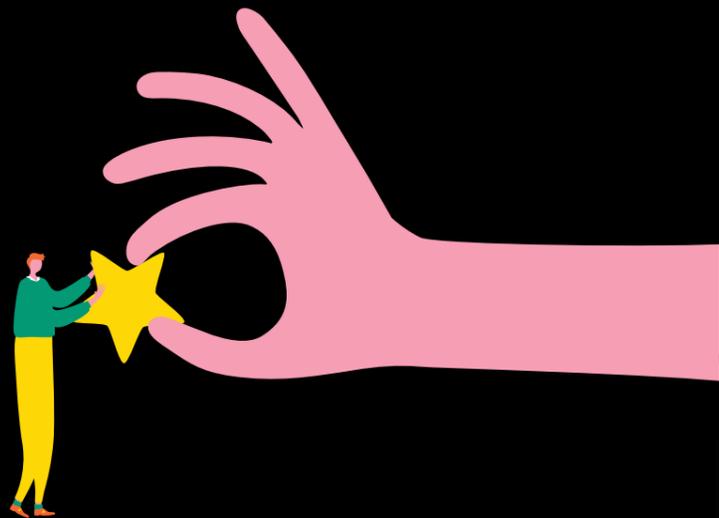


BlackRock is proud to support the outstanding work of Supporting Wounded Veterans.

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*Source: Charity Finance Fund Management Survey, November 2021.

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The Supporting Wounded Veterans Carol Concert 2021

St Columba's Church, Pont Street, London
Tuesday 7th December 2021



Thank you, Clifford Chance, for once again so generously donating the printing of the Concert programmes



**Proud to support this evening's carol concert
in aid of Supporting Wounded Veterans**

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□ A MESSAGE FROM SWV FOUNDER AND CEO, GILLY NORTON

Welcome to the fifth annual Supporting Wounded Veterans Carol Concert, and thank you for coming to support us again this year. It is marvellous that we can all get together in person, but for those that can't be with us, a special film of the Concert will be available to watch via the charity's website from Saturday 11th December. Last year our Carol Concert was watched by over 1,500 people online, from Japan to Canada!



The funds that we raise tonight will enable SWV to continue to provide support for veterans, with the overall aim of helping those in need to regain their independence in civilian life after our support programmes. We are also raising money tonight for our "Pioneer Fund" that will help fund trials to deliver MDMA-assisted therapy for PTSD sufferers. We hope these trials will show the same very promising results as the ones in the United States, which, at the end of the first Stage 3 trials, have had a 67% success rate. PTSD is a terrible affliction and SWV are delighted to be working with MAPS and King's College, London in pulling together the funding. We are hugely grateful for the support we have achieved to date from a number of generous funders including NHS England and hopefully the Office of Veteran Affairs, as announced in the budget.

Our success speaks for itself; even with the pandemic, 93% of the veterans who have engaged with SWV are back into occupation, training or employment. However, the necessity for treatment after complex trauma injury goes on and on with multiple operations and years of battling with PTSD. With the right help, people can overcome extraordinary hurdles and be an inspiration to us all.

My thanks tonight also go to the many mentors and ski buddies who have engaged with us, and have provided support and funding to the charity. As one buddy said "the Ski Week was an awesome adventure unlike any other. I thought I was there to help, but I also saw the astonishing support the charity offers and the inspiration that the wounded show to all of us".

By attending this evening, you are enabling SWV to continue to support as many veterans as we can in all aspects of civilian life. It also helps us initiate important research studies, such as those at King's College, on really ground-breaking new treatment for those who have given a great deal for their country.

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

It is with great sadness that the charity recently lost its COO, George Brooksbank. George was Gilly's right-hand man from day one of SWV. It is impossible to say here in a few words just how much he gave to the charity, and to the veterans it supports. He leaves an irreplaceable seat at the Committee table.

Thank you, George, for all your hard work and dedication to a cause you so believed in supporting. There is one less mighty character in the world. You will be greatly, greatly missed.

"So when a great man dies, for years beyond our ken, the light he leaves behind him lies upon the paths of men." (Henry Wadsworth Longfellow)



□ A MESSAGE FROM OUR PATRON, GENERAL SIR NICK CARTER

It has been a tough couple of years for all of us, but particularly so for those veterans struggling to come to terms with physical and mental injuries. As the campaigns in Iraq and Afghanistan fade from people's memories it is easy to imagine that the requirement to support our veterans has faded too.

But for many this is when the mental scars of combat like complex PTSD often materialise. Supporting Wounded Veterans is a very special charity that understands the requirement more than most – and I am very grateful to you for supporting us this evening.

As we approach Christmas it is worth reflecting on Winston Churchill's wise observation: "you make a living out of what you get, you make a life out of what you give".

Happy Christmas.

Nick Carter

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



KEEN TO SUPPORT OUR VETERANS DURING THEIR 'RECOVERY THROUGH SPORT' WEEK? WHY NOT SIGN UP TO BE A SKI BUDDY ON THE 2022 SKI WEEK?

Buddies are a vital part of the ski week and help ensure our Veterans get the most out of it. It is hugely rewarding and, in many cases, has been a life changing experience. We are looking for buddies aged 20 and over with skiing experience. To find out more, or to apply, go to www.supportingwoundedveterans.com/buddy-ski-programme or email buddies@supportingwoundedveterans.com.

"As a buddy, I realised I didn't need any special qualifications. I just needed to go with an open mind, listen and talk. By giving a little of your time, you really can make a huge difference."

□ ABOUT THE CHARITY

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

UK forces have been deployed on operations continuously over the last 30 years in conflicts ranging from Northern Ireland, the Balkans, Sierra Leone, Iraq, Afghanistan and more recently in Libya and Syria. Since 2001, over 22,000 Veterans have been medically discharged and many of them struggle to access the pathway needed to improve or stabilise their medical condition, or give them the opportunity to find meaningful employment.

Founded in 2012 as Skiing with Heroes, the charity has developed needs-based comprehensive programmes which have supported 440 Veterans since its inception.

During the pandemic the charity has adapted and has delivered more support online (88 online pain review consultations have been carried out, along with 6 pain resilience programme groups), £1.2m has been raised for PTSD treatment research, £75k raised by volunteer Buddies, 324 Veterans continue to engage in our OTE programme, and 54 mentors supported 96 Veterans. 90% of Ski Week Veterans are now in meaningful occupation.

SWV programmes include:

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.

Covid 19 prevented the Ski Week taking place on the snow this year, but we moved some of the annual workshops online and ran a Virtual Ski Week, which was well attended by Veterans, Buddies, volunteer medics, programme leads, Committee members and Trustees. Those who participated in the Virtual Ski Week and the "Meet and Greet" that was sponsored by one of the Buddies this summer will, we hope, be on the snow in March 2022 joined by another 10 veterans. As ever, we were oversubscribed, but thanks to additional funding we were able to interview more veterans and bridge a small piece of the gap created during the pandemic – 2022 will see us take 30+ veterans to the slopes for this Sports Habilitation week.

MENTORING: this is a structured programme giving each Veteran a trained and dedicated mentor, who supports the Veterans in all areas of their lives. We assist with their transition into civilian life and, where possible, employment.

OCCUPATION, TRAINING & EMPLOYMENT (OTE): this helps veterans understand the job market and their own transferable skills and strengths within it, working closely with the veteran, and in many instances their mentor. This can afford the veteran an opportunity to think about what occupation they want to aim for, matching abilities, creating opportunities with employers, and assisting them into employment, training and occupation. We pride ourselves on our continued support for SWV Veterans once they secure the right role. 93% of our Veterans are now in full or part-time employment, training, or meaningful occupation.

PAIN MANAGEMENT PROGRAMME (PMP): 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 veterans live with chronic pain, and this can have an often-devastating impact on relationships, families, and family life. Many are prescribed such significant 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.

In 2016 we launched the first veteran specific Pain Management Programme (PMP) in the UK and 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.

Continued overleaf ▶



JOIN THE GREATEST CYCLE CHALLENGE FROM SAINT-NAZAIRE TO THE BEACHES OF THE NORMANDY LANDINGS

Tuesday 21st June –
Sunday 26th June 2022



Supporting Wounded Veterans invites you to join **THE GREATEST CYCLE CHALLENGE**, 21st-26th June 2022. A guided ride from World War II's 'Greatest raid' at Saint-Nazaire to the 'Greatest landings' on the Normandy beaches, plus many sites of interest and a little socialising on the way! Minimum fundraising commitment of £2000. £600 deposit required on registration.

To register or for further information, email ride@swv.org.uk or polly@swv.org.uk

www.supportingwoundedveterans.com/events

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

“

PAIN MANAGEMENT PROGRAMMES

What does the pain management programme mean to me? I left Iraq in 2005 and many people have told me I should move on from it but how can you move on when every day the crippling pain reminds you. When every movement reminds you what you have lost and that you are not the same as what you were before. More than just reminding you of what went on before it prevents you from having a future. Unable to work, struggle to socialise and difficulty having a family life. So even though I haven't started the PMP yet, it has already given me something I lost a long time ago, hope. Hope that I can have a normal beneficial life. Hope that one day I can be a proper father to my children again. I have been given a lifeline which I could not have got any other way.

”

In 2020, driven by the pandemic, and with residential Pain Management Programmes temporarily put on hold, SWV moved their Pain Management online. Veteran applicants are invited to attend a Pain Review with Dr Dominic Aldington, and in many instances this review leads to a referral to the Online Pain Resilience Programme (PRP), a veteran-specific online course over the course of a year. This course is veteran-led – most of the clinicians are veterans themselves, as are the PRP Team Leaders. The first and second PRPs have now completed their 52 weeks, but the veteran attendees are continuing to peer-support each other. The ninth programme will commence in the New Year.

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 all wounded veterans who have been through our programmes. They are role models for both the veteran and the wounded veteran community, and assist SWV with fundraising events, wounded veteran awareness and inspirational speaking at schools, community groups and projects. The Ambassador Board meets twice a year 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.

VETERAN SUPPORT NETWORK (VSN): VSN lead, Arron, is on the Ambassador Board and he works closely with the Mentoring and OTE Programme leads, providing support and follow-up referrals for veterans who are facing any of a number of issues; Personal Independence Payments, Armed Forces Compensation Claims, Pension and War Pension assessments, Legal Issues (compensation, housing, family – the list is long).

The VSN has built up a network of pro bono law firms (we are always looking for more), strong alliances with the NHS, OpCourage and other veteran support organisations, and makes good use of the Ambassador Board who are happy to peer-support when required.

Continued overleaf ▶



Join the Supporting Wounded Veterans Ocean Challenge 2022 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'.

We are delighted to announce that **THE OCEAN CHALLENGE** will return in 2022 running from Monday 20th – Saturday 25th June (dates TBC). Bringing together medically discharged Veterans, participants will live on board their yachts, support each other in their recovery and train and race together in a way that most will not have experienced since being discharged from the Armed Forces.

Over 5 days, the teams will learn about the dynamics and realities of sailing and learn new skills that will be put to the test during both the SWV Regatta and the Round the Island Race.

You can get involved and show your support by:

- Sponsoring a Veterans' team for training and racing
 - Offering a suitable yacht for the Challenge
 - Volunteering as a skipper
 - Being the Regatta sponsor

For further details or a brochure please email: polly@swv.org.uk.

info@supportingwoundedveterans.com
www.supportingwoundedveterans.com

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

“

A VETERAN'S PARTNER – BOUNCING BACK PROGRAMME

I feel very fortunate to have been part of the Bouncing Back pilot. It has been so lovely to spend time relaxing and chatting with partners of veterans who can relate to the challenges I face on a regular basis. Penny guided us through the sessions so beautifully and I have come away with a more positive mindset, some great coping strategies and I am taking better care of myself by ensuring I make time for me. I believe this programme would be an absolute godsend for those whose partners are newly injured or sick. At times I felt so alone in the early days of my husband's illness when he was struggling to come to terms with everything falling apart around him and was very difficult to love. Although I was lucky to have the support of family and friends, they could not fully understand what I was going through. The Bouncing Back girls just GET IT. I feel I have made a fab group of friends and really hope to meet them in person before too long!

”

BOUNCING BACK PROGRAMME: for our Veterans' partners. We at SWV have been talking about the importance of helping partners of wounded veterans for many years, and as such we are so pleased to announce our new pilot programme "Bouncing Back". This programme will be run for the partners of those veterans attending any of our programmes, via online sessions which will aim to provide tools which they can take and use in their everyday lives.

It is a 21-day challenge in groups of 6-8, incorporating sharing and feedback, practices and guided exercises, meditation, mindfulness, homework, buddy and support systems.

PIONEER PROGRAMME: Broad estimates suggest that there are c.300,000 veterans in the UK with PTSD. 9% of former servicemen and women who had deployed to Iraq or Afghanistan suffer from PTSD, and for those whose last deployment was in a combat role, the rate rises to 17%. SWV has brought together world-class researchers from King's College London, MAPS (Multidisciplinary Association for Psychedelic Studies) and NHS England to deliver the UK's first-ever MDMA-assisted therapy clinical trial to research a new, more effective, treatment for severe PTSD. The treatment uses clinically-controlled, pharmaceutical doses of MDMA with psychotherapy, creating the ideal conditions to reduce the fear response, helping veterans to access their innate capacities for resilience and post-traumatic growth. In the US, recent results have shown 67% of participants no longer qualify for a PTSD diagnosis after three sessions of MDMA-assisted therapy.

SWV is leading the UK's response to a global challenge in finding a solution to PTSD. Like 'The Guinea Pig Club' of WWII, wounded veterans are yet again at the vanguard of pioneering new treatment which will benefit military and civilian populations. The success of the trials will dictate the treatment being available for licence, within clinical settings to help those who have survived conflicts, sexual abuse, rape and torture.

WOULD YOU LIKE TO APPLY FOR SWV'S SKI WEEK?

Any veterans who wish to apply for SWV's Ski Week, please go to www.supportingwoundedveterans.com/veteran-contact.

□ THE SWV PIONEER PROGRAMME REVOLUTIONARY THERAPY OFFERS HOPE

SWV has brought together world-class researchers from King's College London, MAPS (Multidisciplinary Association for Psychedelic Studies) and NHS England to deliver the UK's first MDMA-assisted therapy clinical trial to research a new, more effective, treatment for severe PTSD.

The treatment uses clinically-controlled, pharmaceutical doses of MDMA with psychotherapy, creating the ideal conditions to reduce the fear response, helping veterans to access their innate capacities for resilience and post-traumatic growth.

The research will:

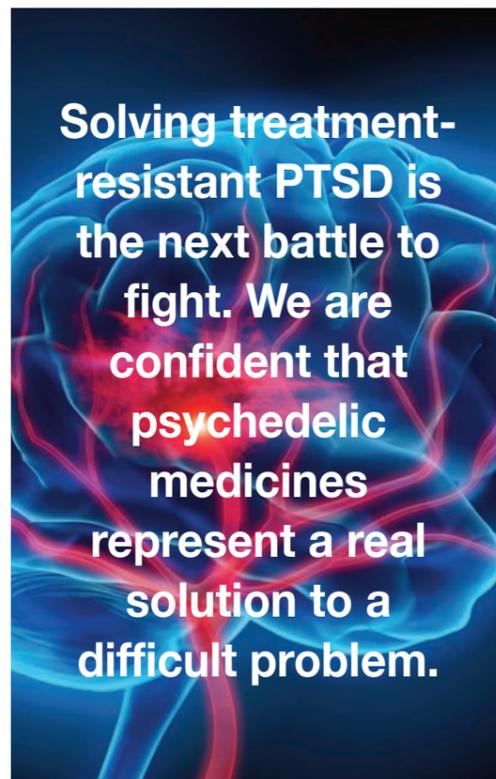
- Evaluate the effectiveness of MDMA-assisted therapy as a treatment for PTSD in UK veterans by conducting two clinical trials.
- Replicate the MAPS US trials, where Phase 3 trials are already demonstrating positive outcomes of **67% of participants not qualifying for a PTSD diagnosis after just 18 weeks** (Nature Medicine, May 2021).
- Contribute to a global study across nine countries to secure regulatory approval (FDA, European Medicines Agency and MHRA) for a licence to be available for the treatment of all trauma survivors in the UK.

PTSD IN THE UK

- Broad estimates suggest that there are c. 300,000 veterans in the UK with PTSD. 9% of former servicemen and women who had deployed to Iraq or Afghanistan suffer from PTSD. For those whose last deployment was in a combat role the rate rises to 17%.
- PTSD can affect anyone. The rate is 4.4% within the civilian population and we expect that to increase amidst the pandemic. Early evidence from the COVID-19 pandemic is showing that 20% of Intensive Care Unit survivors could develop the condition.
- Sadly, existing treatments like Cognitive Behavioural Therapy, while considered the 'gold standard', only offers a modest, 30% chance of success, with veterans faring worse from existing treatments than civilians due to the nature of the trauma and length of time it has taken to seek help.

The UK trial builds on many years of research in the US, held under the auspices of the FDA and designated by them as a Breakthrough Therapy in 2017.

With UK results expected to replicate the US, this trial will deliver a strong scientific case for this new therapeutic approach.



The project is backed by Lord Prior, Chairman of NHS England and our SWV Patron and Chief of the Defence Staff, General Sir Nick Carter who has said:

“

GENERAL SIR NICK CARTER, CHIEF OF THE DEFENCE STAFF

This programme genuinely promises to make a difference to the lives of wounded veterans who deserve the chance to live normal lives.

”

“

GILLY NORTON, SWV FOUNDER

There is nothing left in the medicine cabinet. We've seen no new treatments since the development of the first anti-depressants. We've all reached the same conclusion that psychedelic medicines are the best chance in the turning the dial for those who have been waiting too long for help.

”

“

MARTIN, VETERAN

To have the chance of a new life. To have a world where my PTSD is not as dominating as it is right now. To put the past into some sort of context and not be haunted by it every day, every moment in the future. What a wonderful gift that would be.

”

With thanks to our donors and supporters who are helping to make this research a reality:

- | | |
|--|--|
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| ■ Lord Leverhulme's Charitable Trust | ■ The Collier Foundation |
| ■ MAPS (Multidisciplinary Association for Psychedelic Studies) | ■ The Wyfold Charitable Trust |
| | ■ And all those who wish to remain anonymous |

To find out more visit: www.supportingwoundedveterans.com/pioneer



**Nick and Holly Candy
and the Trustees of
The Candy Foundation are
proud to support the work of
Supporting Wounded Veterans**



The Candy Foundation is committed to improving the lives of people facing severe disadvantage, disabilities, and challenging circumstances.

We wish all our serving military personnel, reservists, veterans and their families a very happy and peaceful Christmas.

thecandyfoundation.org

□ SUPPORTING WOUNDED VETERANS PATRON, TRUSTEES AND COMMITTEES

PATRON

- General Sir Nick 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

- Jenni Anderson
- Martin Beaney
- Bart Borchardt
- George Brooksbank (COO)
- Peter Flynn
- Emma Harvey
- Polly Hipkins
- Ed Hynes
- Rikki Jacout
- George Littler
- Zizi Mason
- Gilly Norton (Founder & CEO)
- Abigail Rowe

FULL COMMITTEE

- Curtis Adams
- Ashley Berry
- Oliver Bleeker
- Kate Bright
- Ron de Jong
- Rachael Dickens
- Frances (Tuft) Dobson
- Michael FitzRoy
- Anna Gage
- Caroline Gillespie
- Annabel (Bella) Seel
- Nadav (Liam) Modlin
- Christina Muller
- Sally Ramsay Patrick
- Emma Resouly
- Nick Wiszowaty

□ 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, prize donations, spreading the word, joining in yourself, or simply being there as support, now we can finally congregate together again...

2022

6th – 13th MARCH 2022 VETERANS' SKI WEEK, KLOSTERS, SWITZERLAND

The annual Ski Week in Klosters, where this year we are taking 30 military discharged wounded veterans skiing to kick-start their rehabilitation and introduce them to the SWV family. Accompanying them will be our volunteer buddies, skiing alongside, supporting their sports habilitation. To apply to be a buddy, please email buddies@supportingwoundedveterans.com or look at the website for more details of how to get involved.



10th – 13th MARCH 2022 BUSINESS SKI CHALLENGE, KLOSTERS, SWITZERLAND

We are planning a 'mini by-invitation-only' Business Ski Challenge this year, which will run in parallel to the Veterans' Ski Week – starting on Thursday 10th March, including the infamous Yeti Challenge on Friday 11th and Races on Saturday 12th. As before, the event will be run and be managed by our VetRep Team, who will, for the first time, assist with the running and management of the Veterans' Ski Week.



The 2022 Business Ski Challenge will again be an opportunity to compete with veteran challengers (there are a few here tonight) as well as meet the VetReps (also a few here tonight), and perhaps some of our 2021/22 veterans.

(VetReps are veterans who have successfully been through some of our programmes, resulting in a return to full time occupation, and are now in a position to donate their time, skills, and capabilities to ensure the successful running of the Ski Events. It is also a great opportunity for new veterans to see where sports habilitation can lead.)

21st – 26th JUNE 2022 THE CYCLE CHALLENGE, ENGLAND TO NORMANDY

Headed up by one of our SWV Veterans, Harry Long, and including guided tours, this is a five-day event bringing together a fantastic physical challenge and a cycling tour through military history, accompanied by SWV Veterans. For more information, please contact Harry at ride@swv.org.uk or Polly at polly@swv.org.uk.



□ SUPPORTING WOUNDED VETERANS EVENTS CALENDAR

2022 *continued*

20th – 25th JUNE 2022 THE OCEAN CHALLENGE, 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 returns in 2022 bringing together medically discharged Veterans to live on board, support each other in their recovery, train and race together in a manner that most will not have experienced since being discharged from the armed forces. If you would like to get involved please contact Polly at polly@swv.org.uk.



EARLY DECEMBER 2022 (date tbc) SWV CAROL CONCERT, ST COLUMBA'S CHURCH, PONT STREET

We hope you will join us again next year!



To hear first about all of our future events (including news on how we will be celebrating the Charity's 10th year), sign up to our newsletter at www.supportingwoundedveterans.com/copy-of-newsletter, or email polly@swv.org.uk to register. We promise not to overload your inbox!

“

PAIN MANAGEMENT PROGRAMMES

Supporting Wounded Veterans has drawn together the right team to address one of the greatest barriers wounded veterans face in getting back into employment.

”



□ SWV BOUNCING BACK PROGRAMME FOR PARTNERS OF VETERANS

We at SWV have been talking about the importance of helping partners of wounded veterans for many years. We are so pleased to announce a new pilot programme "Bouncing Back" for these partners. This programme will be run by online sessions, approximately 1½ hrs long, involving a combination of facilitated sharing, learning from and supporting each other, also with tools to take into their life and use after the programme.

Format of the session:

- Sharing and feedback
- Practices and guided exercises; meditation, mindfulness, breathing
- Homework, buddy and support system
- Follow up in between sessions
- A 21 day challenge to embed the learnings

For small groups of partners: six to eight people.

Key Benefits:

- Provide on-going support in a non-therapeutic setting
- Reduce social isolation
- Expand support networks with other wives/partners/spouses
- Increase trust, bonding and self-compassion
- Provide opportunity to learn from each other's knowledge and expertise
- Build awareness of one's own resources and strengths
- Increase resources for managing stress and setbacks
- Provide an informal, weekly space for connection that is within a safe and non-judgmental structure
- Opportunity to change habits and patterns by becoming more aware and trying out new things

You may be wondering why it is called *Bouncing Back* – it came from the partners talking about how frayed and frazzled all of them were... like a piece of stretched elastic. Now they have found ways of "bouncing back" to normal. They learnt to start looking after themselves and their families without so much stress.

“

FEEDBACK FROM THE PARTICIPANTS

A time to vent, cry and laugh with a group of people who 'just get it'. An invaluable initiative.

Learning a variety of techniques to help my mental wellbeing that I can fit into my busy day has made a big difference.

I have not lost my shit for four weeks... it was my husband who noticed it!

”

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!

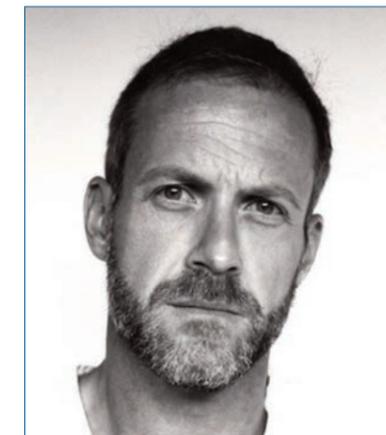
A Veteran 2017

”

□ A VETERAN'S STORY...

MARTIN WADE'S STORY

To this day I have never gotten over the shock of being diagnosed with Complex PTSD following my return from Afghanistan. After around 1000 hours of therapy and lengthy inpatient admissions to psychiatric hospitals I had hoped by now I would be back to my old self with the same degree of intellectual acumen, independence and capability I once readily took for granted. Sadly, despite my best efforts, things just got worse and somehow I even attracted more diagnoses to plaster over the hidden wounds leaving me confused, exhausted and isolated.



Shortly after my medical discharge in 2015, SWV selected me to go skiing in Klosters. I was in a really bad way. Not only had I lost my career, I was high on very strong medication, suffocated by shame and unable to remember even the simple things like taking ski boots up the mountain. However, with the help from many around me I laughed for the first time in ages, connected with other veterans and rekindled a joy of skiing. Even a somersaulting crash losing both skis at 109kph did not take the smile off my face. It heralded the start of a new life.

All these years later SWV still provides the support I need. It has been there to get me through the darkest times of my inpatient admissions, the breakdown of my marriage, and the continuing crisis of day-to-day living with C-PTSD. It has witnessed my successes too of fighting back against over-medication (reducing it now to zero), empowered me to be the architect of my own recovery and encouraged me to establish myself in a new career as an artist.

You see SWV is not really about skiing at all. It is a catalyst to a future worth living. The charity has a bright spectrum of influence that delivers to those that really need it in ways as diverse as the people in it. It's big enough to affect change yet small enough to feel like family.

My SWV mentor, possibly the most patient person ever, has supported me for nearly 7 years now. That's a lot I know but quite simply I have needed it. We have faced many challenges, notably the disappointments with clinical care, my own bad coping strategies and together experienced the general fatigue associated with the sheer effort of making progress.

The reality is I am still living with C-PTSD. Existing established therapies are not cutting the mustard. At best Cognitive Behavioural Therapy only offers a modest 30% chance of success. I've tried so many conventional drugs and therapies over 11 years and during this time have come very close to giving up on myself and the world around me.

But, there is hope. SWV will shortly be funding the UK's first MDMA-assisted therapy trial committed to finding an effective treatment for PTSD – even for those who suffer with severe, chronic symptoms. Supported by NHS England and in conjunction with MAPS (The Multidisciplinary Association for Psychedelic Studies) the trial will take place at the Institute of Psychiatry, Psychology & Neuroscience at King's College London.

This is an extraordinary project and opportunity for us all. The SWV vision is clear because it understands its veterans, and can undertake this ground breaking and potentially life-saving work because of its loyal supporters like you.

Thank you and Merry Christmas.

“

MARTIN, A VETERAN

This is an extraordinary project and something that only SWV would be determined enough to follow through to the trials taking place – a glimmer of hope for those of us that still suffer with the symptoms and day to day struggles that living with PTSD brings.

”

□ 2020/21 HIGHLIGHTS IN NUMBERS...



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Schroders are proud to support Supporting Wounded Veterans' Christmas Carol Concert.

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THANK YOU FOR EVERYTHING YOU DO.

McDermott is proud to champion Supporting Wounded Veterans' Carol Concert, and efforts by the organization to help medically discharged wounded veterans rebuild their futures. We are honored to be a part of your meaningful work.

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**McDermott
Will & Emery**

□ SOME FEEDBACK FROM OUR VETERANS

“

QUOTES FROM OUR VETERANS

Ski Habilitation:

“With my walking stick, I'm an invalid, but on skis, I'm just another person.”

Mentoring programme:

“My mentor has helped me sew the weeks together”

Pain Management Programme:

“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.”

MDMA Assisted Psychotherapy:

“To have the chance of a new life. To have a world where my PTSD is not as dominating as it is right now. To put the past into some sort of context and not be haunted by it every day, every moment in the future. What a wonderful gift that would be.”

Occupation, Training and Employment:

“While I was quite surprised, I have been asked to take up one of the advertised voluntary roles. Thanks for the help – I can now “test the water” and see what is achievable and sustainable in the longer term. This was my first interview since 1987...”

”

□ HOW YOUR DONATION MAKES A DIFFERENCE

SWV is incredibly grateful to its wonderful family of donors, supporters and funders who make it possible for us to support wounded veterans for as long as they need us.

Your donations support a variety of programmes enabling veterans to build their confidence, find their purpose and regain their independence after life-changing physical and psychological illness or injury.

£25

£25 could support a veterans' spouse or partner attend a 'Bouncing Back' course giving them respite from caring for their partner, a chance to meet others in a similar situation, and tools and techniques to manage their own mental health.

"Though I was sceptical at first that this would actually help me, I was amazed at how much it has helped. Learning a variety of techniques to help my mental wellbeing that I can fit into my busy day has made a big difference. A bonus was being able to connect with other partners of veterans who really understood the stresses that we face at home in our 'new normal' since injury changed things for us. We now support each other and share information to help each other out."

£60

£60 could give a veteran an 'Emotional Freedom Technique' (EFT) session, learning coping mechanisms for their anxiety and pain.

"I have gained valuable mechanisms to assist me on my ongoing recovery – great mental resilience and strategies to help me move forward. After many years of conventional therapies for complex PTSD with no real long-lasting improvement I am confident that with what I have learnt over just three months, I will have an improved quality of life and it will finally help me 'move on'."

£200

£200 could provide three month's access to the Mentoring Programme which includes weekly meetings with a volunteer mentor, who will help a veteran achieve their personal and professional goals. The staff who lead the Mentoring Programme provide admin, ongoing mentor training and support to veterans and mentors.

"After the Ski Week I was assigned a mentor which I massively benefited from. It was good just to have that listening ear, or that extra push when I wasn't sure I could do something. My mentor was there during lockdown which was a massive help because I felt I was starting to slip back into what I was like before the Ski Week."

£400

£400 could support a veteran for six months in our Employment Programme, led by our experienced team who provide the necessary help required to find meaningful employment. This includes careers advice, help preparing CVs and interview practice. Over 90% of veterans who have been through the SWV pathways are currently in occupation, training or employment.

"Thank you for providing the stepping stones from which I can start a new journey."

£1,200

£1,200 could support a veteran through our Pain Resilience Programme for a year, led by leading Pain Specialist, Dr Dominic Aldington, with veterans providing peer-to-peer support.

"I now have the tools to assist with managing my constant pain level and recognise my own self-worth. My sleep and mental health have improved and my journey continues to go in the right direction. When I stumble the team has been there to pick me back up again. Moving forward I have the confidence to not only face up to what once was a brick wall, but now I am navigating a better path for myself."

£5,000

£5,000 could support a team of veterans with physical and mental injuries to overcome a new challenge by learning how to sail as a team as part of SWV's Ocean Challenge in 2022. In joining the challenge, they, like the veterans who attend the Ski Week, then get continued support via all of SWV's supportive and rehabilitative programmes.

"You need to be prepared to get down and dirty with it and throw yourself around the boat. Even though we all had physical or mental problems, we don't think about it and we just get on and do what we need to do on the boat – we forget about it and work as hard as we can. Being back on a boat for the first time in 19 years, I just wanted to make it happen, so it was worth every hardship and was awesome."

£6,000

£6,000 could give a veteran the opportunity to take their first steps towards independence by asking for help, confronting their fears and taking on the challenge of SWV's Ski Week. Sport is an evidenced way of engaging veterans onto further pathways through rehabilitation to employment.

"I cannot believe how much the charity has done for us this week and will be offering me in the future, it is so much more than I ever could have expected. Injured soldiers don't want sympathy; they just want opportunity. The new chances we are being given here in Klosters have to be seen to be believed, as do the friendships and bonds being formed between the veterans and everyone within Supporting Wounded Veterans."

“

A VETERAN

You have given me a reason to go on...

”

□ HOW TO MAKE A DONATION

Thank you so much for joining us tonight at our fifth annual Carol Concert.

If you would like to support the charity further by donating tonight, please go to www.supportingwoundedveterans.com/donations, or via the QR code below.

All money raised goes to supporting those Veterans who have sought help from SWV.



Focus your phone camera at the QR code and follow the link

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DONATION
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□ THANK YOU!

The Supporting Wounded Veterans' Carol Concert Committee would like to thank the following for their ongoing support, especially tonight:

- All our performers
- All our sponsors
- All at St Columba's Church
- All our Veterans and volunteers who have helped today and this evening
- Billfields
- Clifford Chance
- Corney and Barrow
- Geoff Richards at Richards Consulting
- Hugo Scott at Eureka
- Lycetts
- Majestic Wine
- McDermott Will & Emery
- Nigel Hadden-Paton and Radio HP
- Rikki Jacout
- The Facet Trust
- The SWV No-Meetings Committee
- Waitrose

Gilly Norton and Polly Hipkins would especially like to thank Gerry and Rob Lewis from Gerry Lewis Productions who have, for the second time, donated their time and expertise in filmmaking to the charity, by making a special film of this year's concert. To watch it, please go to www.supportingwoundedveterans.com/carolconcertstream from Saturday 11th December. We are so grateful to have them as part of the SWV team, ensuring that people across the world can enjoy this special night and learn more about SWV.

They would also like to give special thanks to the **SWV Carol Concert Committee** members who have, for the fifth year running, donated their time, counsel and hard work in planning tonight. It would not be able to happen without them. Thank you!

- **Minnie Cecil**
- **Frances (Tuft) Dobson**
- **Sally Ramsay Patrick**
- **Alison Sola**
- **Nikki Symington**

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





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□ ABOUT OUR READERS, IN ORDER OF APPEARANCE

MISHAL HUSAIN

Mishal presents the BBC News at Ten on BBC1 on Sunday evenings and the Today Programme on BBC Radio 4, having previously been a main anchor for many years on BBC World. Her work has taken her from election campaigns to refugee camps and interviews from Aung San Suu Kyi to Prince Harry and Meghan Markle. She has made four critically acclaimed TV documentaries and her book 'The Skills: How to Win at Work' is out in paperback.



SCOTT BROOKSBANK

Scott trained at Guildhall School of Music & Drama. He teaches and directs for several London drama schools, and is a workshop leader and storyteller for the education department at Shakespeare's Globe.

He is a leading member and Associate Director of experimental theatre company The Factory, with whom he has played Macbeth, The Odyssey, Hamlet, The Seagull, Round Two, As You Like it, Cymbeline, The Two Gentlemen of Verona, Pericles, Timon of Athens, Troilus & Cressida, Love's Labour's Lost, A Midsummer Night's Dream and Measure for Measure.

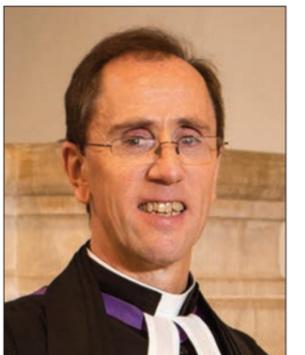
Other recent acting credits include Mythosphere (Stone Nest, Shaftesbury Eve), As You Like It and Sonnet Sunday at Shakespeare's Globe; Gone Fishing (The Vaults Festival, Waterloo); playing Stan Laurel in Laurel and Hardy (Frinton); The Magic Flute (Budapest Festival Orchestra); A Midsummer Night's Dream (National Orchestra of Lyon); Mobile 4 (Orange Tree Theatre); iAm (Spid Productions); Bread (Metta Theatre for Theatre Uncut at The Young Vic); The Spire (Salisbury Playhouse); The Merchant of Venice (Creation); Brazil, Prometheus (Secret Cinema); Macbeth (Baz Productions); A Midsummer Night's Dream (Jagged Fence); 3rd Ring Out (Metis Arts); Now is the Hour (Edinburgh); seasons at Stafford Festival Shakespeare and Sevenoaks Playhouse; Macbeth, Robin Hood, A Comedy of Errors (Creation); MoonJourney, (Pleasance); Treasure Island (Coventry).

Radio: Winner of the 2002 BBC Carleton Hobbs Award; numerous plays as part of the BBC Radio Drama Company.

THE REVEREND ANGUS MACLEOD

The Reverend Angus MacLeod was inducted as Minister of St Columba's, Pont Street and St Andrew's, Newcastle in June 2012, following sixteen years of service as a chaplain in the British Army. His family roots are on the Isle of Skye and Durham, in the North East of England. He studied at the University of St Andrews before travelling and working in America, London, Milan and Romania. Prior to ministry he worked in advertising and teaching. He returned to St Andrews to study Divinity before completing his training with churches in North Carolina and Glasgow.

He is married to Dr Liz Brutus. Their daughter Olivia was born in 2011. He is a sports enthusiast and lover of the sea and the hills. His great grandfather was the first minister of St Columba's.



HRH PRINCESS EUGENIE OF YORK

As a member of the Royal Family, HRH Princess Eugenie is a supporter of various causes including The Anti-Slavery Collective, an organisation she co-founded which campaigns for modern slavery as a global epidemic. Other charities Her Royal Highness is involved with include: Blue Marine Foundation, European School of Osteopathy, Royal National Orthopaedic Hospital, Horatio's Garden, Tate Young Patrons, Coronet Theatre, The Big Cat Sanctuary, Elephant Family and Teenage Cancer Trust.

Alongside developing her charitable interests and finding ways to support Her Majesty and the Royal Family, HRH has forged a professional career. Her Royal Highness studied History of Art at Newcastle University, and is currently a Director at Hauser & Wirth, a London Gallery where she loves being able to share her passion for art.



STEPHAN VAN NIEKERK

Stephan is a military veteran who suffered a life-changing injury whilst serving on a tour of duty in Afghanistan. This injury brought an end to life as he knew it with not only losing parts of his body, but also parts of his identity.

In dealing with this change, Stephan learned a lot of valuable lessons which helped him rebuild his life in a positive way, but it was not easy.

Stephan is married and has four children, he is a business owner and an experienced motivational speaker delivering talks to various different audiences such as charity events, corporate clients, mental health organisations and runs his own workshops. He is also a part of Making Generation R, delivering his story to young people and emergency responders as

part of resilience workshops.

Supporting Wounded Veterans, for which he is now an ambassador, played a key part in this through the mentoring programme where Stephan had the opportunity to work with one of the SWV mentors. It is during the mentoring programme that Stephan managed to rediscover his purpose to help others but now through the means of speaking. Together they developed the talks and workshops that Stephan now shares.

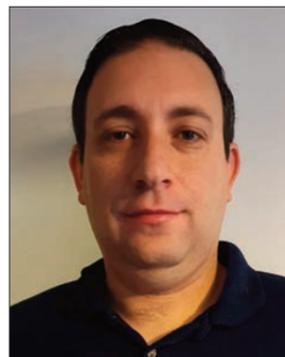
In his spare time, Stephan is a keen cyclist and uses his prosthesis to ride his bicycle. He will be one of the veterans cycling in the SWV Cycle Challenge 2022. Stephan's aim is to make you realise how much you can do yourself, in a situation where everything seems to go against you.

ARRON DINDYAL

Arron Dindyal is a veteran who served with the 1st battalion Royal Anglian regiment. During his eight years in the army, he completed a tour of Iraq, with his main station being in Basra. He was medically discharged from the army due to internal injuries, spinal damage and reduced feeling in his legs. Arron has overcome multiple complex surgeries and severe complications during his recovery journey.

Arron took part in the 2015 SWV Ski Week and took the charity's ethos to heart. The trip to Klosters was a key moment in his recovery; "The Ski Week changed my life; it was eye opening and taught me how to adapt to my injuries to still achieve my goals". Through the course of the week his confidence grew, and he became a competent sit-skier.

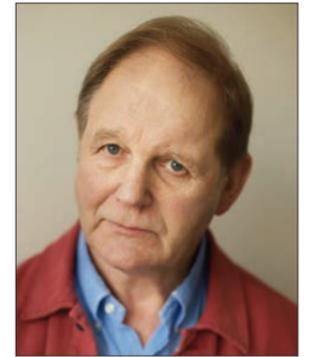
Since returning from the Ski Week Arron attended the first Pain Management Programme, which helped him reduce his medication and regain more control of his life. He subsequently competed in both the Orlando and Toronto Invictus games winning two silver and one bronze medal. Due to his strong belief in SWV's work, Arron has stayed involved with the charity. He is the lead for SWV's Veteran Support Network, and is a member of the Ambassador Board.



SIR MICHAEL MORPURGO

Michael Morpurgo is the former Children's Laureate and best-selling author of over 150 books, including *Private Peaceful*, *Kensuke's Kingdom*, *The Butterfly Lion*, and *War Horse*, which became a hugely successful production from the National Theatre and a movie by Steven Spielberg. In 1976, Michael and his wife, Clare, started the charity Farms for City Children which offers children and teachers from urban primary schools the chance to live and work on a working farm for a week, and gain hands-on experience of the countryside. Michael received a Knighthood in 2018 for services to literature and charity.

www.michaelmorpurgo.com / www.farmsforcitychildren.org



JAMES CHARRINGTON

James Charrington, is the Non-Executive Chairman of BlackRock's EMEA business. Mr Charrington's service with the firm dates back to 1993 including his years at Mercury Asset Management (MAM) and Merrill Lynch Investment Managers (MLIM), which merged with BlackRock in 2006.

During his career at the firm Mr Charrington has held a number of senior positions including head of International Retail, Head of BlackRock EMEA and Chairman of EMEA. He was formerly a Member of BlackRock's Global Executive Committee, Global Operating Committee and the EMEA Executive Committee. He became Non-Executive Chairman of EMEA in 2015.

Outside of BlackRock James is Chairman of Harbour Investments, Chairman of the Supervisory Board of Hosking Partners, a Governor of St. Andrews Health in Northampton and a Trustee of Supporting Wounded Veterans.

HARRY HERBERT

Harry Herbert is Chairman, Managing Director and Founder of Highclere Thoroughbred Racing Limited and a highly regarded figure in the racing world.

Harry established Highclere Thoroughbred Racing in 1992. The company was very soon a leader in the field of racehorse syndication and has been providing members with an economical way to enjoy racing at the highest level for over three decades. When purchasing yearlings for the syndicates, Harry works closely with his brother-in-law John Warren, who is based at Highclere Stud and is HM The Queen's Bloodstock and Racing Advisor.

As managers of The Royal Ascot Racing Club, Highclere Thoroughbred Racing was responsible for Motivator, the winner of The Derby in 1995.

In addition to his role at Highclere Thoroughbred Racing, Harry is also Racing Consultant to Cartier and a Director of Newbury Racecourse plc. Harry is also a Member of The Jockey Club.





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SWV are once again running a very special **auction**, which will be raising vital funds for the charity. Please go to:

www.jumblebee.co.uk/swvchristmasauction2021



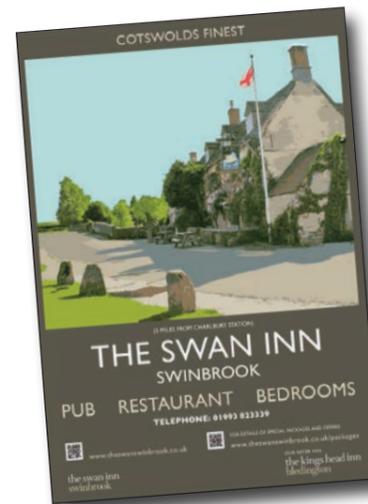
to bid on a host of lots including theatre tickets, artwork, trips out, holidays, jewellery, work experience and more. Or why not support SWV Veterans further by sponsoring a veteran through six months of our Employment programme? So much to bid on... but do it fast as time is ticking! The auction will end at 18.00 on 15th December. Good luck!



Or maybe you prefer to buy your presents in person?

Join us at our drinks party downstairs tonight and buy a **Lucky Envelope**. Your prize will be a surprise, but every item is guaranteed to be worth more than the ticket price. What will you win?!

All prizes have been donated and all funds will go directly to the charity. **Thanks to everyone who has donated!**





SUPPORT TALENT

In 1882 an appeal was made to the British public to support the newly established Royal College of Music. 50 permanent scholarships were awarded to applicants from across musical disciplines and society, including a mill girl, the daughter of a brickmaker, the son of a blacksmith and a farm labourer. More than 140 years on, much has changed, but the RCM remains committed to its founding principles – in particular, we do not deny any talented student an RCM education for want of funds.

With the growing financial challenges of high tuition fees and the ever-increasing cost of living in London, every gift to the RCM scholarships fund truly makes a difference.

For further information on the RCM Scholarships Fund, please contact Lily Harriss, Director of Development:

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lily.harriss@rcm.ac.uk

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□ ABOUT OUR CONDUCTOR AND MUSICIANS

CONDUCTOR – STEPHEN JOHNS (ARTISTIC DIRECTOR, RCM)

Stephen Johns read music at Trinity College, Cambridge, where he was organ scholar. Trained at Abbey Road Studios, he has spent nearly 30 years in the recording industry as a classical record producer for a wide range of companies. He worked for EMI Classics from 1998, taking the role of Vice-President, Artists and Repertoire, in 2008. Stephen has worked with artists including Sir Simon Rattle, Bernard Haitink, Sir Antonio Pappano, Evgeny Kissin, Msitslav Rostropovich, Kyung Wha Chung, Emmanuel Pahud, and ensembles around the world including the Berliner Philharmoniker and Vienna Philharmonic Orchestra.

During his career recordings he has produced have received numerous international accolades including four Grammy Awards and five Gramophone Awards, the latter most recently for the Warner Classics studio recording of Verdi Aida.

Stephen joined the Royal College of Music in 2010 in the newly created role of Artistic Director.



SOLOIST (SOPRANO) – ELLIE LAUGHARNE

Ellie Laugharne studied on the Guildhall School of Music & Drama opera course after graduating from Birmingham University and Birmingham Conservatoire. In 2012 she was a Jerwood Young Artist for the Glyndebourne Festival and more recently an Associate Artist for Opera North. She is also a Samling Artist and a Company Artist for The Mozartists.

Operatic engagements include: Susanna Le nozze di Figaro (The Grange Festival); Eliza Doolittle My Fair Lady (The Grange Festival and The Liceu, Barcelona); Gianetta The Gondoliers, Princess Zara Utopia Limited, Adina L'elisir d'amore, Frasquita Carmen, Mabel The Pirates of Penzance (Scottish Opera); Frasquita Carmen, Cupid Orpheus in the Underworld, Phyllis Iolanthe, Barbarina Le nozze di Figaro (English National Opera); Pamina The Magic Flute, Despina Così fan tutte, Gretel Hänsel und Gretel, Susanna Le nozze di Figaro (Opera North); Polissena Radamisto (English Touring Opera); Susanna Le nozze di Figaro, Lucia The Rape of Lucretia (Glyndebourne on Tour); Governess The Turn of the Screw, Tina Flight, Zerlina Don Giovanni (Opera Holland Park); Bastienne Bastien&Bastienne, Zerlina Don Giovanni, Temperantia Applausus, Emirena Adriano in Siria (The Mozartists); Helene La Belle Helene (Blackheath Halls); Sandrina La Finta Giardiniera, Edna Tobias and the Angel (Buxton Festival); Valencienne The Merry Widow (International Gilbert and Sullivan Festival).

Future engagements in 2022 include her American debut with the Philharmonia Baroque Orchestra in San Francisco and Richard Egarr singing Polissena in Handel's Radamisto and a return to The Grange Festival performing the role of Elsie Maynard in The Yeoman of the Guard.



SOLOIST – DAISY DOHERTY

Daisy Doherty is in her GCSE year at Marlborough College, where she is a member of both the Chapel Choir and the Compline Choir, and is currently studying for her Grade 8 singing exams. A keen drama student, Daisy has previously performed in several musical productions, and as a soloist on choir tours to Prague and Bruges while at her preparatory school, Westbourne House. Born in Cape Town and brought up in West Sussex, Daisy loves the great outdoors, plays hockey and tennis, and is an active member of Bosham Sailing Club.



We are pleased to support the Supporting Wounded Veterans carol service

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REMEMBERING YOUR HEROES

The new **Armed Forces Memorial Wall** is a tribute to the lives of loved ones who have died in or after service. This online archive honours all those who were in the **British Army, Royal Air Force and Royal Navy** so that future generations can learn more about our service history.

Creating a memorial of a family member or friend is simple to do. Visit www.veteransfoundation.org.uk today to upload your tribute so that tomorrow your hero can be remembered.

SAXOPHONIST – JONATHAN RADFORD

Jonathan Radford is one of the leading classical saxophonists of his generation. He has won international prizes including the Gold Medal in the Royal Over-Seas League Competition (UK, 2018), SaxOpen International Competition (France, 2015) and Concorso Internazionale de Musica Marco (Italy, 2013). He was featured as a BBC Music Magazine 'Rising Star', and was selected as a Young Artist with Park Lane Group, Tunnell Trust, Making Music, and Countess of Munster Musical Trust.



He has performed recitals at Wigmore Hall, Southbank Centre, Bridgewater Hall (Manchester), Seoul Arts Center (South Korea), Grieg Hall (Bergen), and Philharmonie de Paris. He regularly performs at major music festivals in the UK, Europe and Asia. Jonathan's debut CD is scheduled for release in 2022 by Champs Hill Records.

Jonathan has given masterclasses and workshops at Royal College of Music, Royal Academy of Music, Royal Birmingham Conservatoire, Nice Conservatoire and Melbourne Conservatorium. Jonathan is passionate about bringing music to a wider community and is active in outreach projects, collaborating with The Worshipful Company of Musicians' and Wigmore Hall.

Jonathan studied at Chetham's School of Music, Paris Conservatoire (CNSM), and was the Mills Williams Junior Fellow at Royal College of Music. Jonathan is pursuing doctoral studies as an RCM Studentship Holder at Royal College of Music, researching the influential American saxophonist Rudy Wiedoeft.

Jonathan is a Vandoren and Selmer Paris Artist.

ORGANIST – CHARLES ANDREWS

Charles Andrews is Liturgical Organist of the Temple Church, London and Assistant Professor of Organ at the Royal College of Music.



Charles studied at the RCM with David Graham, Sophie-Véronique Cauchefer-Choplin, John Barstow and John Blakeley with the aid of a Douglas & Kyra Downie Award.

Before joining the Temple Church Charles was Associate Director of Music at All Saints, Margaret Street in the West End of London from 2011-16. Recently four live performances with the Temple Church Choir have been broadcast on BBC Radio 3, including the first performance of Carmina tempore viri by Kenneth Hesketh this year. Plans for 2022 include recording works associated with Henry Walford Davies and George Thalben-Ball, former Organists of the Temple Church.

□ ABOUT THE CHOIR

ROYAL COLLEGE OF MUSIC CHAMBER CHOIR

The RCM Chamber Choir is a flexible ensemble drawn from the Vocal and Opera Faculty. They perform regularly both at the College and in venues around London and beyond. Performances have included Stravinsky's Les Noces at the Royal Festival Hall, conducted by Vasily Petrenko, and a memorable appearance at the grand finale of The Queen's Diamond Jubilee Thames Pageant in 2012, watched by a worldwide TV audience.

- Hannah Crocker – *soprano*
- Eyra Norman – *soprano*
- Lucy Gibbs – *mezzo-soprano*
- Tom Lilburn – *countertenor*
- Dafydd Jones – *tenor*
- Hugo Brady – *tenor*
- Patrick Owston – *baritone*
- Daniel Barrett – *baritone*



□ THE SUPPORTING WOUNDED VETERANS CAROL CONCERT

INTRODUCTION AND WELCOME

Mishal Husain

THE MAGI

WB Yeats

Scott Brooksbank

*Now as at all times I can see in the mind's eye,
In their stiff, painted clothes, the pale unsatisfied ones
Appear and disappear in the blue depths of the sky
With all their ancient faces like rain-beaten stones,
And all their helms of silver hovering side by side,
And all their eyes still fixed, hoping to find once more,
Being by Calvary's turbulence unsatisfied,
The uncontrollable mystery on the bestial floor.*

AVE MARIA

Franz Schubert

Jonathan Radford (saxophone)

HAMLET – ACT I, SCENE I

William Shakespeare

Scott Brooksbank

*Some say that ever 'gainst that season comes
Wherein our Saviour's birth is celebrated,
This bird of dawning singeth all night long;
And then, they say, no spirit dare stir abroad,
The nights are wholesome, then no planets strike,
No fairy takes, nor witch hath power to charm,
So hallow'd and so gracious is the time.*

ONCE IN ROYAL DAVID'S CITY

Daisy Doherty – soloist

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.



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www.martinartist.com



Martin Wade - Artist.

Since medical discharge from the Army in 2015 (C-PTSD) and attendance on the SWV ski week the same year Martin has painted his way to a new career as an exhibiting artist. His original work focuses on what it is to be human. Often using bold colours but always striking a strong composition, he paints unhindered by convention resulting in art that resonates deeply with our shared lived experience and common humanity.



Collectors of his work include Philip Mould, Russell & Bromley, Michael FitzRoy, and Brevan Howard. Over 100 of his works hang in homes, galleries and offices worldwide. See more of his work and limited edition Giclee prints at www.martinartist.com. Martin is here tonight. Prints available before Christmas. **Now Accepting Commissions.**

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BOOK
Stephan van Niekerk
TO SPEAK



Severe injuries during active service took almost everything away from me and left me fighting for life. My career, hobbies, ambitions and body parts were blown away forever. How did I deal with this?

Rebuilding my life has taught me some valuable lessons and tools that helped me overcome setbacks and mental health issues. Now, I am a father of four, a business owner, a charity ambassador and motivational speaker.

I share my story with brutal honesty to get people thinking about their own responses at work or home and leave them with the tools that helped me. I offer a variety of talks, working with the client to ensure I focus on their needs.

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All

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 mean, and lowly,
Lived on earth our Saviour holy.

All

3. And our eyes at last shall see Him,
Through His own redeeming love;
For that Child so dear and gentle
Is our Lord in heaven above,
And He leads His children on
To the place where He is gone.

Words by CF Alexander
Music by HJ Gauntlett. Descant by D Willcocks

THE MAGI VISIT THE MESSIAH
New Testament, Matthew 2-12, The Bible
The Revd Angus MacLeod MA BD

After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem and asked, "Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him."

When King Herod heard this he was disturbed, and all Jerusalem with him. When he had called together all the people's chief priests and teachers of the law, he asked them where the Messiah was to be born. "In Bethlehem in Judea," they replied, "for this is what the prophet has written:

"But you, Bethlehem, in the land of Judah,
are by no means least among the rulers of Judah;
for out of you will come a ruler
who will shepherd my people Israel."

Then Herod called the Magi secretly and found out from them the exact time the star had appeared. He sent them to Bethlehem and said, "Go and search carefully for the child. As soon as you find him, report to me, so that I too may go and worship him."

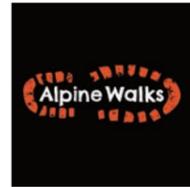
After they had heard the king, they went on their way, and the star they had seen when it rose went ahead of them until it stopped over the place where the child was. When they saw the star, they were overjoyed. On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh. And having been warned in a dream not to go back to Herod, they returned to their country by another route.



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O LITTLE TOWN OF BETHLEHEM

All

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

Words by Bishop Phillips Brooks

Music English traditional, arranged by R Vaughan Williams. Descant by T Armstrong

LOVE CAME DOWN AT CHRISTMAS

Christina Rossetti

HRH Princess Eugenie of York

*Love came down at Christmas,
 Love all lovely, Love divine;
 Love was born at Christmas,
 Star and angels gave the sign.*

*Worship we the Godhead,
 Love incarnate, Love divine;
 Worship we our Jesus:
 But wherewith for sacred sign?*

*Love shall be our token,
 Love be yours and love be mine,
 Love to God and all men,
 Love for plea and gift and sign.*



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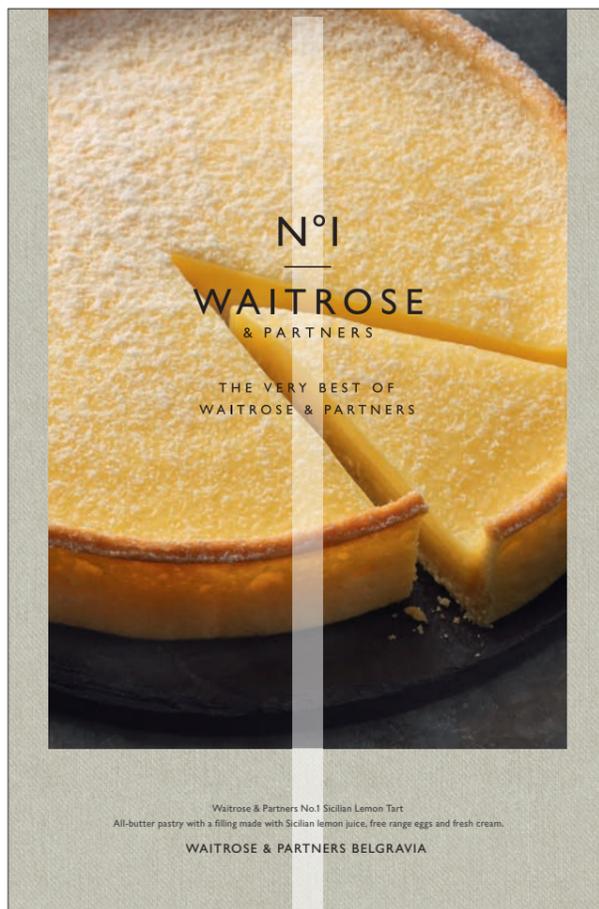
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WHAT CHILD IS THIS?

Words by W. Chatterton Dix. Music English Traditional, arranged by R Miller

The Choir

VETERAN'S STORY

Stephan van Niekerk

THE FIRST NOEL

All

1. The First Noel, the angels did say
Was to certain poor shepherds in fields as they lay;
In fields where they lay keeping their sheep
on a cold winter's night that was so deep.
Noel, Noel, Noel, Noel
Born is the King of Israel!
2. Then entered in those Wise men three
Full reverently upon their knee
And offered there in His presence
Their gold and myrrh and frankincense.
Noel, Noel, Noel, Noel
Born is the King of Israel!
3. Then let us all with one accord
Sing praises to our heavenly Lord
That hath made Heaven and earth of nought
And with his blood mankind has bought.
Noel, Noel, Noel, Noel
Born is the King of Israel!

Words and music: English traditional, arranged by D. Willcocks

THE SHEPHERDS GO TO THE MANGER

New Testament, St Luke 2, The Bible

The Revd Angus MacLeod MA BD

And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger. And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men. And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us. And they came with haste, and found Mary, and Joseph, and the babe lying in a manger.

Thanks be to God

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VETERAN'S STORY

Arron Dindyal

O HOLY NIGHT

Music by A Adam. Words by P Cappeau, translated by JS Dwight

Ellie Laugharne (soprano) and The Choir

THE LETTER FROM 'THE BEST CHRISTMAS PRESENT IN THE WORLD'

Sir Michael Morpurgo

Sir Michael Morpurgo

SILENT NIGHT

Music by F Gruber. Words by J Mohr

The Choir

THE ADDRESS

Gilly Norton introduces General Sir Nick Carter, followed by James Charrington (SWV Trustee)

HALLELUJAH

This song was requested by George Brooksbank, who has wanted it included in the programme for the last five years!

The Choir and Ellie Laugharne. All to join in on chorus 2, 3 and 4

- Now, I've heard there was a secret chord
That David played, and it pleased the Lord
But you don't really care for music, do you?
It goes like this, the fourth, the fifth
The minor fall, the major lift
The baffled king composing Hallelujah
Hallelujah, Hallelujah
Hallelujah, Hallelujah
- Your faith was strong but you needed proof
You saw her bathing on the roof
Her beauty and the moonlight overthrew ya
She tied you to a kitchen chair
She broke your throne, and she cut your hair
And from your lips she drew the Hallelujah
Hallelujah, Hallelujah
Hallelujah, Hallelujah
- You say I took the name in vain
I don't even know the name
But if I did, well really, what's it to you?
There's a blaze of light in every word
It doesn't matter which you heard
The holy or the broken Hallelujah
Hallelujah, Hallelujah
Hallelujah, Hallelujah



4. I did my best, it wasn't much
I couldn't feel, so I tried to touch
I've told the truth, I didn't come to fool you
And even though it all went wrong
I'll stand before the Lord of Song
With nothing on my tongue but Hallelujah
Hallelujah, Hallelujah
Hallelujah, Hallelujah

Words and music by L. Cohen, arranged by R. Miller

THE JOURNEY OF THE MAGI (cont.)

Godfrey Rust
Harry Herbert

*Coming as they did from the first century
they had a few problems with London traffic
and were seriously misled by signs
to the Angel and King's Cross.*

*Inquiring diligently about the star
they were referred to Professor Brian Cox,
who thought it was amazing
while smiling in a constant and strangely unsettling way.*

*In Harrods the camels
made a mess over Soft Furnishings.*

*On the Underground
commuters glared at No Smoking signs
as incense wafted gently through the carriages,*

*and when the great day came
they saw the entire voting population
slumped on sofas by four o'clock,
rendered senseless by too much
dead poultry and the Queen,*

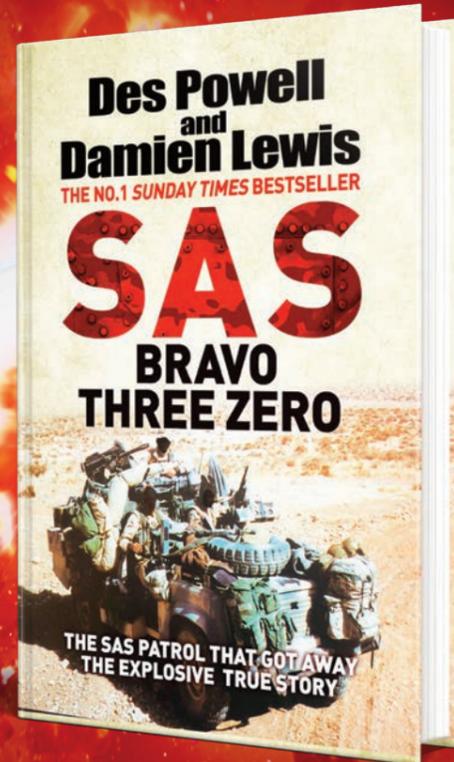
*while over Liberty's and Hamley's
the flickering angels sang
Glory to God in the High St*

*and they found him,
with the inns full up once more,
in the old familiar place,
bringing their unregarded gifts
to the empty stable
of the human heart
where the infant Christ is born
again and again.*

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For now, we hope you have a wonderful evening at the Supporting Wounded Veterans Carol Concert.

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PRAYERS

The Revd Angus MacLeod MA BD

HARK! THE HERALD ANGELS SING

All

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 newborn 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 newborn 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 newborn King!"

*Music by F Mendelssohn, descant by D Willcocks
Words by C Wesley*



Since the beginning of our relationship with Supporting Wounded Veterans in 2016, we have been delighted to provide support for the charity via the Syncona Foundation.

We are proud to provide this unrestricted support given the phenomenal work undertaken by SWV amongst our veteran community, helping former members of the Armed Forces with their physical and mental health journeys as they transition to civilian life.

REINDEER'S REPORT

UA Fanthorpe
Harry Herbert

*Chimneys: colder.
Flightpaths: busier.
Driver: Christmas (F). Still baffled by postcodes.
Children: more. And stay up later.
Presents: heavier.
Pay: frozen.
Mission in spite of all this:
Accomplished –
MERRY CHRISTMAS!*

GOODBYE AND THANKS

Mishal Husain

TOMORROW SHALL BE MY DANCING DAY

Words traditional and music by J Gardner
The Choir

To watch our film of this concert, with some performances also filmed at Holy Trinity, Sloane Square, please go to www.supportingwoundedveterans.com/carolconcertstream, from Saturday 11th December.

“

A VETERAN, SKI WEEK

Thank you for everything, it means so much more than you know, I came on this trip thinking I don't need fixing, how wrong was I, not only have I gained a new skill and hobby and lots more friends but I really have discovered myself and for this I cannot thank you enough.

”

Thank you so much again for coming and supporting us tonight, and we hope you enjoy the concert!

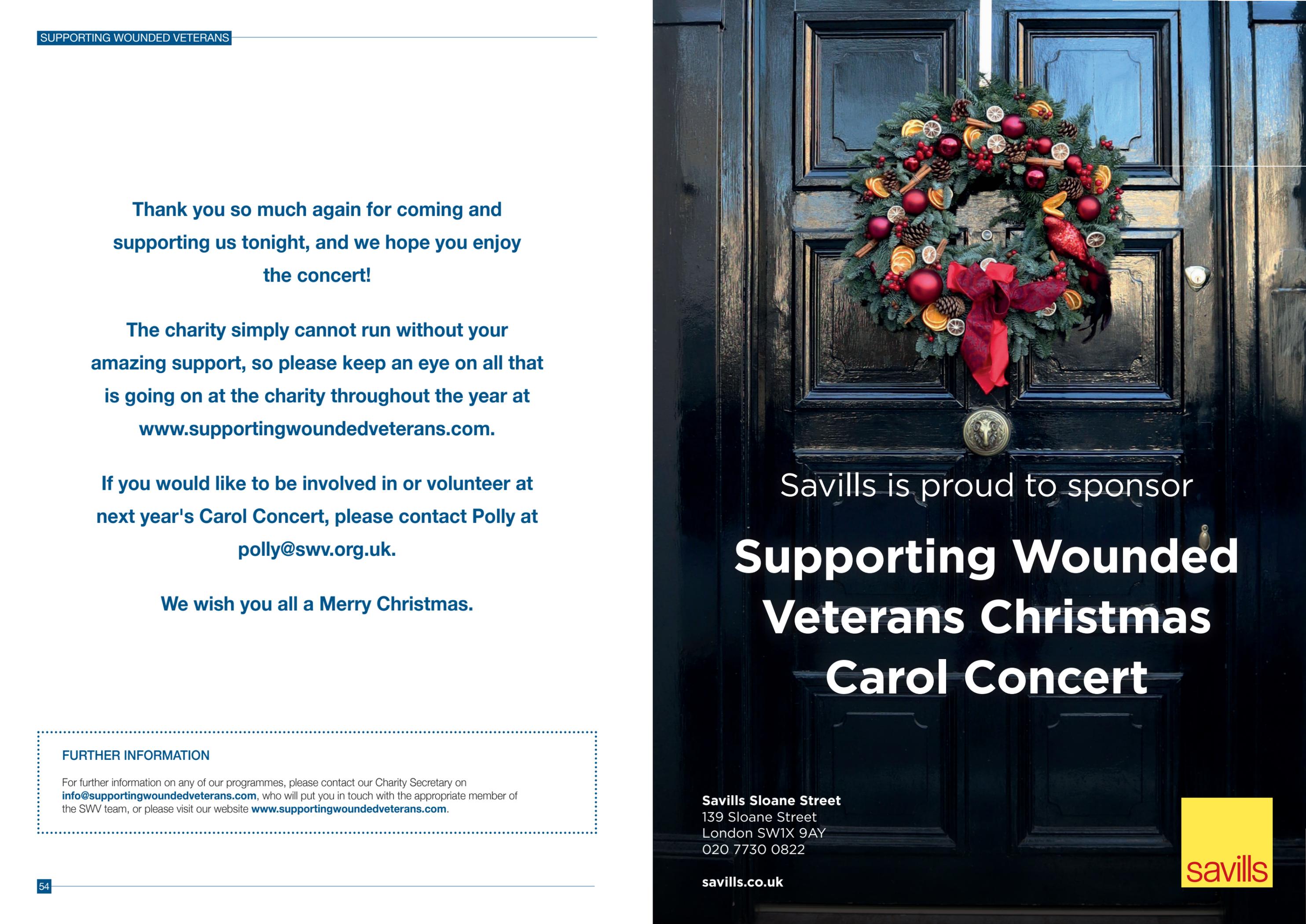
The charity simply cannot run without your amazing support, so please keep an eye on all that is going on at the charity throughout the year at www.supportingwoundedveterans.com.

If you would like to be involved in or volunteer at next year's Carol Concert, please contact Polly at polly@swv.org.uk.

We wish you all a Merry Christmas.

FURTHER INFORMATION

For further information on any of our programmes, please contact our Charity Secretary on info@supportingwoundedveterans.com, who will put you in touch with the appropriate member of the SWV team, or please visit our website www.supportingwoundedveterans.com.



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