

The Warrior Newsletter

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His Royal Highness, The Prince of Wales Visits The Warrior Programme for Afternoon Tea

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His Royal Highness, The Prince of Wales is welcomed by Charlotte Cole, Lt General Anthony Palmer and Eva Hamilton

The 10th February 2010 was an historic day for The Warrior Programme as it played host to His Royal Highness, The Prince of Wales.

The Warrior Programme is a three day programme with ongoing monthly support meetings which addresses unresolved emotional pain such as anger, sadness, fear, hurt and guilt. The Programme uses well known therapeutic techniques including Neuro Linguistic Programming (NLP), Time Line Therapy® and Huna. This is further supported by Eastern medical approaches such as Acupuncture, Tai Chi, and Ki Energy.

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HRH joined a discussion addressing the need to ensure more effective signposting for ex Service personnel to the services they need. The discussion was chaired by Wing Commander David Hill, CEO, Combat Stress. Taking part were Lt General Anthony Palmer CBE, Chair, Eva Hamilton MBE, Founding Director, Charlotte Cole, Co founder and Treasurer, The Warrior Programme, Major General Andrew Cumming CBE, The Controller, SSAFA Forces Help, Rick Brunwin, CEO, Sir Oswald Stoll Foundation, Doug Davie, Royal British Legion and Lisa O'Connor, Senior Social Worker, Headley Court along with Trustees of The Warrior Programme.



His Royal Highness, The Prince of Wales meets Warrior ambassador chef Antonio Carluccio

During the Tea Reception HRH met with fundraisers and supporters of The Warrior Programme including chef Antonio Carluccio OBE, John Illsley of Dire Straits, actor and adventurer Charley Boorman, Liam O Maonlai of The Hot House Flowers and leading business people including Andrew Goodsell, Executive Chairman of AA and Saga and Alan Shaw of Chelsea Football Club. Three treatments used in the Programme, Ki Energy, acupuncture and Tai Chi were on display with HRH briefly joining in a session of Tai Chi.

Special points of interest

www.warriorprogramme.org.uk



His Royal Highness, The Prince of Wales is presented his tea by 'Warrior' and trainee chef Duane Telfer

The highlight of the afternoon for the 'Warriors' was meeting with HRH over tea and having an opportunity to explain in person what their situations had been and how their lives have changed since attending the Programme. HRH was visibly moved by the incredible stories.

Two 'Warriors', Duane Telfer and Robert Tracey, who now work as trainee chefs, were part of Bob Barrett's team from Pryors Bank Café which provided the wonderful afternoon tea. This was complemented by

the amazing fudge and flapjack provided by Caroline Hamilton.

We are so grateful to everyone who helped to make this such a memorable occasion for everyone.

FACEBOOK

If you would like to volunteer or for more information on The Warrior Programme please contact: **0560 204 3180** or email: info@warriorprogramme.org.uk

If you would like to make a donation please call:

02920 381 904

Photographs by Sean Power

Wonderful Memories of the Visit

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Warriors Adrian Anderson and Adrian Eddison-Stone play with Liam O Maonlai of The Hot House Flowers as part of the newly formed 'True Warriors' band



HRH chats with Warrior ambassador Charley Boorman



HRH meets Warriors Euan McDonald and Juan Williams



Emily Fielder presents HRH with a sapling Yew from one of the ancient Yews of Chalice Well



HRH meets Andrew Ralphs



HRH share a joke with Warriors Adrian Eddison-Stone and Peter Stone



Luiz Silva tells HRH his story



Tinechen Egan talks to HRH

Photographs by Sean Power

"Today's Warrior, absolutely fantastic. Dual purpose, one to meet up with friends, second purpose to see Prince Charles come along.

My new aspiration is to be a support worker. Start working with other people actually in the field and lend my support as well".

Brian (Warrior, Ex-services)

"I thought today was absolutely brilliant, he gave a great speech, thoroughly enjoyed it. It was good to do Tai Chi, I've just enjoyed it so much! I'm with people I connect with".

Tinechen (Warrior)

"Prince Charles was a joy to meet. As Ex-servicemen, we've the same issues and concerns about the wellbeing of serving and Ex-servicemen & women.

He was genuinely impressed and moved by hearing from Warriors, the effectiveness of The Warrior Programme. Succeeding where often all else has failed to benefit those in need".

Speech by His Royal Highness, The Prince of Wales

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His Royal Highness, The Prince of Wales

'Ladies and gentlemen, just before I disappear may I just say what a great joy it has been to join you all this afternoon and to hear all about The Warrior Programme and also to have met so many of you who have taken part of the programme or hopefully have benefited from it. It has been wonderful to hear from you and your reactions. Also to meet all those who spend so much time and effort providing the necessary treatment and also all those I know who work so hard to raise all the money to provide all the necessary support.

But I also wanted to say that if it wasn't for someone so remarkable as Eva none of this would have happened and I was very lucky all those years ago when, I hate to say it but I have been President of Business in the Community for 25 years now, Eva did such a brilliant job on the whole initiative with homeless people and with the business community and what she has managed to do I think with the Warrior Programme is truly remarkable. And because she understands herself having been through some many complications in her life that it is remarkable what can be done with this kind of integrated approach and so for me it has been really interesting to see how that integrated approach, using complimentary therapies the best of the ancient, the best of the modern can be so beneficial. The difficulty, of course, is overcoming natural scepticism about some of these techniques but having heard from those who have been through all this what a difference can be made, that is enormously encouraging and as General Palmer has just said one of the great challenges is how to help people make that transition from military life to civilian life. As Colonel in Chief of quite a large number of veterans in the British Army I can see this particular issue happening on many occasions and of course we owe a huge debt of gratitude to all those remarkable people who have been courageous enough to join the armed forces and to carry out incredibly difficult, dangerous operations on our behalf overseas. So this whole issue obviously is of crucial importance and what the Warrior Programme is doing, The Sir Oswald Stoll Foundation is doing and indeed I know all those service charities is truly remarkable. The one thing I think that perhaps is worth looking at a little bit more is the fact that I have discovered to my astonishment that there are 700 or more service charities and sometimes I suspect it can be quite difficult for people to know how to access the help that is there. It just might be worth thinking about working a little bit more together in this area so as to provide a more seamless and integrated approach in the future. So that may be the next step.

Meanwhile I just wanted, for what it is worth, to wish all the Warriors here every good fortune for the future knowing that quite a lot of them will go on to help others and to provide mentoring and support, the advice and the encouragement which is of such importance. Also I wanted to wish Eva and all her incredible army of volunteers, therapists and others nothing but every possible success and to wish them every good fortune for the future.'

Photographs by Sean Power

Future Support Meeting and Programmes

2,3,4th March: Ex Service Programme

24th March: Follow up meeting

19,20, 21st March: Warrior Plus

12th April: Support meeting

6th May: Registration Day

6th May: Support meeting

18,19,20th May: Ex Service Programme

2nd June: Follow up meeting

24th June: Registration Date

6,7 and 8th July: Glastonbury

21st July: Follow up meeting

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His Royal Highness The Prince of Wales witnesses Ki Energy

The Challenge Now £1 million appeal

The Charity's challenge now is to roll out the Programme nationally alongside a £1 million appeal which will allow the charity to reach out to a further 1000 ex Service men and women in the next three years.

Fundraising and Marketing

This brings us to the all important point of fundraising and marketing. **We need your help** to reach our target so if you have any exciting ideas please email me on antonia.warrior@googlemail.com I would love to hear from you.

To keep up to date with The Warrior Programme please visit our webpage at www.thewarriorprogramme.org.uk or if you're a **Facebook** geek why don't you join our group.

Volunteers

The Warrior Programme is so grateful to all its amazing team of volunteers. At the moment we are particularly looking for anyone experience in Marketing or Marketing students who may be interested in gaining some valuable experience. Please contact Bex at info@warriorprogramme.org.uk

Finally The Warrior Programme would like to thank all those who made the 10th February such a success. It will be a day that goes down in Warrior history and a great step forward for the recognition and development of the Programme and all those involved.

**If you would like to make a donation please call:
02920 381 904**

Photographs by Sean Power