



Óglaigh Náisiúnta na hÉireann (ONE)
Organisation of National Ex-Service Personnel
WWW.ONE-VETERANS.ORG



VOL 2 / ISSUE 1 – MAR 2023 – ONE NEWSLETTER

HOPE COUTURE - CAMOUFLAGE STREETWEAR TO RAISE VITAL FUNDS FOR HOMELESS VETERANS

‘NO IRISH VETERAN LEFT BEHIND’

The ‘Hope Couture’ collection has been inspired by the unforgiving streets of Ireland and designed to help veterans survive them.

On February 16th Óglaigh Náisiúnta na hÉireann unveiled a thought-provoking collection of bespoke camouflage streetwear, designed to highlight the stark reality of homelessness that many veterans face when they leave service. Labelled the ‘Hope Couture’ collection, the clothing line was revealed at 8am at 55 Grafton Street, Dublin. The unique campaign encouraged the public to donate to the charity by scanning QR-coded camouflage streetwear and aimed to raise public awareness and vital funds for homeless veterans in Ireland.



Through its 38 branches, 15 veteran support centres and four residential homes across the country, ONE supports homeless veterans who have fallen on hard times and those who find it difficult to adjust to civilian life. To date, the charity has helped more than 1,000 veterans out of homelessness and provides 18,615 bed nights a year, between its homes in Athlone, Cobh, Dublin and Letterkenny. ONE will open a new six-bed facility in Cork City in late 2023, bringing the charity up to a 57-bed capacity. A waiting list is already in place for the new home.

HELP KEEP OUR VETERANS SAFE FROM THE STREETS.

ONEHOPECOUTURE.COM

Cavalry Corps Veteran Brendan Monaghan in Blessington Street Park, Phibsborough, Dublin.

TEXT VETERAN TO 50300 TO DONATE €4 NOW

Text VETERAN to 50300 to donate €4. Text costs €4. Óglaigh Náisiúnta na hÉireann (ONE) will receive a minimum of €3.00. Service Provider: LIKECHARITY. Helpline: 01 481 9311.

[CLICK HERE TO PLAY THE VIDEO](#)

This campaign was initiated by Droga5 on behalf of ONE, Hope Couture draws on the most recognisable visual element of a soldier – their camouflage – with the creation of three distinctive patterns that have been inspired by real locations where homeless veterans have slept. Irish designer Orla Langan was commissioned to create the collection for ONE, with Luke Street, Royal Canal / Russel Street Bridge and Blessington Street Park, Phibsborough, serving to influence the memorable palettes for the three outfits. The camouflage streetwear serves to highlight the struggles veterans face as they battle homelessness, while also giving them the hope to escape its grasp. By showcasing the harsh reality of life on the streets, ONE hopes to shine a light on the support needed by veterans of the Defence Forces when they leave a life of service.



Naval Service Veteran Eddie Culshaw at Russel Street Bridge on the Royal Canal, Dublin.

Three veterans who are currently in ONE accommodation – Martin Clarke (5 Infantry Battalion), Eddie Culshaw (Naval Service), and Brendan Monaghan (Cavalry Corps) – are at the frontline of the Hope Couture campaign. They have experienced the benefits of the charity first hand and are deservedly proud of their service in the Irish Defence Forces, both at home in Ireland and on overseas missions. The veterans represent genuine cases of the immense sacrifice made by Ireland’s military men and women and the cruel reality many face when they leave service.

Central to the concept of Hope Couture is a unique design element that has the potential to help its wearer escape homelessness. The designs have been created not just to highlight the serious threat of homelessness, but to give the public the power to help bring hope to these veterans in real time. QR codes have been integrated into the designs, allowing anyone who comes in contact with the patterns to instantly donate to ONE through their smartphones. This brings mobile users directly to www.one-veterans.org/donate/, where they can contribute to the charity and play their part in the fight against veteran homelessness. All funds raised through Hope Couture will help ONE meet the rising demand for safe housing for homeless veterans.



5 Infantry Battalion/McKee Bks Coy Veteran Martin Clarke on Luke Street, behind Tara Street Station.

Launching the Hope Couture campaign, the CEO of ONE Cormac Kirwan said:

“The main objective of Hope Couture is to raise vital funds to enable ONE to continue supporting homeless veterans. ONE’s role is to provide support, comradeship, advocacy and remembrance and the organisation helps veterans to get back on their feet by offering accommodation, mental health support, employment assistance, addiction counselling and peer support. We hope that this collection of unique camouflage streetwear, designed specifically for the campaign, will raise awareness around Irish veterans who are experiencing homelessness and give them the encouragement and resources they need to overcome its challenges. Incorporating the QR code into the design of the clothing will enable the public to donate to the fundraiser with minimum effort.”

HOPE COUTURE 2023



ONE launched Hope Couture on the 16th February on Grafton Street, Dublin with great success and publicity. Appearing on Sky News, RTÉ, Virgin Media, along with radio interviews and 46 printed photos and articles in local and national outlets across the country including the front page of the Irish Times. An estimated viewership of 1.82 million which wouldn't have happened if our three veterans Martin, Eddie and Brendan hadn't stepped forward and put their private lives and their circumstances of living in ONE's Home in Smithfield on show to the world for the betterment of other veterans less fortunate and ultimately to assist with the aims and goals of ONE.

We are extremely grateful to you all for this service to others.

LEAVING THE MILITARY

Advice for those who are considering making a big change in their lives & pursuing new opportunities after a career in the Irish Defence Forces. *By David Murray*

Short Bio: David Murray joined the Defence Forces in 2001 serving with the 28 Infantry Battalion. He completed his recruit training in Finner Camp, and his 3-star training in Lifford. He also served briefly in Rockhill House until its closure in 2009, when he returned to Finner Camp. David completed many courses including Sniper, Recce, SERE, an NCOs Course and a Standard NCOs Course. He also served in Athlone for a few years before returning to Finner Camp. He left the Defence Forces in 2022 after 21-years' service with the rank of sergeant. David's on LinkedIn www.linkedin.com/in/david-murray450/



“When approaching my 21st year in service I started looking at upskilling or reskilling for a new career outside the Defence Forces. I had a good understanding of logic and numbers and started looking at data analytics because you can't turn on a TV or radio without hearing data being mentioned so I knew this may be a good route to take. I started doing a data analytics and visualisation course in AIT Athlone through Springboard and found that I really enjoyed it. I also started entering data competitions on LinkedIn building data visuals and building a network of contacts. I then completed a diploma in applied data technologies in Letterkenny, again through Springboard. While doing these courses, I supplemented them with other certificates gained through eCollege and Fetch Courses, where I completed certificates in project management, excel expert, database fundamentals, ICDL and python programming. I also became a Microsoft-certified data analyst again using an online free study.

I then applied for a few positions. I am currently still no 1 in Leitrim and no 2 in Sligo for a Data Analyst role, but the long hiring process has ruled that out. I was very fortunate to get an interview for Collaborative Solutions, which brings medium to large enterprises over to the Workday platform. My role here is to work with and identify financial reporting needs and then build custom financial reports to serve client needs. I absolutely love my new role as I see an end result and I also get great satisfaction at solving logical problems and delivering results to client satisfaction. It's a completely different culture from the army but it is most welcoming and refreshing. I feel my career is only starting now and while I don't negate my military experience, I really and genuinely try to help anyone who may look to leave but is afraid of making such a change.

I want to share some resources that have helped me throughout my transition. These websites, organisations, and communities have been invaluable to me, and I hope they can be helpful to you as well.

FUNDRAISING

The Fuchsia flower was first used in the inaugural Fuchsia Appeal launch in 2009 and was chosen as the fundraising emblem of the ONE as it is grown throughout Ireland and is commonly known as Deora Dé or God's Tears in the West of Ireland. When seen while serving overseas the Fuchsia is a reminder of home.

The Fuchsia badge is now sold as part of the fundraising initiative and under the emblem is stamped with the words *Cuimhnimis* – 'Remember Those Who Served', in remembrance of those who have served and to the many who made the ultimate sacrifice while serving.

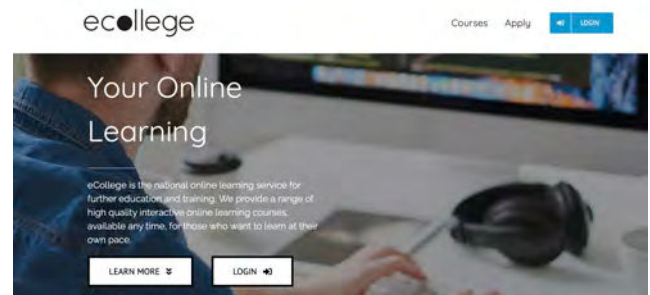
The Fuchsia emblem is now used as a badge of remembrance and a symbol to honour those currently serving in the Defence Forces.

You can donate to our Fuchsia Appeal, by scanning the QR Code or by visiting:
<https://oneconnect.enthuse.com/cf/33c1/fuchsiaappeal>



Firstly for CVs if you are struggling to translate skills to a civilian capacity I recommend **Lorraine Mc Guinness**. Lorraine is Sligo based and drafted me an amazing CV to showcase my skills. Her website is www.cvtipsandtricks.com

www.springboardcourses.ie provide fully funded and 90% college courses that can be completed in your own time. I completed many of my assignments while on downtime on duties. Staying with this topic get on www.fetchcourses.ie and filter by 'online' type. www.college.ie is the national online learning service for further education and training. They provide a range of high-quality interactive online learning courses, available at any time, for those who want to learn at their own pace. Again, these are either free courses or low costing, courses and include ICDL and project management - all recognised certifications. I have completed seven courses at this stage and am currently enrolled in an HTML & CSS course plus a sign language course.



My own path was enhanced by the Maven Analytics community, as I was embarking on a data path and found this an amazing platform to learn and an even better community. There are plenty of things you could be doing now to bolster your resume. In addition to the skills you have gained in the military, this makes you a valuable employee.

www.linkedin.com/company/maven-analytics/

These are just a few of the many resources available to those who are transitioning to civilian life. I encourage you to explore these and other options to find the support and guidance you need to make a successful transition.

And of course, please don't hesitate to reach out to me if you have any questions or need any advice. I'm happy to help in any way I can. Good luck to all of you who are embarking on this new chapter in your lives!"

Adding more information to David's piece we would always recommend joining a veterans' organisation as a way to stay in touch with other veterans and if you are successful give something back to other veterans less fortunate than yourself.

ONE's plan is to bring further information on the Recognition of Prior Learning (RPL) Course that was offered to a number of Veterans in 2022 and is currently engaging with IT Carlow now called South East Technological University (SETU). We plan to follow up with this topic by getting the views of some of those Veterans on the RPL programme and the information on if it will be offered again this year. Last year's RPL information is still available on our website here: <https://one-veterans.org/it-carlow-defence-forces-recognition-of-prior-learning-rpl-scheme/>

MEMBERSHIP 2023

JOIN OUR TEAM - ONE Membership is open for new members and renewal of current membership.

We had over 30+ Members join in February 2023

Handbook of Rules, Chapter 2, Para 2.1 -

Ordinary Membership: Ordinary Membership of ONE (€25 per annum) shall be open to the categories listed hereunder providing such person had at least one year's satisfactory service, has been honourably discharged, and has completed the current registration form declaring acceptance of the Articles of Association and Handbook of Rules for the ONE and providing such person is accepted by an affiliated Branch of the ONE, and subsequently by the Board:

- Veterans of the Permanent Defence Force.
- Veterans and serving personnel of the RDF.
- Ex-service personnel of the Civil Defence.
- Ex-service members of An Garda Síochána.
- Ex-service personnel of the Irish Red Cross.

Volunteer membership (€15 pa) is also open to others interested in joining and assisting in our charitable services and goals.

Sign up online here: <https://one-veterans.org/join-one/>

← JOIN ONE HERE

ONE's *Constitution, Handbook of Rules, Policies and Procedures* including *Code of Honour* are available to download here: www.one-veterans.org/policies/

COUNSELLING

ONE offers a **FREE** counselling service and is there to listen and to provide veterans with direct access to a designated Veteran Support Team and ONE's Confidential Counselling Service. ONE has male and female counsellors on our team who are available to meet over the phone or in person.

Veteran Support Officers (Counsellors) are in:

- Head Office in partnership with the Leopardstown Park Hospital Trust.
- Brú na bhFiann in partnership with HSE Dublin North Community Healthcare Area.
- **ONE has recently employed a third Veteran Support Officer, Audra Larkin who will start in April in the HSE Cork/Kerry Community Healthcare Area.**
- ONE has also made an application to the HSE for funding to recruit an additional counsellor in the Dublin South, Kildare and West Wicklow Community Healthcare Area.

JOIN OUR TEAM



MEMBERSHIP OPEN



FREE VETERAN SUPPORT & CONFIDENTIAL COUNSELLING SERVICE



Our team of male and female counsellors are available to meet on the phone or in person.

☎ 086 138 0825 (FREE)



UPCOMING COURSES / TRAINING

Welfare Officers Course (Cork) – 25 & 26 March 2023

Welfare Officers Course in Cork. Applications to Cork City Branch. Paddy Mulley patricksame@gmail.com

SOCIAL MEDIA TRAINING DAY – DATES TBC

We have 11 members registered for the Social Media training day to help branches/VSC members create and manage a Facebook page and more. We are looking at conducting this training in McKee Bks Veteran Support Centre. If any veteran is interested, please contact Wayne Fitzgerald.

FREE BOOKKEEPING & PAYROLL COURSES

Big Red Cloud Ltd in collaboration with Kildare Wicklow Education and Training Board (KWETB) are offering free training on Payroll and Bookkeeping Courses. These free blended courses combine flexible learning and practical skills-based tasks, enabling a learner with little or no prior knowledge to upskill themselves to work in a payroll or accounts department. Visit: <https://bigredcloud.com/training/#courses>

UPCOMING DATES FOR YOUR DIARY

Easter 1916 Parade – Sunday 9th April 2023

The Defence Forces will participate in the Commemoration of the Anniversary of the 1916 Rising. The parade takes place at the GPO on Easter Sunday morning.

1916 Commemoration Ceremony Arbour Hill – Wednesday 3rd May 2023

The Annual 1916 Commemoration Ceremony takes place in May at the Church of the Most Sacred Heart Arbour Hill, Dublin. The ceremony is hosted by the Minister for Defence and consists of Requiem Mass, ceremonies at the grave for the 1916 Leaders.

National Day of Commemoration – Sunday 9th July 2023

The National Day of Commemoration will be held in the National Museum of Ireland, Collins Barracks, Dublin. It is comprised of a multi-faith service of prayer and military ceremony which commemorates all those Irishmen and Irishwomen who died in past wars or on service with the United Nations.

Online ONE Calendar: <https://teamup.com/ksapnu4n244mmwhsf9> - To add an event contact Wayne.

Contact ONE: For further info, to join as a member or to make a donation, contact ONE on 01 4850666, send us an email at info@oneconnect.ie, visit our website at www.one-veterans.org or find us on social media:

Follow us on
social media →



NEED TO CONTACT US?

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