

Royal Navy



British Army



Royal Air Force

## Aden Veterans Association Gloucestershire Branch

Volume 2 of 2025

### Chairman's Report

We recently held our 2025 AGM on July 2nd at the Toby Inn at Brockworth. Attendance was good, despite a number of apologies. Following the meeting we enjoyed a good buffet lunch and had time to catch up with each other.

A group of members enjoyed a very sunny and warm few days in Weymouth. The West Dorset Branch put on another excellent weekend with a welcome gathering on the Friday evening, a Gala Dinner on the Saturday, an excellent buffet on the Sunday. Despite numbers being reduced on the Sunday morning parade there were still a few members who had the endurance and capacity to march. Considering the hot weather this was a tremendous effort and my thanks go to all who represented our Branch on the Parade. Unfortunately regular attendees Carol Parrant and Hugh Gibson were unable to join us on medical advice. We wish them both a speedy recovery.

I have some further developments to report on the final closure of the Aden Veterans Association in 2027. The arrangements will be outlined by Clive Candlin, our National Association chair, at this year's AGM in Blackpool and in the November issue of the Dhow. The Service, hopefully, at Gloucester Cathedral will now be a National event. The Gloucestershire Branch will be organising the Service and buffet lunch on Saturday 27th November 2027.

Members confirmed that they wish to remain as Aden Veterans following the closure of the National Association. We will be an independent organisation, and retain our Standard for future events.



Chris and  
Dennis  
ANZAC Day

Since our last Branch meeting, which celebrated our 17th Anniversary, a small group attended the St. Georges Day service at St Barnabas Church in Gloucester, and the ANZAC Day service at Leighterton. There was a good turnout to remember the 80th Anniversary of VE Day in Cheltenham. In June many members attended the Remembrance Service at Earthcott Green. David Rae, the Memorial Woodlands managing director, asked if we could read the lesson at the Service. Dennis Flamson gave an excellent reading which went down well with all who attended the Service. It was an honour and a privilege for our Branch to be asked to perform this at

such a prestigious event, remembering those who have given their lives in the service of their Country since the turn of the millennium. Robert Parrant carried our Branch Standard on many of these events. My thanks go to Robert for his commitment and dedication to the Branch. I would also like to thank Dennis Flamson who stepped in to carry our Standard into the Gala Dinner in Weymouth.

My sincere thanks to all of our Branch members who have attended Services, lunches and other events.

There are a few significant events which we will be attending in the next two months. Please join us if you are able to:

August 15th in Cheltenham The 80 th Anniversary of VJ Day

September 4th to the 9th in Blackpool The National Association AGM and Gala Dinner

September 14 th in Cheltenham The Battle of Britain Remembrance Service.

I would like to pay a special thanks to Dennis Flamson for his excellent work as our Secretary, to David Gearing our treasurer, to Sheila Gibson our Vice-chair and to Jean Stubley our Social Secretary. Sheila and Jean keep the social side of our Branch running smoothly. Sally Welzel has been very proactive in researching, planning and organising for November 2027. Thank you to all the members who re-elected me as your Chair, it is a pleasure and a privilege to represent such an active group of veterans who's common link is Aden. Without your support and commitment our Branch would not be so active and flourish as well as it does. Our next Branch meeting will be on 1st October at the Toby Inn.

I hope to see you there and that I can update you on the arrangements for November 2027.

***Rick Rutter Branch Chairman***

## **Branch Secretary's Report**

We are pleased to report that we have been consistent with our efforts to maintain our members numbers at the various events that our branch attends. At present we have 47 members on our books. The usual stalwarts who attend our venues and events total about 10 to 15.

Our thanks must go out to our Jean Stubley for her excellent choices for our lunch venues.

Our branch enjoyed a good attendance at the excellent event at EarthCott Green, about 12 attended.



Weymouth weekend went very well with an excellent Garla Dinner. About 16 members from our branch enjoyed the evening. According to Sylvia the raffle raised £445. The attendance was 70. The march on the Sunday was really down in numbers about 12 marched with only 2 Standards present. Sign of the times. About 37 were in the stand to watch the parade.

To summarize my time in this post I have noticed that I send out by Email, Post and Phone calls but get very little response, only the usual suspects who always respond. Again, a sign of the times. I will endeavour to continue to contact them in the same way.

With reference to the 60th anniversary in 2027 talks and meetings are still on going and will be communicated in due course

**Dennis Flamson Branch Secretary**

## **Treasurer's Report**

The Branch Newsletters give us the opportunity to keep in touch with those who are unable to get to our meetings, and I am always glad to keep the wider membership fully informed of how we're doing financially. As a Branch, we have always enjoyed the full support of the membership, and this has put us in a position today where we can look forward with confidence as we approach the dissolution of the National Association in 2027, and we go forward in our own way.

Although the cost of goods and services continue to rise, our income through donations and raffles in the year ending 31st March 2025 covered the cost of running the Branch, and we ended the year with £35 more in the bank than when we started.

As of 7th July 2025 our bank balance is £3,836, and this bodes well for the future.

I am very grateful for the continuing loyal support of members, now and from the time the Branch was formed.

**David Gearing Branch Treasurer**

## **Social Secretary Report**

As always, AVA members have been very supportive of the lunches held in Gloucestershire. However, I understand some have said their purpose in attending lunches is to meet and chat with likeminded members, and not to be driving round the countryside to different locations, preferring to stick with 2 or 3 regular pubs to eat.

This is my view,... of 12 available lunch dates, 4 are Quarterly meetings and one is the Christmas lunch. I try to pick a venue in areas near Gloucester, Stroud, Tewkesbury and Cheltenham, so that everyone can lunch reasonably close to home. That takes care

of 9 monthly lunches, leaving 3 that I could double up on. Year on year it is not necessarily possible to repeat the same places. Landlords change and sometimes with that the whole ethos, or pubs simply close. In the summer I try to find country or riverside pubs, which may be slightly more expensive, but I see it as a nice ride out, then in winter perhaps chain style pubs nearer to towns.

I quite enjoy finding new places, but as I have been doing this, so far as I can recall, for about 8 or 9 years, I am happy if someone else would like the role with new ideas. Please contact Secretary David Flamson to volunteer. Indeed, if all I have to do is turn up, whilst it is all organised for me, that would be quite a plus!

17 dined at the Duke of York, Berrow, which hopefully pleased those who live near Tewkesbury and in recognition of them travelling to all the other areas.

The Black Horse at Amberley had no car park, so 20 of us struggled to find a space in the nearby lanes. Food nice, but probably not one to repeat.

The July AGM held at The Toby Inn provided good hospitality as always, with a buffet. I thought a Carvery in the heatwave might have been too much.

Lunch on 6 August 25 at the Apple Tree near Cleeve Hill.



Lunch at The Anchor Inn, Epney on 3 September 25.

Details on the AVA Gloucestershire website for more from Jean Stublely. Please let Jean know your choices if you would like to go.

Jean.stublely@virginmedia.com or 07970 707945.

The Christmas lunch will be held for a second year at Bowden Hall, Upton St Leonards after a general consensus that it was good. Cost is £30 pp for 3 courses plus tea/coffee/mince pie.

Hopefully those interested in enjoying Bowden Hall hospitality will make payment on or before the October Quarterly meeting, cash or BACS to Treasurer David Gearing. Further details when known.

***Jean Stublely Branch Social Secretary***

## Future Events

**WEDNESDAY 6TH AUGUST** First Wednesday Lunch. Apple Tree near Cleeve Hill.

**FRIDAY 15th August** 80th Anniversary of VJ Day.

**WEDNESDAY 3RD SEPTEMBER** First Wednesday Lunch. The Anchor Inn, Epney.

**FRIDAY 4TH SEPTEMBER** AVA National AGM and Reunion at Blackpool. Full details in the March edition of the Dhow Journal.

**MONDAY 14TH SEPTEMBER** Battle of Britain Day 10.30 for 11.00hrs.

**Wednesday 1st October** Branch meeting 11.00hrs Speaker Rod Harrison RAF pilot.

**THURSDAY 30TH OCTOBER** Dedication of the Field of Remembrance at Cheltenham Long Garden 10.45 for 11.00hrs.

**WEDNESDAY 5TH NOVEMBER** First Wednesday Lunch TBC.

**SUNDAY 9th NOVEMBER** Remembrance Day. Parade at Cheltenham Long Garden 10.45 for 11.00hrs.

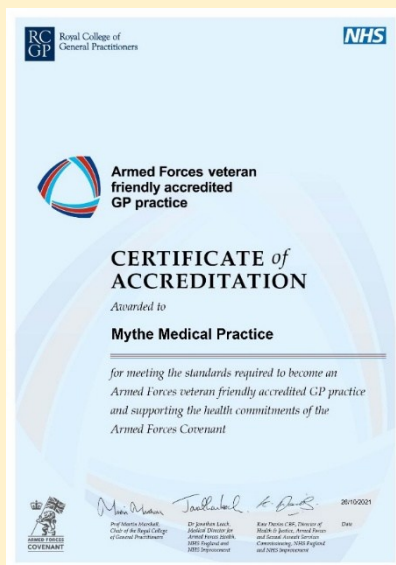
**TUESDAY 11th NOVEMBER** Armistice Day Cheltenham Long Garden.

**SATURDAY 29TH NOVEMBER** 58th Anniversary of the Withdraw of British Troops from Aden Service at Cheltenham Long Garden 11.00hrs

**WEDNESDAY 3RD DECEMBER** AVA Glos Christmas Dinner Bowden Hall.

## Welfare News

Welcome all our readers to my second edition. I am a member of the Patients Protection Group at my local G.P. practice. I represent Veterans on the Group at Mythe Surgery in Tewkesbury.



As a representative of Veterans in the practice, I think the Mythe Practice follows the NHS Armed Forces Covenant almost to the letter.

I have included a Poster of the Practice accreditation plus information on how this practice looks after its Veterans which is included on page 7.

How does your G.P. practice compare with the Mythe Surgery??

Here is a link to a Support for Veterans booklet that you may find useful:

<https://mythemedical.co.uk/wp-content/uploads/2025/06/VETERAN-BOOKLET-5.pdf>

**Emlyn Phennah, Welfare Advisor**



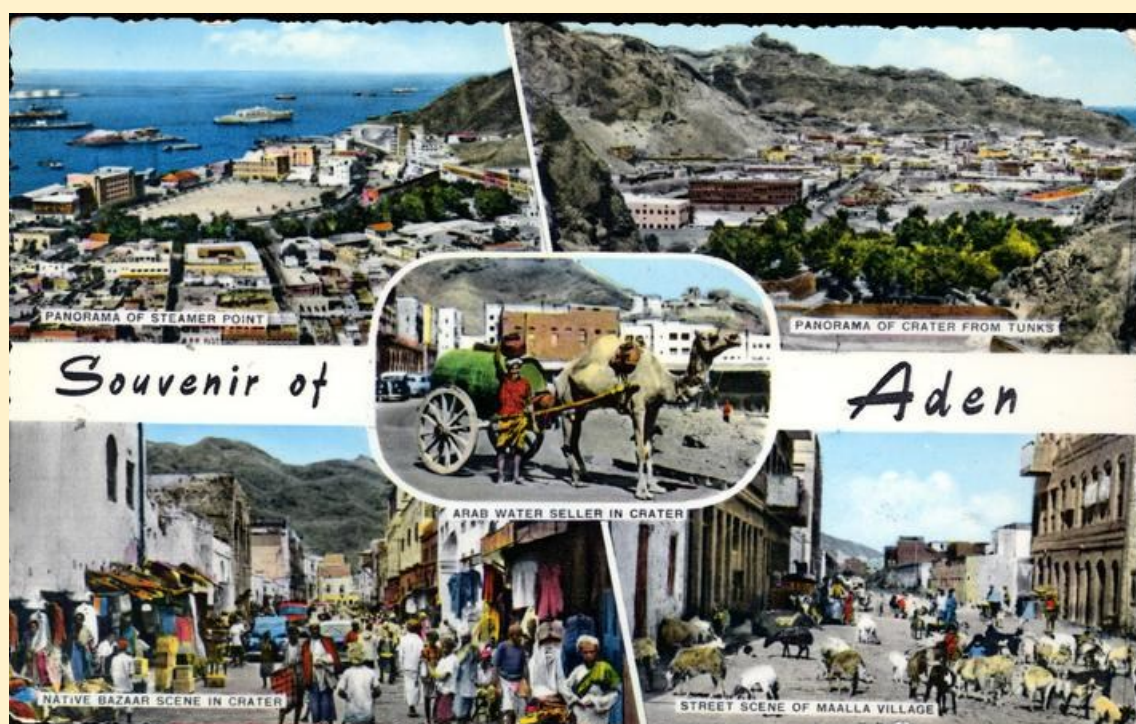
## Editor's Report



You may have noticed the website went down in July. It took a lot of time and effort to get it working again and required a small change in the website name but I'm glad to say all is well now. For a small branch the website receives a considerable number of visitors, in fact twice the number of branch members each month.

For those who don't visit the website I hope this newsletter goes some way in keeping you updated with your branch. If there is anything you would like to see included in the newsletter please let me know. My telephone number is included under contacts.

**Ray Bunnage *Branch Newsletter Editor***



### **Branch Contacts**

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## How to get the most from your GP

1. It is important to register with a GP, rather than wait until you need treatment. Visit the NHS website at **[www.nhs.uk](http://www.nhs.uk)** to find details of GP practices in your local area.
2. If you've recently left the forces, it is important to give your GP the paperwork that your military medical centre gave you, including any medical records. This will help to make sure your military health record transfers to your NHS health record. This will also give your GP information on your health and ensure that any ongoing care and treatment is continued.
3. Regardless of when you left the military, tell your GP that you've served in the UK Armed Forces. This will help your GP to better understand any military related health conditions that you may have and ensure that you are referred, where appropriate, to dedicated services for veterans.

This includes the specialist mental and physical health services, Op COURAGE: The Veterans Mental Health and Wellbeing Service and the Veterans Trauma Network.

When using these services, you will be able to speak to people who:

- understand the Armed Forces and military life
- are either from the Armed Forces community or highly experienced in working with serving personnel, reservists, veterans and their families
- will work with you to make sure you get the right type of specialist care, support, and treatment
- work closely with a range of organisations and charities, including military charities, to support your wider health and wellbeing needs.

4. With your agreement, it can sometimes be helpful for your doctor to refer you to Armed Forces charities, such as SSAFA, the Royal British Legion, Combat Stress or Help for Heroes. They can often offer significant help and support, even if they do not all deliver healthcare.
5. You may be worried about sharing information about your time in the Armed Forces. Please note that the NHS is bound by a confidentiality code of practice to ensure GPs, nurses and other people working within the NHS deliver a confidential service bound by law.

For more information, speak to your GP or visit the NHS website at **[www.nhs.uk/armedforceshealth](http://www.nhs.uk/armedforceshealth)**  **Twitter @NHSArmedForces**