

**SUPPORT OUR ARMED SERVICES**



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Patron Sir Ian McGeechan OBE

**HEADLEY COURT SUPPORT**

**CHARITY INFORMATION**

Supported By



## Foreword

*"I should like to thank STUBS for developing such a fantastic opportunity for our wounded service personnel to enjoy top class rugby in an environment that is not only enjoyable but supportive and considerate of their needs. Some of our casualties have suffered considerable mutilation over and above loss of limbs and feel self conscious about their new bodies. The "Guinea Pigs" of the Second World War faced similar problems and the people of East Grinstead were incredibly supportive and provided opportunities for the burned and scarred air crew to get into the community and be seen, welcomed and not avoided. STUBS is a modern variation of this. Not only am I heartened and humbled by all those that have supported STUBS, I thank them for the positive effect their generosity will have on the rehabilitation of our wounded service personnel."*

**Colonel JJH Tuck, MBBS MSc MRCGP MFPHM(I) L/RAMC  
Commanding, DMRC Headley Court**

*"This is a great opportunity for our patients. They work so hard for so long that they really benefit from an opportunity to relax and be entertained in a first class facility like this.  
Fantastic!!!"*

**Wing Commander Alex Bennett  
Consultant R&R, DMRC Headley Court**

## STUBS & Headley Court

STUBS (as in "ticket stubs") is a registered charity that provides practical support for our members – UK armed services personnel injured on duty, war widows and their dependents, service veterans, and other armed services personnel who need our support. A key aspect of STUBS work is support for the UK's most seriously injured servicemen and servicewomen, who are in-patients at the Defence Medical Rehabilitation Centre (DMRC) at Headley Court, Epsom.



**Quins v Saints 12<sup>th</sup> September 2010**

Injured servicemen from DMRC Headley Court are frequent visitors to STUBS events. For the 2011/12 rugby season, STUBS is based at Harlequins, who have excellent facilities at The Stoop in West London. STUBS now has the exclusive use of Box 11, on the halfway line, which offers the patients an extremely good view of the action. The executive box has full disabled access, accommodates twenty, and it provides a safe, secure, warm and level environment for DMRC in-patients.

The advantages of using an executive box are summarised as follows:

- *Access & Location.* Full disabled access. Lift from ground level. Disabled toilet. Easy disabled minibus parking.
- *Ease Of Use.* All on one level. No stairs or steps to climb.
- *Environment.* Dry and warm. Suitable for someone who has recently had major surgery.
- *Privacy.* Space for a nurse to administer medication if required. No intrusive questioning. At table service of food and refreshments.
- *Patient Security.* Personal space to retreat back into if the crowd noise and numbers become awkward for the patient.
- *DMRC Control.* No losing patients in the crowd. Easy to restrict alcoholic beverage consumption for *neuro* patients and those on medication.



**Quins v Sale 19<sup>th</sup> February 2011**

Strong personal support from the rugby players means that it is nearly always possible to have inspirational rugby celebrities in the Box and give patients an opportunity to meet them and have a souvenir photograph taken. We normally print these photos, get them photos signed and framed, and then send them on to Headley Court as mementoes.

*“The Soldiers have the chance to relax and take their mind off the rehabilitation process for a few hours. The friendly atmosphere is infectious and promotes confidence within the soldiers who attend.”*

**WO2 Chris Moat  
Military Liaison Officer, DMRC Headley Court**

For DMRC staff in charge of rehabilitation, the great advantage of the STUBS executive box at Harlequins is that it is a known entity whose availability is guaranteed months in advance. Other ad hoc venue and event invitations are less dependable – for example DMRC may accept an invitation to a football match, only to get there to find that the seats are up 20 steps with no handrail. DMRC rehabilitation staff may therefore select in-patients to attend at Harlequins whom they wouldn't have taken to other venues.

## STUBS In Action

Our most recent fundraising events included the British 10k London Run and the STUBS London to Paris Cycle Challenge. The ASICS British 10k London Run was held on Sunday 10<sup>th</sup> July 2011 and our runners raised a total of £2142.50.

The STUBS London to Paris Cycle Challenge was a huge success. It ran over four days from Thursday 28<sup>th</sup> July to Sunday 31<sup>st</sup> July. Our 5 brave cyclists Sallie, Andrew, Matt, Gareth and Ollie left St Paul's early on the Thursday morning, well motivated for the 236 miles ahead of them. The first day over the Downs was the hardest, and they arrived in Newhaven at 6pm. The next morning they caught the ferry to Dieppe, ready to start cycling along the Avenue Verte, a disused railway track, now converted into a cycle way, to Gournay en Bray for a nightstop. On the Saturday morning, with a final 67 miles to go, they cycled from Gournay to Gisors, and down to Commeny, crossing over the Oise and Seine rivers and before arriving in Paris mid-afternoon. They stopped at the Arc de Triomphe (pictured), had a tour of the Champs Elysee and finally arrived at the finish line; the base of the Tour Eiffel.

*"Please pass on congratulations from Judy and myself, a great effort. The cyclists should be extremely proud of their achievement."*

**STUBS Patron Sir Ian McGeechan, OBE  
Head Coach, British Lions 2009**

Our cyclists put in a huge amount of time and energy into completing this Cycle Challenge and STUBS are very proud of their achievement! With the associated STUBS Long Road to Paris Ball at Uplands House on 14<sup>th</sup> May 2011, which raised £4173.15, a grand total of **£16445.78** was raised for STUBS. This is a fantastic amount and will go straight towards directly supporting our most seriously injured servicemen undergoing rehabilitation at Headley Court.



**STUBS cyclists (left to right) Sallie Belton, Gareth Harkin, Andrew Gilbert, Ollie Vassie and Matthew Rutland at the Arc de Triomphe**

## Therapeutic Value - Qualified Opinion

We have sought feedback from qualified medical staff at DMRC Headley Court as to the value of the STUBS facility at Harlequins Home Games, as follows:

*"This venture is of vital importance in the rehabilitation of injured Service Personnel. The weekend gives patients an opportunity to escape the confines of Headley Court - normally associated with the hard daily challenges of rehabilitation. It gives welcome hospitality, the likes of which some soldiers may rarely experience and provides a supervised activity for those individuals with no family or Regimental Support over a weekend period. The event facilitates social interaction and is a way of developing social skills between both military peers and the civilian population. It also allows the development of personal goals and realisation of functional abilities such as the ability to cope with external environments, travelling, self medication and pacing to cope with a full day of activities. This is shifting the focus from the normal functional based rehabilitation to more vocational challenges outside of Headley Court. Watching a top class sporting event and having the opportunity to meet sporting heroes can be inspirational and give motivation to take back to the rehabilitation environment. The effect of being looked-after, feeling worthy of this experience and being valued by society is something that realises immeasurable gains in both the short and long term. I have seen the difference in the attitude, motivation and morale of many of the patients who have greatly benefited from this arrangement so far. This is a superb and well organised event which must be allowed to continue in order to provide a significant contribution to rehabilitation in body, mind and spirit of our injured Service population."*

**Major Sue Fowler, BSc(Physio), Dipl Sports Medicine  
 Officer Commanding, Specialist Rehab, DMRC Headley Court**

*"From a Speech and Language perspective the STUBS trips have specifically helped those with pragmatic (social communication) difficulties practise improving conversational skills in a group setting. It is also crucial in re-establishing and building confidence in communication following an often traumatic/life changing event. It enables patients to generalise the skills they have learnt in a therapy session into functional, meaningful exchanges in a supportive environment. The STUBS events have been used by numerous patients who have experienced neurological trauma and have been helpful. We would be keen for these events to continue."*

**Speech and Language Therapists  
 Sally Ghibaldan BMedSci (Hons), MRCSLT, MASLTIP  
 Nicola Norville BSc (Hons), MRCSLT**



**STUBS Guests from Headley Court at Quins v Leicester  
 2<sup>nd</sup> April 2011**

## Patient Feedback

The feedback below is from a Headley Court patient who was a guest of STUBS for the Wasps v Gloucester match on the 7<sup>th</sup> March 2010.

*“As a result of my brain injury I have struggled with short term memory, fatigue, depression, anxiety, irritability, speech, communication and other cognitive functions. As part of my therapy I have been developing strategies to deal with my problems one of which is the difficulty I have found to socialise.*

*My confidence has been significantly reduced and as a result I have been very keen to avoid social gatherings be it with friends or strangers. Fatigue has also been a major factor during social events as I have found that I become tired very quickly and withdraw from conversation and basically try to hide away in the background.”*

The same patient continues with his feedback and assessment. His comments are a powerful and thought-provoking statement on just how useful patients who have gone through a life-changing event can find such trips:

*“Part of my therapy is to reflect on both negative and positive experiences and earlier today I utilised one of my Occupational Therapy sessions to reflect on the day I had with you guys. Thought you might be interested to read the resulting reflections.*

1. **DESCRIPTION:** *I was very anxious on arrival at Wasps as I knew I would be in a social environment with strangers and had been informed that I would almost certainly meet some of the players and possibly even some celebrities. This anxiety was heightened when it dawned on me that Ian McGeechan would be with us in the executive box for lunch. This is a man who I have admired for many years and have the utmost respect for.*
2. **FEELINGS PRIOR TO ARRIVAL:** *Worried, Anxious, Nervous, Headache, Hot, Sweaty Palms, Increased Heart Rate, Light Headed.*
  - a. *What will I say if questioned about my illness?*
  - b. *Will I get fatigued and how will I deal with it if it happens?*
  - c. *Will I be able to converse with everyone without becoming too anxious, nervous and fatigued?*
  - d. *Will I remember people’s names after initial introductions?*
  - e. *Can I cope?*



Quins v Cardiff 6<sup>th</sup> February 2011

3. **EVALUATION:** *I soon felt more comfortable after initial arrival and introductions to our hosts including Ian and his wife. I think that the genuinely warm reception we had on arrival certainly helped to steady my nerves and reduce my anxiety. I began to feel more confident and actually began to enjoy the opportunity to chat with our hosts and other guests and as the day went on I really felt able enough to approach some of the players for a chat/autograph/photo.*
4. **ANALYSIS:** *The experience at Wasps was one which has definitely proved fruitful and helped with my therapy, in fact it was a testing ground away from the protected and somewhat unrealistic environment at Headley Court so I would say that without doubt it was therapeutic in many ways. It most certainly helped to boost my confidence and function much more positively and effectively within a social environment. My communication skills were tested and I can honestly say that I was delighted to be able to cope with conversations in a noisy and busy atmosphere without getting too fatigued. It has given me the confidence to approach any future social events, even amongst friends, with a more positive attitude and I envisage less anxiety.*
5. **CONCLUSION:** *I was informed by the nursing staff at Headley Court when I first arrived that I should look to attending as many trips and events as possible purely because they form a very important part of my therapy. Initially I had doubts that attendance would prove to be therapeutic but on the evidence of my experiences at Wasps I am now most definitely converted."*

### Funding Requirements

Our only income is from donations, or from fundraising events. Whilst we have sought grant aid from them, STUBS is not supported by Help for Heroes, and we usually have to pay the standard commercial rate for box hire and food at events.



STUBS needs to raise some £70,000 annually in order to continue to provide both the current facilities at Harlequins, and additional events elsewhere. We will need to look ahead to the potentially increasing Headley Court requirement for places, which would see us looking to acquire similar facilities at another sports stadium, preferably close to Headley Court, and offering a sport other than rugby.

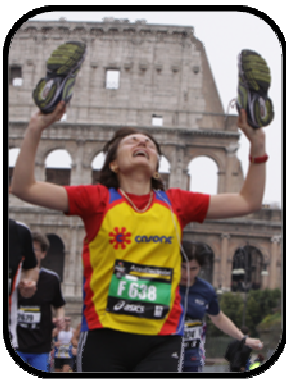
**Grant Income**

We continue to make grant applications, and are delighted to announce a generous grant of £10,000 from ABF the Soldiers' Charity.



**Fundraising for STUBS**

We have several upcoming events for 2012:



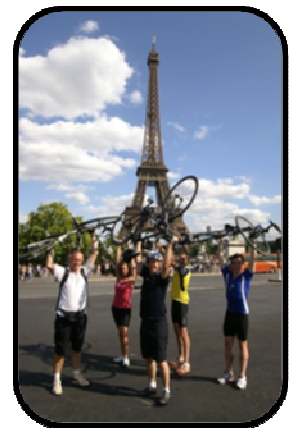
*Sunday 18<sup>th</sup> March 2012 - Rome Marathon*



The price for a bib is €40 per runner until 15<sup>th</sup> December 2011 and after that, €55 per runner until 21<sup>st</sup> February 2012 (this price includes medal engraving worth €9). Besides the discounts we receive as a charity, if more than 10 athletes join, at least 2 can come for free. This event is not to be missed as the route goes through the City centre past many of its famous tourist attractions. We are currently organising a deal for accommodation, from 17<sup>th</sup>-19<sup>th</sup> March, prices and more info TBC.

*Friday 24<sup>th</sup> August 2012 - STUBS London to Paris Cycle Challenge*

Following the success of this event in July 2011, we are running another Cycle Challenge. This event runs over a long weekend from Friday 24<sup>th</sup> – Monday 27<sup>th</sup> August 2012, and covers the 286 kilometres from St Pauls Cathedral to the Eiffel Tower in three days of gentle riding. Leaving St Pauls on Friday morning we will be cycling down to Newhaven and using the Newhaven - Dieppe ferry on the Saturday morning. We will then ride the Avenue Verte cycle route, arriving at the Eiffel Tower on the Sunday afternoon, returning via Eurostar on the Monday evening.



*"This is a worthwhile venture that deserves your wholehearted support"*

**STUBS Patron Sir Ian McGeechan, OBE**  
**Head Coach, British Lions 2009**

**If you agree with our aims and objectives, then can you help us to achieve our fundraising targets please?**



### Sunday 8<sup>th</sup> July 2012 - ASICS British 10k London Run

We have 120 Debenture Places available in this very popular and always oversubscribed event. The 10k runs through the heart of Central London passing many of London's truly world class historic landmarks. The race starts at 0935 and the route is dressed with union jacks, and a PA system will play classic theme music at all major landmarks. The race finish is just past the Cenotaph on Whitehall.

To register interest or to find out more about any of these events, please visit the STUBS web site [www.stubs.org.uk](http://www.stubs.org.uk), or contact us via phone or email.

*"The value of our outings at Harlequins for our patients cannot be underestimated within their overall recovery and their re-integration into society. The mere fact that people care enough to make such an offer has a positive impact on patient morale."*

**Captain Dean Shenton RA, DMRC Headley Court**



**Quins v Sale 19<sup>th</sup> February 2011**

If you're organising your own event, we can provide you with publicity material, and pop-up banners. We also have collection tins and buckets available for loan, and you can order STUBS tee-shirts from us to wear during your fundraising activities. Sponsorship forms are available to download from the STUBS web site.

STUBS has its own page on JustGiving, at [www.justgiving.com/stubs](http://www.justgiving.com/stubs), and fundraisers are welcome to make their own contribution here. You can also donate via PayPal, or donate directly to our Nat West account. Details are on the STUBS web site; please be sure to make a Gift Aid declaration. For fundraising ideas, you can visit the **NEW** Fundraising section of the STUBS web site. Send us your fundraising photos for publication in our news updates, and on the web site. You can follow STUBS on Facebook, and on Twitter.

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