



## **Veteran's Radio - Remy Savigar**

Rob: And I'm with Remy Savigar who is, like me, a volunteer radio man. Tell me about your radio station, Remy.

Remy: Yes, we are Veterans' Radio Network. We are actually based in the UK, or the station itself is based in the UK, but obviously because it's an internet station it can be received anywhere in the world and basically I have my own studio here in France. I live here, permanently, near Huelgoat. The station was started by Ken Campbell in 2012. Now he is a veteran of the Falkland Islands and he was actually at Bluff Cove when the Sir Galahad was bombed, hence the stress. It wasn't affecting at the time. People who don't know about Post Traumatic Stress - it doesn't actually happen at the event. It can happen anything up to 10, maybe 15, 20 years later. And it could be something that triggers the occasion. As it was, Ken actually suffered from it after a visit down on the 20th Anniversary of the Falkland Islands invasion and he came back as a changed man, basically suffering from Post Traumatic Stress. He had the therapy through the NHS and he wanted to be able to get information out to people who were in the same sort of situation. So he tried thinking about how he could get the message out and stumbled on the idea of running a radio station. He started Veterans' Radio Net back in 2012. I've been for nearly 18 months now as one of the presenters.

Rob: Are you an ex-Army man yourself?

Remy: I'm ex-Air Force. I spent 30 years in the Air Force myself working on all sorts of aircraft; starting right from the Canberra aircraft way back in 1975 I joined up. So we had Canberra aircraft, they've now gone out of service. I went on to Victors - they've now gone out of service. I went on the Vulcans - they've now gone out of service. It seems like I'm doomed - whatever aircraft I went on to it ended up going back out of service.

Rob: Tell me a bit more about your radio station. What kind of things do you do on it? Not just information.

Remy: We have a chat programme on a Saturday. We have Pablo Snow, who is one of our presenters. He's actually an ex Infantry and he actually suffers from PTSD himself, but from Northern Ireland and he runs a magazine called the 'Sandbag Times'.

Rob: This is available on net as well, I think?

Remy: Yes, it's available through the website [www.veteransradionet.co.uk](http://www.veteransradionet.co.uk). There is a link on there that actually takes you to the Sandbag Times or you can go directly to [www.sandbagtimes](http://www.sandbagtimes) (all one word).co.uk. Now, the magazine has actually rocketed in the past couple of months. It started off just as a sort of newsletter-type magazine and has now gone on and it's actually been read in the House of Commons because it's literally a magazine written by veterans for veterans and it's non-political. It's not critical of any

particular areas it just brings news to the actual people that want to know. The, uh, radio station has Pablo as one of its DJs, or presenter, whatever you like to call it. Pablo does his show on Saturday mornings between 8 and 10 o'clock - all UK times. We tend to work with UK times there because that's where the station obviously works - so just add the hour on for France.

Rob: Just to remind listeners that actually they can access this on the net so you can listen to this any time, right here in Brittany.

Remy: Yes, definitely. As I say, my show runs on every weekday. I go between 10 o'clock and 12 o'clock UK time.

Rob: It's live, is it?

Remy: It is live, yes. Most other presenters are Army. They're Sappers, so we do tend to have a bit of banter between the Army and the Air Force. We are still trying to get hold of some Navy - trying to make it a tri-service, rather than just sort of cornering the market.

Rob: We're here in Maël Carhaix this morning. What's this meeting about?

Remy: The Breakfast Club is basically just a meeting - no fees or anything else like that. All it will cost you is your own breakfast that you decide what you want to eat or whatever. And it's basically just to get people together - just to try and get like-minded views and basically just to chat.

Rob: OK, so we're in Maël Carhaix. This is where you're planning to meet today.

Remy: Yes.

Rob: Your first meeting, I gather, of the Breakfast Club.

Remy: It is.

Rob: How is it going to be organised for people who are interested in coming along?

Remy: We're starting, at the moment, just once a month - just to test the waters. This is the very first one in France so we're hoping that the idea's going to catch on and obviously throughout France there are lots of other enclaves of sort of British Veterans and that, that might be interested in starting their own clubs up. And again the idea is that we're going to start for just once a month at the moment. If it becomes popular, then we actually want to actually make it a weekly thing - as they have in the UK. On the Breakfast Veterans' Club site there are, I think, probably about nearly 600 clubs spread throughout the UK. Again, it's normally just a cafe that's willing to host and the people just go along, come and have a chat and come and meet people and try and get information out, if they need be. As I say, this is the first one in France. I sort of got involved with it because basically through the radio station I knew about Breakfast Clubs and said 'I wouldn't mind going to one of them' and someone said 'Why don't you start one?' Well, the idea is here - I'm here!

Rob: You have some people waiting to talk with you this morning at 'Chez Odette' in Maël Carhaix. Remy, thanks very much for this morning's chat and very best of luck with your Breakfast Club.

Remy: Thank you very much.

