

NEWSLETTER

Awards and achievements



Accreditation for Quality Network for Veterans Mental Health Services

From the Royal College of Psychiatrists

Receiving recognition as a QNVMHS accredited charity was one of our major highlights of 2024. After months of hard work from the whole team here at Mode, cherished involvement and input from our veteran community and support from various members of QVNMHS, we can say as of November 2024 that our accredited status has been officially confirmed!

Veterans Aware Accreditation NHS

We've also just received news that we have been awarded the NHS's Veterans Aware Accreditation. Mode is the first charity in Greater Manchester to receive this accreditation.



"Veteran Rehabilitation Clinic of the Year" at the Prestige Awards

Last year, we were delighted to be win 2024/25 Manchester & North West England "Veteran Rehabilitation Clinic of the Year" at the Prestige Awards! The award ceremony will take place in London somewhere in 2025.



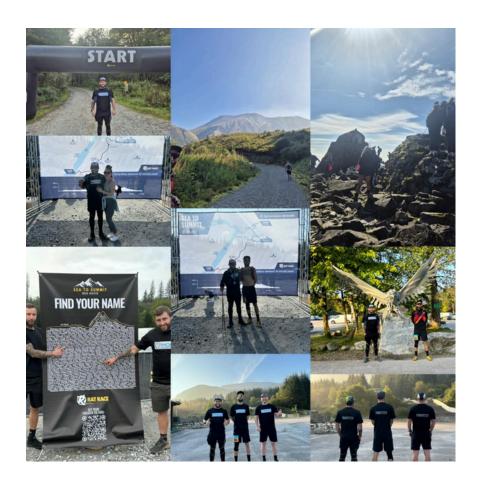
Member of the Institute of Leadership

Mode has also recently received a Certificate of Membership for the Institute of Leadership under our CEO Susan McCormack, who is now recognised as attaining high quality leadership skills. A fabulous achievement.





FUNDRAISING EVENTS



Three Peaks Event

Several participants took part to represent Mode Rehabilitation in the Sea to Summit: Rat Race (or Three Peaks) Marathon!

The UK Sea to Summit Ultramarathon Trilogy isn't just any race: it's a multi-day, ultraendurance event that tested our fundraiser's limits as we covered 90 miles of some of the UK's toughest terrain, from the rugged coastline to the highest peaks.

Three Peaks is a 3-month event running from the coast to the top of the 3 highest peaks in England, Wales and Scotland. The first event was Scafell Pike on 31st August, the next – Ben Nevis on 28th September, and finally – Yr wyddfa (Snowdon) on 12th October, with each race being around 30 miles long.

All of our participants are novice runners who have been training hard for the past six months, as they have never competed in any kind of race before. Together, they were pushing themselves to new heights – literally and figuratively – to raise money for a cause very close to our hearts, with Dean Harnett himself having previously served in the RAF.

The initial goal was to raise £3000 on GoFundMe and they've managed to achieve 72% of that goal – £2150. An amazing result.



Reset for Veterans



Reset for Vets was a grand new experience for us, something we had never tried doing before.

In contrast to individual counselling, the programme focused on peer support groups that run weekly during the winter of 2024. It comprised of 12 ex-military members (participants) who self disclosed as struggling with addiction (11 various substance misuse and 1 had gambling-like addiction regarding crypto-currency).

Our original plan was to hold a 6-week pilot event, however, as the programme was rolled out it became evident that participants were utilising the sessions well and we reconfigured to extend the programme for another 4 weeks, lasting approximately 10 weeks in total.

Alongside regular meetings every Friday, we also held 2 additional extra meetings as an optional check in support with designated mentors.

During this event, each participant received an assigned mentor who were trained professionals.

Mentors were assigned to each military member according to their specific needs (in the context of their addiction problem). The role of each mentor was to provide practical support along side peer support meetings.

Mentors had prior training and experience in abstinence programmes (these were primarily exclusive to alcohol, 12-step model to recovery).

Once the Reset for Vets was finished, some of the members involved enquired to enrol on 12-steps programme themselves.

In addition, most of these participants also received help with their family members: we have offered our services not only to participants themselves, but to their family members as well.



Multiple Trailer Events



During autumn of 2023, we held 3 pilot trailer events, one of them being on Remembrance Day at Marple Memorial Park, where several hundreds of people attended. We even managed to get 2 separate spots for Armed Forces Day in June 2024 - our trailer at the first spot, and a gazebo at the other! Despite bad weather, the event was a success. The idea of the trailer for fundraising has caught the interest of our colleagues in Australia, who have enquired for advice after feeling inspired by the events. Hopefully promoting the cause from down under!





There was even an online post and discussion giving praise to our involvement and fundraising on Remembrance Day: https://www.marpleuk.com/smf/index.php?topic=9229.0



NEW PATRONS

We are very proud to announce that this year we've managed to get new ambassadors from the world of cinema: a married couple of famous British actors – Jim Carter and Imelda Staunton!



Our Patrons provide an influential platform to help to raise awareness of our work by either attending events to talk about our work and/or encourage others to get involved in fundraising activities. This is a really important role as it helps us to reach new people, inspire new fundraising activity, and thank our supporters for the work they are doing.





The Veterans foundation have been integral to the funding we have received in previous years. The grant awarded to Mode in 2022 enabled us to continually grow the charity by organising events, utilising additional premises for counselling services and providing a drop in service for military personal and their families.

This funding enabled Mode to be self sufficient as an organisation for a couple of years, however this year we have been unable to receive any funding due to limited grants being awarded in the Stockport area.

This has an impact on the resources we have available and will have consequences on our ability to organise future activities, events and counselling services that have been so integral to the veteran community that we support.

We are actively searching for new grants and other way to secure some financial stability and hope that our previous work can advocated to help raise the funding needed to propel our services in the future.

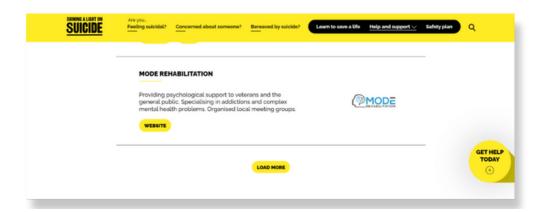
Silver Award from the Armed Forces Covenant



In 2023 the Armed Forces Covenant awarded us with Bronze Award - then in 2024, we were awarded the Silver Award, in which we attended an official ceremony at Gorton Monastery on 11th of October. We are planning on applying for Gold Award during the first quarter of 2025



NETWORKING



We are now on the "Shining a Light on Suicide" and "Healthwatch" websites!

In 2024 we started to gain a bigger online presence by networking with web pages that promote local mental health local services, both for veterans and the wider community. We have just been added to the "Shining a Light on Suicide" website (which is sponsored by the NHS), Healthwatch have also agreed to update their services list with our information.

In 2025, we would like to continue to establish more connections with other mental health charities or organisations. So far we have established a relationship with Mentell, a charity located in Stockport with a specific focus on providing support for men who are struggling with their mental health.

One of our personnel members has attended their 'open doors' event at the Stockport County football club; their website for interest is attached below:

https://www.mentell.org.uk/

In House Training Material

In August 2024 we developed our own inhouse training materials which cover important topics of war crimes, moral injury and unlawful behaviour. The QNVMHS were very much impressed with this material and have asked us to use it as an example for other services. We are hopeful that we can use this material to role out to other organisations who are hopeful to get through their accreditation process or are interested in accessing further training to support their services.





Supporting Local Cadets

In 2024 we started working on getting involved with our local cadets. Most of our attempts at reaching our local cadets' communities have been left unanswered (so far), but still, we have managed to organise a guest visit with the Royal Air Force Air Cadets squadron, with a presentation on the connection between the military and mental health, as well as promoting our services.

Royal Air Force Air Cadets were pleased with the visit and have written a letter of appreciation, as well as recommending us to other cadets' squadrons. Priorly, some arrangements with Stockport Department Army Cadet Force and with Sea Cadets were in motion, however Royal Air Force Air Cadets are the only cadets we have visited, so far.



162 (Stockport) Squadron

Royal Air Force Air Cadets Lockwood Fold Stockport SK2 6AR

Tel: 0161 480 4390 Email: 162@rafac.mod.gov.uk

10 October 2024

Dear MODE

Cadets and Staff at 162 (Stockport) Squadron, Royal Air Force Air Cadets would like to express they're thanks to George for visiting us to deliver a presentation about MODE.

It was a pleasure to meet George and learn about the incredible work MODE do in the community as well as think about our own mental health.

Kind regards

D. Smith-Maddocks

Drew Smith-Maddocks FIt Lt RAFAC Officer Commanding 162 (Stockport) Squadron

L. D. Atkinson

Leanna Atkinson Civilian Instructor RAFAC Adjutant 162 (Stockport) Squadron

Impact Report 2024

- 100% of veterans reported a decrease in suicidal thoughts and frequency of making plans to end their life
- 88% experienced a decrease in feelings of hopelessness
- 89% were supported to significantly reduce PTSD symptomology
- 43% supported into sobriety through access to a 12-step programme
- 92% supported to reduce or abstain from substance misuse
- 66% of veterans reported improvement to their sleep



- We provided support to a partner or family member of 100% of our military veteran clients
- 89% supported to expand social networks, as well as to build and maintain healthy relationships



2025 PROJECTIONS

We have a print-out booklet regarding the work our charity has done from June 2023 till June 2024. Mode's services in 2023-2024 saved the NHS a substantial amount of money:

- £648,000 in counselling services for veterans;
- £184,026 in counsellors;
- £89,000 in counselling services for family members and partners for veterans;
- £265,280 in crisis referrals from the North West Ambulance Service;
- £563,438 in counselling services for young people:

In total, between 2023-2024 Mode Rehabilitation saved the NHS £1,627,060!

This is based on minimum figures, so the overall Mode has saved the NHS is above this number!

2025 Hopes for Mode Rehabilitation

- Increase the flow of both clients and interns.
- Currently almost all of our interns have significant restrictions with what kind of clients they are allowed to practice – finding a way to either change that or to get more interns with less restrictions on them would significantly increase our possibilities regarding direct client work. This may require providing additional training or developing new training materials.
- Further development of programmes similar to past Reset for Vets.
- New accreditations NHS Veterans Aware, Gold Award, CQC. Upon Veterans Aware completion we can start pushing back regarding our return on Stockport Council website.
- Having found (and tested) a better alternative for Tacklit until early 2026 – similar online system, but cheaper and without its drawbacks.
- Finding and establishing new ways of promoting our charity, more ambassadors and active trustees, etc.

- Finding other Stockport based organisations willing to cooperate, developing mutually beneficial project(s).
- Currently we are very heavily based into military context – perhaps we should further develop representation of our 'secondary' areas of interest, such as addictions, traumatic brain injury, patients with "complex needs", non-military PTSD and trauma-informed interventions. This may include participation in events that aren't strictly military based.
- It might be a good idea to strengthen our own network with supporting organisations and individuals, with less reliance on SAFCO and Stockport Council, whose desire to provide support appears to be everchanging. We already have good relationships with some organisations and educational institutions maybe we should prioritise strengthening those relationships and increase level of involvement in what they are doing. if and when applicable.



MEET THE TEAM

Susan Mccormack

I am a psychological therapist with an accredited masters by the British Association Counselling for Counselling and Psychotherapy. I am a member of the British Association for Behavioural and Cognitive Psychotherapies, specialising in Method of Levels Therapy (MOL), Cognitive-Behavioural Therapy (CBT) and 12-step approach to aid 'recovery' of substance use. My approach to understanding and treating mental health problems is informed by Perceptual Control Theory. By working collaboratively with clients, predominantly working in Trauma with the Armed Forces Community, I help them to regain control over their lives and find meaning.



George Pavainis Clinical Assistant Manager

Originally born in Riga, Latvia, George moved to the UK in order to get his master's degree in psychology at Manchester Metropolitan University. Areas of interest: clinical psychology and psychiatry, traumatic brain injury, addictions, exploring various common and unconventional coping strategies, psychological research. Joined Mode Rehabilitation team in August 2023, as a clinical and research assistant



Harriet Tadikonda Trustee



Award winning ex Commissioned Royal Air Force Officer with over 18 years of military service. During her commission she was the most junior rank to manage the Combined Service Ladies Cricket Team, initiating the Vauxhall Cup launched by Graham Gooch & Rachel Heyhoe Flint. At Cranwell during Officer Training she made history by writing a marching anthem played at her graduation parade. She founded the first RAF choir, The RAF Spitfires patroned by Sir John Major, and the One Voice Initiative patroned by Dame Judi Dench. Harriet subsequently won a coveted Women in Defence award for collaboration across services. She is an advocate for multi-faith integration and cultural appreciation, with an MA in Islamic Studies, and is a published author and songwriter. After leaving the military she joined an international defence organisation as the head office lead for supply chain cyber security and has worked with the Home Office inspiring Saudi Arabian women into cyber. She strives to support charitable causes and drive unity through the arts.



Matias E.Salgado Clinical Psychologist

Our Clinical Psychologist, both EMDR and CBT Accredited and joint with the CEO to be the first to recieve the accreditation for Method Of Levels (MOL) globally



Arabella Mirza

Ambassador

Hello I am Arabella! Advocate for Mental Health services and Counsellor. I currently provide counseling support to both young people and adults across the greater Manchester area. I am proud to have rejoined the amazing team at Mode Rehabilitation who continue to deliver outstanding psychological services to support Military Veterans and their families. The team at Mode strives to build resilient communities and we welcome all members of the veteran community.



Dr Warren Mansell

Supervisor

Our long standing supervisor, providing his extensive knowledge and skills as a supervisor since 2008



Shirley Ridgway

Trustee

I am 61 year old and a mother of three grown up children, two step children and six grandchildren. I am a qualified hairdresser and have been self-employed since the age of 19. During this time, I prepared my accounts for my business. I became very involved in a local Junior football club when my three sons all played football from a young age. I qualified as a Football coach and managed a Junior team from Under 8's to under 16. From this experience I started a coaching business Called Footy4kidz 25 years ago.

From the success of this business, I developed an educational programme for pre-school children teaching them initial football skills through obstacle courses representing educational stories linked the Early Years Curriculum. This business was very successful and Franchised the business in 2003 and now have five successful franchises. My role in the business initially was to write a business training manual which would mirror the franchise agreement. My main role at present is to train new franchisees and continually update the programme.



TEAM NEWS

Tony Hughes retiring as Chair

We would like to express our deepest gratitude and appreciation for the invaluable contributions of Mr. Tony Hughes during his time as Chair of Mode Rehabilitation. As we bid farewell to Tony, we want to acknowledge his professional career history and the significant impact he has had on our organisation and the countless lives of others.

Mr. Tony Hughes was the managing director of Safety Showers, Hughes а renowned manufacturing company specialising emergency safety showers. With a dedicated commitment to quality, they diligently supplied emergency showers designed for immediate response to chemical spills. Remarkably, they established a steadfast partnership with the MOD, catering to their decontamination shower requirements for over three decades - notably during the iconic Desert Storm operation.

This extraordinary legacy of service is not surprising given Mr. Tony Hughes's lineage; his father, the founder of Hughes Safety Showers, was awarded the MBE in 1946 for his selfless heroism in saving lives during a tragic shipwreck off the coast of Alexandria, Egypt, where he rescued Greek refugees. Truly, the noble values instilled in Mr. Hughes by his father are evident.

In addition to a remarkable professional career history, Tony's involvement and dedication as Chair of Mode Rehabilitation have been nothing short of exceptional. Under his guidance, we have been able to make a meaningful difference in the lives of those we serve, and his unwavering commitment has brought immense value to our charity.

Tony represented Mode Rehabilitation with strength, credibility, and a genuine passion for our cause. His leadership has been an inspiration to all of us, encouraging us to go above and beyond for the betterment of our community.



We would also like to take this opportunity to emphasise just how much Tony's involvement has meant to all of us. His support and encouragement have been invaluable, and we are eternally grateful for his loyal dedication.

As we move forward, we understand that change is inevitable, and we are excited to welcome a new Chair who will undoubtedly bring fresh perspectives and ideas to further our mission. However, we will always remember and cherish Tony's extraordinary contributions as Chair of Mode Rehabilitation.

On behalf of the entire team at Mode Rehabilitation and the individuals we serve, we extend our heartfelt thanks to Tony for his exceptional leadership and tireless commitment. Whether through the implementation of innovative programs or through his dedicated support, Tony has left an indelible mark on our charity's journey, and it is an honour to have worked alongside him. We wish Tony all the best in his future endeavours.



Sydney Gresty retiring as treasurer

We would like to express our immense gratitude and appreciation for the outstanding contributions of our esteemed Treasurer, Mr. Sydney Gresty. With a heavy heart, we bid farewell to a dedicated another member of our organisation who has served with unwavering commitment and distinction.

Over the years, Mr. Gresty has been an invaluable asset to our organisation, overseeing financial matters with precision and expertise. He has been a true team player, always ready to lend a helping hand and offer his guidance whenever needed.

As we say goodbye to Mr. Gresty, we cannot help but reflect on the tremendous impact he has had on our organisation.

On behalf of the entire Mode Rehabilitation team, we extend our heartfelt best wishes to Mr. Gresty in all his future endeavours. May the path ahead be filled with joy, fulfilment, and continued success.

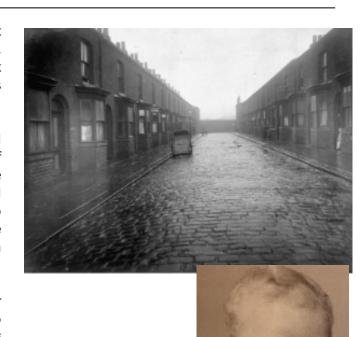
In recognition of his remarkable journey, we would like to include an autobiography of his inspiring childhood story written by Mr. Gresty himself. We believe that sharing his experiences will not only pay tribute to his contributions but also introduce to the world to his remarkable story.

Sydney Gresty: An Autobiography

I was born in Church Street, Gorton (Southeast of Manchester city centre) in October 1935. The houses were traditional back-to-back terraces, and I would describe my family as poor, in a poor area.

I was nearly 4 when World War 2 was declared in 1939 and one of my first memories of wartime is of walking nearly 3 miles in the early morning (and probably being carried part of the way by my dad) from Gorton to Manchester Piccadilly Railway Station as we went to see my father off to war; he had been called up to serve in the Lancashire Fusiliers.

After he left my family (mum, my baby brother and me) struggled financially and a solution to this poverty and starvation that I was facing was for me to be evacuated. I was too young to understand what this would involve when my mum asked me "Would you like to go on a nice holiday?" Of course I would! And I was taken to Conway to a Dr Barnado's Homes, similar to that shown in the photograph (shown overleaf)



Right: Sydney aged 2 Above: typical back-toback terrace with cobbled streets and carts



My mother accompanied me to Conway to see me settled in. I was put in a dormitory with 13 other boys and lived there for 1 and a half years. Although we were cared for, I did not receive any formal education, probably because I was too young to be sent to school.

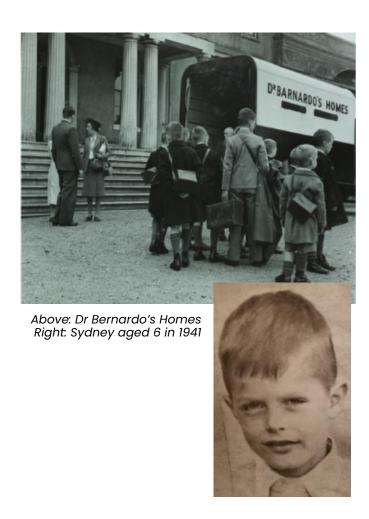
Eventually, my mother and my gran came to Conway to take me back home. I believe that my Gran had undertaken to look after me at her home in Compstall near Romiley, Stockport (an area which would be safe from any bombing) since I went to live with her.

Gran's home in Compstall was rural and as an adventurous boy I often got into trouble for wandering off to 'play' and had to be found by the police. I think the breaking point was when I went onto the moorland and fell into a bog.

I could feel myself sinking deeper and deeper as I struggled to get out and remember putting my hands flat on the bog to try and keep my upper body upright. The local policeman found me (again) and had to try and swim across on planks laid down by other adults to pull me out. Both he and I were filthy by the time I was saved. As you can imagine, my mum was furious with my gran and not only took me back home to Gorton but refused to talk to my gran for at least a year, blaming her for neglecting me.

The financial situation for mum was no better and as a designated destitute child Manchester Children's Services sent me to Styal Cottage Homes (shown below)





Today, some of the buildings form part of HMP Styal Women's Prison. I stayed there for two years.

Towards the end of the war my dad came home on leave, and he came to Styal to take me home. When I met him I didn't know who he was, but I remember thinking that he was kind. It was he who mentored me, since I had fallen behind in my education, and because I couldn't read or know my tables I was mocked by the rest of my class. I suppose you could say I was bullied, but my dad offered a practical solution. He wrote out all the times tables in a notebook and told me to learn them whenever I had a chance, such as if I was travelling on bus.

I remember the street party that we had at the end of the war – with tables and chairs and all the mums putting out food for us children. And this was a happy time, because my Dad was discharged from the Army and we were all living as a family again. His saved up Army was used to put a deposit down for a house in Stockport and we moved away from Gorton.



Return of our employee: Brighton Hopkins!

We would like to welcome back a valued member of staff, Brighton Hopkins!

Brighton was born and raised in British Columbia, Canada and has been residing in the United Kingdom for the past six years. She has a Master's Degree in Counselling Psychology, and an extensive professional background in mental health. Her academic and professional journeys have provided her with valuable knowledge and skills in understanding and supporting individuals in their mental and emotional well-being.

Brighton's partner is also a UK veteran, which has granted her a unique and profound understanding of the challenges faced by the Armed Forces Community. Through this personal connection, she has developed a deep sense of compassion, empathy, and dedication towards helping and supporting veterans in their journey to find peace and happiness.

In her free time, Brighton loves to spend quality time with loved ones and her cat, travel and explore new places, and engage in her passion of photography.

Brighton's educational background in counselling psychology, her personal passion to make a positive difference in the lives of others, her friendly nature, kind-heartedness, and profound understanding of the Armed Forces Community make her an exceptional member and support system for Mode Rehabilitation.

