



# Vol 5 **NDUK NEWS** April 2024

## Defensive Strategy Workshop

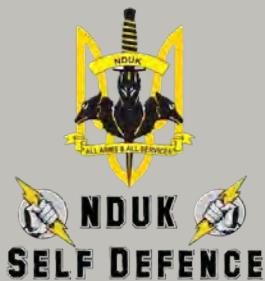


 **NDUK**   
**SELF DEFENCE**

[noduffinfo@gmail.com](mailto:noduffinfo@gmail.com)

[www.no-duff.com](http://www.no-duff.com)   





# Course's



## DSW

Pictured with The Mayor of St. Helens, Cllr Lynn Clarke Two Merseyside Police PCSO's and Director of Special Operations Daniel Owen.



**Want to know more about our courses. Please contact Dean Owen; dean.noduff@gmail.com**



# Defensive Strategy Workshop

During the Easter Holidays, spurred by the success of our winning bids with The Veterans Foundation and Saint Safe, our team energetically embarked on the implementation of our Defensive Strategy Workshop. The initiative was purposefully designed to combat violent crime and disorder. Our strategy involved scheduling the course during school holiday periods, strategically targeting a reduction in antisocial behavior. By conducting the sessions during this time, participants could benefit from a secure and conducive learning atmosphere. Geared towards both 15-year-olds and adults, the program aimed to empower teenagers to communicate and interact confidently with adults, fostering a sense of self-assurance and engagement.

The course was meticulously crafted using a three-tier approach, ensuring participants received comprehensive education on various facets of personal safety and community well-being. Firstly, participants delved into the profound impact of violent crime, gaining insights into its consequences on individuals and society as a whole. Secondly, emphasis was placed on conflict resolution techniques, equipping attendees with valuable skills to defuse potentially volatile situations peacefully. Additionally, self-defence training was integrated into the curriculum, empowering participants with practical methods to protect themselves if faced with danger. Lastly, the program included an immersive accredited first aid course, enabling participants to respond effectively to medical emergencies and potentially save lives. This multifaceted approach aimed to provide participants with a holistic understanding of personal safety while arming them with practical tools for both prevention and response.



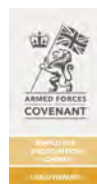
The concept proved highly successful as teenagers and adults seamlessly integrated, forming a unified and cohesive team in no time. Despite initial differences in age and background, both groups quickly found common ground and bonded over their shared commitment to personal safety and community well-being. This harmonious collaboration not only fostered mutual respect but also maximized the effectiveness of the program, as participants leveraged their diverse perspectives and experiences to support one another's learning and growth. The inclusive environment cultivated by the initiative served as a testament to the power of teamwork and solidarity in addressing complex societal challenges.

Some of the feedback received.

It was a brilliant course. It was well run and there was great knowledge and experience which was shared and the course material was very detailed but it was delivered in such a relaxed and calm way that you felt totally at ease through the practical tasks. The tutors were always available for any questions that needed to be asked. I will definitely get involved with more training courses and open days etc as I cannot sing this Organisations praises enough. Such great down to earth people.. GB

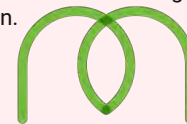


Where our name means a great deal



## Mersey and West Lancashire NHS Teaching Hospitals HR staff attend Mental Health First Aid Course.

In alignment with our core mission of supporting mental health and well-being, we extended our efforts by conducting a Mental Health First Aid (England) course for the HR staff of Mersey and West Lancs Teaching Hospitals. Facilitated by the seasoned guidance of Tony Barton and Andy Holmes, the course proved to be both well-received and highly beneficial for all participants. Under their expert tutelage, attendees were equipped with essential skills and knowledge to effectively respond to mental health challenges in the workplace. The dedication and expertise demonstrated by Tony and Andy ensured that the course was not only informative but also engaging and enjoyable for all involved. It is with great pride that we congratulate the attendees on their successful completion of the course, now equipped as qualified MHFA (England) first aiders, poised to make a meaningful difference in promoting mental well-being within their organisation.



MHFA England





# FIRST AID AND CPR TRAINING



A HEALTH AND SAFTY TRAINING FACILITY  
WE PROVIDE MORE THAN FIRST AID TRAINING  
TO GROUPS OR INDIVIDUALS

## Learn Livesaving Skills From the Experts

To find out more

# Contact Rory Haddock

No Duff UK CIC, Wonderland Community Centre  
Unit 4, Reflection Court, Cannal Street,  
St. Helens  
WA10 3JQ



www.no-duff.com | Office: 07985411154 | rory.noduff@gmail.com

# NO DUFF UK VOLUNTARY AID DETACHMENT V.A.D CASUALTY TRAINING



## SERVICES

# NDUK

No Duff UK is committed to delivering outstanding training facilitated by a team of highly skilled, educated, and professional individuals. Our entire staff brings invaluable experience from Military backgrounds or the Emergency Services, ensuring a wealth of practical knowledge and expertise in every training session.

We are steadfast in our commitment to conduct our training and operations in a responsible manner especially to the communities we serve.



### EMERGENCY MEDICAL STORES

Provide medical and humanitarian aid to Ukraine.



### EDUCATION & TRAINING SERVICES

Up-to-date realistic training used for our training and simulations.



### Mental Health First Aid Training (England)

Delivery of MHFA courses training by qualified Instructors.





## Armed Forces Compensation Scheme

### Military Injury

Serving in the Armed Forces is a dangerous job. There are risks involved and it's inevitable that people will be injured. However, the Ministry of Defence (MoD) has a responsibility to minimise those risks where possible.

#### Armed Forces Compensation Scheme (AFCS)

The AFCS is a no-fault scheme set up by the Government to compensate military personnel who have suffered injury, illness or death during the course of service or have a pre-existing condition that's been made worse by service. It came into force on 6 April 2005 and applies to injuries sustained on or after that date.

#### Who and what does it cover?

The scheme makes no distinction between serving, veteran and reserve personnel. It also makes no distinction between injuries sustained on operations, training exercises, service approved sports or whilst exercising to maintain military fitness. This is because it's accepted that a member of the Armed Forces has no choice or control over where they're deployed or the activities in which they are required to engage in.

The scheme pays a lump sum on a tariff based system, which is determined by the severity of the injury. The minimum award that can be received is £1,236, and the maximum is £650,000 for injuries of the utmost severity. The AFCS also provide a regular tax-free Guaranteed Income Payment (GIP), payable for life, alongside higher level tariff awards for those who suffer significant loss of earning capacity.

In certain circumstances there may be a supplementary award payable where an injury doesn't necessarily affect employment prospects but may affect self-esteem and confidence, for example, where an injury has caused damage to your reproductive organs.



I can't thank you enough for your help and support. You were patient and caring when dealing with my case.

**Christian**  
5\* Trustpilot review

### How do I make a claim?

A claim is made by filling in the application form and sending to Veterans UK, who administer the scheme. It's necessary to give Veterans UK evidence that the injury was caused by, or made worse by service. Once that's accepted, they'll require medical evidence showing the nature and severity of the injury itself; this will determine which tariff band they apply.

An award can either be a final award if the prognosis is clear or it can be an interim award if, for example, recovery is still taking place and it's not possible to make a final decision, which would provide some compensation in the meantime. We're able to offer advice and guidance with your application.

### Is there a time limit?

Claims must be made within seven years from the date the injury is sustained, made worse by service, or the date upon which help was first sought in the case of post-traumatic stress disorder (PTSD) or mental health issues.

### How we can help

The scheme is meant to be fair, transparent and accessible. However AFCS law is a specialised area and although Veterans UK advises that applicants can navigate the system alone and achieve the correct outcome, the reality in some cases can be quite different.

Unfortunately, the AFCS doesn't require independent medical evidence to be obtained. This means military personnel will often be awarded amounts that are unfair, because the complete medical position hasn't been taken into account.

Our specialist team have an in-depth knowledge of the AFCS. We understand the necessary process of gathering evidence, and are persistent in doing so. We'll present claims in the optimal manner to minimise any challenges before they arise, and reduce delays. We'll ensure that all aspects of the claim are maximised to include the award you're granted and any Guaranteed Income Payment. We can also check if you're entitled a Supplementary Award.

We have close relationships with organisations and charities, such as care and support agencies, medical experts and other services, to help you come to terms with your injury or illness and help you move forward, whatever the future holds.

### Compensation claims

Having an AFCS award doesn't prevent an individual from making a claim for damages through the civil courts if they believe their injury was due to negligence. However, compensation can't be paid twice for the same injury so if there's been an AFCS award then it'll be taken into account when any damages are paid from a civil courts claim.

### Free advice

Our specialist Military Injury team is happy to provide free initial legal advice regarding a potential application to the AFCS or your legal options following injury, illness or death (on or off duty). In many cases where people who came to us thought the MoD weren't to blame for their injury, it's been possible for us to establish a legal case and recover compensation.

### Award winning team

Our team have been praised for their enthusiasm, integrity and rigour as they were named winners of the North West Armed Forces Business Award for supporting families, veterans & wounded, injured and sick.





# DEPRESSION ANXIETY TRAUMA PTSD



## Do you know the Difference?

We offer the courses  
Mental Health Awareness  
1 Day  
Mental Health First Aid  
3 Days  
The course is with an  
approved Instructor from  
MHFA England

Contact  
[noduffinfo@gmail.com](mailto:noduffinfo@gmail.com)



WE PROVIDE TRAINING IN MENTAL HEALTH AWARENESS AND MENTAL HEALTH FIRST AID,  
DELIVERED BY INSTRUCTORS WHO TRAINED BY MENTAL HEALTH FIRST AID ENGLAND.

TO FIND OUT MORE PLEASE CONTACT [NODUFFINFO@GMAIL.COM](mailto:noduffinfo@gmail.com)



# NO DUFF UK

PROUD MEMBERS OF THE ARMED FORCES COVENANT



MENTAL HEALTH

LET'S START THE  
CONVERSATION ABOUT  
MENTAL HEALTH AND SUPPORT  
EACH OTHER.



Need to talk to someone please click here  
<https://www.no-duff.com/referral-form>

You are not alone please phone 07985411154



Registered with  
**FUNDRAISING  
REGULATOR**



EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2022

Proudly supporting those who serve



Where our name means a great deal







# chapelhouse

Where our name means a great deal



# PROUD TO SUPPORT NO DUFF, IN 2024



We have served the Northwest since 1989 and have 8 Suzuki dealerships, 3 Kia dealerships and 4 MG dealerships across **Blackpool, Bolton, Blackburn, Preston, St Helens, Southport, Wigan and Warrington.**

We are delighted to be able to offer huge saving to military and ex-military personnel across our three main brands!



[www.chapelhouse.co.uk](http://www.chapelhouse.co.uk)



# No Duff UK

## SOCIAL GAMING



**Dogs of War!**

Contact: [daniel.noduff@gmail.com](mailto:daniel.noduff@gmail.com)

DATE: XX/XX/XXXX

# Bring on the Dogs of War



# PADRE'S CORNER



In every branch of the His Majesties Armed Forces (and possibly in EMS), there's a dedicated Padre we all rely on when times get tough. Regardless of one's religious beliefs, these men and women offer invaluable support.

Meet The Reverend Mark Orrell (affectionately known as "The Bish"), is expected to minister to and provide pastoral care to any servicemen, veteran, EMS and those who meet our demographic in need, irrespective of their denomination or faith, or lack thereof.

Despite his playful call sign, "The Bish" has firsthand experience in the field, having served in Iraq during "Op Telic" as an Infantryman with the Queens Lancashire Regiment (QLR).

Mark will often give a shout out for anyone who wants prayers after all, what harm can it do?

You can find "The Bish"



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St Phillips Church Fleet Ln, St Helens, WA9, UK

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[www.parrteamministry.wordpress.com/st-philips/](http://www.parrteamministry.wordpress.com/st-philips/)

No Duff UK

New Signing as a Patron

# Grace Burnett



Warrington Wolves  
and  
RAF Rugby League



As you know we are proud supporters of females in sport and look forward to watching Grace play for both teams. We also look forward to working with her in NDUK as we develop in all fields. Grace will be in touch to say hello!



UNITED KINGDOM  
ARMED FORCES  
RUGBY LEAGUE

AS1  
Grace  
Houghton-  
Burnett



UKAFRL Women Vs GB Teachers  
England Students Vs UKAFRL Women

# NO DUFF UK

PROUD MEMBERS OF THE ARMED FORCES COVENANT

## THE YOUNG CRUSADERS



Bella



Rebecca



Lilly B



Tia



These young Crusaders are the ones to watch in female Armature Rugby League. They are fast, hard hitters



Pilks Recs Vs THC Cancelled  
THC Vs Hindpool Tigers 48-0  
(Outstanding!)

Haydock Vs Thatto Heath 27/04/2024

[www.no-duff.com](http://www.no-duff.com)  
[www.thattoheathcrusaders.org](http://www.thattoheathcrusaders.org)



### NO DUFF UKRAINE

REGISTERED NGO 44911526





NO DUFF UK  
PRESENTS

# THATTO HEATH CRUSADERS U14 GIRLS FIXTURES



VX3



THATTO HEATH CRUSADERS RL - U14'S GIRLS  
www.thattoheathcrusadersrl.com



Dates	Home	Away
23/0/24	THC	Ashton Bears
06/04/24	BYE	THC
13/04/24	Pilks Recs <b>Cancelled</b>	THC
20/04/24	THC <b>48 - 0</b>	Hindpool Tigers
27/04/24	Haydock Warriors <b>0 - 48</b>	THC
11/05/24	THC	Blackbrook Royals
01/06/24	Warrington Girls	THC
15/06/24	THC	Rose Bridge Patheresses
22/06/24	Leigh Miners Rangers	THC
29/06/24	THC	Hindley



THATTO HEATH CRUSADERS CLOSE STREET,  
THATTO HEATH, SAINT HELENS WA9 5JA

In 2023 The minibus provided transport for:-

Veterans = 156

Service Personnel = 3

Family Members = 506

Total of 665 beneficiaries

Mileage covered 3,751.3



# No Duff UK Mini Bus Booking

If you are from a Veterans Organisation, Cadet Forces, you can have your own driver from your organisation

## OUR SERVICE

- Online Booking
- Phone Booking
- 15 Seats (Including Driver)



**VISIT**

[www.no-duff.com](http://www.no-duff.com)

[www.no-duff.com/general-5](http://www.no-duff.com/general-5)

07985411154

No Duff UK need your old

**CLOTHES**

**AND**

**SHOES**

*Donations*

Please Donate what you can

Let your old clothes and shoes be a small donation that make a big difference!

By donating you are not only helping the environment you are helping those less fortunate, and you are helping No Duff UK continue its work. For more information see the below email address.

No Duff UK CIC  
Wonderland Community Centre  
Unit 4  
Reflection Court  
St. Helens  
WA10 3JQ

FOR MORE INFO

**07985411154**

[noduffinfo@gmail.com](mailto:noduffinfo@gmail.com)







# NO DUFF UK

PROUD MEMBERS OF THE ARMED FORCES COVENANT



# REDUCE

## Unused Medical Supply waste

**WE ARE COLLECTING**

**CONTACT : 07985411154**

[www.no-duff.com](http://www.no-duff.com)

[Email: noduffinfo@gmail.com](mailto:noduffinfo@gmail.com)



# NO DUFF UKRAINE

**REGISTERED NGO 44911526**





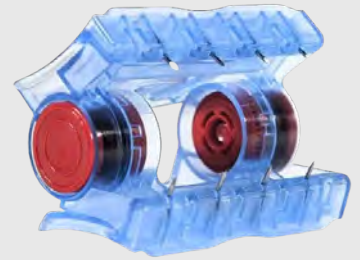
# Urgent Request



**Traction Splint**



**Junctional Tourniquet**



**IT Clamp**



**XSTAT**



**Chest Drainage kit**



**Pressure infuser bag**



**Soft Stretcher**



**Transport Ventilator**



**Portable Ultrasound device**



For more information

**07985411154**

**noduffinfo@gmail.com**

**www.no-duff.com**



## **ARMED FORCES DAY** **SHOW YOUR SUPPORT**



**Armed Forces Day  
Dinner**  
**St. Helens Town Hall**  
**Saturday 22nd June 2024**



**The cost is £32 per head and includes entertainment from a military band, a grand raffle and a disco to finish the evening.**

Dress Code  
The suggested dress code is Black Tie, but jacket and tie will suffice, and medals may be worn.

If there are any special dietary needs please let Harry Smedley know well before the event as special meals can not be ordered on the night.



**Contact: Harry Smedley via email: [harry\\_smedley@msn.com](mailto:harry_smedley@msn.com)**



**St. Helens and surrounding areas  
Armed Forces Veterans and  
Families**



# **BOWLING**

## **TOURNAMENT**

### **April 30th Winners**



**Please contact  
Harry Smedley via social media.**

**Rest Easy, Off Watch**

We remember every day

**Never Forget**

**Eric Stanley Owen "Stan" PC 3949  
MDP (Rtd) our Dad "Stan" former  
MDP PC**

**14th August 1955 - 13th July 2018.  
Loved and Remembered by all  
your Children, Grandchildren and  
Great Grandchildren. xx**

**"Uncle Bill" Gunner William Milburn  
R.G.A K.I.A. Ypres 23 September 1917.  
Always remembered, thank you.  
Rest in Peace.**





**Serhii Tomashchuk**  
**DOB 26th July 1977 - Killed In Action 25th January**  
**Paramedic A7153**



**"From the first day he went to the front to defend Ukraine.  
 He loved Ukraine very much.  
 He loved his family and was a very kind person.  
 Greatly missed and always loved by his family.  
 Slava Ukraini**



**Rest Easy**

**Please Help us Honor Him so that He Is Not Forgotten.  
 Our Beloved British Brother James Hands, who had been serving  
 in Ukraine as a Volunteer succumbed on the Battlefield.  
 Honor, Glory and Gratitude To Our Brother.  
 > HELP US to BUILD the MEMORIAL and HELP our HEROES on  
 the FRONT:**



**. UKRAINIAN BANK ACCOUNTS DONATIONS:  
<https://send.monobank.ua/jar/37ymvsqqmc>  
 . INTERNATIONAL BANK ACCOUNTS DONATIONS:  
 IBAN: BE85 9678 0966 3006  
 SWIFT/BIC: TRWIBEB1XXXour text**

**Our Beloved German Sister Diana Wagner, who had been  
 serving in Ukraine as a Volunteer succumbed on the  
 Battlefield.  
 Honor, Glory and Gratitude To Our Sister.  
 HELP US to BUILD the MEMORIAL and HELP our HEROES on  
 the FRONT:**



**. UKRAINIAN BANK ACCOUNTS DONATIONS:  
<https://send.monobank.ua/jar/37ymvsqqmc>  
 . INTERNATIONAL BANK ACCOUNTS DONATIONS:  
 IBAN: BE85 9678 0966 3006  
 SWIFT/BIC: TRWIBEB1XXXour text**



**ATTENTION - M I A**

**If you have any Info, please get back to us, on a private message.  
<https://www.facebook.com/photo?fbid=370481235871470&set=pb>**



**Name: Aiden Fearn  
 Code name: Klaus  
 Nationality: British  
 Btigade: 79th Airborne  
 Last location: Novomykhailivka (next to)**





**Please Help us Honor Her so that She Is Not Forgotten.**

**Our Beloved British Sister Katherine Mielniczuk, who had been serving in Ukraine as a Volunteer succumbed on the Battlefield.**

**Honor, Glory and Gratitude To Our Sister**



**Our Beloved British Brother Harry Gregg, who had been serving in Ukraine as a Volunteer succumbed on the Battlefield.**

**Honor, Glory and Gratitude To Our Brother.**

**> Help Us to Build the Memorial:**

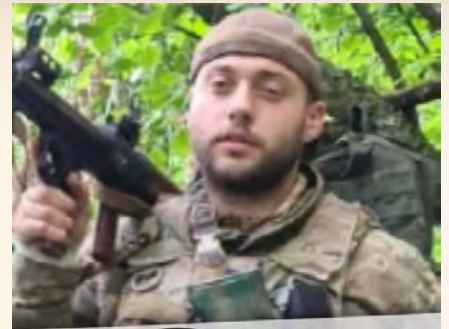
**. UKRAINE DONATIONS:**

**<https://send.monobank.ua/jar/37ymvsqqmc>**

**. OTHER COUNTRIES DONATIONS:**

**IBAN: BE85 9678 0966 3006**

**SWIFT/BIC: TRWIBEB1XXX**





**My grandfather William Richard Hughes  
1891-1947 served in both WW1 and WW2**

**My Step Grandfather Leo Rosengarten  
who came to UK as a refugee from  
Dachau Concentration Camp and  
became a member of the Pioneer Corps  
1939 in the Kitchener Refugee Camp -  
Lest we forget - This nation will remain  
the land of the free only so long as it is  
the home of the brave.**

**Tracey May-Hughes, Jack Buckby, Dan  
Buckby.**

**"Lest we Forget"**

**Our beloved Hero of a Grandad.  
PO Wally Maddock. Not a day goes  
by we don't think of you.**

**"Fair Winds and calm Sea's".**

**Our mate "Manc / Bez" Colin  
Andrew 20/12/1974 - 06/01/2009.  
Kohima Troop 1991-1992. "Expect  
the Unexpected"**

**Colin was a dear Son, Brother and  
Dad, we all miss him very much.  
Gone to soon dancing in the stars**



**chapelhouse**

Where our name means a great deal



**VETERANS' FOUNDATION**



**COMMUNITY FUND**



**MARK A SALMON & Company**  
Accountants & Business Advisors

*"Not just bean counters"*



**THE STORAGE TEAM GO.UK**  
...THE PLACE FOR SPACE



OPEN UKRAINE



FOREVERHOME  
DOG TRAINING



St Helens  
Chamber  
Member

**Tony Lowe**

Mountaineering



Would you like to see your company here? Would you like to advertise / promote your business?

Then contact - [dean.noduff@gmail.com](mailto:dean.noduff@gmail.com)

**Thank You!**



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For Supporting Our Small Business



WE ARE LOOKING FOR

# No Duff UK WRITERS



Your writing will feature in the Dogs news letter

- > *Write about your life experience*
- > *Psychological / Mental Health issues*
- > *A story*
- > *Your Hobby*



To apply:  
Send to [noduffinfo@gmail.com](mailto:noduffinfo@gmail.com)