

Our history

It all began at the height of the First World War. Many of our men were in France, fighting for their country, and suffering almost unendurable hardship in the trenches. They needed help and we provided it.

The League of Remembrance was established and, using volunteers, we set to work to produce medical supplies and other necessities, to make life in the trenches, the field hospitals and the dressing stations, just that little more bearable.

After the war we sought to honour the memory of the brave men and women who gave their lives for their country by looking after their widows, and giving them a renewed purpose. The widows took over the work of our volunteers, and in return we provided moral support, and assisted them financially. Later, in recognition of their incredible contribution during the war, we expanded our support to include retired nurses. To reflect this work we called them Remembrance Workers. We still do, and the valuable work they started then continues to this day.



“I love being a Remembrance Worker. I don’t like having seven wasted days a week so I’m very pleased to be able to go out two days a week to be at the hospital.”

Joan, Remembrance Worker

Our vision

As we start on our second century of service to the civilian community we want to help as many people as possible to find a renewed purpose in life, enjoy lasting good health and personal well-being, and to continue to help their local communities.

We want to reach out to a new generation, including those who served in the first Gulf War, Bosnia, Kosovo, Iraq and Afghanistan, and recently retired nurses; and also want to provide our services across all of London and its neighbouring counties.

How you can help

As we receive no state funding for our work we rely entirely on the generosity of private donors. If you would like to support our work and help more Remembrance Workers find a new purpose in life then please donate via:

- **Online:** www.leagueofremembrance.org.uk
- **BACS:** sort code 23-05-80 account number 22939445
- **Cheque:** To 142 Buckingham Palace Road, London SW1W 9TR

If you know anyone who may benefit from becoming a Remembrance Worker then please do get in touch at 020 7881 0987.

Follow us:



The League of Remembrance

Unlocking opportunities for veterans and retired nurses

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142 Buckingham Palace Road, London, SW1W 9TR

www.leagueofremembrance.org.uk

How we work

As an Armed Forces charity, with over 100 years of experience, we passionately believe that helping people in need is not just about giving them assistance to enhance their self-worth, health and well-being, but about them playing an active role in the process too.

We provide direct, practical and enduring support to Armed Forces veterans, their widows and families, and retired nursing staff. The people we support have served their country well, but have now lost their purpose in life, perhaps due to illness, bereavement, or retirement - and we help them to find it again. Or, they may simply wish to continue to serve their communities as best they can, for as long as they can.

We achieve this purpose through our volunteer programme, matching people to suitable volunteer opportunities in hospitals, hospices and other social institutions in Greater London, Bucks and Essex. The process is simple but effective. We find out what skills our Remembrance Workers have, and what they enjoy doing, and then match them to a suitable volunteer opportunity. Once in post they deliver a range of services including bereavement assistance; manning information points; acting as a guide; working in the shop or gardens; driving; administration; or simply showing a friendly face to patients and their loved ones.

How we make a difference

By volunteering in our communities the Remembrance Workers bring value to not only themselves but others too. They find a new purpose in life as part of the hospital team, and a renewed social network as part of the Remembrance family, both significantly helping to counter the negative effects of depression, social isolation and loneliness.

As our Workers increase in self-confidence, and learn new skills, they also begin to pass these skills on to others, taking the strain off hard-pressed hospital support services and allowing them to concentrate their resources directly on clinical care. Additionally, the strain is taken off community clinical and social services as the Workers' personal health and well-being improves.

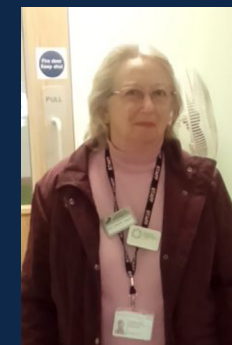
It's a model that works really well, and we call it **“helping people to help themselves by helping others”**.

“Being a Remembrance Worker has helped giving me a purpose in life, a reason to get out of bed in the morning. It has helped me feel much better about myself.”

Alan, Charity Supporter

“It sometimes frightens me to think what I might have done without this support, as I was so very low after the death of my husband. I will always be grateful.”

Patient



“I’m Dorothy”

My husband David served with the RAF. I myself trained as a nurse in 1962, and then worked in a number of hospitals including Barnet General, Lambeth Hospital, Spurgeons, and Dr Barnados Nursing Hospital. One of the highlights of my career was to go out to Nigeria in 1969, as part of a relief team, during the Biafran War – heart-breaking at times but fantastically rewarding too.

I’ve been a volunteer with the League of Remembrance for 3 years now and work as part of the bereavement service team in the Florence Nightingale Hospice. Where do you start to describe what I do? I’m passionate about people being looked after well. Bereavement is such an individual and unique journey that it deserves all of us going that extra mile for those who need us.

Some of those we’ve helped said:

“I’m very grateful to have somebody who could listen, empathise, and be non-judgemental. Thank you.”

“I could not have left my home at the time, and I couldn’t imagine where I would be without the service I had.”