



Danny Kinahan- Northern Ireland's Veterans Commissioner

Northern Ireland's first veterans commissioner is urging former service personnel who need help or support to get in touch with organisations such as Brooke House.

Danny Kinahan said: "Since my appointment I have heard, first-hand, about experiences of military service and the transition back to civilian life.

"My role is to be a 'strong voice for veterans' and I want to ensure that those who have given so much in the service of their country receive the support, help and assistance they deserve.

"I have met with a range of organisations that support veterans including Brooke House. The team there has been delivering extremely valuable physical and mental health and wellbeing services to ex-Service personnel and their families for a number of years.

"My aim is to build on strong working relationships with Brooke House - and other charities and groups like them - to understand the full range of issues veterans are facing and to advocate on their behalf.

"Many who have left the armed services might not require assistance - but others do need support across a number of areas, including mental and physical health.

"I also want to engage with as many veterans as possible to understand their issues and work with them so they can access the right support as and when they need it.

"Veterans can contact my office by phoning 028 9052 7734 or emailing me at commissioner@nivco.co.uk Anyone can keep up to date with my work on www.nivco.co.uk or by following me on Twitter @niveteranscomm "



Newsletter

September 2021



Open Day 12th September.

Model displays and Showcase of Activities on offer.

- Fly Fishing....Ongoing. Next one soon. Learn to fish and Cook
- Garden Workshops. Develop skills and enjoy the walled garden.
- Nature based therapy for Veterans- 10-week programme x 3 hours.
- Nature based therapy for Carers-10-week programme x 3 hours.
- Walking Groups. Explore the estate, other outdoor walks and enjoy some Mindfulness tranquillity.
- Produce Market. Colebrooke produce on sale and enjoy a cuppa and hotdog
- See the enclosed brochure for more detail and booking information.

Stay a While

Structured Residential Programme



Amanda Armstrong

Thank You

Brooke House has been a breath of fresh air. Staff can't do enough and have been really helpful. Services on offer are excellent and earned my trust and confidence very quickly. It is a safe and inviting venue.

The children enjoyed the family activities and the whole family enjoyed the complete peace and the care provided both in the Cottage and after we came home.

This hit home for me.

When a flashlight grows dim or quits working, do you just throw it away? Of course not. You change the batteries. ✓. When a person messes up or finds themselves in a dark place, do you cast them aside? Of course not! You help them change their batteries. Some need AA...attention and affection; some need AAA...attention, affection, and acceptance; some need C....compassion; some need D...direction. And if they still don't seem to shine...simply sit with them quietly and share your light. 💖

Health & Wellbeing

COMING SOON..... Your invitation to become our friend on FACEBOOK and TWITTER

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Monday 23rd August Garden Diary Hello from the walled garden! Things are growing thick and fast at the moment now we are well into August. Every year we always seem to be talking about the growth in August but each year its different. The heat this year has been the biggest factor, the fact that heat has been so intense has made the biggest difference to the plants and the gardeners. A few sessions in the polytunnels felt more like the oven! **Tomatoes have been some of the sweetest I can remember, Sungold and Black Russian have been the standout varieties so far. Sungold tomatoes have been unbelievably sweet and the texture of Black Russian is something to remember. They have both gone into making some beautiful pizza sauces for the earth oven.** The lettuce and chard have been a little over whelmed with the heat and many have bolted (gone to flower). Our chickens didn't seem to like the heat much either and stopped laying in protest. We have seen a return of our pigs which have been brought in to clear another patch of ground, when its hot they enjoy sitting in a muddy puddle and seem happy enough! The best thing about this year though has definitely been the people. We have had some wonderful groups in the garden and have created memories I will always hold onto. A campfire by the Colebrooke river eating venison stew after the most peaceful walk through the woods will be one of them. All the hands-on involvement and enthusiasm from all involved has been inspiring. Big thankyou to all our participants, volunteers and staff. You have all been a part of making the walled garden what it is, which is somewhere full of life and passion. Looking forward to seeing what the next season brings. All the best **Dougal Dorman**

Time for Praise

I found the horticultural classes in particular extremely interesting. It was presented so well. I learnt to much and with the Q&A it was so easy to ask questions as a complete beginner to this (zoom). Staff were very motivated and helpful. Brooke House have done a tremendous job during Covid19 – I appreciate all that the staff have done.



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Welcome to our first newsletter since the lockdown. We are delighted to be able to greet clients back in Brooke House.

We were able to open from June in a limited way, initially for physiotherapy sessions and wellness walks in the woods and, later, for one-to-one counselling.

We have restarted the structured residential programme, enabling family groups to stay on the estate and have a tailored programme of therapeutic interventions while being able to relax in the countryside. We have also had a ten-week garden course, providing opportunities to work with a horticultural therapist to help identify and resolve health and wellbeing concerns.

We have also been funded to develop therapeutic activities around the estate and on the lake, such as fishing and sailing radio-controlled yachts. The aim is to offer a relaxing and reassuring environment where veterans, families and carers can meet and share experiences as well as hearing about how we can help them. In the section News and Events, we have listed what is up and coming. We have enclosed more detailed information about these events and a separate expression of interest form that we would encourage you to complete and return to us as this will help us plan and also ensure Covid compliance.

Brooke House is presently carrying out a study to enable us to show the needs of you and your family. We need the thoughts of as many of our colleagues as possible. We would value you taking a few minutes to complete the survey that you can access by typing in the following link

<https://www.surveymonkey.co.uk/r/NAPV21>

May I say it has been, and continues to be, a privilege to be the CEO of Brooke House and to have met with some of you, heard what you have said about our services and to learn from you about what we do well and what we can do better. There is always room for improvement, and we value your feedback.

Looking forward to continuing to develop our services and support to you.

Newsletter

September 2021

Rural



Secure

Tranquil

A word from our CEO
Joan Clements

Contact us

+ 44[0]28 89531223

<https://brookehouse.co.uk> info@brookehouse.co.uk