



Óglaigh Náisiúnta na hÉireann (ONE)
Organisation of National Ex-Service Personnel

WWW.ONE-VETERANS.ORG



VOL 1 / ISSUE 3 – JUNE 2022 – ONE NEWSLETTER

FROM THE CEO



Óglaigh Náisiúnta na hÉireann (ONE) is a registered charity (CHY 13868) for veterans of the Defence Forces.

ONE's primary objective is the provision of accommodation for homeless veterans in its homes and advice and other support through its nationwide network of Branches and Veteran Support Centres. ONE has:

- Homes for homeless veterans in Athlone, Cobh, Dublin & Letterkenny and is developing its fifth home in Cork City.
- A counselling service for veterans who need support. ONE currently employs 2 full-time Veteran Support Officers and hopes to employ a further 2 counsellors by the end of 2023, with a target of 6 by 2026.
- Fifteen Veteran Support Centres which can be described as a cross between a meeting place and an advice centre.
- Thirty-eight Branches nationwide.

Continued on page 2

MENTAL HEALTH AWEARNESS

MENTAL HEALTH FOR VETERANS AND THEIR FAMILIES AND VETERAN SUPPORT OFFICER HELP

By Steven Shields, Veteran Support Officer (VSO)

As veterans we share many close relationships, be it on overseas missions, career courses or a particular section platoon or company, we feel connected and part of something special. When we leave the Defence Forces, we often lose most of that and the friends we made during our service. The connection with those comrades is often broken as the common experiences become distant. As veterans, we at times can feel disconnected or at times feel isolated when a major life event happens that causes a mental health issue. Mental Health is such an important part of all our lives and essentially we don't give it much thought until we are met with adversity or trauma. It then becomes the most important issue in our lives. While this does not happen to all veterans, it happens to some.

As a VSO I am in daily contact with veterans who are troubled and stuck in their own life's problems. Some examples of what I am talking about would be post-traumatic stress disorder, death of a partner or a significant person in their life, loneliness, relationship break ups, health issues that become life-changing, terminal illness diagnosis, homelessness, addictions financial difficulties, interpersonal relationships, readjusting to civilian life, and anger management. While the above list is not a total representation of the help that a veteran can receive, it certainly is a good snapshot of life's problems that can affect our mental health.



So, what does mental health look like when we do have issues? Generally, it can make us feel sad or down we could have confused thinking or reduced ability to concentrate. We tend to have excessive fears or worries, or extreme feelings of guilt and this can also manifest in extreme mood changes of highs and withdrawal from friends and activities.

Continued on page 2

“ONE is very grateful for the support it receives from the State but must additionally raise in excess of €350,000 annually for the above support services.”

– Cormac Kirwan, ONE CEO

Please donate €250 to ONE under the Charity Donation Scheme on one-veterans.org

ONE can claim a refund of tax paid on this donation, resulting in an effective donation of €362 for every €250 donated.

Donors will be sent a CHY3 (Enduring Certificate) which you are kindly requested to complete and return to Paul Cooley, Óglaigh Náisiúnta na hÉireann, Brú na bhFiann, Smithfield Market, North King Street, Dublin 7, D07 HD72

Significant tiredness, low energy or problems sleeping, detachment from reality (delusions), paranoia or hallucinations, inability to cope with daily problems or stress, trouble understanding and relating to situations and to people, problems with alcohol or drug use, major changes in eating habits, sex drive changes, excessive anger, hostility, or violence, and sometimes there can be suicidal thinking. There could be issues with cancelling plans at the last minute, starting to believe you are a burden to everyone, or constantly needing assurance either in a relationship or in completing tasks, often trivial ones. Also, mental health can manifest itself in physical pain such as headaches, stomach pain or back aches. It is important to attend a GP to get to the source of the issue.

Mental health is not a stigma, it's an illness the same as going to the GP for a medical condition. At times we as veterans either ignore it or pretend we are ok. We wear a mask but inside we are hurting. To be able to talk to somebody that can listen without judgement is really important, someone who may be able to provide help and be able to get you to reframe the situation. Remember even the bad times don't last. The important thing is to take the first step: contact a trusted peer/VSO.

VETERAN SUPPORT TEAM & CONFIDENTIAL COUNSELLING SERVICE

☎ 086 138 0825



You can discuss your issues with somebody who has served but also has significant experience dealing with other veterans who in one period of their lives were stuck. The Veteran Support Officer can offer advice, a referral to other services, phone support, face to face chat and advocacy. Sometimes all that is needed is a chat to feel understood and supported to assist in finding clarity. Our Veteran Support Officers' contact details are at the end of the Newsletter.

RECENT NEWS: SLEEPING FLAGS

Thank you to all who volunteered their time and energy for our national fundraiser Sleeping Flags on the 21st May. It was a great success, with nearly €9,000 in funds being raised, but more importantly national coverage in the media resulting radio and press interviews and over 19 media pieces being published about homeless veterans.

ONE LOTTO

ONE Lotto is a great way of assisting branch finances. Entries at a cost of €2 per line, may be made either online on www.one-veterans.org or manually at your Branch. Forty percent of each €2 is retained by the branch with the remainder used at Head Office for prizes, licence, administration etc, with any balance going towards the charitable objectives of ONE.

The potential earnings by a branch from selling 50 Lotto Lines per week for 49 weeks (No Lotto for 3 weeks at Christmas / New Year) is as follows: €0.80 (40%) x 49 (Weeks) x 50 (Lines) = €1,960.

Support your branch by playing the ONE Lotto and you also have a chance of winning great prizes.

UPCOMING COURSES / TRAINING

Mental Health First Aid (MHFA)

MHFA Course 1: is on the 25th & 26th June 2022, in Aiken Bks, Dundalk for branches in the area. MHFA Course 2: is in Clonmel for branches in the area, on the 3rd & 4th Sept 2022. ONE Welfare Officers Course will be conducted in McKee Bks on Saturday 10th Sept 2022.

Social Media Training Day – TBC

We have 7 members registered for the Social Media training day which help branches/VSC members create and manage a Facebook page and more. We plan to conduct the training *online* in the coming weeks, if anyone 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

Veterans Day – Sunday 19th June at 14:00hrs in McKee Barracks. All Defence Forces Veterans are cordially invited. The day will celebrate our Veterans' contribution to the Defence Forces and offer Veterans' an opportunity to meet and reminisce.

RBL ROI Annual Somme Ceremony of Remembrance and Wreath Laying – 9th July 2022

From 12:00-14:30hrs, in the Irish National War Memorial in Islandbridge, Dublin 8 – You must register to attend www.eventbrite.ie

The National Day of Commemoration – 10th July 2022

Museum of Natural History, Collins Barracks Dublin (TBC). The National Day of Commemoration remembers all Irishmen and Irishwomen who died in past wars or on service with the United Nations. It occurs on the Sunday nearest July 11, the anniversary of the date in 1921 when a truce was signed ending the Irish War of Independence.

ONE Annual General Meeting (AGM) & Convention – 1st October 2022

The AGM and Convention will take place in the Breaffy Park Hotel, Castlebar, Co. Mayo. More information to follow.

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

NEED TO CONTACT US?

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