

poppy PRESS



**“BRACE!
BRACE!
BRACE!”**

*“The moment
the Exocet
hit will haunt
me forever.”*



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READ HOW THE FALKLANDS WAR CHANGED ADRIAN'S LIFE

Adrian didn't catch all of the news report on the World Service.

But he remembered hearing that the Argentinian flag had been hoisted on South Georgia Island, close to

the Falkland Islands in the South Atlantic. He thought nothing more about it. After all, he was thousands of miles away off Gibraltar, enjoying some well-earned R&R after routine sea trials on his ship, HMS Glamorgan.

It was early spring 1982, and as the ship left the waters of the Mediterranean, Adrian and his crew mates expected to 'turn right'. But the order came to turn left and head for South Georgia. The date was 1 April.

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“We thought it was a joke.”

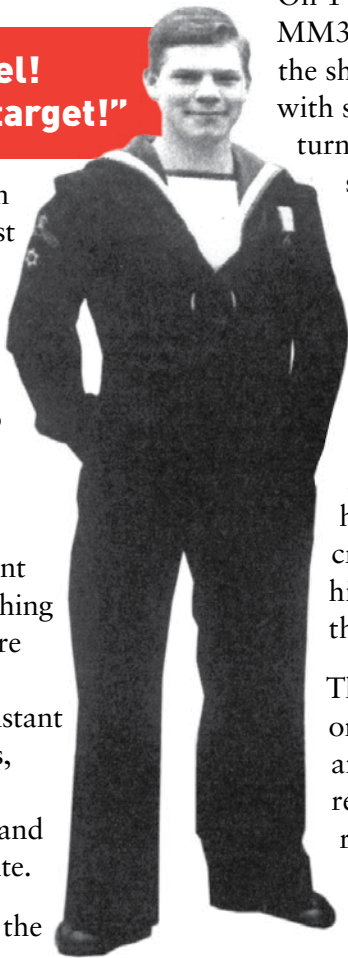
That was the first reaction of Adrian and his mates. But as the ship headed south he and his mates realised that the situation was serious. It took three weeks to sail south and at Ascension Island HMS Glamorgan joined the rest of the hastily assembled Task Force.

They were 8,000 miles from home in icy seas – “If you fell in your life expectancy would be three minutes,” Adrian remembers.

“Holy Mackerel! The ship’s a target!”

On 1 May Adrian (right) had his first experience of being in action: five Argentinian Sky Hawks attacked and two 500lb bombs fell close to the ship. Despite HMS Glamorgan’s recent sea exercises, nothing could fully prepare Adrian for actual warfare – the constant pounding of guns, rat-tat-tatting of machine guns and the smell of cordite.

Two weeks later, the ship saw action almost continuously until the end of May, bombarding various positions on shore, part of a plan to distract attention away from the landings at San Carlos Water.



“We navigated between gunfire, mines and kelp fields.”

As the war intensified, reaching its climax, the Glamorgan came into Port Stanley, a moving target. It had only a narrow channel to navigate between the Argentine guns and mines to the right and the shallow kelp fields to the left. They stayed there on the gun line, bombarding the shore.

On 14 June three Argentinian MM38 Exocet missiles were fired at the ship. The first two missed and with seconds to spare the Captain turned the ship away from the shore, lessening the impact of the third bomb. Even so, it ripped a huge hole through the hangar (see picture).

“No one said a word.”

In the eerie silence of the aftermath, Adrian picked up his best friend: he’d lost both his legs in the blast and was crying for his mum. Three of his closest friends were killed that day.

The attack had a profound effect on Adrian. He felt he was having an out of body experience and remembers dying inside as he realised how many of his crew mates had been killed. “I wondered if there was anybody looking out for me.”

“I couldn’t hide it anymore.”

Adrian went on to serve in the Gulf War. He pushed his horrific experiences to the back of his mind, trying to ignore flashbacks to scenes of the Glamorgan.

But he knew something wasn’t right. 20 years after he’d left the Navy, his life was spiralling out of control and his children begged him to seek help. “I couldn’t hide it anymore,” Adrian said. “I felt like an



outsider. I didn’t sign up for PTSD.” He got in touch with his local Royal British Legion in Exeter and credits his Case Worker, Jayne Edwards, with turning his life around.

“I try to do something to make people smile.”

The Legion put Adrian in touch with people who could help him, and found him a room in a hostel that is funded by a Legion grant. The Legion also helped him to furnish it and make it feel like home.

In recent years, Adrian (above) has discovered an artistic streak

and now loves painting. His upbeat paintings were part of an exhibition in aid of PTSD awareness. He also does what he can to support the Legion, like collecting for the Poppy Appeal, because it’s important for him to give something back.

“The Legion never forget what Service people do.”

“METAL WAS TWISTING I COULD HEAR IT SQUEAKING IN THE PICTURES, IT’S LOUDER THAN LIKE 20 YEARS’ WORTH OF MUSIC.”



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If you or someone you know would like more information contact the Combat Stress 24-hour helpline 0800 138 1634



MICHELLE'S A LIFELINE FOR TERRY

A veteran of the Iraq and Afghanistan wars, Terry was struggling with horrific flashbacks and night terrors – in Iraq, he'd witnessed his sergeant die while in combat. It wasn't something he could forget. He began to find everyday life hard to deal with. Crowded places were a no-go area, he couldn't go on a train or a bus. Bills were pushed from sight into a drawer and left unpaid. Day by day, he retreated into his own little world where he could feel safe.

Terry was suffering so much that he just wanted to end it all. That's when his partner Danielle, the mother of his two children, got in touch with the Legion.

Working with the homeless and vulnerable, Client Support Officer, Michelle Morgan meets many



"IF IT WASN'T FOR THE LEGION WE WOULDN'T KNOW WHERE WE'D BE."

Terry MacDonald

UK MoD/Crown Copyright 2012

ex-Service families when they are at their most desperate. Michelle realised Terry and Danielle needed help. Urgently.

Over cups of coffee and meetings she built up trust with the couple and took action to address their immediate needs, such as arranging food vouchers for the family, essential furniture and clothes for the children. Terry and Danielle also received financial advice from the Legion's Benefits and Money Advice service.

Michelle continues to support the family, accompanying Terry to medical

appointments and ensuring that Danielle is coping.

This year, thanks to the Legion, Terry, Danielle and their children can look forward to a week away on a Poppy Break – an opportunity to enjoy themselves as a family and leave the stress behind. The Legion has teams of Client Support Officers based in local offices across the country. A gift today could ensure we are always there to help people like Terry whenever we are needed.

**... BREAKING APART –
... MAKING. IT ISN'T LIKE THE
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... H OF NEW YEAR FIREWORKS."**

Adrian Greenwood



WORKING WITH COMBAT STRESS

Like the Legion, Combat Stress has a long and distinguished history of working with ex-Service people. Formed in the aftermath of World War I, the charity helped veterans with 'shellshock' to rehabilitate. Nowadays, the condition would be referred to as Post Traumatic Stress Disorder (PTSD).

The Legion has joined forces with Combat Stress to provide improved mental healthcare to the Armed Forces community. In 2010, the Legion and Combat Stress became the Armed Forces and Veterans Charities Lead in the Department of Health's Third Strategic Partnership Programme.

We also awarded Combat Stress an external grant of £1.8 million in 2009, to run over three years. The money has been going towards three outreach teams, directly benefitting almost 1,000 veterans. This programme will strengthen our bonds with Combat Stress and can only benefit the mental health needs of serving and ex-Service men and women.



We remember these gallant men

Fourteen members of the HMS Glamorgan crew lost their lives as a result of an Exocet exploding aboard the ship on 12 June, 1982. Thirteen men died aboard the Glamorgan, but David McCann survived until 19 August. These men are not forgotten.

- Michael J. Adcock
- Brian Easton
- Mark Henderson
- Brian P. Hinge
- David Lee
- Brian J. Malcolm
- David McCann
- Kelvin I. McCallum
- Terence W. Perkins
- Mark A. Sambles
- Antony E. Sillence
- John D. Stroud
- David H.R. Tinker
- Colin P. Vickers



Fantastic support from the Falklands

The Legion's Falkland Islands Branch reported an amazing response to last year's Poppy Appeal. Donations are still coming in, but Branch Chairman Neil Russell was 'staggered' by the total that exceeds £6,000.

"It is wonderful to see that the Legion is still receiving such support." Neil said. *"The benevolence of the Islanders and those serving at Mount Pleasant is truly amazing and we are indebted*

"History repeats itself"

Those were the words of Lt Col Henry Worsley MBE, a British Army officer who reached the South Pole on 17 January this year, exactly 100 years to the day since Captain Scott reached the Pole.

The Scott-Amundsen Centenary Race to the South Pole was a modern day recreation of the race to the Pole between Capt Robert Scott and Roald Amundsen. Henry Worsley and his team mate Lou Rudd (*below*) tested themselves against the elements on this epic adventure, as well as Team Scott led by Mark Langridge.

Russell Thompson OBE congratulated the winners: *"A huge congratulations to the Amundsen team for completing the 700-mile gruelling journey over snow and ice to reach the South Pole. It's an extraordinary achievement and the Legion is thrilled to be supported by the funds raised from this historic trip."*



to everyone. It is poignant that here in the Falkland Islands, 30 years after the conflict, we are able to give something back to a cause which has helped so many of those that liberated us."

STOP PRESS! First indications are that the money raised through collections for the 2011 Poppy Appeal (our 90th year) will reach our target of £40 million. We will let you know the exact amount in a future edition of Poppy Press. Thank you to everyone who wore their poppy with pride and made a contribution.

Applause for



In January, an extraordinary group of 30 actors took to the historic boards of the Theatre Royal Haymarket to give a Gala Performance of *The Two Worlds of Charlie F*. All the actors of the Bravo 22 Company are young wounded, injured and sick Service men and women. Most of them had never acted before.

They worked with playwright Owen Sheers from the very beginning, recounting their experiences of war, their physical injuries or psychological issues. The result was a very personal, moving play, based on their own stories. *"I wanted this to be a very honest look at the repercussions of wounding and war,"* said Owen Sheers.

This unique company was formed by a partnership between Masterclass (the Theatre Royal's resident charity), the Legion and the Army Recovery Capability.

The project attracted the support of some of theatre's top names, including Sir Trevor Nunn who oversaw the play's artistic direction. Ray Winstone, Barbara Windsor, Sienna Miller, Sheridan Smith and Simon Callow were enthusiastic supporters too.



Artistic Director Trevor Nunn on stage with *The Two Worlds of Charlie F* Director Stephen Rayne, Lt Col Mark Houghton, Captain Anna Poole and Marine Cassidy Little.



Welcome to this issue of Poppy Press. We are focusing on one particular story – The

Falklands War. Amazingly, it is now 30 years since our Task Force sailed to the South Atlantic to defend the islanders.

To remind you of what happened in the South Atlantic in 1982, I have enclosed a special supplement that gives a timeline of some of the key dates. It also touches on some of the experiences of our brave Service men and women.

When the Falklands War broke out, Her Majesty the Queen was half way through her current reign. She has now reigned for 60 years. Here at the Legion we are looking forward to the big national celebration this summer – Her Majesty’s Diamond Jubilee.

Over the long bank holiday weekend I am sure many of us will raise a glass to Her Majesty and thank her for all she has done to serve our country. The Legion is proud to have Her Majesty the Queen as our Patron. On 3 May, in her honour, we will be hosting a splendid concert at Windsor Castle’s St George’s Chapel. There will also be a reception afterwards. For more information please read the article in this issue of Poppy Press.

With all good wishes,

Russell Thompson OBE
Director of National Events
and Fundraising

Paying tribute to Her Majesty’s Diamond Jubilee

How many of us can say we have had the same job for 60 years? This year, Her Majesty The Queen, the Legion’s Patron, celebrates her Diamond Jubilee. There will be a long bank holiday weekend to commemorate this great achievement.

The focus will be on the River Thames on 3 June. A 7.5 mile flotilla will make its way from Putney to Tower Bridge. Amongst this procession will be the red and gold Royal Barge carrying Her



Portrait by Darren Baker, 2011

Majesty and other members of the Royal Family.

A musical tribute to our Patron

To mark the Diamond Jubilee, the Legion is hosting a stirring musical extravaganza that traces the 60 years of Her Majesty’s reign. It will take place on 3 May at the historic St. George’s Chapel at Windsor Castle, led by the much-loved Central Band of The Royal British Legion and its Director of Music, David Cole MVO RM. Tickets are limited, for what promises to be a wonderful evening. Please contact Rebecca Pride on 020 3207 2272 for your tickets which cost £30 each for the concert only, or £60 each for the concert and reception.

Royal Reigns

The Queen’s great, great grandmother Victoria reigned over the country for 63 years and 216 days (1837-1901). Our current monarch will have to reign until 11 September 2015 to better that record.

King George III is the longest serving British king, reigning for 59 years and 96 days from 1760 until 1820.

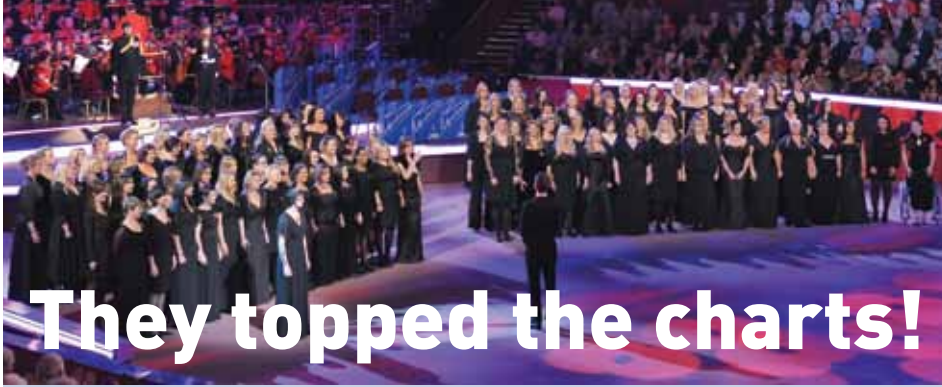
For more information: www.thamesdiamondjubileepageant.org



A royal presence

The Duke of Cambridge was posted to the Falkland Islands for six weeks as part of a routine deployment, the latest stage of his training programme as a Royal Air Force search and rescue co-pilot.

The Duke of Cambridge at Camp Bastion



They topped the charts!

Over the last few years, Choirmaster Gareth Malone has been helping various groups of people to find their voice and sing.

Amongst his latest recruits were a group of military wives, whose Royal Marine husbands are based at Chivenor and at Royal Citadel, Plymouth. Not only was the programme *The Choir: Military Wives* on BBC2 very popular, but the choir's performance was a big hit at last year's Festival of Remembrance at The Royal Albert Hall.

The choir also performed to a group of Service men just home from Libya at 10 Downing Street at the Prime Minister's invitation "*That was an honour in itself,*" said choir member Samantha Stevenson. "*David Cameron*

made a speech about all the men and then said we were the real talent and obviously we all blushed."

Their haunting and emotional recording of *Wherever You Are*, composed by Paul Mealar, featured lyrics taken from letters to and from Service men and their partners. The song and the choir caught the public's imagination and with rocketing sales it clinched the coveted Christmas number one in the charts. The single sold more copies than the rest of the top 12 combined. And the choir recently presented a cheque for over £500,000 to the Legion and SSAFA Forces Help.

For fans of the Military Wives Choir there's great news ... an album is on its way later this year.

Dedication of new Falklands Memorial

To mark the 30th anniversary of the Falklands War, the South Atlantic Medal Association 82, SAMA (82), will be dedicating a new Falklands Memorial at the National Memorial Arboretum on Sunday 20 May. The Memorial will

be on the corner of the Yeomanry and Millennium Avenues at the Arboretum in Staffordshire. The dedication ceremony will be followed by a reception for SAMA (82) members and their families, who will also enjoy a fly-past from a Vulcan Bomber.



Sub Lieutenant HRH Prince Andrew at Portsmouth on returning to Britain from the Falklands in 1982, where he had served as a helicopter pilot with HMS INVINCIBLE.

The Royal British Legion, Haig House, 199 Borough High Street, London SE1 1AA. Telephone 0845 845 1945 Fax 020 3207 2354
Registered Charity No.219279 Website: www.britishlegion.org.uk



Dates for your diary

Bike to Brussels

8-11 June

A 2 day ride to Brussels, through beautiful French and Belgian countryside and including taking part in the moving ceremony at the Menin Gate in Ieper. Please contact **Madeleine Bowler** mbowler@britishlegion.org.uk or 0203 465 9169 – for an application pack.

Pedal to Paris

30 Aug – 3 Sept

The Legion's famous flagship bike ride! 4 days and 460 kilometres, finishing at the Arc de Triomphe. Again, contact **Madeleine**.

London Triathlon

22-23 Sept

If you can swim, cycle AND run – come and join the Legion's team in this year's London Triathlon – contact **Fiona Lyons** flyons@britishlegion.org.uk or 020 3207 2268

Exmoor 30:30

15 Sept

Can you find a team of 5 who can walk 30 miles (or 30 kilometres) across Exmoor with 30lbs each on their backs?! This exciting challenge, run by ex-Army professionals, is a real challenge – more details on www.exmoor3030.co.uk

Poppy Walk

8 July

Make your way around with our question sheet over 10 kilometres and find out lots of things you didn't know about London! Come alone, as a couple or in a team. To enter, contact **Rebecca Pride** rpride@britishlegion.org.uk or 020 3207 2272.