



## Winch House

**at Chelsea Gardens,  
1079 East 52<sup>nd</sup> Avenue, Vancouver, BC**

A New Generation of  
Canadian Veterans is  
Returning Home.  
They Answered the Call  
....Now it's our turn.

Canadian troops have served in Afghanistan since 2002, with more than 25,000 men and women having completed at least one tour of duty. Over 140 Canadians have been killed in this conflict and more than 1,100 have been injured. For those returning home, we recognize that returning to civilian life can be full of both physical and psychological challenges and a soldier may very well need counselling or hospitalization.



We are pleased to offer a residential facility to accommodate veterans or their families who may require short term accommodation in the Vancouver area while they are here to receive the help they need. **Winch House** provides our young veterans a temporary home where they and their loved ones can receive the care to come all the way back home.

Inspired by **Honour House Society**, whose vision is to establish a local, multi-unit residence for our armed forces veterans and first responders, **New Chelsea Society** has dedicated this residential unit for this same purpose. This new facility bridges the gap until Honour House is ready and will further compliment the Honour House facility by providing housing for larger families who may require a lengthier stay in the City of Vancouver during counselling.



“We sleep safe in our beds because rough men stand ready in the night to visit violence on those who would do us harm.”

**George Orwell**



## WINCH HOUSE

Named in memory of long-time Board member, Don Winch, New Chelsea Society has renovated and furnished a 4-bedroom, 3-bathroom disabled-accessible townhouse at 1079 East 52<sup>nd</sup> Avenue in the Chelsea Gardens family housing complex. Located in a quiet, family-oriented residential neighbourhood adjacent to a children's playground, this townhouse is perfect for accommodating our returning Canadian armed forces veterans and first responders and their families during their rehabilitation stay in Vancouver. ***There is no cost to them.*** Having a loved one deployed for military action is one of the hardest things a family can face. At Winch House, there is support before, during, and after their war-zone service. In addition to professional adult therapists, there are also specialists in children's, couples and family counselling to help them.



### HONOUR HOUSE SOCIETY Operators of Winch House



"Winch House is similar to how Ronald McDonald House operates, except for adults," says Alan De Genova, President of Honour House Society, "It is a home away from home for these people as their loved ones recover."

Captain Trevor Greene, an honorary patron of Honour House, says it's those "invisible injuries," such as post-traumatic stress disorder that often go undiagnosed in soldiers. He adds "This accommodation will prove an invaluable resource for family members dealing with the fall out of psychological trauma. "(The soldiers) don't know what's wrong, but their families can tell something's wrong," he says.

"The families will be able to get them the help they need. It's important to be close to loved ones and soldiers benefit from having family close by as they recover," says Greene, "I think having family close by is as important to rehab as physio is."

### YOU CAN HELP

As a non-profit, charitable society, New Chelsea Society would gladly accept your donation towards "**Winch House**" to help offset the considerable costs involved in the required renovations, furnishings and ongoing operational costs. Any donation to assist us in our quest to support returning veterans will be appreciated and we can provide you with a **Charitable Tax Receipt**.

## The Need for Counselling

As soldiers, they have been trained to be hard-assed. But psychologists Doctor Marvin Westwood and Doctor David Kuhl, co-directors of a unique program for veterans at the University of B.C., say many soldiers begin discovering they cannot handle their trauma. They feel ashamed of it and don't feel understood.

Kuhl is a co-leader of the **Veterans Transition Program** which is made entirely possible, since its inception in 1997, through the sponsorship, dedication and annual financial support of the **BC/Yukon Command of the Royal Canadian Legion and its Branches**. He says there's a great need for local



facilities like **Winch House** and Honour House "There are a lot of military personnel returning from Afghanistan with post-traumatic stress disorder," Kuhl says. "It's common for military personnel returning from areas of conflict to suffer from symptoms such as anxiety, depression and nightmares, which fall under the diagnosis of occupational stress injuries."

Through their work, Kuhl and Westwood explore the psychological effects being a soldier or peacekeeper in areas of conflict have on military personnel. Some struggle to live with the horrors of what they've seen and the things they had to do in order to protect themselves and fellow soldiers. What's more, say the UBC experts and psychotherapists, the veterans know that the stigma of admitting to a psychological wound could ruin their military careers. Because of their guilty feelings and a shortage of support services, the majority do not search for help.



"New Chelsea Society created **Winch House** to provide a "home away from home" for Canadian Veterans who desperately require this professional help for their transition back to normal lives. As an organization founded by veterans, we are proud to provide and fund this extraordinary facility for today's returning Canadian Forces' men and women. New Chelsea's unique partnership with Honour House Society guarantees the professional expertise necessary for the mental and physical healing of our ex-service personnel during their stay at **Winch House**. It is truly a remarkable residence and a credit to the incredible generosity of donors."

**Patrick Buchannon, General Manager**

**Special "Thanks!" to Directors, Management, Staff & our generous Donors who helped to make "Winch House" a reality, especially New Chelsea Assistant Administrator, Lee Miller, whose idea was the seed for this remarkable home.**



## Don Winch

“Winch House” is named in memory of **Don Winch**. Don served on the New Chelsea Society’s Board of Directors for close to 25 years and for most of that time he served in a leadership capacity. From 2005 to 2008 Don served as **President and Chairman of the Board** of New Chelsea Society. Don was truly a gentleman. He volunteered with distinction and dedication most of his life and he was highly respected for the wisdom and level of caring and conviction that he brought to not only New Chelsea Society, but to every organization that he was a part of.

Don’s family was front and centre for the Grand Opening of Winch House on November 6, 2009. Don’s partner, Fran Walton (2nd from left) joined Don’s children to celebrate this incredible facility.

New Chelsea Society is proud to dedicate **Winch House** in Don’s name to carry on his memory and his legacy of service.



**Chelsea Gardens 1955**



**Chelsea Gardens 2010**

New Chelsea Society is a registered Charity and non-profit housing Society that provides safe affordable housing for Veterans, seniors, families and persons with disabilities.

The existence of the Society is based wholly on the provision of housing in a close-knit community atmosphere of sharing and caring for one another.

New Chelsea Society was one of the first Legion non-profit Housing Societies to be organized in Canada. It was founded in the early 1950’s through a joint venture by five Branches of the Royal Canadian Legion in the Vancouver area.

Recognizing the need for safe affordable housing for World War II Veterans and their spouses and widows, each of the five Branches contributed some money which was then matched by the various levels of government. A plot of land was purchased on East 52<sup>nd</sup> Avenue near Fraser Street in Vancouver, construction of cottages got under way, and the Society’s first housing project opened its doors in 1955. Winch House is located in this same complex that opened 55 years ago. Today, New Chelsea Society has 17 properties consisting of over 1,000 housing units in Vancouver and Burnaby, a remarkable growth success.

Thanks to the dedication and commitment of its staff and directors, the New Chelsea Society enjoys and maintains an enviable reputation in the Lower Mainland of British Columbia as a sound non-profit society and property management organization with a genuine concern for the care and well being of its residents.

For more information about New Chelsea Society visit our website at [www.newchelsea.ca](http://www.newchelsea.ca) or contact our home office at #101 – 3640 Victoria Drive, Vancouver, BC V5N 5P1, Phone 604-874-6255 or Toll Free 1-888-605-9900.