

Association of Ghanaian
Ex-servicemen & Women UK

(AGE UK)

Motto: To whom much is given, much is required of them

Contact: 020 8200 6522/07944 746697/07957 794223,
Fax: 070 9200 2413. Email: info@age-uk.net, or
chairperson@age-uk.net. Website: www.age-uk.net

Return the Membership Application and Gift Aid
Declaration forms to the address below even if you did
not fill or complete the Direct Debit instruction :
AGE UK, 45 Runbury Circle, London NW9 8RX

You can also make direct payments to the following Bank
Account: NATWEST, Account No. 76530647, Sort Code-602309



Join us in our monthly meetings every first Sunday of each month to discuss, be informed & socialise with good people and in a safe environment.

Venue: Ring Cross Community, 60 Lough Road, (Junction with Piper Close)
Islington, London N7 8RH
(Near Holloway Tube station & turn right to Georges Rd off Holloway Rd from
Highgate to Islington)

Time: 17:00—19:00 Hrs on every 1st Sunday of each Month unless otherwise

Registered in England with Charity number 1108842.
Registered Off: Devonshire House, 582 Honeypot Lane, Stanmore HA7 1JS

Regulated by the UK Charity Commission.

We are concerned about people, therefore we educate, relieve hardship
and provide other social welfare opportunities with the object of
improving the conditions of life.



join us
become a member
of the Association of
Ghanaian Ex-servicemen
& Women UK (AGE UK)



about us

When you are socially exclusive, alone from your family, ill or bereaved you think, “oh help, where do I go; what do I need, or when I am dead who will be there for me, inform and support my family?” The most important and practical thing is just getting people in touch with good and charitable people.



Our values concern ‘human-centred’ agenda worth pursuing in its own right, independent of any ethnicity, race or political affiliation. Therefore, we are characterised by mutual trust, openness, sensitivity to the feelings and emotion of others, shared goals, support and commitment to addressing and resolving conflicts.

Founded in 2004, the Association of Ghanaian Ex-servicemen and women of UK, also known as AGE UK is a unique organisation: a registered charity providing a social welfare, voluntary service opportunities and support to anyone who served the Ghana Armed Forces, their spouses, dependents and any persons who share our values, vision and objects for improving the conditions of life.

We are dedicated to getting families in touch with their loved ones who died or been seriously ill in the UK or elsewhere, alleviate hardship or a long term financial over-burden such as inadequate family support and funeral obligations, and to provide our members social inclusiveness in a reliable social environment.

Dedicated to improving the conditions of life, we have taken the responsibility of returning some of our ex-servicemen who died alone in the UK to their children and loved ones, and supported their burial and funeral cost in Ghana.

Each year we provide humanitarian support & development; and service projects in and out of United Kingdom, such as raising funds for Parkinson’s disease society in the UK, 37 Military Hospital—Accra, Osu Children’s Home, Schools and Communities in Ghana, etc. We have invested and granted around £2 million and made other tremendous achievements over the last ten years, all committed to improving the conditions of lives.

We have 5 support groups of over 200 people throughout the UK. Run by volunteers such as Anthony Gbedemah -an Area Group leader presenting medical items to 37 Military Hospital in Ghana, they provide a valuable source of support, information, advice, counselling, contacts, social networking, reciprocity and collective efficacy to our service users.



The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favour. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career.

When the carpenter finished his work, the employer came to inspect the house. He handed the front-door key to the carpenter. "This is your house", he said, "my gift to you." The carpenter was shocked!! What a shame!! If he had only known he was building his own house, he would have done it all so differently.

The second one is entitled, "Long Handle Spoons"

A man spoke with the Lord about heaven and hell. The Lord said to the man, "Come, I will show you hell."

They entered a room where a group of people sat around a huge pot of stew. Everyone was famished, desperate and starving. Each held a spoon that reached the pot, but each spoon had a handle so much longer than any of the arms that could not be used to get the stew into any of their own mouths. The suffering was terrible.

"Come, now I will show you heaven," the Lord said after a while. They entered another room, identical to the first; the pot of stew, the group of people, and the same long-handled spoons. But there everyone was happy and well-nourished. "I don't understand," said the man. "Why are they happy here when they were miserable in the other room and everything was the same?" The Lord smiled, "Ah, it is simple," he said. "Here they have learnt to feed each other."

I hope my message is simple and clear to my readers. Exclusiveness, selfish, pride and dishonesty never helped any society, and would never. We build our lives, a day at a time often putting less than our best into the building. Then with a shock, we realize we have to live in the house we have built. If we could do it over, we would do it much differently but we cannot go back.

So it is with us. We are the carpenters and also members of the "Long Handle Spoons". Each day we hammer a nail, place a board or erect a wall. "Life and happiness is a do-it-yourself project" as someone had said.

Your attitudes and the choices you make today, build the "house" you live in tomorrow. Please, build it wisely!!

Our mission is to sustain a happier, dignify and responsible self-financed social and welfare success in helping to alleviate hardships.

What are the benefits of Membership?

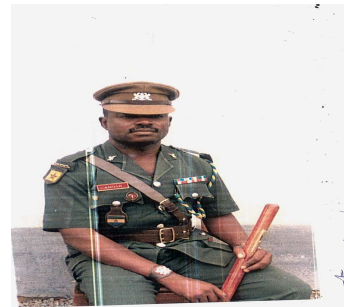
The answer is simple — To embark on activities to promote a healthier lifestyle and reduce hardships.

We are the only Ghanaian/UK charity organisation working exclusively to support Ghanaian

Ex-servicemen and Women, their spouses, dependents and people of our communities throughout Ghana and the UK. Membership is open to anyone with an interest in improving the conditions of lives and/or willing to live up to our values and objectives.

Over the last **10 years** our **Charitable Expenditure costs of Activities in Furtherance of Charitable Objectives** have reached about **£140 thousand pounds sterling** in the areas such as:

◆ Ex-servicemen/Membership funerals -	£16,000
◆ Membership Funeral Support for dependants -	£30,000
◆ Welfare Support for Non-members/members -	£ 9,000
◆ Humanitarian & Development Support -	£23,000
◆ Social Inclusive activities -	£62,000



The late **Ex-WOI. C. Amoah**
May he rest in peace



"I joined the AGE-UK shortly after the death of my husband. I was grateful for the emotional and financial support of the members. His body was flown to Ghana for burial. No savings and without the help of the Social Service/Government, AGE UK spent well over £10,000 for my husband's burial, funeral and one year anniversary here in the UK and Ghana which I couldn't do alone without the members."

Mrs Agnes Amoah

"I too joined the AGE-UK shortly after the death of my uncle Ex-CPOI - Oteng-Agyei to show my appreciation and to support the true causes of AGE-UK. He lived alone in the UK without his wife and children but was surrounded and supported by his comrades of AGE-UK throughout to his death. At his death AGE-UK never left him to me alone (the NEXT-of-Kin). They organised and financed his travel, burial and funeral in Ghana and the UK. Even helped bring his wife into the UK to attend the funeral. What an incredible support".

Mr Alfred Sedjroson & Mrs Florence Oteng-Agyei

A man full of visions that he helped form AGE-UK. "How could you turn away goodies." he said
The late **Ex-Chief Petty Office Class I - Ed Oteng-Agyei.**

May His Soul Rest in Peaceful of visions.



Our support goes even beyond our members to those who are less fortunate than us and genuinely need our help. From the Armed Forces to orphanages, we spend thousands of pounds sterling sending our Volunteers to the core of issues and be involved.

Above and below pictures were some of the areas where our Volunteers - Agnes Amoah, George Gyimah, Chris Anane and Alfred Sedjroson donated money and computers to support the right causes.



The efforts and support of our Volunteers, Donors and Partners are very much appreciated.

Below and Opposite page is a Press release on AGE UK and its Partners

Last year 2013, our charitable activities were recognised by other charitable organisations such as The Church of Jesus Christ of Latter-Day Saints and The Big Lottery Fund (BIG) who extended their supports to help our service users.



The **Big Lottery Fund** awarded AGE-UK **£9,707** for our “Capacity Building” project which contributed to number of achievements like:

- ◆ Efficiency & effectiveness of Trustees, Volunteers and leaders.
- ◆ Reciprocity
- ◆ Understanding of collective needs of families
- ◆ Collective efficacy
- ◆ Inclusiveness



Nana Agyeman Gyamfi-Kumaning (Chairman AGE UK) - delivers his message

It’s been a privilege, pleasure and also challenging to be the Chairman of the Association since its formation in August 2004, and above all celebrate its growth, success and anniversaries.

Your commitment in discharging our charitable objectives and support to the leadership (the Executive members), particularly the chairman

inspire me tremendously. Given the composition of the AGE-UK, each one of you in the Association has shown true love and respect towards your neighbours beyond every conceivable bounds. You have lived to your principles and values that were once shared by Zilpha Keatley Snyder – an American Children’s Writer in 1927, who said:

“If you try to make your circle closed and exclusively yours, it never grows very much. Only a circle that has lots of room for anybody who needs it has enough spare space to hold any real magic.”

It has been absolutely magic to sustain the membership of the association between 85 and 200 active members within each year. Statistically, many small businesses do fold up within the first 6 months of operation in the UK.

As your chairman, I have learnt so much from you in understanding team dynamics and business cultures. I have also come to appreciate 3 things in life that once gone never come back. They are **WORDS, OPPORTUNITY** and **TIME**.

Each of these 3 things above could cover our **communication** in relations, attitudes to work and our negative thoughts. The **opportunity** to serve others, reduce hardship, make good friends (networking), build our lives, improve our environments or communities now may seem remote and less of our responsibility but the effect of our **procrastination** could be lethal and/or impellent.

I encourage you to engage in wholesome activities or spend quality time with your children, loved ones, friends and members. Encourage them to join us or AGE-UK Youth in our activities. Be proactive in supporting our charity work and building the Association of Ghanaian Ex-servicemen and Women (UK) upon the precept of the following two stories. They are my two of my favourite stories.

The first story entitled, “The Carpenter” goes:

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house-building business and live a more leisurely life with his wife and to enjoy his extended family. He would miss the paycheque, but he needed to retire. “They could get by”, he said.



These “BIG TWELVE” are willing to go the extra miles to make a difference by understanding the complexity of individual family needs, identifying available services and resources, and sharing experiences to minimize stress, disillusion and contention; thereby providing them some kind of better ideas and/or information to solve their own problems.



“I sit quietly and watch you guys your charitable work for us all. I pour my heart to you and feel like taking out all my money to support your right causes. And again, I wish I could always join in and help but you know - the Spirit desires but the strength is weak.”



Members of South East say thank you for your kindness, generosity and time you spent taking them to and from meetings and invitations . U're so helpful !!!!!!!



The Chairman and Leader of Women's Relief Group of the Association show their victory sign and call Patrons, all the Executive members to join in thanking all their Partners, Supporters, Donors and Members for all the difference they have made in the lives of others the last 10 years through AGE UK.

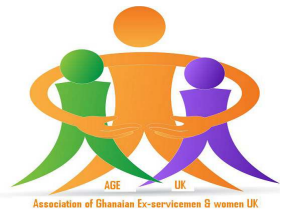


What a fantastic 10 years to meet and work with such great people full of love, desire and with great spirits willing to support our community members, look out for each other and attend to their needs or intervene when trouble arises.

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS



Watford Stake in London of the Church of Jesus Christ of Latter-Day Saints in a joint charity project with the Association of Ghanaian Ex-servicemen and Women in the UK & Ireland (AGE-UK) donated **700 pieces of chairs** at a total value of approximately **£10,500** equivalent to **GH ₵34,125** to ---- schools in Ghana.



Such collective effort and generosity not only improving the standard of learning and academic performance, but also improving the conditions of the teachers and pupils in the schools. You should read from below what a head teacher from one of those beneficiary schools had to say:

Besides the financial support to people in various challenging situations, the difference we have also made to our service users in the UK as we have earlier pointed out in terms of:

◆ **Reciprocity** – We and our service users have felt strongly the feelings of happiness and life satisfaction as results of users and volunteers active participation, interaction and willingness in supporting others in social and community life.

◆ **Collective efficacy** – We have gained the commitment and sense of collective efficacy. Never before had we felt the willingness of our community members to look out for each other and intervene when trouble arises or when called upon in times of need.

◆ **Inclusiveness** - Our Social networking has managed to involve more of our members, non community service users and leaders & have achieved high level of social integration and genuine participation that we know have also reduced loneliness and illness significantly.

◆ **Understanding of collective need of families** – We have minimised stress, disillusion and contention as members and families shared humorous stories, experiences, ideas and information to solve their own problems.

Groups Donate Chairs To Schools At Abira And Bonwire

By Gideon Boakye Boateng
THE Church of Latter-Day Saint at Watford State, London, has, in a joint charity project with the Association of Ghanaian Ex-Servicemen and women in the United Kingdom and Ireland, donated 120 plastic chairs to two schools at Abira and Bonwire in the Ashanti Region.

The items, 100 of which were given to the Abira R/C Junior High School (JHS) with the other 20 also going to the Bonwire M/A JHS, adds up to 380 plastic chairs which have already been distributed by the two groups to some other schools in the region.

The gesture was coordinated by the Counselor of Watford, Gary Snailham, who, as well, is a member of the church, and the chairman of the Association, Nana Agyeman Gyamfi-Kumang, known by his peers as Tag Kumaning.

The project aims at lessening if not eradicating some of the hardships faced by their target schools by providing them with materials, structures and items needed to improve on the quality of life and the education of pupils and teachers.

Presentations of the items, which costs £10,500, equivalent to GH ₵34,125, to the various beneficiary schools were done by a member of the Church and a Ghanaian resident in Canada, Michael Boateng.

According to Michael Boateng, the decision to include the two schools in the project, and the choice of item, came about after recent separate brief meetings with Matthew Boateng and Samuel Ofori Gyebi, Headmasters for Abira R/C JHS and the Bonwire M/A JHS respectively.

“For instance at the Abira R/C JHS, the headmaster revealed that the school wasn’t doing too well in the basic schools final exams. The best student here, he told me, had aggregate 24 and this certainly is very bad”, he bemoaned. We asked him what he will need to improve matters and he said chairs so we brought them”

“With these items, we hope that the teachers will be motivated to work hard to bring the results down. We want to help to improve on the standard of learning here but the engagement would be performance based. You make good use of the items we have brought and we will bring more and even impress upon others to follow suit”

Assistant Headmaster of the Abira R/C JHS, Kwadwo Sarfo, who received the items in the absence of his boss, commended the two groups for their kind gesture and said they will use the chairs to furnish their computer laboratory since they have the ICT materials but with no chairs for the pupils to sit on during lessons.

With a similar chorus of praises on the groups, Samuel Gyebi said the items have saved the school some money as they had earlier decided to purchase some as some of the teachers do not have chairs to sit on in the common room.



Some of the chairs presented with school children standing by.

In addition to the benefits you have read or seen so far, we provide fantastic social activities in the safest environment. Everyone has access to our free advice, counselling, visits, motherly care of our hard-working ladies, offer warm response to invitations to humanitarian and development projects or events.

Because we believe in making a difference in a person's life while living, we help to alleviate or minimise hardships, distress or stress, preserve and protect good health of our members by having **more business meetings** and **social activities**. We have spent **£62 thousand pounds** on **social inclusive activities** the last 10 years.

Here are some of the activities held:



Hard-working fathers & mothers still find time to attend meetings & invitations



Yes !!! That was Oteng-Agyei. What was he looking at or thinking about. Was he thinking of leaving us at 63?

Amazing Grace !!! This fine man must had read the story about "The Carpenter" — the Builder and built a strong association (AGE-UK) to lay him to rest in peace.

Read the story from the chairman's message.



Amazing !!! What has Zarack found so exciting to chill about?

Perhaps, he's received a Charity status for AGE-UK, full statement of his contribution for helping others beat stress.



AGE UK was privileged in its 2010 Diner Dance & Fundraising event day to hear a very inspirational speech from His Excellency Professor Kwaku Danso-Boafo, accompanied by Brig General Musah (Defence Attaché) & the Occasion's Chairperson Alhaji Bawah Ayembilla (Minister for Consular & Welfare).

The HC congratulated members of the Association for the services they have rendered within a short time. And urges Ghanaians everywhere to support good causes. He said, "Government cannot do it all so we should all chip in to support Ghana's essential services providers". His short dancing moves with members and his appeal have invoked the spirits of AGE UK's members to commit to more projects. You can see and read from below the pledges of AGE UK and what they have done since.

Brig Gen Musahh was pleased to meet up with members, some of whom he had served in the same regiment and the United Nations Peace-Keeping. He too couldn't wait to share a humorous story to remind the Ex-servicemen & women that "once a soldier always a soldier." Alhaji Ayembilla also couldn't hide one of his worse experiences when he wanted to join the Army in his youth but failed. He expressed that he was honoured and pleased to be made the Chair for the occasion. Brilliant day!!!

Ghana Veterans In UK Pledge Towards More Projects

Some members of the association dancing. (Inset) Nana Agyeman Gyamfi-Kumaning.

From Spectator Reporter, London
MEMBERS of the Association of Ghanaian Ex-Servicemen and Women in the United Kingdom (AGE-UK) have pledged to commit greater zeal and resources towards development projects back home, particularly in the area of health.

At their end-of-year-get-together in North London a fortnight ago, the chairman of the association, Nana Agyeman Gyamfi-Kumaning said the members' welfare would also be among its top priorities.

He urged Ghanaians in the diaspora to stay united at all times and hold onto their national identity and culture as people of a unique nation.

Nana Gyamfi-Kumaning said AGE-UK which was founded in 2004 now has 200 members and the of a registered charity.

According to him, AGE-UK is raising funds to support the Parkinson's disease Society in the UK was also poised to invest £1.5 million on the well its members and health programmes back home the next decade.



We laugh, dance and have learnt to feed ourselves, yet we have time to mourn and provide dignifying burial for our loved ones, all to minimise stress, hardships and make a difference in the lives of others. We've spent over £36 thousand pounds sterling over the last 10 years.



The photo on the left here is Mr & Mrs Henaku -one of the experienced & respectable couples who both served many years in the Ghana Armed Forces in various capacities. Mrs Henaku even sacrificed her life becoming a Body-Guard to a wife of one of Ghana's Head of States.

Incredibly, Mr Henaku now over 70 yrs still matches with his wife !!!!

They're between the ages of 50 and 85, and yet they look cool & dance azonto with their grandkids!!!

Some of these were born & raised in the barracks, soldiered with U, served Ghana & UN missions.



Our Men & Women are adorable & deserve praises for their charitable services!!!

AGE UK's new logo !!!

They see the need and possibility to work together to achieving common goals and to stimulate further action on a community's behalf.



Remember we said; **our mission** is to sustain a happier, dignify and responsible self-financed social and welfare success. Therefore, we love to **munch, mingle and dance** as often as we could.



AGE-UK Chairman & Women's Group Leader test the food to ensure safety but our Quality Assurance manager with a degree in food science waits confidently with a smile of approval.



Hey, guys !!! Dinner time but take it easy.



Party mood, — Amazing!! AGE-UK ladies full of Joy and Gratitude

We have been directly involved in organising social activities on **Mothers Day, Easter holiday, Summer break** and **Christmas period** as well as once a month general meeting and one other month executive meeting. We spent **£6200** entertaining our ladies on Mother's Days.



18 Strong Waiters awaiting AGE-UK's Fantastic Mothers Day Dinner Party

On occasions such as this, men of the AGE-UK warmly show their love and appreciation to the Women's Relief Group of the association by cooking, serving dinner and drinks to all our ladies who attend the Mothers Day party. They spend tremendous efforts to make a difference



Mr & Mrs Henaku at Mothers Day party

"old-men" but youthful looking could render unbelievable service and entertainment to our ladies. Ladies, see if you could encourage these men to do the same in their homes and bring me word; The Chairman.

Your caring invokes two other closely related words: charity and love. "We can do no great things – only small things with great love," is one of the sayings of Mother Teresa, surely one of the founding mothers of a caring spirit. Her sentiment was echoed by Martin Luther King, Jr. who wrote: "Life's most persistent and urgent question is: What are you doing for others?"



It's a pleasure seeing our friends from Citizen Advice Bureau & others joined us. Gents careful!!



Hello, hello, What's going on? I am having some Guinness. What makes these ladies sit alone when others are dancing and having fun??? Perhaps is time to join in, socialise & leave the rest



Wow !!! These ladies said the tunes & beats of the music were unfamiliar so they couldn't dance. But we are amazed to see how they learnt the moves quickly and took to the centre stage. Any challengers ????????

Listen to me, listen to me, Mr Speaker. Order, order!!! This man wants to remind everyone of our discipline to stay quiet when necessary.



Ho-ho-hoooo!!! Hajia, we didn't know that u have ur soft and quiet moments. Perhaps, our friend Assibi wasn't around or was time for Ramadan or Akyiriwia!!

What could these ladies see that others couldn't see?



All who labour with us are also invited to share our moments of joy. Ha ha ha!!!!!!

Well, onward AGE-UK Ex-servicemen & women matching blissfully and briskly on after some leaving the armed forces over 35 years ago. They still remember their foot drill, “eyes left”, chest out, chin in and still chin up despite the global economic situation. **Healthy life !!!**

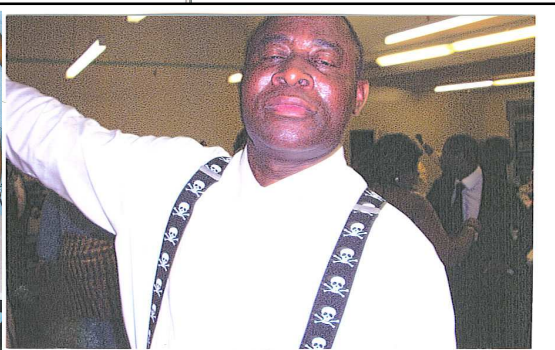


Party mood still, — Amazingly, the Chairman, Patron, friends from Citizen Advice Bureau and the rest couldn't wait till the end of the match past. **Brilliant foes!!!!!! Shake ur boogies**



What a delightful moment "Bye, Bye"!!!!

At the top right—An 80 year youngman seizes the opportunity to stretch his legs and shows off his youthful moves to under aged lady in blue. He commented, “Oh God save me for another 20 years for life is too short”.



I guess, Chris Anane wanted to rekindle his marriage by trying to spoon feed here.
Bless ya, Faustie !!!!!!!

“Joining AGE-UK means so much to me. Lets have fun tomorrow we die”
Our DJ Chris Tay was so excited that he couldn't help opening his eyes anymore.

Please accept my membership/donation of £ (amount) Monthly/Annually

Starting on the 1st | Month | Year or shortly after



Instruction to your Bank or Building Society to pay by Direct Debit



Please fill in the whole form using a ball point pen and send to:
Association of Ghanaian Ex-servicemen & Women UK, 45 Runbury Circle, London NW9 8RX.

(DO NOT RETURN TO YOUR BANK)

Name and full postal address of your Bank or Building Society

To: The Manager	Bank/Building Society
Address	
	Postcode

Name(s) of Account Holder(s)

Bank/Building Society account number

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Banks and Building Societies may not accept Direct Debit instructions for some types of account

For Association of Ghanaian Ex-servicemen & Women UK official use only. This is not part of the instruction to your Bank or Building Society

Service User Number

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FOR Association of Ghanaian Ex-servicemen & Women UK
OFFICIAL USE ONLY
 This is not part of the instruction to your Bank or Building Society.

Instruction to your Bank or Building Society
 Please pay Association of Ghanaian Ex-servicemen & Women UK Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with Association of Ghanaian Ex-servicemen & Women UK and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s)

Date

Gift Aid Declaration

Increase the value of your gift, at no extra cost

I wish the Association of Ghanaian Ex-servicemen & Women UK to treat all donations that I have made during the previous five years and all future donations as Gift Aid donations, until I notify you otherwise.

Signed

Date

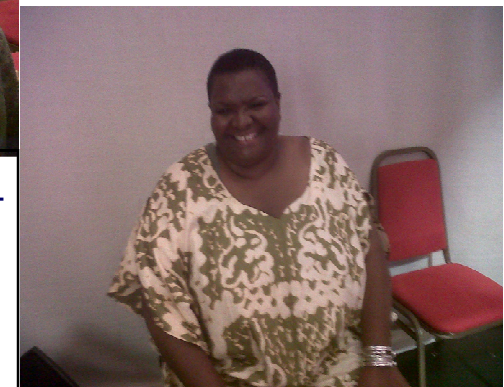


"Wea!! Wea!! Dad hands off and up. What do u think u doing?" "Don't worry girl. It's a safe environment and am so so excited. We make a difference by putting smile on the faces of our members and non-members. All are equal and invited".



Fantastic sense of collective efficacy and inclusiveness. The willingness of our community members to look out for each other & intervene when trouble arises or when called upon in times of need is always felt here.

Please tell us What make you smile so that we can do it again?



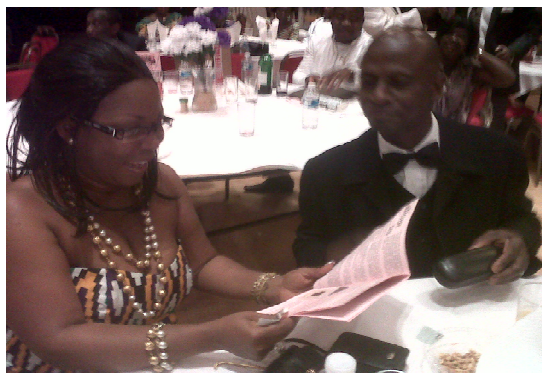


As part of our Humanitarian & Development projects, we donated a total of £3405 to 13 organisations.

This, we had the opportunity to be part in raising money for Parkinson Disease Society in Harrow, and had its Chairperson Mrs Ann Wallis and Mr Wallis attend one of our fund-raising events in support of our charitable causes.



There was some sort of chemistry flowing here. While others were matching and dancing, these ladies and gentlemen were up for something. **Could they share with us?**



"Oh my God !!! We're in the new bulletin. What can I say, we were caught on the camera. Well, an occasion like this I always want to show you my love and friendship".

Truly, you demonstrate the feelings of happiness & life satisfaction !!!!!!! What is the secret and could you share your experiences?

Association of Ghanaian Ex-Servicemen and Women UK (AGE UK)



Membership Application Form

- Members may only photocopy this form. ALL INFORMATION herein must be kept CONFIDENTIAL.
- Please type or write in black ink within the frame.
- Any additional information that may be useful for reference should be attached to the back of this form.

Affix your passport photograph here.

Section A: Personal information

Regimental number (if any)/Month & Year of Birth		Last Regimental Unit (if any)	
Surname		Forenames	
Other name (s) used/where		Years served in the Armed Forces	
Email address & Mobile No.		Telephone No. & Fax No.	
Home or known address in Ghana & UK			
Name/Address of person or next of kin to contact in case of any incident	Relationship		
	Mobile No		
	Telephone Landline No		

Experiences/Skills/ Hobbies for job opportunities (In bullet points)	
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Section B: Marital Status *Tick where applicable*

Married/ Partner		Divorced		Single		Widow/ Widower		Number of children
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Name of Spouse/ Partner and Address (if different from above)	
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Name (s) of children	Age	Name (s) of children	Age
1)		7)	
2)		8)	
3)		9)	
4)		10)	
5)		11)	
6)		12)	

Name of father/Address	
Name of mother/Address	

Section C: Personal Profile or Autobiography (for opportunities & emergencies)

1) Extended Family History i.e. Background/Composition/Ties or Family Experiences:
2) Educational Background/Training:
3) Job History/Work Experiences/Courses:
4) Your last Will/Wishes:

Statement of Truth
I believe that the facts stated in this application form are true and that by signing it I will fully accept and uphold the rules, regulation and the constitution of the Association.
Signed _____ date _____