



Dear All,

The last few months have been an incredibly busy and exciting time for The Warrior



Photo by Judy Totton

Eva Hamilton with The Warrior Band at the launch in June

Programme. We have run **3 programmes**, the last of which was a residential course at the beautiful and serene Chalice Well in Somerset and we launched **The Warrior Band** at Battersea Power Station. We have also welcomed **2 new members of staff**, **Tony Carmichael, Operations Manager**

and **Gary Smith, Course Coordinator**. Tony started back in April and has brought with him 15 years experience working with ex-Service personnel and their families at the Sir Oswald Stoll Foundation. Gary (ex Royal Navy) attended The Warrior Programme in May and has volunteered on a regular basis ever since. We are delighted that he will be working with us on a more formal basis. On a personal note, I would like to thank everyone who has worked with us to make the last few months the most successful and rewarding so far. The generosity of you all never ceases to amaze me.

*Thank you so much!*

**Eva Hamilton MBE**  
Co Founder & Director

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## The Warrior Band Launch

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Photo by Sean Power

Above: The Warrior Band

Right: Bob Geldof & John Illsley

Below: Recovering personnel from Headley Court with Eva Hamilton, John Illsley, Jeanne Marine, Katrine Boorman & Liam O'Maonlai



Photo by Judy Totton



Photo by Judy Totton

On the 8th June 2010 The Warrior Programme launched **The Warrior Band** at The View, Battersea Power Station. **Adrian Anderson (ex Rifles), Mahda Majdiau and Luiz Silva** met through The Warrior Programme. The band played with rock royalty **John Illsley of Dire Straits, Liam O'Maonlai of The Hot House Flowers, Alex Reeves, drummer from Dizzee Rascal, Jeanne Marine, Simon Johnson and Steve Smith**. Through the generosity of Island Records, Bright Star Ltd and Room With A View Studios The Warrior Band has produced a 3 track EP. Over 250 people attended including **Bob Geldof, Charley Boorman, soldiers from the Rifles and recovery service personnel from Headley Court**.

Below: Jeanne Marine & Katrine Boorman



Photo by Judy Totton



The Warrior Band EP is now available to buy from **Amazon.co.uk** and from **iTunes** - all proceeds going to The Warrior Programme. You can listen to the single Heavy Souls at **www.myspace.com/thewarriorband** (cont. Page 2)

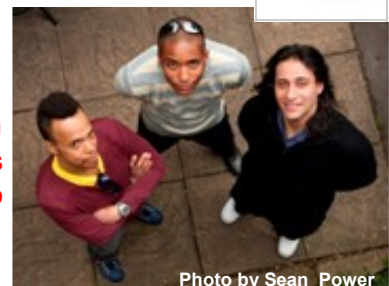


Photo by Sean Power

## 3rd Anniversary Christmas Gala Dinner

Tuesday, 30 November 2010 at Royal Hospital, Chelsea

For Tickets, Tables and Information (see page 4)

# The Warrior Band



Clockwise: Warriors Mada, Adrian & Luiz

The last few weeks have been hectic for the band and so will the next few months!

- Nick Cunningham produced a **short film** on The Warrior Programme, featuring the band, which he entered into a competition. We are awaiting to hear the results but the video has **been viewed just shy of 64,000 times!** You can view it on **YouTube** (The Warrior Band).
- The release of the band's **first single, Heavy Souls**. They are currently working with the record label **Lemon Soda Music**.
- Adrian has played live on **BBC Radio, World Service** and **World News** as well as being filmed by **BBC Somerset, Points West**.
- In September Adrian will be playing to 500 people at a **Gala Dinner sponsored by The Aitch Group** who are generously donating half of their proceeds from the night to the charity.
- The band will be playing at our **Gala Dinner in November**.



Above: Adrian, Jeanne & Mada. Below: Alex Reeves



## Summer Residential Course At Chalice Well, Glastonbury

The Warrior Programme held its first residential course at The Chalice Well in Glastonbury in July for both ex Service and Serving personnel. The atmosphere of Chalice Well and its gardens wonderfully complimented the course.

We would like to thank **Natasha Wardle and her team at Chalice Well** for taking such good care of us and the army of volunteers who helped in the running of the course. On the Wednesday a tea was held for everyone involved in the beautiful gardens. Members of the press also attended including **BBC Somerset Radio, BBC**



Tai Chi on Glastonbury Tor

**Somerset TV Points West, The Sun Newspaper** and **The Mendip Times**. Adrian Anderson, (ex Rifles) lead singer of **The Warrior Band** performed **Heavy Souls**, the band's first single. The Warrior Programme received great coverage on both TV and Radio and an article will appear in **The Sun** shortly.

The follow-up meeting for the course participants was held on Wednesday 28 July at The Royal British Legion offices in Exeter. It was wonderful to see so many smiling faces and to hear from everyone.



Warriors at the follow-up meeting

## Dream Come True For Warriors Who Visit Kauto Star And Denman

Warriors **Phil** and **Adrian** paid a visit to Cheltenham Gold Cup winners **Kauto Star** and **Denman** at **Paul Nicholl's yard** on Thursday 8 July 2010.

To say it was a moving experience for Phil fails to convey what rubbing shoulders with the Cheltenham Gold Cup winners meant to him.

"To be able to stand in the middle of those two horses, I felt like all my Christmases and birthdays had come at once and it was a special feeling". He said "when I left the stable I had a tear in my eye. They always seem to say dreams can never come true, but this one did". The Warrior Programme cannot thank Paul Nicholls and his team enough for making a dream come true for these two former soldiers.



Kauto Star, Adrian, Phil & Denman

## The Warrior Programme Visits Scotland

On the 30th April 2010 Eva Hamilton Tony Carmichael and Warrior Neil Allan travelled up to Edinburgh to present to **The Royal British Legion Scotland, Poppy Scotland and the Mark Wright Project**. Later on that day the Warrior team went on to **Erskine House**, which is the first purpose-built Army Recovery Centre in the UK that also caters for families and loved ones.

The day was a great success and The Warrior Programme was well received.



Neil Allan, Eva Hamilton, Neil Robinson, Tony Carmichael

Visit [www.performancepartnership.com](http://www.performancepartnership.com) to request your 2 free CDs  
An Introduction to NLP  
by David Shephard



**REMEMBER - Visualise your dream and make it real!**

**Each morning: Spend a few minutes focusing on breathing.**

**Spend at least 5 minutes meditating and focusing on the light inside.**

**Write down your daily intentions and make them happen.**

## Sarah Westropp Runs The London Marathon



Sarah Westropp and her family at the finish line

**Sarah Westropp** ran **The London Marathon** on the 25th April in aid of The Warrior Programme. She is the first to do such an event for the charity and managed to raise just over **£4,000!** She completed the 26 miles in a fantastic time of 5 hours 28 minutes. Sarah says, 'running the marathon was one

of the most fantastic and emotional days of my life, and that towards the end as it became tough it was the knowledge that so many people were so generously sponsoring me that drove me on. Finally, it was wonderful to reach the finish and be met by one of the Warriors, Juan Williams, with a bouquet of flowers. Having had such a close contact with those involved and seen such positive changes, I am thrilled to be able to contribute to such a fantastic cause whilst raising much needed funds.'

In addition to running the London Marathon Sarah, together with her friend **Sarah Bovill**, also raised more than **£600** by throwing a dinner and quiz!

### Ready for a Challenge of your own?

If you are looking for a challenge that will leave you feeling a huge sense of achievement then do something amazing and help The Warrior Programme.

We recognize that people are able to give in many different ways and our fundraising team will be delighted to discuss ideas with you.

Every contribution is of great value to us.

Please contact us with your ideas:

**Email**

[fundraising@warriorprogramme.org.uk](mailto:fundraising@warriorprogramme.org.uk)

**Call**

+44 (0) 560 204 3180

### Harroddian School

Huge thanks to **Doone Boorman, Ella Cook** and **Lucy Butler-Sloss** of The Harroddian School, Barnes who created and gave a presentation on The Warrior Programme.

They then went on to raise **£86.54** on our behalf!

### Art Exhibition Supports Warrior

**John Mc Dermott** and **Raya Herzig** held an art exhibition called *Aftermath* at Exeter Castle between the 25th June the 4th July 2010 highlighting the issues of coping with the trauma of conflict. Mc Dermott a former soldier and Herzig a concentration camp survivor, wanted to highlight the battle that those involved with conflict continue to face. The artists have kindly donated 30% of the proceeds to The Warrior Programme. For more information on the event please visit: [aftermathptsd.co.uk](http://aftermathptsd.co.uk)

## His Royal Highness, The Prince Of Wales Visits



Photo by Sean Power  
HRH The Prince of Wales

The 10th February 2010 was an historic day for The Warrior Programme as it played host to **His Royal Highness, The Prince of Wales**. HRH joined a discussion addressing the need to ensure more effective signposting for ex Service personnel to the services they need. 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. The highlight of the afternoon for the Warriors was meeting with HRH and having an opportunity to explain in person how their lives have changed since attending the Programme. HRH was visibly moved by their stories. In his speech HRH said, *"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."* He added that *"it is remarkable how an integrated approach, using complimentary therapies, the best of the ancient, the best of the modern can be so beneficial."*

## The Warrior Band's new single 'Heavy Souls'

Listen to Heavy souls at <http://www.myspace.com/thewarriorband>  
Order from [www.amazon.co.uk](http://www.amazon.co.uk) and download at iTunes



## thewarriorprogramme

*Is delighted to announce*

### **The 3rd Anniversary Gala Dinner**

**On Tuesday 30th November 2010**

**At The Royal Hospital, Chelsea**

**Champagne Reception, 3 Course Dinner & Wine, Live Performance by The Warrior Band with Special Guest Appearances plus additional Live Music**

**Tickets £110 per person - Tables of 10 available**

**To book your tickets or a table or if you know of anyone who would be interested in advertising in our brochure for the night please contact Rebecca Cole by email at [events@warriorprogramme.org.uk](mailto:events@warriorprogramme.org.uk) or call 0560 204 3180**

**METRO**

### **Back on the right side of the tracks**

THREE musicians who used to be homeless release a single today describing the reality of life on the streets. The Warrior Band will be joined by stars John Illsley of Dire Straits, Liam O'Maonlai of The Hot House Flowers and Dizzee Rascal drummer Alex Reeves at the launch of their single, Heavy Souls, at Battersea power station. Singer Adrian Anderson, a former soldier, became involved in the band through the Warrior Programme charity, which helped him find a job and a home. He said: 'I want to ensure that other ex-servicemen and women do not fall into the trap that I fell into.' The track will be available on an EP from [Amazon.co.uk](http://Amazon.co.uk) for £4.99.



### **FEWER WORRIES FOR EX-WARRIORS**

I'm a big fan of the Warrior Programme, a charity set up to provide effective help and support to ex-service personnel and homeless people. Their intensive three-day therapeutic course, with ongoing monthly support meetings, includes neurolinguistic programming, t'ai chi and acupuncture to treat the underlying causes of emotional and mental trauma. Having talked to several warriors, there is no doubt that this programme works. This month, the Warrior Band releases its first CD to raise funds.

Priced at £4.99, the four-track EP is available from [warriorprogramme.org.uk](http://warriorprogramme.org.uk).

## **PRESS**

**London Evening Standard**

### **Geldof joins salute to The Warrior Band**

THE serenity of the early evening was shattered last night as The View at Battersea Power Station hosted the first performance of The Warrior Band. Created by The Warrior Programme and made up of ex-servicemen and people who have struggled with homelessness and mental illness, the band played with rock royalty as Dire Straits' John Illsley joined them on stage.

"Some really worthy people have come tonight," said Illsley. "If I had half the

courage they've got I'd be very happy."

Sir Bob Geldof and his partner, Jeanne Marine, who work with the charity, were front row throughout the gig. "I like the vibe of the whole thing - I think it's a great thing to do," said Geldof. "The main singer's got a beautiful voice. When people have been tortured, wounded, drunk, are on the streets and drug addicts... I know it sounds pious, but to come back from where they've come from is amazing."

### **We would like to thank the following organisations who have funded The Warrior Programme:**

**The Army Benevolent Fund, The Royal British Legion, The Monument Trust, City Bridge Trust, MAN Group, The Eranda Foundation, The Poppy Factory, Garfield Weston, Hoare's Bank, Barclays Capital, Saga Group, Astra Zeneca, The Goldsmith's Company, The Vintners and The Mercers' Company**

And thank you to all the wonderful individuals who have so generously donated to The Warrior Programme

### **We would also like to thank the following organisations and individuals:**

**Hewlett Packard** for generously donating computers and a printer. **RPM Limited** for their assistance with the band launch and providing work placements. **Island Records, Bright Star Limited** and **Room With A View Studios** for producing The Warrior Band EP. **John Illsley, Liam O'Maonlai, Alex Reeves, Jeanne Marine, Steve Smith** and **Simon Johnson** for their work with The Warrior Band. **Caz** and **David** from **Lemon Soda Music** who have helped us with the promotion and development of the band. **Treasury Holdings Ltd** for donating Battersea Power Station as a venue for the band launch. **Mark Armstrong** and **JP** for donating some of the drink for the launch. **Morrisons** for donating food and drink for both the launch and the residential course in July. **Paul Nicholls and his team** for welcoming us to his yard to meet 2 very special horses. **Henry Smith and The Aitch Group** who are generously donating half of the proceeds from their Gala Dinner to The Warrior Programme. Everyone who helped us run the incredibly successful programme at Chalice Well.

## **Dates For Your Diary**

### **Support Meetings**

**Location:** Community Hall, Sir Oswald Stoll Foundation  
446 Fulham Road, London SW6 1DT  
Tuesday 14 September, 3.30pm - 7pm  
Tuesday 12 October, 3.30pm - 7pm  
Tuesday 23 November, 3.30pm - 7pm  
Tuesday 14 December, 3.30pm - 7pm

### **Future Courses**

#### **Ex-Service Course**

Tuesday 21 - Thursday 23 September  
**Location:** Fulham, London

#### **Ex Service Course - Residential**

Tuesday 16 - Thursday 18 November