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CDI/CDARSImpactReport/Vets1 .v6
20 November 2020

Community Drug and Alcohol Recovery Services

IMPACT REPORT ON SERVICES PROVIDED FOR MILITARY VETERANS SUPPORT

By

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EXECUTIVE SUMMARY

This Impact Report has been commissioned by CDARS to provide an independent assessment of the services provided by CDARS for Military Veterans. It explores the effectiveness of these services by meeting with the CEO and the Veterans Coordinator/Suicide Prevention Programme Manager plus the relevant records and other documentation.

CDARS is a well established and respected charity that works with some of the most vulnerable members of society, including Veterans. Prior to COVID-19 it had a number of comprehensive programmes including some for those with alcohol and or substance misuse problems; a successful Sunshine Recovery Café, a Suicide Prevention Programme and help for Veterans (including a Veterans Choir). During the COVID-19 crisis, it continues most of its services mainly by virtual means –except for the Veterans Choir. In addition, it created a most successful hot meal delivery service for over 300 of its more vulnerable service users

The Veterans programmes before COVID-19 consisted of A Support Programme funded by the Armed Forces Covenant Fund and The Forces Trust. The Choir was a key part of this. Following this, a Veterans coordinator was appointed who is also the Suicide Prevention Programme Manager. He is a former soldier, highly motivated and imaginative. During COVID-19, he has organised a number of activities to replace the choir including ‘Veterans Walks’ – with a breakfast followed by walks in the Surrey Hills. He also visits the rough sleepers in the Charing Cross area to see if any are veterans needing help.

CDARS future plans for Veterans involves reactivating the choir, organising further Veterans walks plus weekend camping. They aim to increase the numbers of Veterans helped and the range of resettlement services provided

My assessment of the Veterans services is that these are cost effective and well delivered. I make several recommendations in particular to extend and expand their services. Including the use their facilities more – especially the highly successful Sunshine Recovery Café.

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Part 1.**INTRODUCTION****Background**

1.1. This Impact Report has been commissioned by CDARS to provide an independent assessment of the services provided by CDARS to Veterans before and during the COVID-19 Lockdown, the period covered in this report is 15th March 2020 to 1st November 2020.

The Objectives of this Impact Report

1.2 Our objectives are to:

Explore the effectiveness of the support provided to CDARS to Veterans prior to and during the COVID-19 crisis.

1.3 We therefore provide in this report:

- a. A record of the CDARS services to Veterans prior to the COVID-19 lockdown and during it
- b. An assessment of the level of services provided.
- c. Suggestions for how CDARS might help Veterans in the future
- d. A document to be used, if required for supporting any future proposals.

Methodology and those consulted

1.4 We studied relevant CDARS documentation – reports records, and letters of appreciation. We were given full access to the staff and records.

1.5 We also had discussions with CDARS staff – Mr Franco Toma; CEO and Mr Jope Tikioisuva; Veterans Coordinator and Suicide Prevention Programme Manager.

Appreciation

1.6 We would like to express our thanks to all the CDARS staff that helped us. In particular to Mr Franco Toma and Mr Jope Tikiosuva for their information, advice and help they readily gave.

1.7 I was particularly pleased to ask to undertake this project, as I am also a Veteran, having served in the Royal Navy and Royal Naval Reserve.

Part 2.**CDARS OVERALL SERVICES****CDARS - Overview**

2.1 CDARS is a well established and highly respected charity that works with some of the most vulnerable people in society – including Veterans - presenting a range of mental and physical health issues as well as those with substance misuse issues. Its clients fall in the most 'at risk' group during the COVID-19 crisis and needed to self isolate.

2.2 The services provided relate to:

- Substance and alcohol misuse
- Mental Health support
- Health and Wellbeing
- Military Veterans
- Perpetrators of Domestic Violence
- Sunshine Recovery Café
- Suicide Prevention Programme

These are provided for Veterans from the London Boroughs of Merton, Wandsworth, Sutton, Richmond, and Kingston.

2.3 The staffing of CDARS consists of:

The CEO and an Operational Manager
The Wandsworth Day Programme – 3 counsellors
Sunshine Recovery Café - 4 counsellors

Plus one counsellor for each of the following:

Suicide Prevention Programme
Health and Wellbeing Programme
Veterans Support Programme
Perpetrators of Domestic Violence

In addition, there are 4 -6 volunteers assisting the programmes.

2.4 An important aspect of this project is that of **'Equality and Fairness in Service Delivery'**. CDARS aims to provide its most marginalised service users access to an innovative and creative virtual service by making effective use of technologies so that all its most vulnerable clients, irrespective of their current financial situations can benefit from its digital support during COVID-19.

CDARS' General Operations

Prior to COVID-19

- 2.5 Before the onset of COVID-19, CDARS provided all of its services on a face to face basis. **The Day Programme** is for residents of Wandsworth and Richmond aged 16 and over, presenting with an alcohol and/or substance misuse problem. All other services (see below) are for residents - of 16 and over – from Wandsworth, Richmond, Merton, Sutton and Kingston London Boroughs.
- 2.6 The **Sunshine Recovery Café** supports those with mental health and other problems. It is a safe and secure environment. The café is a most valuable facility for a range of activities. A note on it is in Appendix A.

During the COVID-19 Crisis

- 2.7 **It is important to note that during the lockdown, all the CDARS services continued to be provided** and were delivered remotely except for the Sunshine Recovery Café which saw service users face to face who were experiencing a crisis.
- 2.8 CDARS services were mainly delivered by virtual means – mainly Smart phones issued by CDARS. Full details of how CDARS coped with the COVID-19 crisis are given in my earlier report – Reference CDI/CDARS/1 dated 21st September 2020.
- 2.9 Another important service has been established by CDARS – the home delivery of specially prepared food. The meals are provided three days a week, each day meals are delivered to cover two days, thus 6 meals per week are provided.

Part 3.**CDARS PROGRAMMES FOR MILITARY VETERANS SUPPORT****The CDARS Veterans Coordinator and Suicide Prevention Programme Manager**

3.1 CDARS is very fortunate to have Mr Jope Tikoisuva as their Veterans Coordinator and Suicide Prevention Programme Manager. He is a former Corporal in the Royal Green Jackets with 14 years service in the Army. He also assists with the delivery of meals to CDARS Veteran service users. He has been the main contact with the veterans and most imaginative in organising activities both before and during the COVID-19 crisis. Further details are given in **Appendix B** - the CDARS Report to the Armed Forces Covenant Fund.

PRE-COVID-19 SUPPORT FOR VETERANS**The Armed Forces Covenant Fund (AFCF) and The Forces Trust (FT) programme****The AFCF/FT Support Programme**

3.2 This programme was funded by the AFCF and was aimed to improve the skills, health, and prospects of disadvantaged Veterans living in Merton, Sutton, Wandsworth, Richmond, and Kingston. This programme ran from February 2019 to March 2020.

The service provided had four stages:

1. Access and Engagement
2. Skill building
3. Re-integration
4. Aftercare and Relapse Prevention.

The main components are given in Appendix B. **CDARS had 3 veterans participate** in this programme

The Choir and Music Programme

3.3 As key part of this programme, CDARS provided a choir and music lessons using music and singing as a therapeutic tool to aid reintegration. This involved physical, social, and musical aspects.

3.4 The Choirmaster was Mr Ben Saul, the UK Chairman of the British Association for Music Therapy, together with support from Mr Nicholas O'Neill, the Choirmaster and composer in residence of the Parliament Choir.

3.5 The choir met some 50 times on Wednesday evenings from January 2019 to March 2020 at Church Hall, in Morden as this was convenient for the choir members who live in the Haig Housing Estate for Veterans in Morden. **The choir had 25 members - 13 veterans and 12 others.** So far, it has given two concerts further details are in **Appendix B**. The choir has temporarily ceased due to COVID-19, but plans to resume as soon as it is feasible to do so.

CDARS SUPPORT FOR VETERANS DURING COVID-19

The Veterans Walks - Breakfasts, Music and Outings.

3.6 Mr Tikoisuva has been active in arranging programmes for the Veterans to replace the temporary closure of the choir. This included the Veteran Walks, starting with breakfasts in the Sunshine Recovery Café, followed by minibus trips to the Surrey Hills. In addition a group met in the Sunshine Recovery Café for a breakfast and a sing-along. Fuller details are in **Appendix B**.

CDARS Meals service

3.7 As mentioned in paragraph 2.9 above, CDARS has established a home delivery of hot meals three times a week to its more vulnerable service users it now has some 300 recipients of **which 25 are Veterans** or their aged dependants.

3.8 The relevant CDARS staff members, including Mr Tikoisuva nominate their clients who need this service.

CDARS Suicide prevention programme

3.9 This programme aims to support people who are at risk of suicide or suicidal ideation. CDARS acknowledged that these tasks are the hardest tasks for its staff to support and therefore have employed a full time Suicide Prevention Specialist - Mr Tikoisuva. The programme provides a holistic suicide prevention service for those with mental health issues by providing a mixture of short and longer term support.

3.10 Currently this programme has some 80 service users, **with 2 being veterans**.

Charing Cross Rough Sleepers

3.11 Another interesting initiative taken by Mr Tikoisuva is to visit the rough sleepers/recipients of free meals, who congregate in the Charing Cross area, to ascertain if any were veterans and may need help from CDARS. He discovered that the majority of rough sleepers are now temporarily housed in hotels as part of the Government's response to the COVID-19 crisis. He provided CDARS' leaflets to a number of those he met. He plans to make further visits as the situation changes.

Feedback

3.12 The feedback to CDARS for these various programmes has been very good. Attached **Appendix D** is the evaluation and feedback for the meal service. **Appendix E** is a selection of the messages received following the various other activities.

Part 4. PLANS FOR THE FUTURE

General

4.1 CDARS plans to increase the scope of its Veterans services and to increase the numbers of Veteran users. This will depend on the future situation regarding COVID-19 and on obtaining relevant funding.

4.2 It does however have suitable capacity in terms of staff and facilities to expand its services.

4.3 CDARS' other services will of course continue.

Continuing existing services

4.4 In relation to Veterans, CDARS proposes to continue:

- a. The meals service
- b. The Suicide Prevention Programme
- c. The 4 Phase Support programme (see paragraph 3.2 above).
- d. The Veterans Choir
- e. The Veterans Walks – breakfasts and visits to the Surrey Hills.
- f. Contact with the Confederation of Service Charities – COBSEO to explore areas of mutual interest

Proposed new areas/activities

4.5 Plans for the future include:

- a. To create Veterans only sessions in the Sunshine Recovery Café - 2 sessions weekly to aid advice, counselling, and resettlement activities.
- b. To organise weekend camping activities.
- c. To develop links with 'Building Heroes' a government funded organisation that provides training and resettlement for Veterans.
- d. To purchase a minibus to provide transport for its various activities.

Part 5. ASSESSMENT AND RECOMMENDATIONS

My Assessment

- 5.1 Based in the information provide and my observations, my assessment of CDARS' services for military veterans are as follows.
- a. It provides vital services to vulnerable Veterans in a cost-effective way.
 - b. The feedback is excellent.
 - c. It is ideal that a former regular soldier is the Veterans' Coordinator who is highly motivated and innovative.
 - d. The additional programmes organised by him during the COVID-19 lockdown were most imaginative
 - e. He has also been instrumental in liaising with Veterans who live on the Haig Estate, where most of the CDARS service users come from.
 - d. CDARS has the full range of mental health etc services available. With experienced and qualified staff, it is flexible and responds quickly to changing needs. These are readily available to any Veterans who may need them.
 - e. The Veteran's Choir had a most promising start and has great potential. Hopefully, it will be restarted when circumstances permit.
 - f. Likewise, the Support Programme mentioned in paragraph 3.2, is most comprehensive and should be utilised in the future
 - g. The Sunshine Recovery Café is a comfortable and welcoming venue and very suitable for use by Veterans.
 - h. These services could be expanded to assist more vulnerable Veterans
 - i. Contact has been made with some relevant Veterans' organisations, but these need to be expanded and developed.

My Recommendations

- 5.2 My recommendations are that CDARS could consider to:
- a. Expand the numbers of its Veterans service users. This could involve extending its catchment areas and contacts
 - b. Produce a brochure on CDARS and Veterans programmes
 - c. Increase the publicity for these programmes, including local newspapers, service newspapers and radio
 - d. Renew and expand contacts with Confederation of Service Charities
 - e. Contact other relevant organisations, such as:
 - Royal British Legion; SSAFA
 - Royal Naval Association; Seafarers UK
 - Regimental and old comrades associations
 - f. Contact Opera Holland Park to see if it might be possible for the Veterans Choir to be involved in their activities – such as their Open Day. I mentioned this to their General Director earlier and he was very sympathetic to this idea.
 - g. Seek further funding

Appendix A

Sunshine Recovery Café

Background

Within its Urgent Care Pathway Transformation Programme, Merton, Wandsworth, Kingston, Richmond and Sutton Clinical Commissioning Group and South West London and St George's Mental Health NHS Trust ('the Trust') wanted to better support people who perceive themselves in a mental health crisis in community settings, and offer constructive alternatives to presenting at A&E or admission to hospital. The CCG, through SWLSTG, commissioned the Sunshine Recovery Cafe, run by CDARS to offer a non-clinical but recovery-focused intervention by peers. The service was to provide an accessible, non-stigmatising and recovery focused service to sit alongside the clinical services offered by the Trust. The Sunshine Recovery, located within CDARS' premises in Wimbledon Chase, opened to the community in April 2017. The café is located off the main high street in a discreet courtyard, but easily accessible by public transport.

What We Aim to Achieve

The Sunshine Recovery Café was set up to support people in a mental health crisis and help them discuss the nature of the crisis they are experiencing, their strengths and the coping skills they might use to decrease their distress and promote their wellbeing. Within a safe and secure environment, the service aims to support customers through a range of support and leisure opportunities:

- A welcoming environment – particularly for first-time customers
- Emotional support and resilience building
- Peer-led support
- A range of recreational and leisure activities
- Access to a range of non-alcoholic hot and cold drinks, hot and cold snacks and/or hot food
- Access to local resource directories and advice/signposting to access services
- Risk assessment/management and active liaison with statutory services, particularly Home Treatment Teams, when clinical risk requires
- Opportunities for customers who use the Service to graduate into volunteer and paid roles.

The Service is open from 18.00-23.00 (Monday-Friday) and 12.00-23.00 (weekends and bank holidays). It is open every day of the year.

What We Offer

The Services provided within the café are:



Activities Provided

Alongside with the following activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 19:30 – 21:00 Positive Living & Goal Setting	19:30 – 20:30 Men's Group 	 19:00 – 21:00 Arts and Crafts 	19:30 – 20:30 STRETCHING EXERCISES  20:30 – 21:30 Quiz 	 All Evening Board Games	12:00 – 14:00 Veterans Voices Choir  15:00 Walking Group  18:00-22:30 Music/Disco & Sing Along	 All Day Games Day

Appendix B

CDARS Veterans Support Programme Introduction

Why the programme is needed

There are an estimated 3.8 million veterans in the UK, and a further 20,000 personnel leave the forces each year. It is estimated that there are over 20000 veterans living in neighbouring boroughs that we cover, Merton, Sutton, Wandsworth, Kingston and Richmond.

According to government figures - 1 in 5 of these are likely to be suffering from a mental health issue such as PTSD. PTSD's symptoms range from nightmares and hallucinations to anxiety and inability to control emotions, and is often accompanied by addiction to alcohol and or substance abuse.

Ex-Military veterans also might suffer from other issues. For example they are twice as likely to be unemployed as non-veterans (8% compared to 4%). They are much more likely to experience prison, be homeless and/or socially excluded, have a lower level of qualifications, and have a much higher rate of depression and other common mental disorders. MoD figures show that 25% veterans drink to dangerous levels compared to 4% of the general population. These issues also affects their families, particularly as they often act as carers to the soldiers

What we aim to achieve

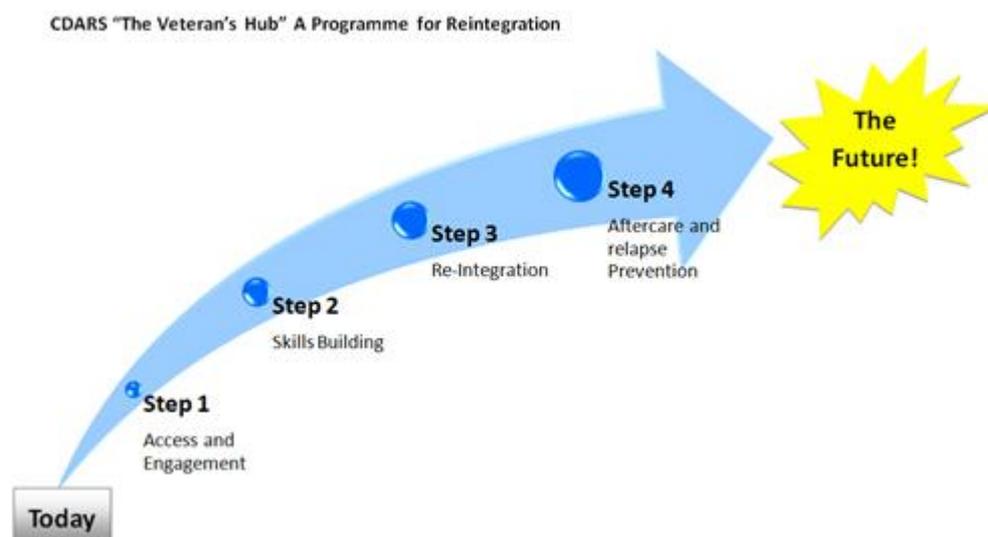
Funded by The Armed Forces Covenant Fund Trust and The Force Trust, CDARS delivers a programme which supports the re-integration of ex-military veterans.

The aim of this project is to improve the skills, health, and prospects of disadvantaged veterans living in Merton, Sutton, Wandsworth, Richmond and Kingston.

The services are provided within our premises in Wimbledon Chase, acting as a specialist hub. This is a large building equipped with a cafe, training suites, and smaller rooms for group work or one-to-one support.

The Hub will bring together a holistic set of services aimed at meeting some of the needs that veterans present with, while referring them to other local services when appropriate.

Our aim is to cover a four stage programme to support service users as shown in the diagram below.



What we offer

The table below shows the services that we offer at each stage of the programme.

Phase 1 <i>Access and Engagement</i>	Phase 2 <i>Skills Building</i>	Phase 3 <i>Re-Integration</i>	Phase 4 <i>Aftercare and Relapse Prevention</i>
Outreach Assessment Preparation Advice, guidance and information Peer Mentor involvement	Counselling and Key work, Support Group Outreach Family support Mental Health and Health and Well-Being ETE Peer Mentor Benefits support Promoting independence	Employment and voluntary work support Community engagement Parenting skills Family Support Relationship building Budgeting & Money Management Personal Development	Aftercare support group one to one relapse prevention Mutual aid access Key working sessions Telephone support Home visits

The choir and Music Programme

As part of the programme, we do also offer a choir and music sessions, designed to use music and singing as therapeutic tool for veterans for re-integration in the local community. The weekly sessions are run from our premises in Wimbledon Chase.

We are extremely lucky to have as a Master Choir who has designed it and manages the Choir, Ben Saul, the UK Chairman of the British Association for Music Therapy, with the involvement and support from Nicholas O'Neill, Chorus Master and Composer in Residence to the Parliament Choir.

Participation to the Choir, allows veterans to mix and do regular activities with non-veterans, so to support their re-integration in the local community, as well as to acquire various skills, including:

Physical

- Developing awareness of physical regulation including breathing and encouraging relaxation techniques to focus on the singing work
- Developing posture and stamina. Singing is a physical exercise which encourages an engaged and dynamic attitude
- The skills are encouraged and developed throughout the session but are most closely worked on in warm up and warm down.

Social

- Developing social skills. Choir music happens in a social setting. Choir members acquire new skills in partnership working, recognising individual contribution to a group exercise, leadership and team working.
- Developing a resilience about presentation and performance.

This is a performing choir and the choir works on preparing for performance and managing the challenges this presents in every rehearsal.

Musical

- Developing an ability to read music
- Developing a literacy about musical terminology and presentation

There is no expectation of musical ability needed to join this choir. However, participants get the chance to develop their musical skills.

Who can access the programme

The programme can be accessed by any Ex-Military Veteran. We also offer support to carers or family members of Veterans.

Appendix C

Final report prepared for the Armed Forces Covenant Fund Veterans' Choir at CDARS

In September 2019, thanks to the generous grant of the Armed Forces Covenant Fund, CDARS was able to start delivering a music choir for ex-military veterans experiencing a mental health crisis or more chronic mental health conditions, as well as substance misuse issues. The below final report covers the period between April 2020 and September 2020 and highlights the outcomes of the project, challenges encountered and plans for the future. It covers a very challenging period of time as the UK entered a national lockdown followed by social distancing rules, thus leading to radical changes to our project delivery.

Activities and Outcomes over the last 6 months

The UK entered a national lockdown in April 2020 and required all physically vulnerable people to self-isolate to avoid being exposed to the coronavirus. As a result of this, a large proportion of CDARS' beneficiaries self-isolated during the months that followed. CDARS therefore had to quickly adapt and start delivering most of our services digitally, including some group and one-to-one counselling sessions as well as a suicide prevention programme in case of heightened mental health crisis and suicide ideation. The aim was to support our clients in the most practical way during a period of heightened stress and anxiety.

We also identified another urgent need for our most vulnerable clients: as they self-isolated, they had to rely on neighbours or relatives to get their basic shopping.

However many of our clients lack a strong social network so sourcing basic items became another source of anxiety. Many of them also do not have any basic cooking equipment to prepare simple but nutritious meals. CDARS therefore set up an emergency food programme whereby a team of volunteer chefs, led by a Community Kitchen Manager and a Nutritionist prepared daily homecooked meals that support our most vulnerable clients' mental health recovery.

Over the period between April 2020 and September 2020, we have continued to support 16 ongoing ex-military veterans, plus we have worked with 14 new ex-military veterans and three wives/ widows of veterans who live in Haig Housing, an organisation that helps house veterans from the three Forces: Royal Air Force, The Royal Navy and The British Army. Many of them are older veterans (the age range is from 38 to 101 years old) who are too frail to go out shopping and to cook.

We therefore delivered daily meals to them, which they have all said has been a lifesaver in these challenging times.

"I am the wife of a 4 Rifles veteran who suffers from PTSD. As a result of COVID, I lost my job and we are finding it hard to make ends meet. We are extremely thankful and grateful for the food that Jope delivers. The food we receive is fresh, healthy and delicious."

JD (Her husband did operations in Bosnia, Kosovo, Iraq, Northern Ireland and Afghanistan).

Unfortunately, shortly after lockdown started, our Choir Master was taken seriously ill with Covid-19 and remained off work until the last trimester of 2020. This did not stop the veterans participating in the choir activities, although the whole programme was delivered virtually through Zoom video calls throughout the lockdown period.

One of our veteran participants took the lead of the choir group and did a wonderful job of getting the choir group motivated while our Choir Master was away. The group carried on meeting online to sing together and to continue with some sense of normality.

As soon as the strict lockdown was lifted, our Project Coordinator organised a range of social activities to get the group together and to ensure they had some social contact with one another. He hired a minibus to take the veterans to Surrey Hills for a hiking day. The group also organised two Breakfast meetings together, which were very much enjoyed by all attendees.



Recently the choir met in Wimbledon Chase where some of the veterans sat through a presentation on Mental Health followed by an evening sing along, playing the guitar. We have had positive feedbacks so we will continue holding the choir groups every Wednesday evening at the Recovery Cafe in Wimbledon, as the previous venue is still closed.



Our veterans were also able to get some digital one-to-one counselling sessions and to join CDARS' support groups made available since lockdown, which have included a range of health and wellbeing activities to manage their mental health in these challenging times. The support groups have been crucial to ensure all our vulnerable clients continue to have some social contact with their peers through lockdown, to avoid feeling disconnected and isolated. The one-to-one sessions have also helped them manage any symptoms of mental health crisis and to identify ways to cope with the challenges ahead.

Challenges encountered

The period since April 2020 has been one of the most challenging to date. The level of uncertainty and the sudden impact of lockdown meant CDARS had to quickly react to change our service delivery. CDARS has risen to the challenge and has been able to provide ongoing crucial support to our clients in the form of digital counselling sessions and homecooked meals delivered directly to our most vulnerable clients. The continued delivery of the choir online was an added bonus that provided some form of normality and leisure during a very stressful time. However we noticed that some of our service users struggled to engage in the choir as they faced a new range of issues they had to deal with as a priority, such as losing their jobs for instance. CDARS was able to provide bespoke practical help to those who needed it. For instance, one of our veterans who had been homeless has now managed to secure an accommodation through the help of our Project Coordinator.

Once the lockdown was eased, some of our clients remained reluctant to meet face to face due to the fear of becoming ill. They have nonetheless been able to continue receiving support online.

Plans for the near future

CDARS recently became a member of COBSEO. This will enable us to create new partnerships with other local veteran organisations, as well as will help us secure further funding to continue this crucial work with veterans experiencing mental health and substance misuse issues.

We plan to continue delivering the Choir programme as feedback from the participants has been very positive. We will look for further funding from Trusts and Foundations and local corporates keen to support their community to ensure the ongoing provision of this important programme.

Once again, we would like to thank the Armed Forces Covenant Fund Trust for your support over the last 12 months.

Appendix D

CDARS – VETERANS FEEDBACK

1. Jennifer B (a 74 year old veteran's wife; Husband was in the Royal Engineers)

A big thank you to all of the wonderful staff for cooking these lovely meals. And a big thank you to the very kind gentleman who delivers them. Thank you all so much for being kind. Thank you

2. Mark P (recovering alcoholic and client of CDARS)

After leaving the Royal Navy in 2014 I developed an addiction to alcohol whilst struggling to adjust to civilian life. After two rehabs and many relapses I came across CDARS. The support I have had is five star even during this difficult time of coronavirus this team of heroes' at the organization supported me and now I know I am not alone in my addiction as help is just a phone call away if I'm low. Due to CDARS my life is getting back on track and I now have the confidence again to achieve my goals. I truly believe the help from the team has saved my life and I would recommend anyone struggling with addiction to get in touch with this fantastic organization. Thank you CDARS for giving me back self-belief.

3. Marie Janes is a widow whose husband (A veteran, Ex Royal Air Force) passed away earlier this year. Her Husband was on operation mainly in Rhodesia. She is very thankful for the food delivery and hot meals delivered to her doorsteps.

4. Ashley M (A 56 year old Homeless veteran and was in The Royal Artillery). He has an appointment coming up for a hostel.

I am grateful for all the help given me in my time of crisis and CDARS has been my only support. I have been struggling with alcohol and had relapses, feeling suicidal and ending up in Springfield. I have been struggling with PTSD but the help from CDARS I am really grateful. The staff used their car to take my belongings from A to B and they were there when I needed support. I enjoyed the veteran's choir, where I can meet and socialize with other veterans. I really enjoyed veterans walk run by CDARS on Saturday. It was fantastic and can't wait to go again.

5. Michael B (A British Army veteran who was in the Grenadier Guards and did tours of Northern Ireland)

I do enjoy the food delivered to my doorsteps. Great food and really good idea. Thank you.

6. Winston R (a 49 year old veteran who was in The Royal Logistics Coy and did operational tours of Bosnia and Iraq)

I enjoyed the veteran's breakfast and the sing along. It's good place to come and socialize with ex-soldiers. Thank you for the lovely food.

7. Paul T A (a British Army veteran who is a recovering alcoholic and resides in Battersea)

Thank you for the trip Surrey Hills .You made me feel at ease and really enjoyed the day out ,can't wait to go again [breakfast was good too]

8. Ulaisi T (An ex-British Navy who resides in Morden)

Thank for the healthy food, the free hot meals .Me and my family are really enjoying the healthy option provided by CDARS and enjoyed the Veterans Breakfast held at Wimbledon Chase with other veterans.

9. Joe T (An ex-Royal Green Jackets and did operational tours of Northern Ireland, Kosovo, Iraq and Afghanistan)

I enjoyed the veteran's choir very much and veteran's breakfast was brilliant and the veterans walk in Surrey Hills was fantastic. It's good to know that CDARS run something of this sort where we can come and meet other British Forces veterans and that we are not left out and to know that there is support is very reassuring.

10. Joanna D (Her husband did operations in Bosnia, Kosovo ,Iraq, Northern Ireland and Afghanistan)

I am a wife of 4 Rifles veteran who suffers from PTSD. As a result of COVID I lost my job and we are finding it hard to make ends meet. We are extremely thankful and grateful for the food that Jope delivers. The food we receive is fresh, healthy and delicious.

11. Agnieszka T (Wife of a British Army veteran)

The food that Jope delivers to me and other veterans in our area is such a great initiative .Many people go through financial struggles and having 3 meals delivered to your door every week makes a massive difference. The food is very tasty. Thank you.

12. J.B.

An elderly lady in her seventies that lives at the veteran's housing estate in Morden. She lives on her own and her husband was in the British Army Royal Engineers and has asked to be on the list for food delivery. She was very grateful for the offer.

13. S.B.

An old lady in her late eighties and lives with a daughter who looks after her. She was married to a British Army officer who passed away several years ago. She would like to be in the list for Covid-19 Outreach and was very thankful.

14. M.J.

An 84 year old lady and whose husband was in the Royal Air force but the husband passed away two weeks ago. One of her daughter spoke to me that she is with her Mum because of Lockdown and she resides in Portugal. I spoke to her about food delivery Covid-19 Outreach and she was very thankful and quite teary and happy for her Mum to be on the food delivery list.

15. Derek R:

An 80 year old army veteran who served in the Royal Horse Artillery. He was very delighted with the food parcel.

16. Resham G:

A 66 year old Nepalese who served with the British Army in the Gurkha signals and the wife was grateful for the food parcel.

17. Mr and Mrs Hill:

Mr Hill is 96 years old and Mrs Hill is 84 years old. They both served in the Royal Air force. Appreciated the food delivery from CDARS.

18. Michael B:

Is a 38 year old veteran who was injured in Afghanistan and is not fit for any employment. He and his wife were very grateful with the food parcel from CDARS.

19. Andrew H:

is a 56 year old Royal Navy veteran who is in a wheelchair and was very grateful for the food donations.