

North Essex and Suffolk Veterans Support Group CIO

Annual Report

North Essex and Suffolk Veterans Support Group CIO is now a Registered Charity. Founded just over four years ago by Sharon and Jamie Robinson. The support group was born after Jamie needed help for Complex PTSD and found no help locally. Sharon reached out to a former colleague's wife in Reigate from his days in the Armed Forces whom she knew had had help for her husband. After taking advice and following through with the information gleaned, Jamie was able to access the help he so desperately needed.

Jamie went through this during lockdown but after accessing the help he needed lockdown proved to be a huge benefit allowing us the time to formulate a plan to move forward. If we had problems getting help how many others here in rural North Essex were having the same problem, the seeds were sown and North Essex Veterans Support Group was born.

It launched in June 2021 followed by the first gathering in July at The Crown in Manningtree with 18 people attending. Each month numbers grew and within 18 months they needed a bigger venue with Brantham Leisure Centre stepping up to help. Numbers still continued to grow and due to this in January 2025 the group moved Mistley Village Hall which is completely accessible for our more immobile members of the group. The work put in to support the Veterans is outstanding we can mentor through all processes and also act as a gateway and bridge to all the support available. The group has gone from strength to strength and 6 months ago we became a registered charity, Charity Registration Number 1215095. This speaks volumes about the work we do to help our Veterans and legitimises everything we do. We have many events going on throughout the year. Every month we have a breakfast get together where we do face to face work with our members. In January we host a black tie and tartan Burns Supper with a live Piper and entertainment. In April we have a race night, June we have a Black-Tie Waterloo Dinner with live entertainment We have a big event going on June 27th for Armed Forces Day. We carry out welfare work outreach in the community and beyond daily. The Charity is well established and grows month on month.

If you need help or want to pull up a sandbag and have a blether over breakfast or a coffee you can contact us via phone on 07922714639.