

# VETERANS NEWS

VOL 3 / ISSUE 2 – 2024



## Update ONE - *By Colm Campbell, ONE Board Chairperson*

ONE is a Registered Charity whose primary objective is to support veterans of the Defence Forces by the provision of accommodation to homeless veterans in its Veterans' Homes and the provision of other advice and support to veterans, in particular Mental Health advice, through its nationwide network of Branches, Veteran Support Centres, and Veteran Support Officers.

The role of ONE can be summarised in four words – Support, Comradeship, Advocacy, & Remembrance. Let us examine what those words mean and in doing so increase our understanding of why ONE needs your support.

### Support

Support takes many forms. It ranges from a warm greeting to a fellow veteran, to a bed for a homeless veteran in one of our homes, and everything in between.

- ONE has thirty-three Branches and three Area Councils.
- ONE has fifteen Veteran Support Centres nationwide with the support of the Department of Defence, the Defence Forces and local authorities. These can be described as a cross between Advice Centres and Men's / Women's Sheds.
- ONE has a professional counselling service for those that need Mental Health support as a result of their service. We recently recruited our fifth Veteran Support Officer (Counsellor) and plan to have seven in place by 2026, our 75th Anniversary.
- ONE has a 24/7 helpline, delivered by Laya Spectrum, for veterans who need Mental Health support out of normal hours.
- ONE currently has homes for homeless veterans in Athlone, Cobh, Dublin & Letterkenny. We are developing five more homes in: Cork; Limerick; Newbridge; Galway; and Louth leading to a total of 80 single bedrooms nationwide by the end of 2026. Approximately 1,000 homeless veterans have used our services, with over 90% moving on to permanent housing.

### Comradeship

Comradeship evokes a sense of shared experience, a shared culture, a shared set of values, and a willingness to serve. Being part of a veterans' association 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 Defence 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 and those that need mental health support are part of that family and cannot be left behind.

### Advocacy

ONE unashamedly advocates in support of veterans. It advocates particularly on behalf of those who are less fortunate than others. The majority of veterans of the Defence Forces, irrespective of length of service, are very

successful in their new careers or are happy in retirement. However, there are quite a number who need help from time to time.

## Remembrance

Remembrance is the fourth pillar of ONE. Remembrance serves to bring or to or keep in mind those who have made the ultimate sacrifice, and we will always honour them. However, we must also remember those veterans who for some reason or another become homeless or others that need our support.

## Funding

ONE's current services cost approximately €1.5M annually, excluding capital (building) costs. We currently receive approximately €640,000 in State<sup>1</sup> funding which means that we have to raise approximately €860,000. All donations received are deeply appreciated and further information is contained in the following page.

## Conclusion

Veterans don't choose to be homeless or to suffer from Mental Health issues. 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 is Left Behind.**

<sup>1</sup> Department of Defence, Dublin Regional Homeless Executive, and the HSE.

## **NEW VETERAN SUPPORT OFFICER:**

ONE Welcomes Denis Buckley, its fifth professional Veteran Support Officer (Counsellor) for the Cork/Kerry region. Denis is a highly experienced and accredited counsellor/psychotherapist with the Irish Association for Counselling and Psychotherapy. He holds a BCL (law) degree from UCC and a Diploma in Counselling from the Cork Counselling Services Institute. He also achieved certification in Mediation from the MII.



Denis's professional journey includes over 20 years as a Defence Forces Personnel Support Service (PSS) Sergeant, where he supported soldiers and their families on a wide range of issues. His role involved handling work-related, personal, and social challenges, and offering critical support during times of bereavement, suicide, and critical incidents. He also served for many years as Trustee of CAFNBO and as Supervisor of ANSAC Credit Union. He served with 1 Field Signals, 4 Inf Bn, 1 Bde HQ and 1 Fld Arty Regt and various overseas missions in Lebanon, Somalia and Rwanda. He retired from the Defence Forces in 2016.

Denis has worked as a counsellor/psychotherapist with Cork Cancer Care and ARC House Cancer Support and has a particular focus on supporting clients and their families through serious illness and bereavement. He also has a particular interest in Loneliness, Aging, Loss of family and friends, Trauma, Anxiety, Depression and Advocacy. He has a special interest also in family law and social welfare law.

Denis was a Law instructor at FAS, a tutor at Cork Counselling Services, a Logistics and Security Manager for Trocaire in Rwanda, and an Irish Liaison Officer for the United Nations in Somalia. His voluntary humanitarian work includes founding the Humanitarian Volunteers and Childaid organisations and working with various refugee and children's aid initiatives in Africa. Apart from his professional achievements, Denis is an avid hillwalking enthusiast and has led many expeditions to Kilimanjaro and Everest Base Camp. He is a keen gardener and dog enthusiast. Denis's contact details are at the end of the newsletter, along with our other VSOs.

# VETERANS BENEFIT PROGRAMME:

Over the last number of months, ONE has initiated a Veteran Benefit Programme under Goal 8 of our Strategic Plan for all veterans of the Defence Forces. Visit <https://one-veterans.org/affinity-offers/>

**10% OFF** **Healthcare Plan on either: Signify, Inspire & Prime**  
**For ALL Defence Forces Veterans**

**laya healthcare** & **ONE**  
 www.one-veterans.org  
 Organisation of National Ex-Service Personnel  
**NO IRISH VETERAN LEFT BEHIND**

**ZURICH**  
 Exclusive discounts for Irish Defence Forces Veterans on Home and Car Insurance  
 in partnership with **ONE**  
 www.one-veterans.org  
 Organisation of National Ex-Service Personnel  
**NO IRISH VETERAN LEFT BEHIND**

T&C's are available from ONE

**ONE expert Electrical**  
 www.one-veterans.org  
 Organisation of National Ex-Service Personnel  
**NO IRISH VETERAN LEFT BEHIND**

**5% OFF**  
**For Defence Forces Veterans**  
 5% Off 'Large Appliances' in Naas, Mullingar, Tullamore, Sligo & Online  
 \*On a limited trial period

**10% OFF**

**LUXURY INTERIORS**  
 10% off for Defence Forces Veterans  
 Coolfore, Ashbourne, Co. Meath A84 YY70  
 Entrance through Ashbrook Garden Centre  
[john@luxuryinteriors.ie](mailto:john@luxuryinteriors.ie)  
**0852604610**  
[www.luxuryinteriors.ie](http://www.luxuryinteriors.ie)  
 T&Cs - Proof of service may be required.

**REGATTA GREAT OUTDOORS**

The Ultimate Destination For Outdoor Gear!  
**17% OFF FOR KEY WORKERS INCLUDING VETERANS**  
[Regatta.com/ie/key-worker-discount/](http://Regatta.com/ie/key-worker-discount/)  
 Veterans ID Card Verification Required

**Just A Ballhop**  
 Display Your Pride  
**10% OFF**  
 Clothing & Branded Merch for Irish Defence Forces Veterans  
 Use Code: **IDF VETERAN**  
**VISIT: WWW.JUSTABALLHOP.IE**

**IRISH FERRIES**  
 Holyhead, Pembroke, Cherbourg  
**10% OFF**  
**For ALL Veterans**  
 T&Cs are attached

**ONE**  
 www.one-veterans.org  
 Organisation of National Ex-Service Personnel  
**NO IRISH VETERAN LEFT BEHIND**

**PodUmna & DICK'S BIKE HIRE**  
 URBAN GLAMPING VILLAGE GET ON YER BIKE & EXPLORE!

**15% OFF**

**FOR ALL VETERANS**  
[www.podumnavillage.ie](http://www.podumnavillage.ie) & [www.dicksbikeshire.ie](http://www.dicksbikeshire.ie)  
 Quote ONE15 at booking

Continued over...

**SELECT**  
Hotels of Ireland  
**Online Exclusive**

**Save 10% on Bed & Breakfast**

Defence Forces Veterans can now **save 10% on Bed & Breakfast rates** when you book online at **selecthotels.ie** using your promotional code below.  
Valid until Dec 30 2024

Use Promo code  
**select10**

**Celtic Ross Hotel in Rosscarbery in West Cork**

**SPECIAL 15% DISCOUNT**

*Thank you for your service*  
We at the Celtic Ross would like to thank all Irish Veterans by offering a 15% discount, available on all packages and a complimentary upgrade. (Subject to availability)

This offer is exclusively for Irish Veterans only. This offer is only available on presentation of a Veteran ID card and one other photo ID to verify veteran card.

[www.celticrosshotel.com](http://www.celticrosshotel.com)  
023-8848722

*Code: Veteran15*

**ONE**  
www.one-veterans.org  
Organisation of National Ex-Service Personnel  
**NO IRISH VETERAN LEFT BEHIND**

<https://one-veterans.org/affinity-offers/>

**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 on 21<sup>st</sup> 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

**FREE 24/7 Mental Wellbeing Support Programme available for ALL Defence Forces Veterans**

**laya healthcare** & **ONE**  
www.one-veterans.org  
Organisation of National Ex-Service Personnel  
**NO IRISH VETERAN LEFT BEHIND**

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

**10% DISCOUNT FOR VETERANS**

**FANAGANS**  
EXCELLENCE IN FUNERAL CARE  
ESTABLISHED 1819  
[WWW.FANAGANS.IE](http://WWW.FANAGANS.IE)

**ONE**  
www.one-veterans.org  
Organisation of National Ex-Service Personnel  
**NO IRISH VETERAN LEFT BEHIND**  
T&Cs Apply

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.

## ONE STRATEGIC PLAN – ONE75:

ONE launched its current Strategic Plan - ONE75 - on 1<sup>st</sup> October 2022 at the Annual Convention in Cathal Brugha Barracks. This replaced “Building for the Future”. ONE75 will run until 2026, the 75<sup>th</sup> Anniversary of the organisation. It is updated annually, and the revisions were briefed at the Annual Convention in McKee Barracks on 30<sup>th</sup> September 2023. A further update will be provided at this year’s Annual Convention on 28<sup>th</sup> September 2024 in McKee Barracks.

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



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/>

### 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 €5 monthly. You can complete this online if you have electronic banking or please download this form and bring it to your bank.

Scan to Donate

Download the form here:

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

You can email the signed form to [info@oneconnect.ie](mailto:info@oneconnect.ie) for processing.

*You can edit the form to put in your own amount higher than the suggested €5.*

*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 set up a fundraising page or donate by scanning the QR Code or visit:  
<https://oneconnect.enthuse.com/profile>



## 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

### 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](http://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

### RBL ROI Annual Somme Ceremony of Remembrance and Wreath Laying - Saturday 13th July 2024

The Royal British Legion in Ireland Annual Commemoration and Wreath-Laying Ceremony at The Irish National War Memorial Gardens at Islandbridge, Dublin 8 at 12 noon. Organiser: RBL ROI

### National Day of Commemoration - Sunday 14 July 2024 at 10.30 hrs

The National Day of Commemoration will be held in the Royal Hospital Kilmainham, Dublin (TBC). 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. Organiser: Dept. of An Taoiseach

### 25th Anniversary- Private Billy Kedian, C Coy, 85 Infantry Battalion - Saturday 20th July 2024, 12 noon

Pte Billy Kedian died tragically while on service with C Coy 85 Infantry Battalion, UNIFIL, in South Lebanon in 1999. Mayo County Council passed a motion in 2023 to celebrate and allocate funds for the erection of a commemorative plaque in Ballyhaunis, Co. Mayo to honour Billy's service in the Defence Forces.

**ONE AGM and Annual Convention** on 28<sup>th</sup> September 2024, and **Veterans' Day** on 29<sup>th</sup> September 2024, both in McKee Barracks.

**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](http://www.one-veterans.org) or on social media:

Follow us on  
social media →



### NEED TO CONTACT US?

Head Office:	01 485 0666 / <a href="mailto:info@onceconnect.ie">info@onceconnect.ie</a>
Chief Executive Officer (CEO), Cormac Kirwan:	087 665 5661 / <a href="mailto:cormac@oneconnect.ie">cormac@oneconnect.ie</a>
Deputy_Chief Executive Officer (DCEO), Michael Smyth:	087 121 0237 / <a href="mailto:michael@oneconnect.ie">michael@oneconnect.ie</a>
Branch Executive Assistant, Paul Cooley:	083 098 9199 / <a href="mailto:paul@oneconnect.ie">paul@oneconnect.ie</a>
Marketing and Fundraising Officer, Wayne Fitzgerald:	083 097 3282 / <a href="mailto:wayne@oneconnect.ie">wayne@oneconnect.ie</a>
Head Office Veteran Support Officer (VSO), Steven Shields:	086 138 0825 / <a href="mailto:hqvso@oneconnect.ie">hqvso@oneconnect.ie</a>
Brú na bhFiann Veteran Support Officer, Tony Stafford:	087 280 8750 / <a href="mailto:tony@oneconnect.ie">tony@oneconnect.ie</a>
South Dublin, Kildare & West Wicklow VSO, Des Macauley	086 616 7510 / <a href="mailto:sthleinstervso@oneconnect.ie">sthleinstervso@oneconnect.ie</a>
Tipp / Waterford / Limerick VSO, Audra Larkin	085 218 2620 / <a href="mailto:audra-vso@oneconnect.ie">audra-vso@oneconnect.ie</a>
Cork/Kerry Veteran Support Officer, Denis Buckley:	086 203 5820 / <a href="mailto:denis-vso@oneconnect.ie">denis-vso@oneconnect.ie</a>
House Manager Brú Chostúim Athlone, Paddy McManus:	086 044 9244 / <a href="mailto:paddy@oneconnect.ie">paddy@oneconnect.ie</a>
House Manager Brú na Farrage Cobh, John Lawlor:	083 088 2933 / <a href="mailto:john@oneconnect.ie">john@oneconnect.ie</a>
House Managers Brú na bhFiann Dublin, Richard / Sinéad:	01 485 0600 / <a href="mailto:richard@oneconnect.ie">richard@oneconnect.ie</a>
House Manager Brú Doire Feá Letterkenny, Aidan Redican:	086 039 0635 / <a href="mailto:aidan@oneconnect.ie">aidan@oneconnect.ie</a>