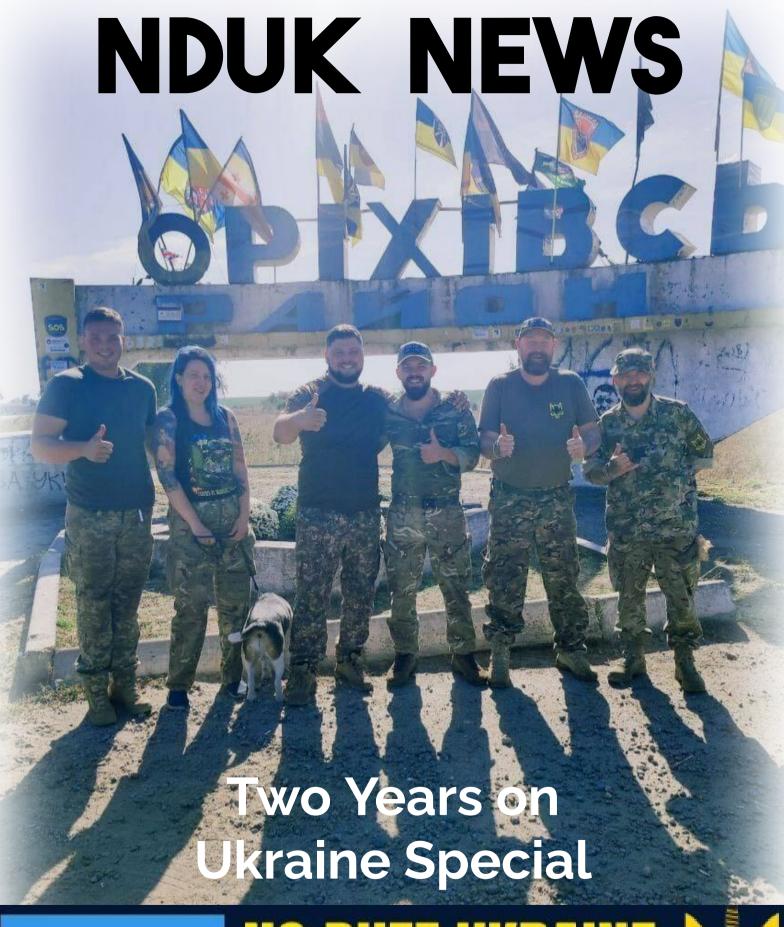
Volume 04 March 2024





NO DUFF UKRAINE REGISTERED NGO 44911526









# UKRAINE War Rages on

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# **NO DUFF UKRAINE REGISTERED NGO 44911526**



#### Operation Sunflower: A Beacon of Hope in the Midst of Crisis

In a world filled with complexities and conflicts, No Duff UK (NDUK), decision to stand up for Ukraine has garnered attention and admiration. When asked about their motivation. Dean Owen the CEO of NDUK response is resolute: "Because this is a righteous thing to do."

Delving deeper into his reasoning unveils a profound connection to history. As he admits, he is "a bit of a World War 2 history nerd." This passion for history serves as a poignant reminder of the dire consequences of unchecked aggression and the importance of confronting injustice.

Turning the pages of history, one cannot ignore the haunting echoes of past tragedies. With some 75 million lives lost during World War II, the parallels to the current situation in Ukraine are striking. It is this sobering realisation that fuels his determination to take action. For him, supporting Ukraine transcends geopolitical considerations. It is a moral imperative rooted in the lessons of the past. It is a testament to the enduring struggle for freedom and human dignity's struggle that transcends time and borders. As NDUK embarked on their journey to aid Ukraine, he carried with them the weight of history and the hope for a better future. Each step they take is a the human spirit and the power of STAND WITH UKRAINES individuals to effect change.

In a world plagued by division and strife, their unwavering commitment to justice serves as a beacon of hope. Through their actions, they reminds us all of the enduring importance of standing up for what is right, even in the face of adversity.

As the world watches the events unfolding in Ukraine, let us draw inspiration from individuals like them who refuse to remain silent in the face of injustice. For it is through their courage and conviction that we find hope for a brighter tomorrow.

Undeterred, the community rallied together, with several businesses stepping up to assist in logistics. Together, they organized the transportation of aid, utilizing heavy goods vehicles (HGVs) to deliver much-needed supplies to those in need. Thus, Stand With Ukraine St. Helens (SWUSH) was born-a testament to the power of solidarity and collective action in times of crisis.





On February 23rd, 2022, witnessing the unfolding events in Ukraine, a group of individuals sprung into action. They began collecting medical and humanitarian aid, driven by a sense of urgency and compassion. Little did they know that within 24 hours, the Russian invasion would escalate, plunging Ukraine into further turmoil and war.

Operation Sunflower, as it came to be known, symbolised the resilience and generosity of the human spirit. In the face of aggression and violence, ordinary individuals banded together to offer support and hope to those caught in the crossfire. It was a shining example of humanity's capacity for empathy and compassion, transcending borders and differences.

As the conflict raged on, Operation Sunflower served as a reminder that even in the darkest of times, there is light to be found in the kindness and solidarity of strangers. Through their actions, those involved in SWUSH reaffirmed their commitment to the values of peace, justice, and solidarity, standing in solidarity with the people of Ukraine and offering a glimmer of hope in a time of uncertainty.







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#### Navigating the Unknown: The Challenges of Offline Travel

Amidst the journey through Europe on Operation Sunflower, the team encountered unexpected challenges that tested their resourcefulness and resilience. Despite relying on modern technology like satellite navigation systems, the unpredictability of the internet in war-torn regions meant that connectivity was sporadic at best, often leaving them stranded without reliable directions.

Yet, armed with determination and ingenuity, they pressed on, embracing the timeless art of map-reading and navigation. Each twist and turn of the road became a testament to their adaptability and resourcefulness, as they forged ahead towards their destination despite the obstacles in their path.

In the absence of

the reliance on

reliable internet access,

traditional navigation





methods added an additional layer of challenge to the journey. Yet, it also fostered a sense of camaraderie and teamwork, as the team worked together to Faced with this dilemma. decipher maps and plot their course through unfamiliar terrain.

the team turned to old-school methods of navigation, dusting off maps and road atlases to chart their course through unfamiliar territory. In a world where access to basic resources was scarce due to the ravages of war, even acquiring these essential tools proved to be a daunting task.

Yet, armed with determination and ingenuity, they pressed on, embracing the timeless art of map-reading and navigation. Each twist and turn of the road became a testament to their adaptability and resourcefulness, as they forged ahead towards their destination despite the obstacles in their path.

As they journeyed deeper into Ukraine, navigating the unknown became a metaphor for their larger mission - a testament to their resilience in the face of adversity. And though the road ahead may have been fraught with uncertainty, their determination to deliver aid to those in need remained unwavering, a beacon of hope in a time of darkness.







#### Resilience Amidst Conflict: Lviv's Story

In the picturesque city of Lviv, where cobblestone streets weave between ornate churches and historic buildings, a different reality unfolds amidst the beauty. While the city's facade may seem untouched by the turmoil gripping Ukraine, the presence of sandbags around certain structures hints at the underlying tensions.

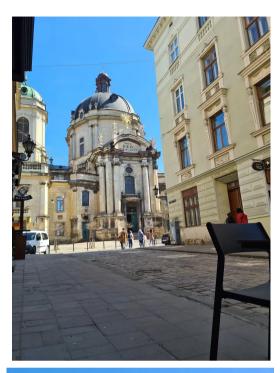


For those who venture beyond the tourist trails, the harsh truth of the ongoing conflict becomes starkly apparent. At the Powder Tower, a historic landmark that once symbolized the city's grandeur, queues of refugees now form, their faces etched with exhaustion and worry. Here, amidst the registration process, a more somber scene unfolds as women clutch their children tightly, their tears a silent testament to the trauma they've endured.

Yet, amidst the despair, there are glimmers of resilience and hope. Volunteers, tirelessly working to support the influx of displaced individuals, have found innovative ways to provide both assistance and a sense of purpose. One such initiative involves engaging refugees in the production of camouflage nets, a task that not only keeps them occupied but also empowers them with a tangible contribution to the war effort.

In this city of contrasts, where beauty and tragedy coexist, the strength of the human spirit shines through. Despite the hardships they face, the people of Lviv refuse to be defined by the conflict surrounding them. Instead, they draw upon their resilience, forging connections, and finding solace in community amidst the chaos.

As the world watches Ukraine's struggle unfold, it is stories like those of Lviv that serve as a reminder of the indomitable human spirit and the power of solidarity in the face of adversity. In the heart of this ancient city, amidst the echoes of its storied past, a new chapter is being written—one of resilience, courage, and unwavering hope for a brighter future.











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#### Jacka!

In the heart of Lviv, where the echoes of history reverberate through cobblestone streets, a chance encounter in a nondescript carpark unfolded into a story of resilience, camaraderie, and unexpected connections.

As the sun dipped below the horizon, casting long shadows over the city's high-rise Eastern Bloc apartments, we found ourselves brought together by circumstance. Among us we were brought to Lviv by a mission to deliver much-needed medical supplies, meet locals, including a "Fixer," Host, and Contact known simply as Jacka.

What began as a meeting in the confines of a carpark soon transformed into something more profound, as air raid warnings forced the group to seek refuge together. In the face of uncertainty and danger, bonds began to form, transcending the superficial barriers of appearance and circumstance.

What began as a meeting

in the confines of a carpark soon transformed into something more profound, as air raid warnings forced the group to seek refuge together. In the face of uncertainty and danger, bonds began to form, transcending the superficial barriers of appearance and circumstance.



In the midst of a tense wait in Lviv's urban landscape, a sudden tap on the car window shattered the silence, revealing an unexpected sight that left one traveler bewildered and amused.

As the passenger window was tapped, a towering figure emerged, sporting a wide grin that seemed incongruous with his appearance. Jacka, as he introduced himself, cut a distinctive figure, clad in a fashion ensemble that defied convention. Resembling a character straight out of a detective drama, he wore a trench coat reminiscent of Detective Columbo, paired with a casual t-shirt and half-mast pajamas. But the pièce de résistance? White socks peeking out from beneath brown sandals, completing the ensemble in a fashion statement that left observers scratching their heads.

For us the sight was nothing short of surreal. Staring up at Jacka, clad in his unconventional attire, thoughts raced through their mind, encapsulated succinctly by the sentiment: "What the Fuck!"

In the face of such unexpected fashion choices, laughter proved to be the only appropriate response. As Ric, a fellow traveler, burst into laughter at the sight, it served as a reminder of the absurdity and unpredictability of life, even amidst the backdrop of conflict and uncertainty.

In this momentary encounter, amidst the tension and waiting, laughter became a bridge that connected strangers, forging a bond that transcended the peculiarities of fashion. And as the evening unfolded, the memory of Jacka's eccentric attire served as a lighthearted reminder of the resilience and humor that can be found even in the most unexpected of circumstances.



In the cozy confines of Jacka's kitchen, amidst the warmth of hospitality and the aroma of simmering borscht, two travelers found themselves faced with a culinary experience that tested both their palates and their diplomacy.

As Jacka presented the iconic Ukrainian dish with pride, we were, eager not to seem ungrateful, exchanged uncertain glances. Seated around a small table, they gingerly sampled the steaming soup, their expressions betraying a mix of curiosity and apprehension. Jacka gave us a warm welcome and introduced us to borscht.

For them, the taste of borscht failed to live up to expectations, leaving them with a polite but unspoken reservation. The flavors, while undoubtedly rich in tradition, failed to resonate with their palate, prompting a subtle shift in their demeanor. Across the table, their companion, Ric, mirrored their sentiments, quietly grappling with similar thoughts.

It didn't look like this.

#### A Night with Jacka in Lviv

In the face of culinary unfamiliarity, the travelers grappled with the delicate balance between politeness and honesty. Striving to show gratitude for Jacka's hospitality while wrestling with their own culinary preferences, they navigated the meal with a tactful diplomacy.

Though borscht may not have emerged as a culinary highlight of their journey, the experience served as a cultural exchange, a moment of shared understanding bridging the gap between tradition and personal taste. And as the evening unfolded, the memory of that humble meal lingered as a testament to the complexities of culinary exploration and the nuances of cultural exchange. During the course of the meal. Jacka told us a little about himself. Jacka was an officer in the Ukrainian Army and was shot by the Russians in 2014 when Russia annexed Crimea. He further went onto to explain that he was in fact an Abdominal Surgeon his family home in Lyman had been hit so bad with Russian Artillery he was forced to relocate.

Jacka entertained us with his singing and guitar playing through the night. A few air raid warnings were sounded through the night, but no missiles or bombs hit.

In the morning we were up early doors and we decided to take Jacka for breakfast in Lviv city centre and he could show us around. We had a spare day as our contact / fixer hadn't made contact despite us trying numerous occasions. We had to press on and deliver more aid.

In the heart of Lviv, amidst the echoes of conflict and uncertainty, a night spent in the company of Jacka, a former Ukrainian Army officer turned abdominal surgeon, unfolded into a tale of resilience, camaraderie, and unexpected camaraderie.

As Jacka regaled us with tales of his past, the scars of conflict etched into his very being, we listened with a mix of admiration and empathy. His family home ravaged by Russian artillery, Jacka had been forced to abandon his former life and embrace a new reality shaped by loss and perseverance.

Yet, amidst the darkness of his past, Jacka's spirit remained unbroken. With a guitar in hand and a song in his heart, he entertained us throughout the night, his melodies weaving through the air like a beacon of hope amidst the uncertainty of air raid warnings. (It was exactly like that lol).

As the morning dawned, we found ourselves drawn to the promise of a new day, eager to explore Lviv's rich tapestry of culture and history. With Jacka as our guide, we set out to discover the city's hidden gems, our footsteps echoing against cobblestone streets steeped in centuries of tradition.

Despite the absence of our intended contact and the pressing need to deliver aid to those in need, we found solace in the companionship of Jacka and the shared experiences that bound us together. In the face of adversity, we forged bonds that transcended mere circumstance, united by a common resolve to make a difference in a world torn apart by war.

We bid farewell to Jacka and the city of Lviv, we carried with us a newfound appreciation for the resilience of the human spirit and the power of friendship to light the way through even the darkest of times.

Everyone needs a Jacka in their life. Jacka was one of the funniest of blokes we had come across I certainly had.

We never heard from our contact even still to this day and one must assume they had been engulfed in the tides of war.







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# 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.



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COMMUNITY

#### **Echoes of Horror: Bearing Witness in Bucha and Irpin**

As we embarked on our journey down the A373, the stark realities of war unfolded before our eyes, leaving us reeling in disbelief at the extent of the devastation that lay ahead.

The motorway, once a lifeline of transportation and commerce, now bore witness to the grim aftermath of conflict. Burnt-out civilian cars, shattered remnants of armoured personnel carriers, and the hulking silhouettes of main battle tanks littered the landscape, a haunting testament to the violence that had ravaged the region.

As we approached Bucha and Irpin, anticipation mingled with dread, knowing that they were about to confront the full horrors of war firsthand. For individuals hardened by years of service in various capacities, including the military, law enforcement, and prisons, nothing could prepare them for the harrowing sights that awaited.

In Bucha and Irpin, the scars of war ran deep, etched into the very fabric of the communities that had once thrived there.
Buildings lay in ruins, their shattered facades bearing silent witness to the suffering of those who had called them home. The streets, once bustling with life, now stood silent and deserted, haunted by the echoes of violence and loss.

Even for Ric, a seasoned veteran of conflict zones around the world, the devastation witnessed in Bucha and Irpin surpassed anything he had experienced before.

The sheer scale of destruction, coupled with the overwhelming sense of despair, left an indelible mark on all who bore witness to it.

As we continued on our journey, our hearts heavy with sorrow and disbelief. we were reminded once again of the true cost of war. In the shattered ruins of Bucha and Irpin, we found not only a grim reminder of humanity's capacity for utter carnage and destruction but this gave us more determination to get the job done. As we ventured deeper into the heart of Bucha and Irpin, the stench of battle hung heavy in the air, mingling with the acrid scent of destruction and death. With each step. we found ourselves engulfed in a landscape of unimaginable horror, where the scars of war cut deep into the very soul of the communities we

encountered.

The sight of mass graves, hastily dug to accommodate the hundreds of civilians brutally murdered by Russian invaders, left an indelible mark on the our minds. Rows upon rows of victims, robbed of their dignity and their lives, lay buried beneath the earth, our presence a haunting reminder of the atrocities committed in the name of conflict. Amidst the rubble and destruction, the damaged buildings stood as surreal monuments to the senseless brutality of war. But it was a moment of terror, as a drone buzzed ominously overhead, that brought the harsh reality of our surroundings crashing down upon us.

With shouts of warning from Ric, we sought refuge in the nearest shelter they could find, finding themselves unexpectedly thrust into the intimacy of a stranger's home.

Inside the apartment, amidst the remnants of family life scattered haphazardly across the floor, we were confronted with the heartbreaking evidence of the lives shattered by conflict. Children's and baby clothes lay forgotten, silent witnesses to the innocence lost in the chaos of war.

Experiencing the juxtaposition of the children's items in the abandoned apartment with a video recording of my grandchildren undoubtedly stirred a whirlwind of emotions within me.

The innocence and vulnerability captured in the children's belongings juxtaposed against the safety and happiness of my own grandchildren felt like a sharp contrast, heightening the anguish and anger I was

already grappling with.

















#### Vigilance Amidst Uncertainty: Sheltering in the Face of Air Raid Precautions

In the face of unexpected challenges, the power of friendship and resourcefulness shines through as a beacon of hope. Such was the case for a group of aid workers navigating the complexities of delivering assistance in war-torn Ukraine.

When communication with their intended fixer faltered, leaving them without a clear path forward, they turned to an unlikely source for assistance. Drawing upon connections forged in their past, one member of the team reached out to an old friend from their days in law enforcement, Ando, who had recent experience in Ukraine.

In a display of remarkable

efficiency and solidarity, Ando swiftly responded to the call for help. Within a mere ten minutes, he provided a lifeline: a location and an organisation in Kyiv willing to receive their remaining aid supplies. This unexpected turn of events highlighted the resilience and adaptability of those involved in humanitarian efforts. Faced with obstacles that might have derailed our mission, we instead found a creative solution through the power of human connection.

As we press forward with our mission to deliver aid to those in need, the story of our fortitude serves as a reminder of the importance of solidarity and collaboration in times of crisis. In a world often fraught with division and discord, it is heartening to witness the bonds of friendship and camaraderie that transcend borders and boundaries, bringing hope to those who need it most.

In the end, it is through acts of kindness and cooperation that we truly make a difference in the lives of others, proving that even in the darkest of times, there is always a glimmer of light to guide us forward.

In a demonstration of international cooperation and military solidarity, an American-led unit embarked on a mission to train Ukrainian recruits in the art of Close Quarter Battle (CQB). The setting was tense, but spirits were high as the team arrived and were warmly welcomed into the fold.

Upon arrival, introductions were made, and the team quickly acquainted themselves with key personnel, including Cap, Gunny, Yuri, Marky, and others. Alongside these American counterparts, several British allies were also present, their identities veiled for security reasons, yet their commitment to the cause unwavering.

Despite the inherent risks and challenges of our mission, the atmosphere remained one of camaraderie and mutual respect. The hospitality extended to u was genuine, with assurances given that we could stay as long as needed, fostering a sense of camaraderie and unity among allies.

In a world marked by uncertainty and conflict, the partnership forged between us allied forces served as a beacon of solidarity. Together, we stood united in our commitment to defend freedom and uphold the values we hold dear.

As we continued our mission, the American-led unit and their Ukrainian counterparts march forward with determination, knowing that their strength lies not only in their individual skills but in the bonds of friendship and cooperation that unite them as one.

In the midst of their mission to train Ukrainian recruits, members of the American-led unit found themselves faced with a unique set of challenges, including the need to safeguard weapons and NDUK were to distribute remaining supplies. As the day wore on and the shadows lengthened, we made the decision to take shelter outdoors, close to our vehicle, amidst a quadrant of apartments. Despite the chill in the air and the looming threat of air raids, the team found solace in the shelter provided by the

surrounding buildings.

Positioned strategically to shield themselves from the wind, they remained vigilant, mindful of the dangers that lurked just beyond the horizon.

With weapons left in plain sight and remaining supplies to distribute, staying close to their vehicle allowed the team to maintain a watchful eye over their equipment while also remaining accessible should the need arise to mobilize quickly.

As air raid

precautions sounded intermittently throughout the night, the team braced themselves for the possibility of strikes, their senses heightened and their readiness palpable. Yet, luck was on their side as the night passed without incident, sparing them from the devastation that often accompanies such warnings. In the face of uncertainty and danger, the resilience of the team shone through, their determination to fulfill their mission unwavering despite the challenges they

faced.

#### A Night of Unexpected Challenges: Tales from the Quad

As the dawn broke over the horizon, casting its golden light upon the world once more, we emerged from our sleep, ready to face whatever challenges the day may bring.

In the quiet darkness of the night, amidst the challenges of war-torn Ukraine, a moment of unexpected turmoil unfolded for Dean.

As the clock struck 03:00hrs, the stillness was broken by the sound of movement in the darkness. Ric, ever restless, was up and about, his actions shrouded in mystery until he reassured his companion with a casual explanation: just having a smoke.

Yet, the tranquility of the night was soon shattered by a different urgency. At 04:50hrs, a sudden and urgent need gripped me, sending me scrambling in a desperate bid to find relief. With no toilets in sight and their sleeping quarters seven flights of stairs away, the situation quickly escalated into a race against time.

Clenching my arse muscles and moving with a frantic waddle, I made a dash for the nearest building. But fate had other plans, and before I could reach safety, disaster struck. In a humiliating turn of events, my body rebelled, leaving me covered in a humiliating mess of urine, vomit, and excrement.

In that moment of utter embarrassment and vulnerability, the harsh realities of war faded into the background, replaced by the raw humanity of bodily needs and the indignity of unexpected mishaps.

Yet, even in the face of such humiliation, there is a lesson to be learned: in the darkest of moments, it is our ability to laugh at ourselves and find resilience in the face of adversity that truly defines our strength.

In the midst of adversity, sometimes the best remedy is a dose of humor, even if it comes at the expense of a bit of embarrassment. Such was the case for me as I found myself in a rather precarious situation during our first night in Kyiv.

After a frantic dash to find relief in the middle of the night, I my way to the safety of our vehicle, only to be greeted by Ric "Shit yourself have you?". Denying the embarrassing mishap, I attempted to brush off the incident, blaming discomfort from walking barefoot on the stones instead.

However, Ric's keen sense of smell betrayed the truth, as he humorously pointed out the unmistakable odor lingering in the air. Yet, rather than exacerbating the embarrassment, Ric's own admission of a similar mishap earlier in the morning helped to lighten the mood, prompting laughter in the face of adversity.

I set about cleaning themselves up with a mixture of resourcefulness and determination, the unexpected arrival of five heavily armed soldiers caught them off guard.

Despite the initial shock, the soldiers showed a surprising level of restraint, refraining from laughter and instead maintaining a stoic demeanor.



#### International Volunteers Forge Bonds with Allies Amidst Humanitarian Efforts in Ukraine

Amidst the urgency, we didn't overlook the importance of honing life-saving skills. Evenings were dedicated to training sessions covering first aid, including the application of tourniquets, body searches, and the basic principles of armed conflict. Additionally, the TDF received instruction on the apprehension of Prisoners of War and the meticulous procedures involved in searching both live and deceased individuals.

Reflecting on the experience, I wished we had more time to delve deeper into the training, as I recognised its invaluable significance. As we prepared to depart the capital and to make our way back to Lviv before exiting Ukraine altogether, we carried with us not only the weight of our humanitarian mission.

Throughout our mission in Ukraine, we forged strong connections with allied individuals and organisations, united by a common goal of providing aid amidst challenging circumstances.

Among our collaborators were passionate volunteers from various backgrounds, including medics, operators, and non-governmental organisations (NGOs) such as Wild Geese.

Among our collaborators were passionate volunteers from various backgrounds, including medics, operators, and non-governmental organisations (NGOs) such as Wild Geese. These alliances extended to a group of British individuals, whose identities remained discreet due to the sensitive nature of their duties - specifically, their involvement in Explosive Ordnance Disposal (EOD), a perilous task requiring utmost precision and bravery.

The camaraderie among these diverse volunteers was palpable as they worked tirelessly together, each contributing their expertise and dedication to the cause. Whether it was providing medical assistance, conducting operations, or delivering humanitarian aid, their collective efforts epitomised solidarity and cooperation in the face of adversity. As we navigated the challenges and dangers inherent on our mission, we found strength and support in our allies,

challenges and dangers inherent on our mission, we found strength and support in our allies, reinforcing the notion that, in times of crisis, unity and collaboration are essential pillars of effective humanitarian response.



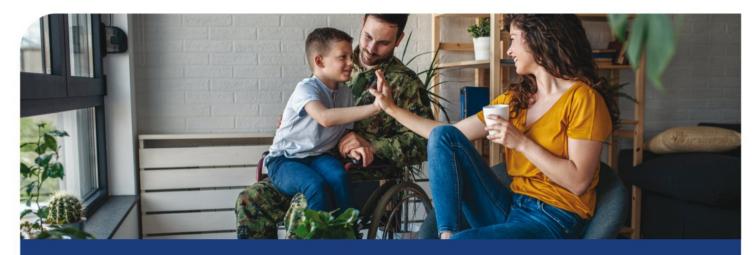




# **Next Month.... Return to Blighty**







# 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 injures 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**

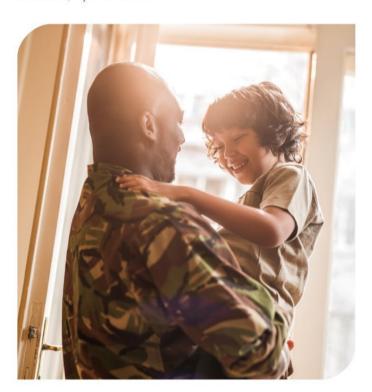
Having an AFCS award doesn't prevent an individual from making a claim for damages through the civil courts if they believe their injury was due to negligence. However, compensation can't be paid twice for the same injury so if there's been an AFCS award then it'll be taken into account when any damages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























NO DUFF UK PRESENTS

LUGB

THATTO HEATH CRUSADERS U14

GIRLS

FIXTURES



**Dates** Home

23/0/24 THC

06/04/24

22/06/24

13/04/24 Pilks Recs

20/04/24

THC

BYE

27/04/24 Haydock Warriors

11/05/24 THC

7/24 INC

01/06/24 Warrington Girls

15/06/24 THC

Leigh Miners

Rangers

29/06/24 THC

Away

**Ashton Bears** 

THC

THC

Hindpool Tigers

THC

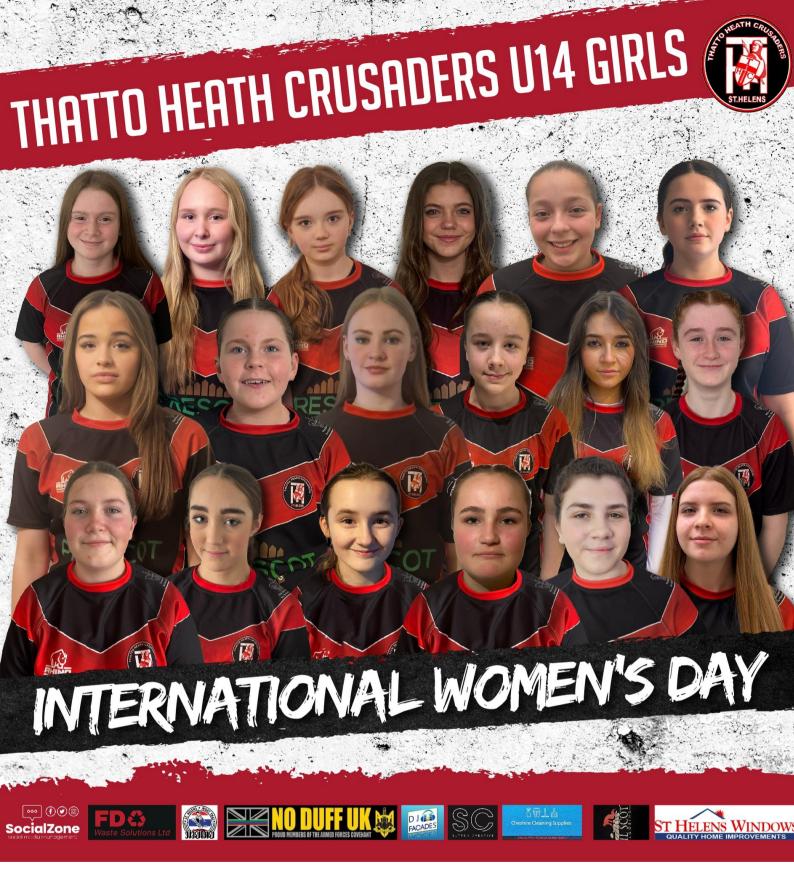
Blackbrook Royals

Girls **THC** Rose Bridge Patheresses

THC

Hindley

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# **Meet the Team**

Crusaders are flying the flag for No Duff UK Match Fixtures



REFER A FRIEND

Refer a friend or family member to us, and if they proceed with an installation you will receive £100 back as a thank you!

We will beat any like-for-like quote by £50. Speak with our advisors via, text, phone call or email and you can have a quote sent to you within 5 minutes! Home surveys also available.







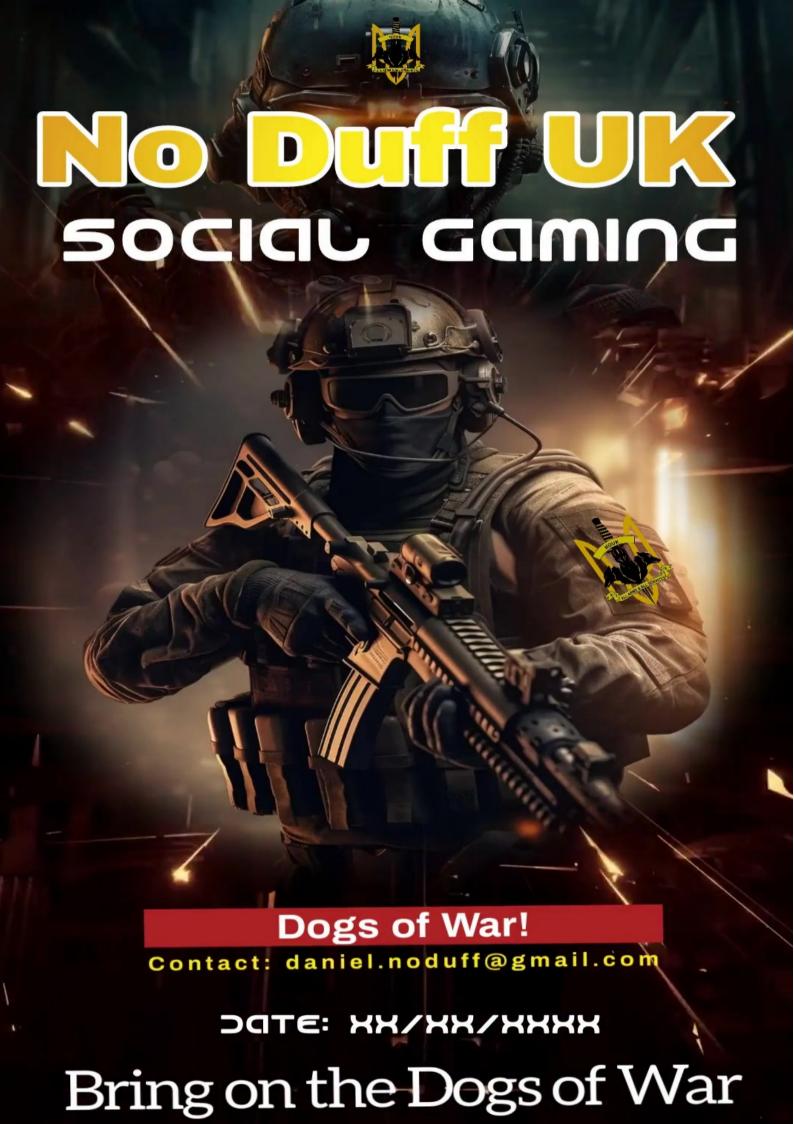
www.hometech-group.co.uk



0800 206 2199



@thehometechgroup





# No Duff UK need your old

# CLOTHES

SHIES Donations

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

Please Donate what you can

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

FOR MORE INFO

07985411154



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.

noduffinfo@gmail.com























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ALL ARMS & ALL SERVICES



**Contact Rory Haddock** 



No Duff UK CIC, Wonderland Community Centre Unit 4, Reflection Court, Cannal Street,



St. Helens **WA10 3JQ** 

Where our name means a great deal

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

A 3 Tler Violent crime and Disorder Reduction Program aimed 15years + 2nd and 5th, 8th 9th 10th April 2024 <sup>ସାରୀ</sup>ered Charity No. 1<sup>1,8</sup>ନ୍ଦ୍ର Defensive Impact of Violent Strategies e Self Defence Lessons e Accredited First Aid Workshops Ages 15 plus ee Parking ealistic Training Awards St. Helens WA10 3JQ

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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
- 17 Seats (Including Driver)



VISIT

www.no-duff.com/general-5 07985411154



Your writting will feature in the Dogs news letter

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



To apply: Send to noduffinfo@gmail.com





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:

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SWIFT/BIC: TRWIBEB1XXXour text





Honor, Glory and Gratitude To Our Sister.

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. UKRAINIAN BANK ACCOUNTS DONATIONS:

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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 Fearns Code name: Klaus Nationality: British Btigade: 79th Airborne

Last location: Novomykhailivka (next to)







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







# NO DUFF UKRAINE REGISTERED NGO 44911526













"Not just bean counters"

















Would you like to see your company here? Would you like to advertise / promote your business?
Then contact - dean.noduff@gmail.com

# Thank You!



For Supporting Our Small Business