



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



WWW.ONE-VETERANS.ORG

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ONE CHALLENGE 2022



Well done to our 281 participants in the ONE Challenge 2022, our target of 30,000kms was achieved, our total was 38,000+km by the 26th July - so well done to all those who supported this national fundraising event by walking, swimming, cycling or running, you were amazing.

Thank you to all who donated. Well done and thank you to the organising committee made up of members of the Michael McNeela Branch. Sincere thanks to Dundalk Credit Union and ANSAC Credit Union for their sponsorship.

To date, approx. €8,000 has been raised.
Photo by Neil O'Malley

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ENDURING POWER OF ATTORNEY

By Albert Farrell, Company Secretary, ONE

If a person loses mental capacity without having signed a valid Enduring Power of Attorney then in order to manage the person's property and affairs it is necessary to have such a person made a Ward of Court. This can be an expensive and lengthy process so having an enduring power of attorney in place is preferable.

There are many ways in which a person might lose mental capacity. For example Alzheimer's disease, Dementia, Stroke or an accident.

By setting up an enduring power of attorney in advance you are able to choose some person or persons to deal with your affairs in a situation where you are no longer capable of doing so yourself.

The document creating the enduring power of attorney must be in a particular format and must include the following:

- A statement from you that you understood the effect of creating the power.
- A statement by a doctor verifying that in their opinion you had the mental capacity at the time that the document was executed to understand the effect of creating the power.
- A statement from a solicitor that they are satisfied that you understood the effect of creating the power of attorney.
- A statement from a solicitor that you were not acting under undue influence at the time.
- A statement by the chosen attorney or attorneys that they understand their obligations and agree to be an attorney.

At least two people must be notified of the making of an enduring power of attorney, none of whom will be the attorney. Notice parties are normally family members.

The first step to creating an enduring power of attorney is to contact a solicitor who will talk you through the whole process and arrange for the completion of all the documentation.

The Enduring Power of Attorney only comes into effect when it has been registered. The Attorney/s must apply to the Registrar of Wards of Court for registration, once medical evidence has been obtained, confirming that the Donor is, or is becoming, mentally incapable of managing his/her affairs. The solicitor who drafted the Enduring Power of Attorney usually takes responsibility for registering the document. This can take about three weeks. There is a cost to all of the above and I would suggest that if an ONE branch were to contact a local solicitor they might get a group rate.

ONE CHALLENGE 2022

We will be announcing who our winners are in the following categories very soon:

- Top Male
- Top Female
- Top ONE Team
- Top Defence Forces Team
- Top Civilian Team



You can find out more and still donate or there are still several limited addition dry-flo training t-shirts available for sale on the dedicated site: www.onechallenge.eu

All the proceeds will go towards providing accommodation and assistance to veterans in need.

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)

Reminder: MHFA Course 2: will be conducted in Clonmel on Saturday 3rd & Sunday 4th Sept 2022.

VETERAN SUPPORT CENTRE (VSC) VOLUNTEER TRAINING PROGRAMME (2 Days)

ONE Welfare Officers Course will be conducted in McKee Barracks on Saturday 10th & Sunday 11th Sept 2022.

The purpose of the 2-day (14 hour) programme is to provide volunteers who staff VSC's with the necessary information and skills that enable them to provide support to veterans.

The programme has been designed to include information and skills in areas such as emotional and physical help, wellness, financial and legal, and where appropriate to provide information sign posting and/or brief solutions. This course is not designed to qualify volunteers in any professional capacity as either a counsellor or subject matter expert. Rather the programme is designed to enable volunteers to identify an issue, provide information, offer empathic support and encourage service users to obtain the appropriate professional help.

Applications* to attend the course should be submitted by e-mail info@oneconnect.ie or to Mr Paul Cooley at paul@oneconnect.ie. You can also post your interest to ONE Head Office, Brú na bhFiann, Smithfield Market, North King Street, Dublin 7.

*Please state if you need overnight accommodation.

Closing date for applications will be the **31st August 2022**.

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. If anyone is interested, please contact Wayne Fitzgerald.

FREE ONLINE MENTAL HEALTH WORKSHOP

Mental Health Ireland facilitate a range of workshops which promote positive mental health, wellbeing, and recovery. The community workshops aim to support and enhance the mental health and wellbeing of the whole community.

The aim of this interactive workshop is to support participants to:

- Define what mental health and wellbeing is.
- Have an improved understanding of how we can look after our wellbeing during Covid-19.
- Explore how much time we spend each day looking after our mental health and wellbeing.
- Explore the application of the Five Ways to Wellbeing as a helpful coping strategy during tough times.

The maximum number of participants is 20, and the cost is free to community groups. The duration is 2 hours, and the training is delivered on via Zoom / Microsoft Teams.*

To book email: training@mentalhealthireland.ie or visit:

www.mentalhealthireland.ie/what-we-do/training/

**Our workshops are currently delivered online due to the pandemic. We will resume face-to-face workshops when it is safe to do so.*

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

Formal Opening of Veteran Support Centre in Athy – 14 August 2022

The new Veteran Support Centre in Athy will be formally opened on 14 August 2022 following the St Michael's ONE Branch Annual Mass and Wreath Laying Ceremony at 12:00hrs in St Michael's Church Athy.

Fuchsia Appeal Launch (Cork) – 2nd Sept 2022, 11.30hrs.

Our annual fundraiser and awareness campaign the Fuchsia Appeal will be launched from City Hall in Cork. Planning is ongoing.

National Services Day – Saturday 3rd Sept 2022

The National Services Day Parade will take place from 12:00hrs at the Garden of Remembrance, where vehicles of all sizes, service bands, marching bodies and colour parties will leave and finish at Dublin Castle with a display and exhibition area from all the frontline and voluntary agencies. National Services day is organised each year by FESSEF (Frontline Emergency & Security Services Éire Forum), an entirely volunteer-led effort. www.nationalservicesday.ie

ONE Coffee Morning – Friday 30th Sept 2022

A coffee morning will be held in all military installations and other locations organised locally on the last Friday of Sept. Branches are encouraged to establish an ONE Recruitment Stand, and a Supporters Stand, to explain what ONE does for Veterans and to explain about donations.



Five Ways to Wellbeing WORKSHOP

The aim of this interactive workshop is to support participants to:

- Define what mental health and wellbeing is.
- Have an improved understanding of how we can look after our wellbeing during Covid-19.
- Explore how much time we spend each day looking after our mental health and wellbeing.
- Explore the application of the Five Ways to Wellbeing as a helpful coping strategy during tough times.

Numbers: 20 max
For who? All staff
Cost: Free to community groups
Duration: 2 Hours
Venue: Online via Zoom / MS Teams
To book email training@mentalhealthireland.ie

CONNECT
BE ACTIVE
TAKE NOTICE
KEEP LEARNING
GIVE

Mental Health Ireland



ONE Annual General Meeting & Convention – 1st October 2022

The AGM and Convention will now take place over one day with a location in Dublin still to be finalised. More information to follow as soon as possible.

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

MACKER: KITBAG FULL OF LIES

Written by Defence Forces Veteran Paddy McGowan and his good friend James M Harpur and edited by Barry Vickers LL.B, and first published by CreateSpace Independent Publishing in 2014. 189 Pages, with large typesetting - Price €10.00 +P&P

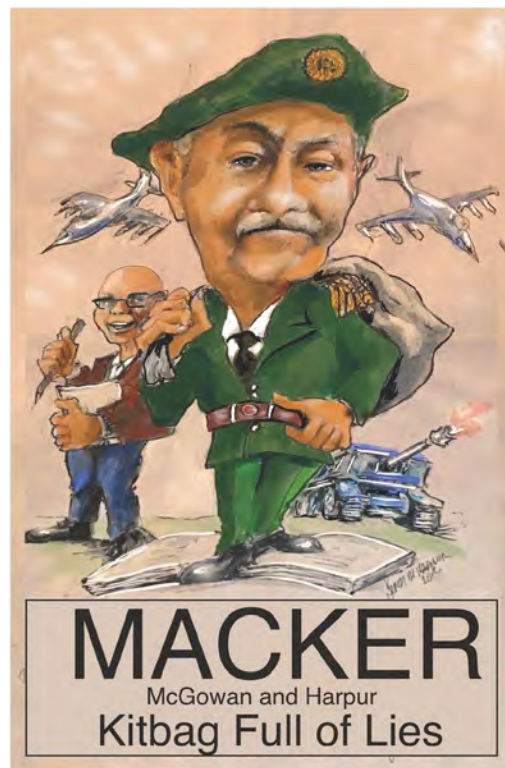
Paddy McGowan served in 2 Garrison Ordnance Company, he was well sought after for his welding skills, and a character of note. James is a retired civil servant and together they have produced a masterpiece of tales, that are short and simple, some with a great punchline – most of the 50 short stories are military related.

Macker and Harpur, was to say the least, an unlikely association of authors. Macker was forward, provocative and a master orator, with razor sharp wit and timing while Harpur himself was laid back to the point of falling over. Nevertheless with the common denominator of art, Macker's witty narrative, with his killer punch lines, became a reality. Once a week at the art class in the Coolock Library a written couple of foolscap pages were presented without fail over fifty weeks and culminated in this hilarious informative slice of Irish army life in the sixties and seventies.

“None of the names of the people are genuine and some of the events have been changed to protect the guilty.”

Harpur's dogged determination collected the narratives, streamlined and dusted them off and the book finally saw daylight through the magic of the internet and balanced and astute wizardry of the publisher Mr. Barry Vickers.

The book can be purchased from Amazon or for a signed copy with a kind donation made to ONE contact James M Harpur, on WhatsApp 086 810 6259 or email jmharpour@gmail.com www.amazon.co.uk/Macker-Kitbag-full-Paddy-McGowan/dp/1500278920



NEED TO CONTACT US?

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