

STYLE FOR SOLDIERS PATRONS

EMMA WILLIS MBE, LISA ARMSTRONG AND DAVID GANDY

present

ART IN THE AFTERMATH

LA GALLERIA, PALL MALL, SW1Y 4UY
6TH - 18TH NOVEMBER 2018

EMMA WILLIS MBE, who founded STYLE FOR SOLDIERS 10 years ago in 2008 in response to a documentary about the many and severe casualties being incurred in Afghanistan at the time and the charity's Patrons **Lisa Armstrong, David Gandy**, Maria Witchell and Lt. General Sir George Norton KBCO CBE will be showcasing the work of four military veterans suffering from PTSD and brain injury caused by action seen in predominantly Helmand, at La Galleria in Pall Mall between November 6th-18th, as well as paintings by former soldier **Harry Parker**. The show will exemplify how the creative process can help heal or manage mental injury, give insight to others of the invisible wound and aims to launch new, rewarding careers for the soldier artists financially supported by Style for Soldiers for the year.

The importance of supporting those traumatised by war through the arts when it is a comfort, helping re route the neurological pathways of the brain, could not be emphasised more tragically than by the striking painting also exhibited by a young soldier who recently took his own life, who like the sponsored artists exhibiting turned to the arts instinctively to help manage his psychological suffering post the horrors of warfare.

In addition there will be portrait photographs by humanitarian photographer **Giles Duley** of the artists at work and Style for Soldiers Ambassadors Lt. Alex Horsfall, Shaun Stocker, Matt Weston and Andy Reid, who all incurred serious injuries caused by IEDs in Afghanistan. Emma met Giles whilst measuring patients for bespoke clothing at Headley Court Military Rehabilitation Hospital . Giles was the only civilian to be treated at Headley due to the severity of his injuries in Helmand, losing three limbs in an IED blast having been invited on a military patrol with the US Marines. He has since gone back to front line and post conflict humanitarian photography, visiting Angola, Rwanda, Iraq and Syria in the last few months, documenting the long term impact of war.

On November 7th BBC's Middle East Editor **Jeremy Bowen** will be in discussion with **the** exhibiting artists, talking about their experiences in Afghanistan, how they came to art post injury and the importance of creativity in psychological rehabilitation. Whilst serving in Afghanistan Martin Wade was an on the ground lawyer for the military, having to make decisions he can no longer reconcile, Matt Weston was in bomb disposal when he lost three limbs from an IED explosion, Stewart Hill incurred brain injury when shrapnel passed through his brain in an attack, Dougie Adams was injured and lost a best friend when his patrol was blown up in Helmand also and Karl Tearney was an Apache helicopter pilot.

On November 12th Style for Soldiers Patrons **Lisa Armstrong, Fashion Director at The Telegraph** and **David Gandy** will discuss "**The Power of Dressing**" with injured service personnel Lt. Alex Horsfall, Shaun Stocker, Matt Weston and Dr. Frances Townsend and the

powerful affect of clothes on morale and self esteem as personified by Captain Tom Hutton's letter to the charity ' Thank you for the wonderful gifts you have given me, for making me feel smart and comfortable when I was broken. ' Former Royal Welsh Fusilier Shaun Stocker, lost both legs and most of his vision in an IED blast in Afghanistan when he was 19 years old. Emma met him a year later at the Military Hospital and has followed his extraordinary path of recovery since then, Lt Alex Horsfall lost a leg and hand in an explosion in Helmand, and Dr. Frances Townsend suffered life changing injury when she was hit by car on a motorway having stopped to help victims of a crash. The evening will be sponsored by Marks and Spencer who have donated over 750 suits to Style for Soldiers.

Emma also met Royal Marine Mark Ormrod on her visits to the military hospital, another extraordinarily inspirational young soldier who lost three limbs in an IED explosion in Helmand. Ben Dearnley's sculpture of his torso ' Undefeated' will be part of the exhibition and Mark unveiling it at the launch on November 6th.

The show will also be showing several short films including "Art in the Aftermath" directed by **David Gandy** and Matt Weston's short film starring **Charles Dance** will be playing at the exhibition and his reproduction of the 'Blue Bench' will sit outside on Pall Mall recreating the benches on the road from Sidcup to now St. Mary's Hospital in WW1 for those travelling to and from the hospital for treatment with the innovative plastic surgeon Harold Gilles.

Exhibition Sponsors include Barclays, Marks and Spencer, Lock & Co Hatters, Russell and Bromley and The Veterans Foundation and Style for Soldiers have financially supported the four artists for a year

For further information or to request tickets for either of the above Talks please contact: Emma Willis emma@styleforsoldiers.com / 07734235769

Style for Soldiers

In gratitude for the courage and sacrifice of our service men and women, Emma visits Headley Rehabilitation Centre for the injured to make complex trauma and neuro patients a complementary bespoke shirt in our luxury cottons. Also to those patients who need them, a hand carved ebony walking stick with a buffalo horn handle, and silver band engraved with their regiment and initials. They are extremely appreciative, taking great trouble to choose their fabrics and style of shirt, and there is always excitement when we arrive with the finished shirts and sticks. We have received many moving [letters and emails](#) of thanks, when of course they are the ones to be thanked.

The popular Style for Soldiers Christmas Party is the largest reunion for injured service personnel, to bring together the men and women, whom Emma has met, and introduce their partners and families.

Patrons Lisa Armstrong, Fashion Editor of the Telegraph, Lieutenant General Sir George Norton KCVO CBE and Maria Witchell and Ambassadors David Gandy, Lieutenant Alex Horsfall, Shaun Stocker, Andy Reid, Shehan Hettiaratchy and Matt Weston play a valuable role bringing work experience and job opportunities, and raising awareness.

In order to provide a smart uniform for interviews and new careers Style for Soldiers, with the significant support of Marks & Spencer and Russell & Bromley, also provides suits and shoes as well Emma Willis shirts and engraved ebony and silver walking sticks.

We were honoured to have received support from Their Royal Highnesses The Prince of Wales and The Duchess of Cornwall, as well as a Morale Award from the British Forces Foundation, and nominated for the Sun Military Awards 2010 for Support to The Armed Forces for our Style for Soldiers initiative.

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Registered Charity no. 1161119

About the Artists exhibiting

Lt. Col (RTD) Stewart Hill

Stewart was commissioned into the Royal Regiment of Wales in 1994 and was medically discharged in 2012.

Stewart now paints and writes poetry as his brain injury caused by an IED explosion resulted initially in loss of memory, hearing and a great difficulty with planning, organising, decision making, multi-tasking and many other executive function skills, having like Martin been an exemplary leader, his poem 'Identity', Read by Stewart on the Today Programme recently, explains a lot.

IDENTITY

My last memory in Afghanistan,
Watching a war horse in the sky
carrying away the worst of loads;
my dead and injured soldiers.

I remember thinking
of a nebulous soul in a suit and tie
who soon after would be knocking
beside the door of a next of kin

These thoughts exploded

Replaced by burning, broken metal bursting through the blancmange of my brain
How little I knew as I'm splayed on the floor,
no awareness of the knock on my wife's door, my worried colleagues
nor the shards that tore through my skull

Our brains make us who we are,
mine is no longer on a par with how it used to be,
this complex organ
degraded by injury

Most days I feel inefficient, a Fiat Panda engine;
insufficient for a Ferrari
Reduced capacity to drive
with the power and speed, I used to, I want to, I feel I need

Thirty-eight years
of personal development
stubbed out like the post firefight cigarettes,
we smoked about in Afghanistan

No longer can I serve to lead
although I plead just to see again,
the person I grew to be

For many of us,
this endless journey can be tortuous:
despair, vulnerability, loss of the old self and mobility

Loss of a career, self-esteem, the social environment,
loss of all those needs
Abraham Maslow mentioned were mandatory for man's motivation

Some years later I pondered
wondered if I could find
my younger years again
of creativity, of reward

Before I decided on going toward
my brain's left side,
before a career's officer shaped me
to have a career as an Officer

Now I have a new identity, a part time poet and a painter of portraits

From Sandhurst to the stage, turning the page, new chapters in life, no longer in strife

From deployment with colour sergeants, to the enjoyment of John Singer Sergeant's
colour.

From fighting with platoons to grappling with Sassoon

I lead a wonderful life

Style for Soldiers has been sponsoring Stewart to paint for the last two years and he is developing into an extraordinarily talented portrait artist, commissioned by Nick Knowles, Ray Winstone, Lauren Cuthbertson, The Duke of Bedford and Sir John Timpson amongst others and short listed for the RA Summer Exhibition this year. He has been tutored by renowned portrait painter Tim Wright as part of his sponsorship and will be exhibiting his work at the Art in the Aftermath exhibition in November, the aim being to also launch Stewart's career as a professional painter. He has clearly passed his artistic talent to his daughter Olivia as nominated in the recent BAFTAS for her part in Three Girls.



Portrait of Nick Knowles by Stewart Hill

Watch Stewart's Video at the link below reciting his poem 'My last memory of Afghanistan'

<https://www.youtube.com/watch?v=dZ1NFKC3CJI&t=4s>

Lt. Col (Rtd) Martin Wade

'Lieutenant Colonel Retired Sept 1999-Jan 2015.(Medical discharge due to PTSD)

A senior British Army Officer with over 15 years of service working in Europe and Asia, within different jurisdictions in areas of law. A decision maker, trusted advisor and commander providing robust, pragmatic and apposite legal advice often in the demanding of situations whilst taking into account the complexity of strategic, political and coalition interests. A modest and accountable lawyer with the mental acuity and moral courage to get the job done with the minimum of fuss working alone, as part of or leading a team.

Dedicated legal advisor to the Royal Marines at home and in Afghanistan, Senior Legal Advisor to The European Force in Bosnia, Senior Prosecutor at Court Martial. Commander Legal British Forces Germany and London District.'

Martin has been suffering acute PTSD since leaving the Forces. He cannot reconcile the outcomes of the decisions he had to make as the only on the ground lawyer for 8 violent months in Helmand. which eventually became too much to bear and he has been receiving psychiatric treatment at Bethlehem Hospital as an in and out patient for the last 6 years. As

Stewart Hill wrote above, an impressive career 'stubbed out like the post firefight cigarettes we smoked about in Afghanistan' Martin and Jo Wade have two young daughters and a son.

Style for Soldiers has provided Martin with high quality clothing, and artistic sponsorship both through professional tuition and painting materials and will be sponsoring him for the following year to enable him to paint four or five abstract works for the Art in the Aftermath exhibition in November 2018. Painting has become vital to Martin's management of PTSD and although he would ideally be a full time painter, he understands that financially he must also seek work as a part time lawyer. He has been short listed for the Royal Academy Summer Exhibition and sold all three of his paintings at Robert Hiscox's Marlborough Gallery exhibition in 2017. Style for Soldiers hopes that the November exhibition will expose his astonishing paintings and accompanying words to a much wider audience and help launch him into a career as a professional painter.



'Lustful Ruminations' by Martin Wade

This painting was completed in my room during another admission to the Bethlem Royal Hospital (Bedlam). The title of the piece comes from the practice of continually replaying images and thoughts in my mind in a forlorn hope to rewrite the past.

Rumination is a conjuring trick of the threatened mind. It convinces you that a quantum of solace is offered and even possible. The truth is it prevents you from wholeheartedly processing the difficult emotions you struggle with in a compassionate way. It inhibits your natural inner wisdom, undermines your strength, confuses your understanding and dampens any warmth towards yourself. All humanity ruminate and can relate to this.

Lustful rumination is based on an interlocking 12 sided shape. I have designed it in such a way that the shape is actually impossible in three dimensions, a trick, just like rumination. The colour choices are deliberately lustful and reminiscent of Chanel lipsticks. When overwhelmed with trauma and suffering it is entirely natural to ruminate about a better life. A perfect life with the perfect partner to share it with, the perfect job to identify yourself with, money and power with no suffering. Again an impossibility. In fantastical rumination you can avoid life, suffering and responsibility. This fantasy can include relationships which you have had and lost, relationships which will never happen and those that you long for but are forbidden all the while merely seeking a place of safety, intimacy and love where your desires and needs are met and your wounds healed. If this *is* possible in the real world it must be worth fighting for, accepting the risk of rejection, being vulnerable, finding compromise, and having faith in your own resilience. This relationship may already be staring you in the face if only you had the wisdom and courage to see it.

Grenadier Guardsman, 1st Battalion (Rtd) Dougie Adams

“On my Third tour of Afghanistan, Date 21st June 2012 I was involved in an IED incident.

That’s where my injury comes from. I carried on until the September 2012. Lots had happened between the June and September which broke me.

My best friend Duane Groom was killed in a IED incident 14th September 2012, he was Fijian.

My last official duty as a Guardsman, 12hrs before I came back, was carrying his coffin onto a plane. He is buried in New Zealand.

I was flown back on a medical flight.

I came back to Aldershot and was diagnosed with PTSD (September 2012
From then till I was discharged In 2014 I was at home in Northampton. I was engaged but that finished in 2013.

I was discharged on 2014 with complex PTSD. I’ve further been diagnosed with a mild traumatic brain injury”.



WO1 Karl Tearney, Army Air Corps (Rtd)

Karl met Captain Anthony Bird at Clarence House at the Xmas party last year, Chief Pilot for The Queen's Helicopter Flight, and he knew Karl very well in the Forces and was very sad and surprised to hear he was suffering badly from PTSD as a result of all that he done and seen in N. Ireland, Egypt, Israel, Bosnia, Iraq and Afghanistan, and said what a fantastic man and pilot he was and how much he would like to see him again.

Karl has discovered poetry and art since he was medically discharged with PTSD, poems pouring urgently out of him, and his 570 to date poems will be displayed on one wall titled 'For Love of Words'. He also speaks honestly and powerfully about mental illness and gives voluntary talks to the Ambulance Service to help them deal with traumatic work. Here is his own brief bio:

Karl joined as a Junior Leader in June of 1983 and progressed as a ground crewman within the Army Air Corps until 1993 when he qualified as an Army Helicopter pilot. Initially he flew the Gazelle in both the reconnaissance and support role with tours to Northern Ireland and Bosnia. Then onto the Apache training team as an airborne instructor in Electronic Warfare which took him to Iraq and Afghanistan. His career ended abruptly with delayed onset complex PTSD and Co-Morbid depression. He now finds solace in Art and Poetry, which helps relieve some of the stress brought about by his condition.

None of the artists exhibiting painted or wrote poetry before their brain injury or PTSD. Their poetry will be exhibited along side their paintings.

Watch Breitling celebrate RAF100 with an exclusive poem by Karl Tearney at the following link.

<https://www.thegentlemansjournal.com/article/watch-breitling-celebrate-raf100-with-an-exclusive-poem/>

Emma Willis MBE
Founder of Style for Soldiers