

VETERANS NEWS

VOL 3 / ISSUE 1 – JAN 2024



Update ONE – January 2024 - By Colm Campbell, ONE Board Chairperson

Introduction: ONE is a Veteran’s Organisation, a Registered Charity, a Company Limited by Guarantee, an Approved Housing Body, and a Sustainable Energy Community. The role of ONE can be summarised in four words – *Support, Comradeship, Advocacy & Remembrance*. ONE’s services are available to all veterans of the Defence Forces, and we also facilitate homeless veterans from other countries living in Ireland from time to time. ONE currently provides accommodation (board and lodging) in our four residential homes in Athlone, Cobh, Dublin, and Letterkenny. ONE is developing a further five homes to address the increasing challenge of homeless among veterans. ONE has developed a nationwide network of Branches and Veteran Support Centres, and we are continuing to develop our professional Veteran Mental Health Support Services.

This update will provide information under: Support; Comradeship; Advocacy; Remembrance: and the ONE Strategic Plan-ONE75.

Support: ONE’s primary objective is to support the needs of Irish veterans by the provision of accommodation to homeless and other veterans in need of such domestic accommodation in its Veterans’ Homes and the provision of other advice and support to veterans, in particular Mental Health advice¹, through its nationwide network of Branches and Veterans’ Support Centres.

Veteran Homes: The provision of board and lodging is achieved through our homes in Athlone, Cobh, Dublin, and Letterkenny. The Dublin home (Brú na bhFiann) is located in Smithfield and has facilities to house 35 veterans. The home in Letterkenny (Brú Doire Feá) can facilitate 6 veterans while Athlone (Brú Chostúim) and Cobh (Brú na Farraige) can each facilitate 5 veterans.

ONE’s fifth home in Cork City (Brú Uí Choileáin) with 6 bedrooms is being developed in partnership with Cork City Council with a planned opening in Q3 2024. Refurbishment work on the building will commence as soon as possible after ownership of the building is transferred to Cork City Council.



Brú Uí Choileáin / Cork City Home

ONE’s sixth home in Limerick City (Brú an tSairséalaigh) with 5 bedrooms is being developed in partnership with the Department of Defence, Defence Forces, Limerick City and County Council and the Housing Agency with a planned opening in Q4 2024. Refurbishment work on the former Commanding Officer’s House will commence as soon as possible after the term of the lease is approved.

¹ A special resolution to include “in particular Mental Health advice” was passed at the ONE AGM in September 2023 and has been sent to the Charities Regulator for approval.

ONE's seventh home in Newbridge with 6 to 8 bedrooms is being developed in partnership with Kildare County Council and the Housing Agency. A number of potential locations are being examined, with a planned opening in Q1 2025.

ONE will also develop homes in Galway and Louth and by the end of 2026, our 75th Anniversary, we will have approximately 80 single bedrooms to house homeless veterans in 9 houses nationwide.

Ryan & McConnell (2015) identified that it cost approximately €32,000 a year for every homeless person. While ONE receives funding through the Dublin Regional Homeless Executive in support of our home in Dublin, our other homes are not in receipt of state funding to run the homes. It costs ONE approximately €7,700 net annually per homeless veteran in our homes outside of Dublin when residents' contributions are taken into consideration. This costing per homeless veteran represents significant value for money.

Branches: ONE is built on a local branch network comprising 35 branches nationwide, with our latest branch opened in Clonmel in 2022. ONE's branches drive engagement within the veteran community in their area and also promote other activities for the organisation in support of services provided across our many platforms. Comradeship is at the core of the branch structure and this will be further discussed in Page 3.

Veteran Support Centres: ONE has 15 Veteran Support Centres (VSCs) nationwide, 10 within military installations and 5 within the local communities. Our VSCs acts as a conduit of peer-to-peer support, with a progressive pathway for training and education that enhances veteran development and assists the veteran to manage everyday obstacles in life. The VSCs not only meet the needs of the veteran physically but also from a mental health perspective. It also allows the opportunity to build and sustain comradeship within the veteran community.

Veteran Support Officers: ONE has four Veteran Support Officers (VSOs) employed in partnership the HSE. The VSOs are qualified counsellors who provide nationwide support to struggling veterans. ONE plans to employ a fifth VSO, assisted by the very kind donations of our charity partners, in Q2 2024. A further two VSOs will be employed in 2025 and 2026 leading to seven VSOs nationwide by the end of 2026, our 75th Anniversary. Six of the VSOs will be co-located with the six new HSE Health Regions that are planned under the Government's Sláintecare initiative, with the seventh VSO in ONE Head Office.

All Ireland Mental Health Support System: ONE, supported by the Leopardstown Park Hospital Trust, launched our pilot 24/7 Mental Health Support Helpline in Brú na bhFiann, as part of Fuchsia Appeal 2023 launch on 21 September 2023. This initial 24/7/365 Mental Health Support Helpline will support veterans of the Defence Forces both North and South. Referrals from this service are initially to ONE Veteran Support Officers (Counsellors). Spectrum Life together with Laya Healthcare are contracted to pilot this programme. The medium-term ambition, as outlined in Goal 6 of ONE's Strategic Plan, is to put in place an All-Ireland Veterans' Mental Health Support Helpline that would seek to address the mental health issues faced by all veterans on the Island of Ireland, both North and South. The vision is that this would be funded by the respective governments or by a North South body such as Shared Island or Peace Plus.



Opening of ONE's newest Veteran Support Centre in Carrick-on-Suir

FREE 24/7 Mental Wellbeing Support Programme available for ALL Defence Forces Veterans from Laya Healthcare/Spectrum

**24/7 Free Phone: 1800 911 909 or 01 5180350
www.layaep.ie - Access password: LAYAEAP**



Mental Health First Aid (MHFA) Courses: ONE, supported by Leopardstown Park Hospital Trust, delivered MHFA courses to ONE Welfare Officers, Irish United Nations Veterans Association (IUNVA) and The Royal British Legion veterans over the last number of years. The next MHFA Course is scheduled for Kilkenny in February 2024 with both veterans and serving members of the Defence Forces participating.

Sustainable Energy Community: ONE is registered with the Sustainable Energy Authority of Ireland as a Sustainable Energy Community. An Energy Master Plan, grant aided by the SEAI, was devised by experts in this area. While the Energy Master Plan recommended projects to be carried out in ONE Homes, it also provides information on grants available for the homes of ONE members as part of a Sustainable Energy Community.

Comradeship: A primary focus of the branch network is comradeship which may be defined as sharing the company and friendship of fellow veterans with common aims. Comradeship evokes a sense of shared experience, a shared culture, a shared set of values and a willingness to serve. Being part of the veteran community helps preserve a sense of identity and a sense of belonging. It also evokes a sense of shared responsibility for those less fortunate than us. The veteran family, like any true community, is not just an organisation; rather it is an organism made up of smaller parts that work together. Homeless veterans are part of that family and cannot be left behind.

Sláinte agus Folláine na mBan: A meeting on women's health and wellness, aimed at female veterans and those who support female veterans, was held on 6th January 2024 in Portlaoise. ONE is seeking to identify and address the specific needs and challenges faced by women and marginalised members or groups within the veteran community under Goal 7 of our Strategic Plan - ONE75.

Newsletter/Website: ONE is now producing a regular newsletter which is disseminated using online social media platforms and emailed to all branches highlighting details of support services provided by ONE. ONE's website has been shortlisted for the National Digital Awards in the Not-For-Profit Website of the Year category on Friday 23rd February 2024.

Veteran Benefit Programme: ONE has initiated a Veteran Benefit Programme under Goal 8 of our Strategic Plan ***for all veterans of the Defence Forces***. The Laya Health Insurance 10% package is now available and can be accessed via their website at www.layahealthcare.ie/companies/iamaveteran/ or by phoning 0212022000. The Group Name is ONE Veterans Affinity, and the Group ID is 32163. Feedback from veterans is very positive on this and ONE is now examining the provision of cheaper House and Car Insurance for veterans.

Veterans' Day: ONE Veterans attended Veterans' Day in McKee Bks on 01 October 2023 in large numbers. The Department of Defence and the Defence Forces have decided on a fixed date in the calendar for Veterans' Day and to associate it with a historical date following a submission by ONE. From 2023 onwards, it will take place on the Sunday nearest to 01 October to commemorate the transition from the National Army back to Óglaigh na hÉireann on 01 October 1924.



**Sláinte agus Folláine
Na mBan**

6th January 2024
Midlands Park Hotel Portlaoise
10.30am

An informal conversation about our health and wellbeing.
Goodie bag and lunch provided

To register email your name, branch, mobile number and any dietary requirements to info@oneconnect.ie by 31st Dec 2023



HE ONE ANSAC
www.one-veterans.org
Organisation of National Ex-Service Personnel
NO IRISH VETERAN LEFT BEHIND
CREDIT UNION LTD

Advocacy: ONE unashamedly advocates in support of veterans. ONE’s principal area of advocacy is in relation to Veterans’ Policy and the creation of an Office of Veterans’ Affairs (OVA). ONE developed a Position Paper on Veterans’ Policy in September 2020 and defined Veterans’ Policy as a declaration of the Government's political activities, plans and intentions relating to veterans of the Defence Forces. The Position Paper outlined three proposed areas for inclusion by Government in a Veterans’ Policy namely:

- The creation of an Office of Veterans’ Affairs.
- The requirement for research to underpin the Veteran’s Policy and
- Policy imprimatur in the Veterans’ Policy for the essential work conducted on behalf of veterans, i.e. Veteran Homes, Veteran Support Centres, and Veteran Mental Health Support.



the Minister for Public Expenditure, NDP Delivery and Reform, Paschal Donohoe T.D., visited Brú na bhFiann recently.

Office of Veteran Affairs: ARCO, IUNVA and ONE have jointly promoted the establishment of an Office of Veteran Affairs. ONE, together with the Irish United Nations Veterans Association, made a written and oral submission to the Oireachtas Joint Committee on Foreign Affairs and Defence on 16 November 2021. The Cathaoirleach of the Committee Mr Charles Flanagan T.D. wrote to both An Taoiseach and the Minister for Defence on 17 December 2021 recommending the development of a “National Veterans’ Policy and an Office of Veterans’ Affairs.”

ONE made a written submission on Veterans’ Policy to the Commission on the Defence Forces and followed this up with an oral presentation on 26 April 2021. The ‘Report of the Commission on the Defence Forces in February 2022 recommended the following regarding Veterans’ Affairs: “...*the establishment of an Office of Veterans Affairs which would coordinate veteran support across government departments and local authorities, would enhance collaboration between recognised veterans’ associations, would provide transition support for retirees, and would provide much needed advice, assistance and support to veterans and their families.*”

The Detailed Implementation Plan for the Commission on the Defence Forces, issued by the Department of Defence in November 2023, included the Office of Veteran Affairs which is due to be operational by 2025.

Research to underpin Veterans’ Policy: ONE has amassed a significant body of knowledge and experience in the provision of support services for veterans of the Defence Forces. However, there is a noted lack of codified empirical evidence in this area. To address this, research has been commissioned with the financial support of the Leopardstown Park Hospital Trust. The purpose of the research is to provide a solid foundation for advocacy with the Government on behalf of veterans, including the further development of Veterans Policy, and to help guide actions in meeting veterans’ needs, by identifying the causes, types and extent of need among the veteran community.

Branding: ONE has continued to evolve by building on the excellent work of our predecessors. As ONE evolves, it is essential that our brand continues to reflect the organisation as it continues to advocate on behalf of veterans. ONE conducted an analysis on its brand in conjunction with voluntary support from Droga5, REDC, and Clearstory International. The initial analysis indicated the existing branding was: inconsistent; had too many elements; included some fundraising campaigns in the brand to the exclusion of others; and was not readily identifiable to the public. ONE then undertook an exercise, led by the Marketing and Fundraising Committee of

the Board and the Marketing and Fundraising Officer, which concluded that two key elements should be retained in the brand; namely the ONE Badge and “No Irish Veteran Left Behind.” The new brand is included on the top right of Page 1 and is now used on all correspondence, social media, etc.

Remembrance: Remembrance is the fourth pillar of ONE and serves to bring or to keep in mind those who made the ultimate sacrifice. All Branches of ONE conduct remembrance ceremonies annually for their deceased members and the President of ONE represents the organisation nationally at major remembrance events.



ONE held the 1st Anniversary Remembrance Ceremony for the Niemba Ambush in 1961. The 64th Anniversary Ceremony will take place in St Patrick’s Garrison Church Cathal Brugha Barracks on Saturday 09 November 2024. We also remember the two survivors of the ambush: Tom Kenny who died on 30 October 2021; and Joe Fitzpatrick who died on 05 December 2023; Ar Dheis Dé go raibh a n-anamacha dílse.

ONE also leads the Commemoration of the Cork Harbour Tragedy which occurred on 12 December 1942. The ceremony commemorates the loss of life on active service of four members of the Marine Service, the precursor of the Naval Service, and one member of the Cork Harbour Commissioners’ Pilot Launch Crew.

ONE Strategic Plan – ONE75: ONE launched its current Strategic Plan - ONE75 - on 01 October 2022 at the Annual Convention in Cathal Brugha Barracks. This replaced “Building for the Future”. ONE75 will run until 2026, the 75th Anniversary of the organisation. It is updated annually, and the revisions were briefed at the Annual Convention in McKee Barracks on 30 September 2023.

ONE75 seeks to ensure that ONE is Relevant, Useable and Adaptable in supporting veterans of the Defence Forces. The realisation of any strategy is a judicious combination of Ways, Means, and Ends. Those Ends are translated into the following nine strategic goals which are outlined in detail in the plan:

1. Governance.
2. Support and Awareness.
3. Financial Stability.
4. Veteran Homes.
5. Veteran Support Centres and Branches.
6. Veteran Mental Health Support.
7. Diversity & Inclusion.
8. I Am A Veteran Network.
9. Government Veterans’ Policy.

Click to download


ONE75
 Óglaigh Náisiúnta na hÉireann (ONE)
 Organisation of National Ex-Service Personnel
Strategic Plan
2022 - 2026






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


Conclusion: The Board of Directors wish to acknowledge and greatly appreciate the outstanding work of the members and staff of ONE, and please accept our thanks and best wishes to you and your families. Veterans don't choose to be homeless. Choice by definition comprises two key elements: right and opportunity. ONE continues to need your assistance to return those rights and opportunities for housing and other support services to our veterans as we strive to ensure that:

NO IRISH VETERAN LEFT BEHIND

HELP VETERANS OF THE DEFENCE FORCES BY DONATING €2 PER MONTH

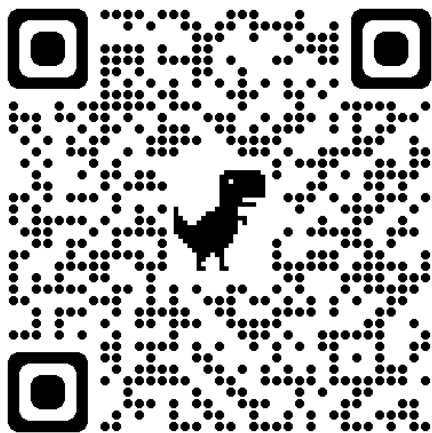
Support ONE by donating the price of a cup of coffee monthly or any amount you can either monthly, quarterly or yearly.

To save time and paperwork you can also donate regularly (monthly/quarterly/yearly) online here using a debit card:

<https://one-veterans.org/donate/>



Scan to Donate



<https://one-veterans.org/wp-content/uploads/2023/02/170575-Oglaigh-Naisiunta-Donation-Form-v2.pdf>

Other options include:

Option A: Consent Form to deduct 50 Cent per week or €2 monthly from the salary of serving personnel of the Defence Forces.

Option B: Consent Form to deduct €2 monthly from the pension of veterans of the Defence Forces.

Option C: Bank Standing Order to deduct €2 monthly. You can complete this online if you have electronic banking or please download this form and bring it to your bank.

Download the form here:

You can email the signed form to wayne@oneconnect.ie for processing.

You can edit the form to put in your own amount higher than the suggested €2

Thank you for your support.

FUNDRAISERS WANTED

Like most charities, ONE is always looking for volunteers to fundraise for our charitable aims to help and assist former members of the Defence Forces who have fallen on hard times or are in need of homeless accommodation or additional services for their mental health.

Here are some inspirational examples for some fundraising activities here:

- * Bag Pack
 - * Boxing/MMA Event
 - * Jumble Sale
 - * Car Boot Sale
 - * Coffee Morning
 - * Cycling
 - * Family Day
 - * Golf Classic
 - * Shave or dye
 - * Hiking/Hillwalking
 - * Marathon
 - * Parachute / Paraglide
 - * Hell & Back or other...
 - * Quiz Night / Raffle
 - * Sponsored Walk/Run
 - * Treadmill Challenge
- List is not limited...

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



MEMBERSHIP 2024

JOIN OUR TEAM - ONE Membership is open for new members and renewal of current membership for 2024.

‘As individuals we stand alone, together as veterans we are ONE’

Handbook of Rules, Chapter 2, Para 2.1 - Ordinary Membership
Ordinary Membership of ONE 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 Constitution and Handbook of Rules for the ONE and providing such person is accepted by an affiliated Branch of the ONE.

- a. Veterans and serving personnel of the of the Permanent Defence Force.
- b. Veterans and serving personnel of the Reserve Defence Force.
- c. Ex-service personnel of the Civil Defence.
- d. Ex-service members of An Garda Síochána.
- e. Ex-service personnel of the Irish Red Cross.

JOIN OUR TEAM



MEMBERSHIP OPEN

Volunteer membership is also open to others interested in joining and assisting in our charitable services and goals.

Ordinary Membership is €25 per annum and Volunteer membership is €15 per annum. You can register your membership here:

<https://one-veterans.org/join-one/>

ONE's Constitution, Handbook of Rules, Policies and Procedures including Code of Honour are available to download here:

<https://one-veterans.org/governance-documents/>

UPCOMING COURSES / TRAINING

Mental Health First Aid (MHFA) course / Finance Training

ONE will run a Mental Health First Aid (MHFA) course in February 2024 in Kilkenny. Finance training in Q2/2024 in Limerick and in Q3/2024 – Location TBD.

Further Education & Training Course Hub (FETCH)

FETCH provides information about further education and training courses throughout the country such as Post-Leaving Cert courses, traineeships, back to education initiatives and many more. Visit: www.fetchcourses.ie

FREE BOOKKEEPING & PAYROLL COURSES

Big Red Cloud Ltd in collaboration with KWETB are offering free training on Payroll and Bookkeeping Courses. Visit: <https://bigredcloud.com/training/#courses>

UPCOMING DATES FOR YOUR DIARY

Thomas Francis Meagher & Tricolour Celebration Ceremony – Sunday 3rd March 2024

There is an open invitation to Veteran Assoc/Groups/Org's to parade with their members and pennants in celebration of our National Flag. Parade forms up at The Granville Hotel, Quayside, Waterford at 11.40 hrs.

73rd Anniversary of the foundation of ONE – Sunday 10th March 2024

ONE was founded in the Mansion House on 10th March 1951 and unified two comradery associations in to ONE: National Federation of Irish Ex-Servicemen and Association of Regular Ex-Servicemen.

Anniversary of the 1916 Rising – Sunday 31st March 2024

The Defence Forces will hold a Commemoration of the Anniversary of the 1916 Rising on Easter Sunday morning at the GPO on O'Connell Street.

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

Contact ONE: Contact details below, or visit our website at www.one-veterans.org or on social media:

Follow us on
social media →



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