

CORTHORN VETERANS CHAT



What is it?

This veteran's chat group was formed on the back of what was the "Warrior Group Chat" forum. The Warrior Program is a programme which enables individuals to manage their emotions and to develop the resilience, focus and motivation to succeed in today's world. A link to their website is at the bottom of the flyer.

When the world went into lockdown, the southern regional manager at the time, "Dave Corthorn" decided to start a virtual chat forum specifically for those that had attended a Warrior program residential course. Dave unfortunately passed away in April 2022, and communication went quiet for a while. It was discussed prior to him passing that funding would be running out at the end of April 2022, and where would the chat group go from there?

A few of us who gained the friendship of Dave decided yes, we would be quite happy to take it on, look for further funding, get the terms & referencing sorted, but comms as mentioned went quiet for a while. In the Oct 2022, those few friends decided to reach out to each other and start to discuss the chat group again. Those were Jim Yeatman, Terry Eccles and Spencer Glasgow.

Several weeks were spent revamping the ToR, (Terms of Reference), and a communication list produced of those that had attended over the 2 years or so lock down period. The first meeting was in November 2022, and the group has grown from there. We did change the membership requirements whereas formerly you had to of attending the Warrior Program Residential Program, but now it is open to any serving member, veteran, or a family member of either.

How do I Join?

There are various ways to get in touch to join the group. There are no membership costs, nothing to join, just appear at those meetings you want to have a chat in, or just listen to others. We know that this group has helped several veterans with both their health and finances. Meetings take place via Zoom, and at present are two a month. One in the evening for those that still work, and one at about 12:00hrs the day after the evening meet. Each new member will be checked to ensure they are a serving member of His Majesty's Forces, a Veteran, or a veteran's family member.

E-mail - corthornveteranschat@gmail.com
WhatsApp Group - <https://chat.whatsapp.com/IWIS2RjaGF1DeFKUPBHKbP>

Who is Involved?

The three admins are:
Jim Yeatman
Terry Eccles
Spencer Glasgow
(And currently 28 members)

We are not in charge; we just administer the group. There is normally no agenda but we do have guest speakers occasionally who specialise in helping veterans in various ways.

If you need help in any way, get in touch, find out about the group and join if you wish to? Stay Safe, Onwards and Upwards. 😊

<https://www.warriorprogramme.org.uk>