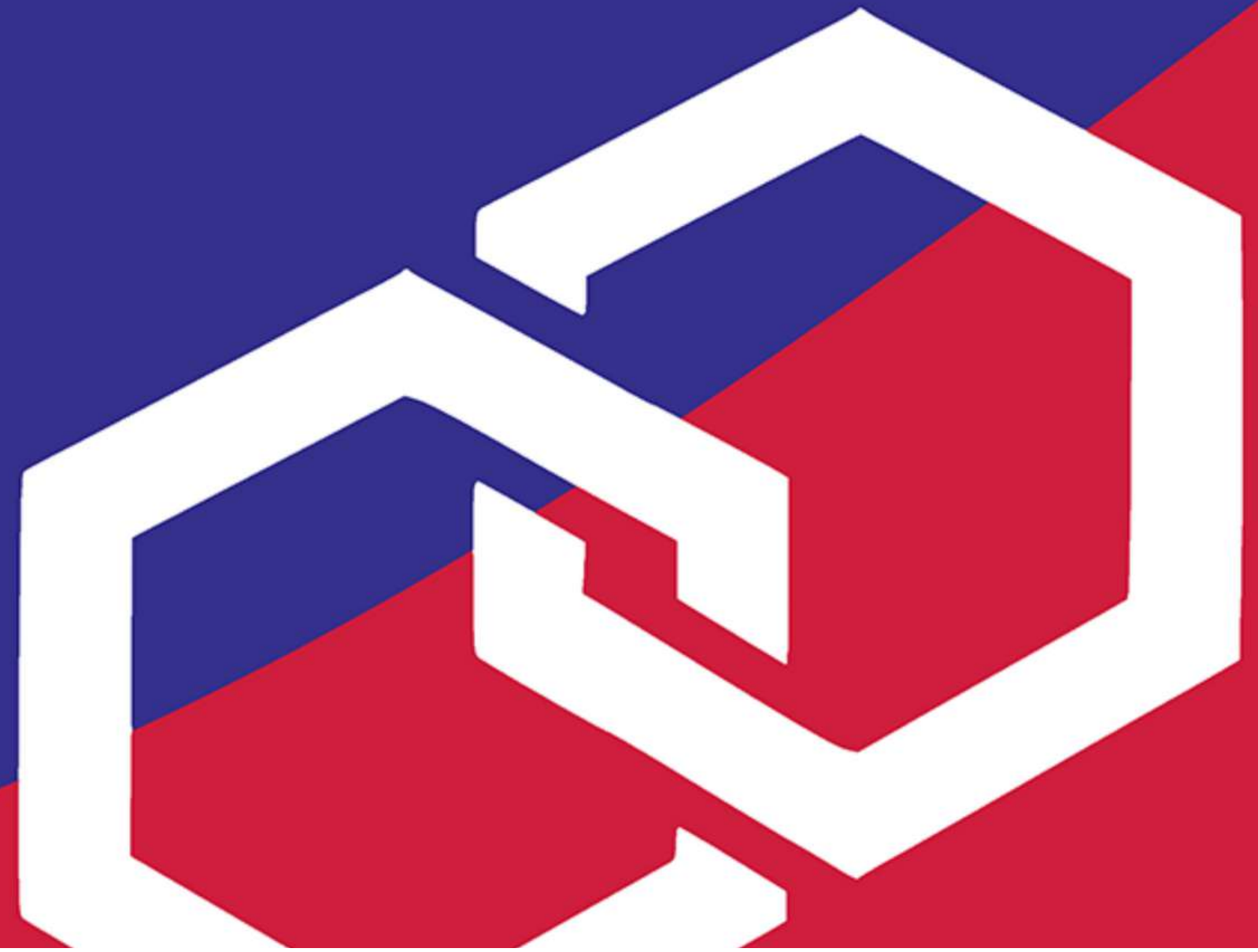


JANUARY 2023

# Veterans' Newsletter

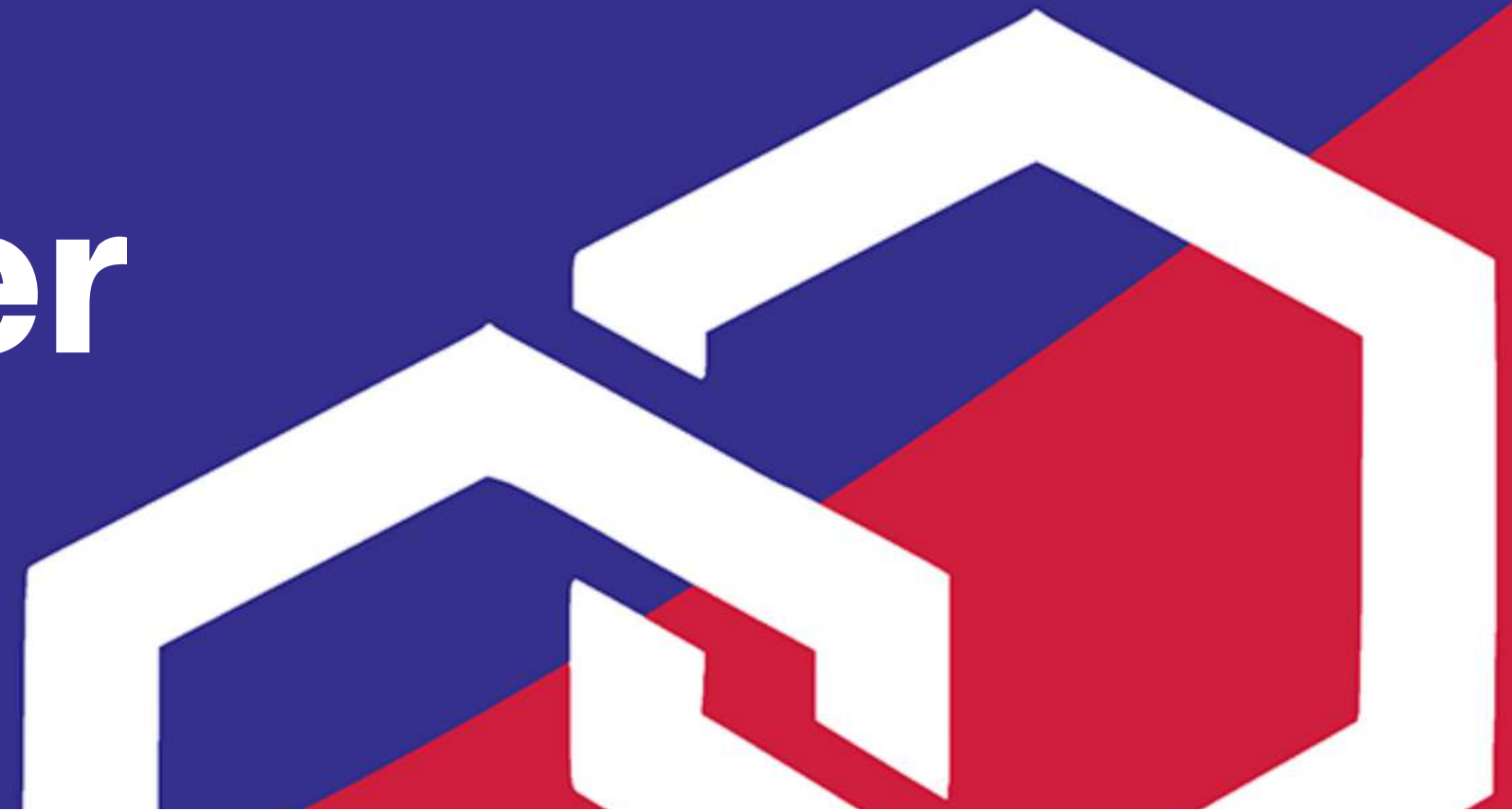


From the Northern Ireland  
Veterans' Support Office

JANUARY 2023

# Veterans' Newsletter

From the Northern Ireland  
Veterans' Support Office



**Dear friends and colleagues,**

Welcome to edition number 5 of our NIVSO quarterly newsletter. May I take this opportunity to wish you all a very Happy New Year (just before the first month of it ends) and I trust it will be a positive one for all within our networks. The first Veterans Awards to be held in NI at the end of last year were really successful and recognised so many worthy veterans giving freely of their time and energy to help others. We have it on good authority that the Awards will be even bigger this year; so it is never too early in 2023 to think about who deserves recognition for the work they are doing and are worthy of a nomination – it may even be you!

So far in 2023, we've been everywhere from the shores of Lough Neagh reporting on Tim Crossin's Cold Dip Challenge (page 2) to the streets of Londonderry for the first Veterans Commissioners' Information Roadshow of the year (page 3). We also had the pleasure of meeting Allen Parton, the inspirational founder of Hounds for Heroes (page 5) and celebrated the 100th birthday of World War 2 Royal Navy veteran Henry Morrell Murphy (page 12). There are a lot of exciting new events and ventures to look forward to this year. In the coming months we will be co-hosting two major conferences, alongside the Forces in Mind Trust in March and Queen's University Belfast in May. Each will have a focus on how research translates into delivery. Both events will take feedback on what more we can all do to break down barriers and to ensure the Armed Forces Covenant is enacted within our community, whilst recognising the needs of Northern Ireland veterans.

We are also delighted to welcome a new member of staff, Bobby Gillespie, to our team who will work as the Veterans' Champions Support Officer under our new Armed Forces Covenant Fund Trust programme, aimed at extending the profile and outreach of our 11 Veterans' Champions. This programme will see more veteran events in all of our 11 council areas, with more direct support available to our veteran community, so do check our website to find out who your Veterans' Champion is and link in with them.

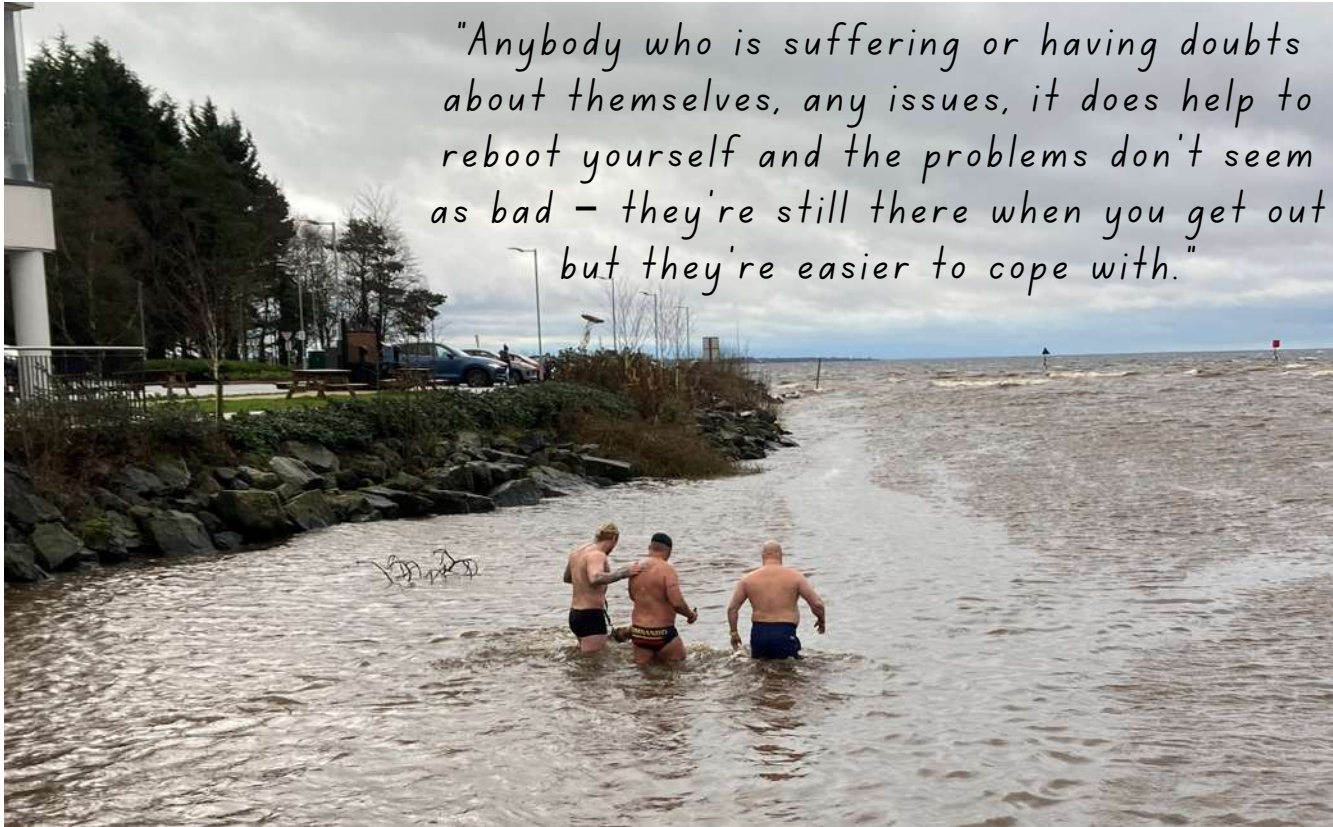
We look forward to engaging with a range of Corps and Regimental Associations in the next couple of months and also to launching a female network and outreach event in early summer, so watch this space for updates! Our Veterans' Places, Pathways and People programme remains open for referrals (page 9). The nationwide UK Veterans' Survey also remains open until 2 February; please fill it in – it can be done anonymously but it is important that your voice is heard.

Finally, we would also like to offer our heartfelt well wishes to Peter Baillie, who is retiring as Director of the UDR and Royal Irish (Home Service) Aftercare Service. Peter has been a long-time friend, advisor and supporter to our organisation, and acted as Chair of the Northern Ireland Veterans' Support Committee, and as a member of the RFCA Veterans' Subcommittee for many years. We will miss him and on behalf of the whole veteran community, we wish him a very happy and active retirement.

*Liz Brown*  
**Head of the Northern Ireland  
Veterans' Support Office**

# Royal Marines Commando takes on Cold Dip Challenge for Charity

*"Anybody who is suffering or having doubts about themselves, any issues, it does help to reboot yourself and the problems don't seem as bad – they're still there when you get out but they're easier to cope with."*



**We joined former Royal Marines Commando, Tim Crossin, on day 10 of his amazing 31 day cold dip challenge across the UK!**

Alongside friends and supporters we gathered at the shore of Lough Neagh for a quick chat before some very brave souls took the plunge into the water! Here, Tim explains the inspiration behind the challenge and what it has meant to him.

"It started off as a good idea on a beach chatting to a mate of mine. I was going through recovery from a third cancer and it was a way of rebooting myself, and giving myself a goal.

Unfortunately two weeks before Christmas I was told the cancer had come back, so I'm now fighting a fourth cancer but the challenge is still going on.

This location was special, I wanted to come across to Northern Ireland and do one here. In this location, from Six Mile Water into the Lough, we used to patrol 20, 25 years ago, so it meant something to me. Personally I just feel fantastic when I get out and I look forward to it every day, and it does take your mind off any problems you might have.

But also you meet some likeminded people, nobody judges, everybody just gets in the water, gets cold – you all get cold at different stages, but you're all the same. It's a great way to share.

I've had a lot of people email me with their own personal stories, and some of them are quite heart-breaking, some of them are inspirational, but all of them are worthy of listening to and responding to –so it's kind of taken on a secondary role, not as a therapist, but just someone who's listening and saying yeah, it's ok not to be ok.

When you're in the Forces, you've got someone on either side of you and watching your back. When you go outside and you're in civvy street you don't feel that connection and it's another shared experience to give you something a little bit like it.

You can never replace what you had in the Corps, or what you had in the Army, Navy, Air Force, or Police Force, emergency services, but being a veteran is something to be proud of and thankfully we do look out for each other. You've got to look after each other because we're only here once and there's no guarantee we will be here tomorrow."

Through this challenge Tim is raising money to support The Royal Marines Charity, Lymphoma Action and Rock 2 Recovery UK. You can read more about Tim's journey, and donate to his fundraiser here:

[www.justgiving.com/crowdfunding/colddipcommando](http://www.justgiving.com/crowdfunding/colddipcommando)



*Thanks to Phil McMullan (pictured, centre) from the Royal Marines Association NI for inviting us along to support Tim!*

# Londonderry Waterside RBL Hosts First Veterans Information Roadshow of 2023

We attended the first Veterans Information Roadshow of the year on Wednesday 25th January.

Hosted by the Northern Ireland Veterans Commissioner's Office and held in the Waterside Royal British Legion, Londonderry, we joined alongside our colleagues from across the network to engage with veterans and their families at this open event.

In his opening remarks the Commissioner, Danny Kinahan, welcomed guests, saying: "Wherever I go, people know how much you have done for them and how much you have done in the past. You put the uniform on, you took the risks and did much, much more, thank you."

Head of the Northern Ireland Veterans' Support Office, Liz Brown, spoke about the range of support on offer to veterans across Northern Ireland, and encouraged those present to benefit from our Veterans' Places, Pathways and People programme. She said, "In excess of £8m has been drawn down for veteran support in Northern Ireland in recent years. We seek to expand the range of support available to you, and ensure you have lots of access to that support."



*Pictured above is the Northern Ireland Veterans' Commissioner, Danny Kinahan, speaking with guests at the roadshow.*

*Also pictured is a range of stakeholders, veterans and veteran supporting organisations who attended the roadshow.*



Michael Donaldson from Inspire spoke to the audience about You Matter, a programme funded by the Armed Forces Covenant Fund Trust which supports veterans at risk of suicide. So far the programme has helped over 350 veterans. Michael said, "It is difficult putting your experiences out there, but you are talking to someone who has a Service number and who understands things. Thank you for what you did, and what you were prepared to do. And to your wives and partners who are the unsung heroes."

Ben Higgins, representing the Ely Centre, gave an overview of the Troubles Permanent Disablement Payment Scheme which is still open for applications. The scheme has been designed to provide those who suffered severe permanent disablement (either physical or psychological) as a result of an injury caused through no fault of their own, in a Troubles-related incident. There have been 3,725 claims made to date, and 179 payments made so far. You can find out more information about the scheme by visiting [www.victimspaymentsboard.org.uk](http://www.victimspaymentsboard.org.uk) You can also contact The Ely Centre, South East Fermanagh Foundation (SEFF) or the Wave Trauma Centre for help and advice on your application.

On behalf of the veteran support network, the Commissioner also offered congratulations to Peter Bailie, outgoing Head of the UDR and Royal Irish (Home Service) Aftercare Service, who retires this month. The Aftercare Service will also merge with the Veterans UK to become the Veterans Welfare Service Northern Ireland. Peter said the new organisation will "offer services to every veteran from World War 2 right through to yesterday. The name will change, but it will maintain all links and offer more stability for veterans."



*Head of the NIVSO, Liz Brown, spoke about the range of support available for veterans*



*NI Veterans Awards organiser, Jason, is pictured here with NIVSO Deputy Head, Fiona*

# Supporting Veterans in the Criminal Justice System alongside Start 360

Transitioning back into the community from prison can be a challenging experience. Start 360's RDV service provides support for ex-service members who have been in custody or had contact with the criminal justice system.



This service is funded by the Armed Forces Covenant Fund Trust and has enabled Tommie, a caseworker with Start 360, to support these veterans. We spoke with Tommie to hear about his experiences.

"The service is based across the three prisons here in Northern Ireland - Maghaberry, Magilligan and Hydebank. I go one day a week into each prison, and then I'm out in the community during other days supporting those who have been released along with their families."

Since the service launched in April 2022, Tommie has helped over 60 veterans. There can be 25-30 veterans across the prisons at any time, with 2-3 a week entering or being released.

Tommie said, "This is specifically a service for veterans, and we are able to discreetly identify veterans who have come into the custody suite."

Support needs of the veterans can range from mental health issues to drug and alcohol misuse, but RDV provides wraparound care to support any veteran that finds themselves in the prison environment.

Through his outreach in the prisons Tommie has been able to set up veterans' hubs where people can come together for a cup of tea, get some support and share their experiences. Tommie explained, "Once they are all in a group, it's something for them to keep them going. Anything they're concerned about we will assist with and help them look towards getting out. Whether it's housing, benefits, food, clothing, supporting them with anxiety or depression, or linking them up with other services."



The Deputy Head of the Northern Ireland Veterans' Support Office, Fiona, has been working alongside Tommie to support this group of veterans with unique needs and experiences. She said: "This vital work supports veterans within the criminal justice system to achieve their full potential by coordinating the services of our trusted partner organisations to provide wraparound, bespoke, holistic care, enabling them to turn their lives around, learn new skills, embrace a new positive future and ultimately re-integrate into society, to live a fulfilling life amongst their family, friends and local communities."

As well as NIVSO, Tommie has introduced other veteran support agencies to these hubs, such as SSAFA, Inspire and the Royal British Legion. He said, "Most veterans aren't aware of what's out there, so we invite guests from other organisations to raise awareness of the support they can offer. It helps to give a bit of hope and encouragement to access services that are there. Meeting these representatives while still in prison then helps them to lift the phone and get the support they need when they're outside."

If you would like to learn more about Start 360's work visit [www.start360.org](http://www.start360.org)

# Hounds for Heroes visit Northern Ireland

**During a visit to Northern Ireland this month we spoke to Allen Parton, founder of Hounds for Heroes - a charity which trains highly skilled assistance dogs for injured personnel from the military and blue-light services.**

Allen is an ex Royal Navy Weapon Engineer Officer who suffered a traumatic head injury in the aftermath of the Gulf War in 1991. He explains, "Following my own experiences, by having an amazing assistance dog come into my life called Endal, I wanted to do something for someone else, so a group of us serving and ex-serving members of the Armed Forces decided to set up an organisation called Hounds for Heroes."

The specially trained assistance dogs can help to improve the quality of life for those affected by injury or life-limiting illnesses such as MS or Parkinson's. Hounds for Heroes will help find a solution depending on specific needs. Allen tells us, "We're not only looking at those injured in conflict, we are looking at the individual need, and if we need to train a dog to that discipline of disability then we will."

Allen described some of the amazing things his dog, Endal the Third (ET), is trained to do. "He can operate traffic lights, get the post, the paper and draw the curtains. In a supermarket he can take things off a shelf, load and unload my basket. If I fall unconscious he can put me in the recovery position, open a window and bark for help. If I fall in the bath he knows how to pull the plug out, keep my head above water and raise the alarm. My wife knows when she goes out the front door, this dog can save my life, and that's really important, it's not a game."

Hounds for Heroes has been operating for 12 years, and has a longstanding relationship with the community in Northern Ireland. Allen tells us, "We're coming out to Northern Ireland to remind the injured, disabled service men and women and emergency services personnel that they're as included in our list of people that could benefit from a dog as anyone else on the mainland."

"To me, sitting in the wheelchair, the greatest thing I've discovered coming to Northern Ireland is that people care, and that's a very powerful message to receive from where I sit. The support we're shown by every level of community – schools, veterans and other agencies, the public, everyone – there's a momentum of its own and I've been totally impressed by that."

You can learn more about Hounds for Heroes by visiting [www.houndsforheroes.com](http://www.houndsforheroes.com) or contacting 01730 823118 Mon – Fri 8.30am – 4pm.



*Charlie and Liz from our team had the pleasure of hosting Allen and ET during their visit to NI!*



*Allen was interviewed by Pamela Ballantine on UTV Life!*



*Allen and ET are pictured alongside pupils from Banbridge High School's Hounds for Heroes Committee who work year-round to raise awareness of the charity.*



*"He is always enabling me - where my disability is my weakness, he steps in and becomes my strength,"  
- Allen on his assistance dog, ET*

Our interview with Allen was broadcast on our veterans' radio programme, Sunday Serving.

You can listen back to this interview on our [NIVSO YouTube Channel!](#)



# Calling all Veteran Groups & Hubs!



## NIVSO Risk Assessment for Charitable Organisations and Community Enterprises in Conjunction with NICVA and Inspire - Thursday 23rd March 2023



The Northern Ireland Veterans' Support Office is committed to supporting Veteran Hubs to grow within their community and provide them with training opportunities.

Following on from our governance and financial management training we are pleased to offer this bespoke training on risk assessment.

Risk assessment is an important task that all organisations should be carrying out, regardless of size or nature. Having a process in place to record this work will help organisations to better manage both current and future risks.

This is a practical training session showing you how to carry out a risk assessment, action plan and record the results in a risk register. The templates used in the exercises can then be used in your own organisation so that you have both the skills and the tools to implement risk assessment.

### Who should attend?

This training is specifically designed for voluntary and community sector organisations, it will benefit people across all departments that are involved with assessing and/or managing risk. This training is particularly relevant for those organisations that don't already have risk assessments in place.

### Risk Assessment 10am - 1pm

- Identify risks and carry out a risk assessment
- Carry out an analysis of risks and draw up an action plan to deal with them
- Monitor and review action plans



## Programme

### An overview of VPPP Volunteer training Supporting and Enabling Veteran Volunteers 1.30pm - 3pm

- Build competencies, skills and awareness to support our local veteran population
- Develop a volunteer network
- Promote self care skills to empower and support your volunteer community

### Supporting and Enabling Veteran Volunteers

In the afternoon session our NI Veterans' Places, Pathways and People programme partner, Inspire, will provide information on our tailored veteran volunteer training.



To register for this free training please  
email Fiona: [ni-vsodep@rfca.mod.uk](mailto:ni-vsodep@rfca.mod.uk)



# Take Part in the Veterans' Survey!

The UK-wide Veterans' Survey is the first-ever exercise to collect feedback from the veterans' community across the UK, coordinated by the Office for Veterans' Affairs (OVA) and the Office for National Statistics (ONS).

Liz Brown, Head of the Northern Ireland Veterans' Support Office, said: "We have been engaged with these bodies, and representatives from across the four nations to ensure that the survey can capture feedback from veterans in Northern Ireland. We really hope that this survey is completed by as many NI veterans as possible, not least to give the OVA an accurate picture of veterans and their families' needs here in NI and to demonstrate beyond doubt that there is a need.

"We know the veteran population is surveyed a lot, but we would be very grateful if you could support this national exercise, and engage with it as fully as possible. It takes about 20 minutes to complete and paper copies are available on request.

"The survey can be completed anonymously (you can tab past the name box or just enter initials, for example) which should provide reassurance for those who would prefer not to give personal details."

**THE VETERANS' SURVEY IS CLOSING SOON.  
TAKE PART TODAY.**

**The online Veterans' Survey will close on the 2nd February 2023.**

**Paper surveys need to be returned by 17th February 2023.**



You can take part in the survey here:  
[www.ons.gov.uk/surveys/informationforhouseholdsandindividuals/householdandindividualsurveys/veteranssurvey](https://www.ons.gov.uk/surveys/informationforhouseholdsandindividuals/householdandindividualsurveys/veteranssurvey)

# Current Funding Opportunities

## Don't miss the 6 February Grant Application Deadline for Grant Funding Opportunities from the Veterans Foundation.

Last quarter the Veterans' Foundation awarded approximately £1.3M in grants and marked an important milestone as the Veterans' Foundation has now awarded over £14M in grant funding since inception in 2016.

The Veterans' Foundation grants programme supports charities, community interest companies and other organisations conducting charitable activity to support those in need amongst the armed forces community including serving armed forces personnel, veterans, operationally qualified seafarers and immediate families/carers.

The maximum grant is currently £30K, however, the Veterans' Foundation also provides salary grants, which can amount to £40K spread over two years for salaries, to help small and medium-wealth organisations.

Currently, there are two standard grants available:

- Grants of any sum up to a maximum of £30K payable at one time or spread over 1-3 years.
- Grants of any sum up to a maximum of £40K for the exclusive use on salary costs over 2 years.

The £40K will be allocated as £20K for each of the next two years. In some cases, the grant award may be limited to one year and qualified grantees may reapply at a later date for a second year of funding.

The deadlines for grant application submission through 2023 are as follows:

- 6 Feb for consideration at the March Trustee Meeting
- 24 April for consideration at the June Trustee Meeting
- 7 Aug for consideration at the September Trustee Meeting
- 23 October for consideration at the December Trustee Meeting

**The application process for all grants is online here:**  
**[www.veteransfoundation.org.uk/grant-application](http://www.veteransfoundation.org.uk/grant-application)**

**If you have any queries, please contact**  
**[grants@veteransfoundation.org.uk](mailto:grants@veteransfoundation.org.uk)**



**Apply by**  
**6th Feb**



**Further advice on funding options can be accessed by visiting their website, calling 028 9055 1455 or by emailing [enquiries.ni@tnlcommunityfund.org.uk](mailto:enquiries.ni@tnlcommunityfund.org.uk)**

## The National Lottery Community Fund continues to support communities across Northern Ireland.

Their popular small grants programme, National Lottery Awards for All, is open and accepting applications for community led projects that will bring people together and build strong relationships in and across communities. Groups can also apply for two grants under Awards for All in a 12-month period. This could help organisations who want to support those who are struggling as a result of the cost-of-living crisis or who want to bring people together to mark moments of local and national significance such as His Majesty the King's Coronation in May.

Decisions can take up to 12 weeks on an application so bear this in mind when you are planning your project start date. The National Lottery Community Fund recently announced awards that have been made through their funding programmes in Northern Ireland and this will give groups an idea of the type of projects that they can support.

# "I never really thought about how things had affected me before this conversation today."

VETERAN SERVICE USER AT BROOKE HOUSE HEALTH & WELLBEING CENTRE

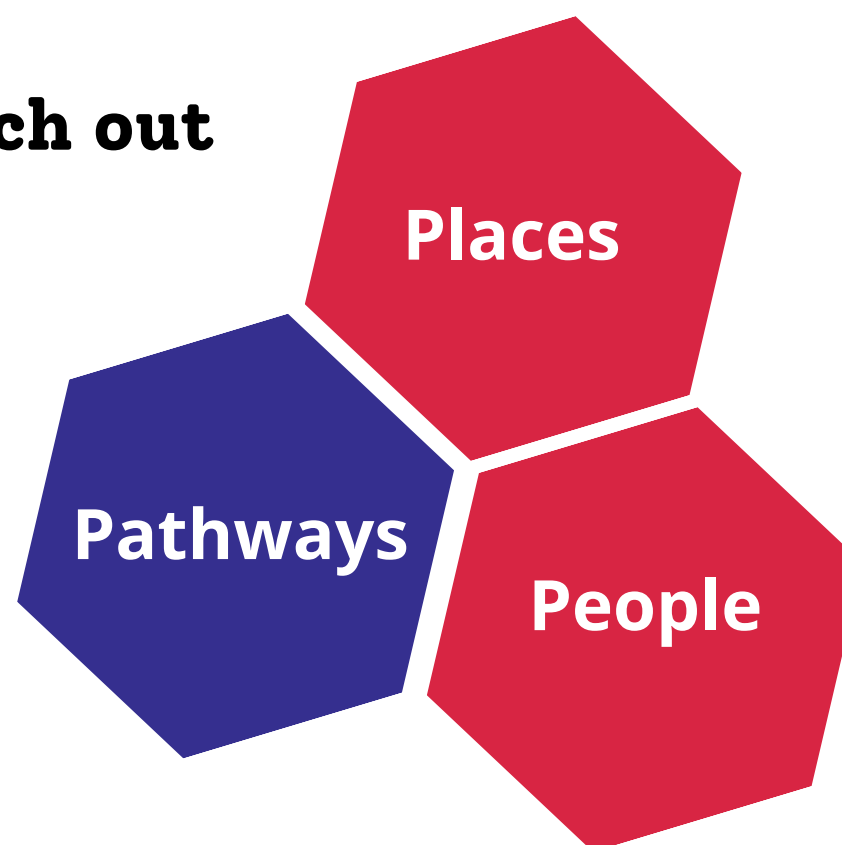
If you are a veteran living in Northern Ireland and experiencing mental health issues we want to help.

Through our Veterans' Places, Pathways & People Programme we can connect you to peer support and high level mental health services, including psychiatric support and PTSD diagnosis through our trusted delivery partners.

**Sometimes taking that first step to reach out can help the rest fall into place.**

Phone 028 9521 6784  
Email [info@nivso.org.uk](mailto:info@nivso.org.uk)

 **THE ARMED FORCES  
COVENANT FUND TRUST**



**VSO**   
Northern Ireland Veterans' Support Office

# RBL Admiral Nurses Offering Support and Outreach to Communities in Northern Ireland

**We recently met with Paula, Laura and Zoey, Royal British Legion Admiral Nurses who are expanding their service into Northern Ireland this year.**

The Royal British Legion Admiral Nurses offer specialist support, information and advice to the carers of people with dementia. The service aims to help family carers gain the necessary skills to assist with dementia care, promote positive approaches in living well with dementia and improving quality of life.

They offer practical advice, and emotional and psychological support from diagnosis to post-bereavement,, helping people deal with feelings that are often complex.

They help carers to develop coping strategies and offer a single point of contact, helping to join up different parts of the health and social care system to meet people's in a coordinated way.

The services have been developed in partnership with Dementia UK, a national charity which promotes and develops Admiral Nursing.

To qualify for this service the carer or person with dementia needs to be a beneficiary of The Royal British Legion. This includes anyone who has served in the British Armed Forces, their family and carers.

To find out more about the service, or make a referral , please contact:

**Laura Greene**  
**Admiral Nurse Practitioner**

**Telephone: 07458086163**  
**Email: [LGreene@britishlegion.org.uk](mailto:LGreene@britishlegion.org.uk)**



**ROYAL BRITISH LEGION**

## **How can this service help?**

- Skilled person-centred assessment of the needs of carers, families and individuals with dementia
- Psychological support to help understand and deal with feelings and emotions
- Practical advice
- Helping carers to develop and improve skills in caregiving
- Guidance on eligibility for other Legion support and services
- Referral to treatment and support services
- Therapeutic, educational and social support groups
- Clear guidance about how appropriate services and sources of support can be accessed in your local area
- Liaison with other professionals and organisations to ensure failies obtain coordinated support.

If you require any other support or information the Veterans' Gateway have a team based in the RBL contact centre who can offer 24 hour support, 365 days a year.

Call **0808 802 1212** or visit [www.veteransgateway.org.uk](http://www.veteransgateway.org.uk)



# Updates from the Northern Ireland Veterans' Commissioner

## Danny Kinahan, gives us an insight into his current work as the Northern Ireland Veterans' Commissioner.

*"It's a new year but the work of a Veterans Commissioner is never done and there is plenty to reflect on from 2022 and lots to look forward to in 2023. Since being appointed I have sought to make sure your voices as veterans in Northern Ireland are being heard and represented at the highest levels of Government, and at local levels as well, ensuring where possible veterans are connected to the support services they need. This is achieved through the collaborative working relationships with the Veterans' Support Office, Aftercare Service and many others who come together and support us at our Roadshows and other events.*

*I reflect on the many veterans I meet who suffer with ill health both physically and mentally and am actively engaging in ways to help improve the healthcare provision of veterans living in Northern Ireland. I am however hampered by the current lack of information to prove our case, which is why I have been proactive in creating and endorsing an NI Veterans Health Questionnaire that concludes today (31st January 2023). The Questionnaire has been running for three months to help provide the information required to see what is working and what is not. It is hoped that information gathered in this study will help provide evidence to fill the gaps in veteran healthcare provision here in Northern Ireland.*

*I also reflect back on Remembrance which passed in November and the 'We Will Remember' Op Banner exhibition my office facilitated, to not only remember times gone by, but to understand the history, sacrifice and lived experience of so many veterans in our community. The event was successful in providing an educational experience to students and staff of Cullybackey College, who were privileged to hear the experiences of veteran Glen Espie BEM who survived two assassination attempts on his life by republican terrorists. Glen bravely retold his story to a packed audience, highlighting a true narrative and testimony to the bravery of those men and women who wore the uniform in service during the Troubles.*

*This month (Jan 2023) we conducted our first Veteran Information Roadshow of 2023 in Londonderry. We have further events planned for 21st February in Carrickfergus Town Hall and 22nd March in the Spectrum Centre, Belfast. We are also facilitating a number of Suicide Prevention Training sessions for RBL, Regimental Associations and veteran welfare officers.*



**Glen Espie BEM, is pictured alongside Veterans Commissioner, Danny Kinahan at the 'We Will Remember' Op Banner exhibition**

*We continue to promote the great work of veterans in our community by supporting and sponsoring the NI Veterans Awards as well as highlighting the good news stories of veterans living in Northern Ireland.*

*On 17th January the Veterans Commissioner's Office welcomed veteran Ryan Gray and his team from K9 Search and Rescue. Ryan was the worthy recipient of the NI Veterans Award for Role Model of the Year. Ryan and his team provide a life-saving service in Search and Rescue utilising working dogs, providing assistance on both sides of the border to emergency services, including at the tragic Creeslough filling station explosion in Donegal in October last year.*

*Made up of various members and veterans of uniformed and blue light services, including the NHS, Fire Brigade and Police, Ryan and his team provide a fantastic service to assist the emergency services. Ryan and his team put on a display at the Buick Memorial Primary School, which involved the vice principal going missing during a snowstorm! Ryan and his team were on hand to help demonstrate the capabilities of these extraordinary working dogs to two classes of primary seven pupils who braved the snowy conditions to see the dogs at work.*

*There is still lots to do, and I hope that 2023 expands on the great work that has been conducted so far and that more veterans living in Northern Ireland can avail of support and services available to them. I continue to urge everyone to look out for each other and if you ever need help, to reach out."*



**Buick Memorial Primary School pupils welcomed a visit from K9 Search and Rescue**



## **Veteran Information Roadshows 2023**

**Carrickfergus, Town Hall - Tues 21 Feb 23 - 3-5pm**  
**Belfast, Spectrum Centre - Wed 22 Mar 23- 3-5 pm**

**For further details please email**  
**commissioner@nivco.co.uk or phone 07971 833160**  
**Registration is recommended via website [www.NIVCO.co.uk](http://www.NIVCO.co.uk)**

# 100th Birthday Celebrations for World War 2 Veteran!

**We were delighted to attend World War 2 veteran Henry Morrell Murphy's surprise 100th birthday party!**

The event was held in the Clandeboye Lodge Hotel on Saturday 28th of January, with Henry's family, friends and invited guests gathered alongside Council and Service representatives from the local area.

The evening was compèred by Henry's granddaughter, Jennifer, and guests were treated to performances by one of Northern Ireland's leading Sopranos, Clara Wilson, as well as pipers, buglers and nine Massed Bands represented.

Henry was also presented with a birthday card from His Majesty King Charles III. We wish Henry many happy and healthy returns on reaching this amazing milestone.



## Henry Morrell Murphy's Wartime Biography

Henry joined the Royal Navy in 1942 where he was an Able Seaman and Submarine Detector. In 1944, he was serving on HMS Capel which had made contact with a submarine on Christmas Night and had made several unsuccessful attacks.

Around noon on Boxing Day the ship was torpedoed and sank. Henry was blown clear of the ship and when he came to his senses, he managed to get into a life raft. After a long two hours, he was picked up and taken to an American hospital about three miles from Cherbourg.

After recovering from hypothermia, he was discharged the next morning. With few clothes and little to eat, he made his way to the harbour and managed to get on board one of the sister ships. After a few days, he arrived in Belfast.

Unknown to him, a priority telegram dated 30 December 1944 had been sent to his mother in Lisburn stating that he had been reported missing, presumed dead on war service.

When Henry arrived at his parents' home he was somewhat taken aback when his mother opened the door in tears. His father was also in a mournful state, but this was quickly changed to one of joy.

Henry is ever mindful of all this happening in his young life and always remembers the 80 shipmates who were less fortunate.

*Biography courtesy of Ards and North Down Council*



**Liz and Fiona from the NIVSO wished Henry a very happy 100th birthday!**



**Representatives from the local area including the Northern Ireland Veterans Commissioner, Danny Kinahan, and Vice Lord Lieutenant of Co. Down, Catherine Champion, attended the celebration.**



**Henry entered the room to cheers and applause from loved ones who had gathered to celebrate his 100th birthday!**



The 2023 Northern Ireland Veterans Awards will be held on the 25th October at the Europa hotel, Belfast.

These awards celebrate our Northern Ireland veterans in Business, Fitness, Sport and the wider Community.

Stay tuned for updates and announcements on Facebook @VeteransAwardsNI

Please link in with our new NIVSO website and social media channels to stay up to date with our activities!



[www.nivso.org.uk](http://www.nivso.org.uk)



@VeteransNI



@ni\_veterans\_  
support\_office



@NorthernIreland  
VeteransSupportOffice



# SUNDAY SERVING

MUSIC - INFORMATION  
COMMUNITY - COMMUNICATION

*www.BigHitsRadio.uk*  
**6pm – 8pm**

We are delighted to be working with Big Hits Radio to support veterans in radio production training. If you would like to be involved in the training please get in touch! You can tune into Sunday Serving from 6-8pm on Sundays at [www.BigHitsRadio.uk](http://www.BigHitsRadio.uk)

Email your shout outs and song requests to [sundayserving628@gmail.com](mailto:sundayserving628@gmail.com) and follow Sunday Serving on Instagram @sunday\_serving to stay connected.