

exposure

Spring 2023

The combined magazine for the nuclear community



Jeff Liddiatt MBE

NCCF Hon, Life President receives an MBE in the New Years Honours

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Lifetime achievement award

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The BNTVA publish an update on the current situation

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Foreword

Hello and welcome to the Spring edition of exposure magazine. We would like to congratulate NCCF Life President Mr Jeff Liddiatt MBE who was honoured in the new year with an MBE. His investiture took place at Buckingham Palace on the 20th of April 2023 and was presented by the Princess Royal.

We also congratulate our Trustee Don James who In January received a lifetime achievement award from the NCCF. The award was presented to Don by The Rt Hon Johnny Mercer MP. Full details are on p17.

As many of you will be aware the BNTVA are currently having a number of internal issues which they are addressing. As a result they are not able to publish or distribute their Campaign magazine. The BNTVA Trustees asked if they could publish some information in exposure in order to communicate to the Nuclear community. This has been approved by the NCCF board as a temporary measure until they are able to communicate to their membership again, which hopefully will be soon.

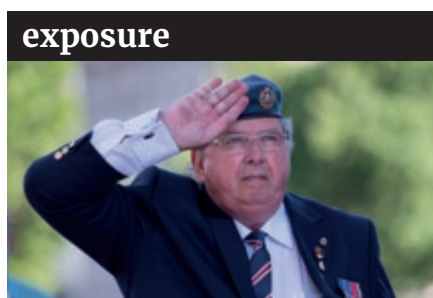
We hope you enjoy this edition of the magazine.

Editor - exposure

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The Nuclear Community
Charity Fund



Making that difference

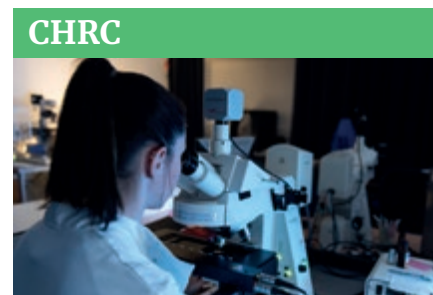


BNTVA
the Charity for Atomic Veterans
Registered Charity 1173575



exposure Online

See the magazine website at: www.exposure.press



CHRC Exploring for genetic variation in veterans

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CHRC
Centre for Health Effects of Radiological and Chemical Agents

Jeffrey Ronald Liddiatt esq., MBE

Jeff Liddiatt, Hon. Life President of the Nuclear Community Charity Fund has been appointed to the Most Excellent Order of the British Empire as a Member of the Civil Division for his service to Nuclear Test Veterans and the community in Bristol in the first New Years Honours bestowed by The KING.

On the 20th April 2023 Jeff attended Buckingham Palace in the company of his wife and family where he was invested into the Civil Division of the Order of the British Empire by the Princess Royal.

We are extremely proud to work with Jeff and to see his amazing career of charitable service being recognised by The KING.

In 1985 Jeff joined the British Nuclear Test Veteran Association (BNVTA) at the time it was an organisation without a clear purpose drifting between old comrades, demand for recognition and protest. With Jeff's sustained vision of moving the organisation to charitable works through sheer effort and force of will, he made the difference and fostered a sea change which directly helped the BNTVA become a caring supportive registered charity focussed on its beneficiaries' needs and aspirations.

In 1997 Jeff began editing the BNTVA Newsletter and in 2002 he worked to evolve the publication into the organisation's Campaign magazine managing the editorial role he increased the scope and quality of the production which was to become the key communication medium within the community. As testimony to the standards and innovation that Jeff drove forward Campaign magazine remains in print today.

During 2009 Jeff became the BNTVA National Secretary, taking an active lead in negotiations to achieve the recognition of Parliament of the contribution of our Nuclear Test Veterans to the safety of the nation and for the provision of support to the community of veterans and their families. Working closely with Nigel Heaps MBE and John Baron MP a campaign was delivered which resulted in formal recognition by the Prime Minister on the 2nd July 2014 in a statement to the house.



A testament to Jeff's commitment for selfless action cannot be better illustrated than in his determination not to let his considerable health issues interfere with the delivery of the BNTVA Campaign. A couple of hours after hosting a special screening of a documentary about the British Nuclear Community for Members of Parliament at Portcullis House, Jeff suffered a heart attack and slight stroke. He was rushed into St Thomas' Hospital but within five days he had returned home and was on the phone discussing the next stages of the campaign with his colleagues.

Between 2010 and 2016 Jeff championed the cause of the Nuclear Community and its veterans, forging links with other charities like the Royal British Legion and SSAFA alongside international organisations like the French Association des vétérans des essais nucléaires. He negotiated the recognition of the BNTVA within the United Nations where full consultative status was achieved. Jeff was instrumental in the subsequent negotiations with the Treasury and Ministry of Defence to establish a fund to reduce suffering and increase well-being amongst the British Nuclear Survivor Community which ultimately lead to the creation of the Nuclear Community Charity Fund.

The pinnacle of Jeff's time with the BNTVA came when as Chairman he was invited by the French Veterans to a ceremony rekindling the eternal flame on the tomb of the unknown soldier at the Arc de Triomphe de l'Étoile in Paris. On the 2nd of July 2017 the honour bestowed upon Jeff as leader of the British Nuclear Veterans and in recognition of his work uniting nuclear veterans worldwide was hugely significant as the only other Britons given this honour have been Queen Elizabeth II, Prime Ministers; Winston Churchill, Antony Eden, Howard McMillan and Tony Blair.

Exposure covered this event <https://exposure.press/paris-2017-ceremony/>

Left: Jeff and his wife Annette





Former BNTVA & NCCF Chairman Jeff Liddiatt with other dignitaries at the Arc de Triomphe



All Photos - Steve Bexon / BH Associates

Jeff left the service of the BNTVA in 2018 having successfully managed the creation of the Nuclear Community Charity Fund for which he became the first Chairman. Managing almost £6million in funds Jeff was the first Chairman of the organisation and using his persuasive, resourceful nature he ensured the organisation was safely guided to create all the necessary functions needed to address its role with sustainable empathy for the needs of the beneficiary community.

Standing down from the chair position in 2019 Jeff undertook the treasurer's role managing the move of the charity finances to the ethical Charities Aid Foundation Bank further promoting his commitment to sustainable ethical impact. On the 31st of May 2020, Jeff finally retired as an active trustee of the NCCF and was made the very first honorary Life President of the organisation. Jeff remains a trusted and admired ambassador for the work of the NCCF within the nuclear community.

Jeff also made a significant contribution to the development of the Centre for the Health Effects of Radiological and Chemical Agents at Brunel University London (CHRC), from negotiating almost £1million in funding to developing and advising the ongoing activities of the CHRC.

Appointed to the Chairmanship of the Advisory Board for the CHRC Jeff continues to provide peerless supportive shepherding of the Board, skilfully blending the needs of the scientific communities with those of the beneficiaries and he enjoys respect and admiration from all members of the board. Outside the Nuclear Survivor Community Jeff has been active within various Healthcare organisations between 1998 and 2018.

In 1998 Jeff became Chairman of the Avon Ambulance Patient and Public Initiative. This merged into the Great Western Ambulance PPI in 2001 and Jeff was asked to retain the chairmanship.

In 2014 Jeff was appointed as the Public Governor for Somerset to the South West Ambulance Foundation Trust at which he served two terms until 2017. He also sat on the 'OneCare' health committee for North Somerset, Bristol and South Gloucestershire and was Chairman of the Patient Participation Group of the Harbourside Family Practise between 2013 and 2018. Throughout his time within this sphere, he made significant contributions to the development and provision of patient-centric services whilst maintaining the budgetary constraints of public services.

Jeff was made the first Honorary Life Member and President of the NCCF in June 2020
<https://exposure.press/end-of-an-era-for-the-nccf>
 and continues to serve to this day.

The Trustees and all associated with the NCCF, CHRC and BNTVA offer our most heartfelt congratulations to Jeff for receiving this great honour.



Jeffs MBE Medal

My Story – D.J. Luck

Royal Engineers

In 1958 the U.K government needed to demonstrate to the U.S.A its independent thermo nuclear capability so nuclear co-operation could resume. This is an account of the part my regiment contributed and the effect it had on servicemen involved.

I enlisted in the Royal Engineers in 1956, trained as a field engineer, (military construction explosives demolitions ordinance and mine clearance).

I was then posted to 61 SQN 38 CORP Engineer Regiment Osnabruck B.A.O.R.

I returned to the UK late 1957 prior to posting to Christmas Island, when I embarked on the troop ship Dunera on the 30th December 1957. We were informed no overseas allowance en route and only half-pay. My comrades and I were not impressed.

On arrival Christmas Island the regiment was tasked with completing the main airfield. We were to lay an emergency runway, clear and tarmac over forty miles of double track roads, install fifty miles of power pumped drainage, construct power stations and pumping stations, erect a network of communication masts each between 150- 250ft high, install blast protection and blast blocks, cookhouses and messes for the incoming garrison and maintain existing buildings and services.

A big problem was the island had no sand or gravel, so coral was crushed and ground to produce the thousands of tons of concrete and tarmac needed. There was a shortage of basic construction tools but we made what we could.

Most of the craftsmen's specialist tools arrived via the British Forces Post Office (BFPO) (from family and friends). My troop consisted mainly of National Servicemen with up to date building skills their practical ability would overcome any problem during construction. I worked closely with a Yorkshire lad Trevor Butler. After our next posting it would be fifty two years before we would meet again, the same amount of time it took the M.O.D to carry out a health survey on any nuclear veterans that could be located.

After initial construction was completed at main camp, my troop was moved to the forward area B site at the far end of the island.

One of our tasks was to erect the network of communication masts and rebuild them after each detonation, but again no tools or safety equipment. Our tower crane was a World War Two barrage balloon attached to a ground winch, some very hairy moments.

Most of the work had been completed when medics arrived and began taking blood samples. Myself and several members of my troop were told to return to main camp as we had low blood counts. On arrival I was ordered to the Adjutant's Office stood to attention. I will quote his exact words. "Corporal, if you want to stay in this man's army you will keep your mouth shut, got it".

All of the work the regiment was tasked with was completed in ten months, and most of us were flown home for Christmas of that year. Medals were being handed out to aircrew but the men who had made it all possible, nothing, no General Service Medal or even a thank you for the hundreds of millions of pounds we had saved the then Conservative government.

We had travelled halfway around the world to serve our country, some to give their lives never to return home, all to be buried at sea.

On returning to the U.K our SQN was given the task of building a road through a disused artillery range, we seemed to get all the good jobs.

In late 1959 I refused promotion and left the Army returning to the building trade, but I missed the comradeship I had experienced, so in a career change I joined the Royal Air Force Department Fire Service (now the Ministry of Defence Fire and Rescue). Promotion and an A.O.C commendation followed rising to the rank of Station Officer.

In 1980 strange lumps began appearing all over my body within two years I was forced to retire as not fit for operational duties, my health quickly deteriorated prostate lymphomic and lung cancer followed, I am still receiving treatment.

I am convinced the five nuclear detonations are the cause of my ill health.

American, French and even Russian servicemen who participated in their own nuclear testing programmes were honoured, decorated and compensated. But for over fifty years British governments have paid millions to lawyers to obstruct and delay rightful recognition and compensation to the nuclear veterans, their plight and suffering ignored. No other country has treated its servicemen with such contempt.

A number of years ago the British Nuclear Test Veterans Association (BNTVA) became a charity and adopted the Forget-Me-Not flower as its logo for NAVAD. I will end with a soldier's verse.



Forget Me Not

Forget me not we can say
With each and every passing day
Hard work and courage was the norm
Within our ranks self-pride was born
We salute our comrades past and present
Who gave this nation its own deterrent
So once again we can say
Forget me not in every way

D.J. Luck Served Royal Engineers.
Christmas Island Jan 1958 - Dec 1958.
Present at five nuclear detonations.

Nuclear Medal Applications

For anyone who wishes to apply, the Government have published details on how to apply for the commemorative Nuclear medal.

The application form can be downloaded from the government's website here: <https://www.gov.uk/government/publications/applying-for-medals>

If anyone is unable to download the form we can print and send a copy to you. Call 0115 888 3442 and leave a message or email: office@thenccf.org

When you've completed your application send it back to:

**MOD Medal Office
Room G36
Innsworth House
Imjin Barracks
Gloucester
GL3 1HW**

The form is a generic MOD medal application form. In the box that says *I wish to apply for* enter **Nuclear Test Veterans Medal**. If you are applying for a veteran who has passed away you will need a death certificate. If you don't have one you can obtain one from: <https://www.gov.uk/order-copy-birth-death-marriage-certificate>

Your application will have to be validated so having a service number and some information on service history will help your application. If you need to find a service number or military records you can apply at: <https://www.gov.uk/get-copy-military-service-records/apply-for-someone-elses-records>

Without a service number you will need a death certificate to apply for Military records.

Please note the Government's own website says that a search for military records can take several months.

You will be able to find detailed information on the application process at: <https://www.labrats.international/medal>

The page includes information on the eligibility criteria, frequently asked questions and also a useful video showing you how to fill out the application form.

At the time of writing there doesn't appear to be any information available regarding the design of the medal or when or where a presentation ceremony will take place, but we will publish any information on this when it's available.

The Nuclear Community Charity Fund

Managing a death in the family

Help and advice on what you need to do if a family member passes away.

P10

Lifetime Achievement Award

NCCF Trustee Don James receives a lifetime achievement award.

P17



Managing a death in the family

Continuing our series of articles giving practical help and advice to deal with some of the more difficult aspects of life we are now looking at what needs to be done when someone passes away.

Initial Actions

If the death was unexpected, you should dial 999 and ask for an ambulance and police immediately. You will be told what to do by the operator to establish whether you can try and resuscitate the person. The paramedics will carry out resuscitation or will confirm the death. Leave the area untouched apart from any attempt at resuscitation.

If the death was expected, perhaps due to a terminal illness, you should contact the deceased's GP or nearest doctor. If it happened during the night, you do not need to contact the doctor until the following morning unless you want to.

If the cause of death is known and from natural causes, the doctor will issue the documents to allow you to register the death.

The police will arrange for the body to be moved by a Funeral Director acting for the Coroner if the death is unexpected. If a doctor has confirmed an expected death you may call a Funeral Director of your own choice when you are ready to do so. Funeral directors provide service any time of day or night to move the deceased to a funeral home.

Once the deceased has been removed and any Police examinations complete you should secure the home, this is especially important if they lived alone. Consider removing valuable items such as Jewellery,

Documentation, Bank Cards and Cash if you feel they would be more secure in your custody. These will all need to be passed to the person responsible for making the final arrangements.

If the doctor is unsure about the actual cause of death even if it was clearly from natural causes, or if the deceased died suddenly and had not been under a doctor's care during the past 14 days, or if the death is unnatural, they will contact the Coroner (or Procurator Fiscal in Scotland). The Coroner or Procurator Fiscal may order a post-mortem examination to determine the cause of death and then issue the documents allowing the death to be registered.

Register the Death

The death must be registered by the registrar - Within 5 days in England, Wales and Northern Ireland or within 8 days in Scotland

In England and Wales, it is possible to delay registration for a further 9 days provided that the Registrar receives written confirmation that the medical cause of death certificate has been signed by a doctor. Hospitals will usually send the certificate direct to the Registrar and advise you when this has been done so you can make an appointment with the Registrar.

The registration should be made in the district in which the death occurred in England unless the death has occurred in a county that has adopted a county-wide system.

If you are completely unable to attend a registrar in the district (or county) in England in which the death occurred you can attend elsewhere and carry out a declaration of the death. You should be aware that the issue of the Death Certificate will be delayed as documents must be sent between the registrars in the post. In Scotland, the registration may be done at any Scottish registration office.

Most Registrars operate appointment systems. Some operate an emergency out-of-office hours service for families needing urgent burial for any reason. Telephone your main council switchboard to find out if there is an out-of-hours service. Many Registrars now also offer an online booking system - search under Deaths on your local council website.

In general, registration of the death should be carried out before the funeral can go ahead. Exceptions are deaths subject to investigation by the Coroner. Permission for burial may also be issued before full registration in certain circumstances but this is not possible if cremation is planned.

Between the death and the registration, you should attempt to locate all the essential paperwork relating to the deceased, as you will see below the Registrar is the first in a line of people who will need to review this documentation.

Aside from the documentation detailed below, you should look out for any documents relating to Funeral Directors or pre-paid arrangements.

You should also look for a copy of the Last Will and Testament or any clue as to the Solicitors that the deceased may have used.

It is useful to contact a Funeral Director as soon as possible, they can start to make arrangements even before the death is registered and provide a great deal of support and advice to the bereaved.

You should also carry your own forms of identity when managing the affairs of the deceased as you will often need to prove who you are.

The Registrar may also want to see the person's:

- Birth Certificate
- Council Tax bill
- Driving Licence
- Marriage or Civil Partnership Certificate
- NHS Medical Card
- Passport
- Proof of Address (eg utility bill).

Ask the Registrar what to do if you do not have them when you make the appointment.

During the Registration of the death, You will need to tell the registrar:

- The deceased full name at the time of death
- Any names previously used, eg maiden name
- Date and place of birth
- Their last address
- Their occupation
- Full name, date of birth and occupation of a surviving or late spouse or civil partner
- Whether they were getting a State Pension or any other benefits.

Once the death is registered you will get two important documents: The Certificate of Registration of a Death (Death Certificate) and a Certificate for Burial or Cremation, known as the 'Green Form'.

The Green Form needs to be passed to the Funeral Director/service.

- The Death Certificate will need certified copies made to send to various bodies.
- You can purchase one or two additional certificates at the time of registration. However if you are going to visit the deceased bank then the officials there can make you certified copies free of charge.

Useful weblink

<https://www.gov.uk/register-a-death>

Contact the Funeral Director

If the deceased has already got arrangements in place the documentation will advise you how to contact them to commence the process. If no prior arrangements have been made you may have discussed what the deceased wanted prior to their passing but if not look through any Last Will and Testament in case they have left instructions within.

If a person has opted for a Direct Cremation funeral like the ones funded by the NCCF then you simply follow the instructions in the Direct Cremation package. You are then able to make any arrangements for a celebration of life event and ash scattering.

For help finding a Funeral Director try:

<https://beyond.life>

Beyond...

Once you have the 'Green Form', Certificate for Burial or Cremation, pass this to the Funeral Director.

Inform People

There are four groups of people and organisations you need to inform of the death:

- Government Departments
- Organisations the deceased had relations with
- Businesses Marketing
- Friends and Family.

Government Departments

The Government have a 'Tell Us Once' service which enables you to submit one notification to all the relevant Government Departments.

To use this service the Registrar will give you a unique reference number when you register the death, it is usually accompanied by an information sheet on how to use the service. With the unique reference number, you can easily submit the information online.

- Name
- Date of birth
- Address
- Date they died
- name, address and contact details of the person or company dealing with their estate (property, belongings and money), known as their 'executor' or 'administrator'
- If there's a surviving spouse or civil partner, the name, address, telephone number and the National Insurance number or date of birth of the spouse or civil partner
- If there's no surviving spouse or civil partner or their spouse or civil partner is not able to deal with their affairs, the name and address of their next of kin
- If they died in a hospital, nursing home, care home or hospice, the name and address of that institution - you'll also be asked if the stay was for 28 days or more.

You may also need:

- If they had a passport, their passport number and town of birth
- If they had a driving licence, their driving licence number
- If they owned any vehicles, the vehicle registration numbers
- If they were getting services from their local council, such as Housing Benefit payments or Council Tax reductions, the name of their local council and which services they were getting
- If they were getting any benefits, tax credits or State Pensions, information about which ones they were getting
- If they were getting money from an Armed Forces Pension or Compensation Scheme, details of that scheme
- If they were getting money or paying into public sector pension schemes, details of those schemes
- If they were getting money or paying into Local Government Pension Schemes (LGPS), details of those schemes and their National Insurance number.

You need permission from any surviving spouse or civil partner, the next of kin, executor, administrator or anyone who was claiming joint benefits or entitlements with the person who died, before you give their details.

Tell Us Once will notify:

- HM Revenue and Customs (HMRC) - to deal with personal tax and to cancel benefits and credits, for example, Child Benefit and tax credits (you need to contact HMRC separately for business taxes, like VAT)
- Department for Work and Pensions (DWP) - to cancel benefits and entitlements, for example, Universal Credit or State Pension

- Passport Office - to cancel a British passport
- Driver and Vehicle Licensing Agency (DVLA) - to cancel a licence, remove the person as the keeper of up to 5 vehicles and end the vehicle tax (you must contact DVLA separately if you either sell the vehicle or keep it and tax it in your own name)
- The local council - to cancel Housing Benefits, Council Tax Reduction (sometimes called Council Tax Support), a Blue Badge, inform council housing services and remove the person from the electoral register
- Veterans UK - to cancel or update Armed Forces Compensation Scheme payments
- Social Security Scotland - to cancel benefits and entitlements from the Scottish Government, for example; Scottish Child Payment
- HMRC and DWP will contact you about the tax, benefits and entitlements of the person who died.

Tell Us Once will also contact some public sector pension schemes so that they cancel future pension payments. They'll notify:

- My Civil Service Pension
- NHS Pensions for NHS staff in England and Wales
- Armed Forces Pension Scheme
- Scottish Public Pension Agency schemes for NHS staff, teachers, police and firefighters in Scotland
- Local Government Pension Schemes (LGPS).

Following the initial submission, some Government Departments may contact you to resolve any tax or payment issues.

Weblink: <https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once>

Organisations the deceased had relations with

This covers all the other organisations like Banks, Insurance Companies, Pension Providers, Utility Companies etc.

Life Ledger Service

Luckily there is an internet-based service similar to 'Tell Us Once'. It's called 'Life Ledger' and can inform over 1,000 UK companies, ranging from banks, insurers and pension providers to gas, water, telecoms and social media. You can track the progress of your notifications, directly contact the companies and upload required documents in one place.

Life Ledger really saves you time and takes away the stress of having to repeat yourself again and again. The other great thing about Life Ledger is that you can set up an account to store all your own information which makes things easier for your loved ones when you pass.

Web link: <https://lifeledger.com/>

Premium Bonds

National Savings and Investments have a specific page for investigating and sorting any premium bonds the deceased may have held.

<https://forms.nsandi.com/gateway/online-forms/index#/form/bereavement>

Business Marketing

Stop Mail is a free service that has been developed by the Bereavement Support Network to help families and friends locate services and cancel unsolicited mail following a loss.

The Stop Mail service enters the details into a secure data bank. Any company wishing to send direct mail details of their products and services can check their mailing list against the information held on The Bereavement Register.

If the direct mail companies find any matches, they will remove the deceased's details and stop sending them marketing communications. They are obliged to do this by law.

The information provided to Stop Mail is added to a mail suppression system to which over 3000 UK organisations subscribe. Many of these organisations are household names.

Typical users include financial institutions, mail-order companies, national retailers and charities.

Web Link: <https://stopmail.co.uk>

There are two other organisations offering a similar service, we are not sure of the total coverage or overlap of these alternatives however for the couple of minutes it takes to register on them it may be worthwhile.

<https://www.thebereavementregister.org.uk>
<https://www.mpsonline.org.uk>

Please note it can take up to six weeks for this type of mail to stop.



fizkes / Shutterstock

Family and Friends

This can be the most traumatic and difficult activity you have to do following a bereavement.

Where should I tell them?

- It is usually best to tell them the news in person. If this is not possible, making a phone call is better than sending a text or email.
- Allow plenty of time when you're with the person or making the call.
- If possible, make sure you are in a safe and confidential space where there will be no potential interruptions. Switch off phones, radios and televisions.
- Call elderly or vulnerable individuals when they can have someone beside them for support and not alone after hearing your news

What should I say?

- Even though it is impossible to prepare anyone for news about the loss of a loved one, it may help to think through and prepare what you're going to say.
- Talk gently and slowly, using simple and plain language. Warning the person that you have bad news may mean that they're less shocked.

- Avoid euphemisms such as 'gone to sleep' or 'they're in a better place' and be as truthful and clear as possible. This is especially important when talking to children, as they can take such phrases to be literal.
- Avoid talking about unrelated issues or delaying because it may not be the right time or the person's mood may be ruined. There is never an ideal time to give someone bad news. Check that they understand what has happened and whether they would like to express what they are feeling.
- If as well as telling them about the death you also want to discuss practical things like the funeral arrangements, it may be better to leave that for a separate conversation.

How to support the person you are telling

- Your loved one may have been seriously ill for a long time, or they may have died quite suddenly. If the death comes as a shock for the person you're talking to, they may find it particularly difficult to take in.
- The person may need physical space to take in what you've said. Leave it up to them if they want to be touched or held.
- If someone becomes very distressed, and you're unable to stay with them, you may need to ask who you can contact on their behalf. This might be a neighbour, friend or family member who lives close by and can stay with them.
- You may have a long list of people to call, and it can be very tiring. You might want to limit yourself to so many a day or share the calls with another close family member or friend.

Settling the Estate

When someone dies, their estate (their money, property and assets) needs to be transferred to their heirs and any outstanding debts and taxes need to be paid.

Public Trustee

A person may have appointed the Public Trustee as the executor of their estate to deal with the property and money after they die if:

- There's no suitable person who's willing and able to act as executor at that time, eg someone who's over 18, isn't bankrupt and doesn't have a criminal conviction
- The person who will benefit from the will is vulnerable, eg a child or adult whose mental disability means they can't manage their own finances and property

The Public Trustee can do most things that any other executor can do, such as apply for probate.

The Public Trustee can't be an executor if:

- Executing the estate involves managing a business
- The estate is insolvent, eg the debts are more than the assets
- Is not named as the Public Trustee in the will.

The Public Trustee should have a copy of the Will and they'll decide whether to accept the appointment following the death.

The Public Trustee
Post Point 0.53
102 Petty France
London
SW1H 9AJ

Probate or Administration

A grant of probate is a document that states that you are legally allowed to settle the estate of someone who has died. Once you've received it – or, if there is no will, a letter of administration – you'll be able to access and close their bank accounts, give funds and property to whoever is set to inherit and pay off any outstanding tax and debts.

A grant of probate is not always required: if the total value of the estate is small, or accounts, property and assets were owned jointly, you can potentially settle the estate without one.

When do you need Probate?

So, when is probate required? The simple answer is that a grant of probate is needed in most cases, especially when land or property is involved, but it's always worth taking a little more time to find out for certain.

Do I need Probate? A quick checklist:

When you're trying to find out if you need probate, it can help to make a list of what was owned in the name of the person who has died. Here are a few things to think about:

- Did they have a bank account solely in their name, and how much is in it? Most banks will release all funds without a grant of probate if there is less than £5,000 in an account, and some will release up to £25,000 – the amount varies depending on the bank. You'll need a grant of probate before you can access any money beyond the bank's stated threshold.
- Did they own property? If the person who died was the only named tenant on their mortgage, you will require a grant of probate before you can claim, transfer or sell the property. You'll also need to consider what the property

is worth, and whether there's an outstanding balance on the mortgage.

- Did they hold stocks and shares? Much like banks, registrars usually have a maximum threshold on the value of stocks and shares that can be accessed without a grant of probate. This can be up to £10,000.

Most financial institutions will ask for a grant of probate before they release funds or stocks over a certain amount or value, and this amount will vary depending on the bank or company. You'll need to do your research to find out if probate is required to access those assets.

Jointly owned assets, like a joint bank account or a mortgage with multiple tenants, work slightly differently, and may not be subject to probate in the same way. More on this below.

When is Probate not required?

You might not need a grant of probate if:

- The person who's died held all their assets jointly with someone else, like a spouse. For example, if they had a joint bank account and were beneficial joint tenants of a property. In these cases, ownership will pass to the other owner.
- The estate is small. If all of the assets held by the person who has died are worth less than £5,000 – a situation known as a Small Estate – then you may not need a grant of probate to gain access to them. This usually happens in cases where no land, property or shares are in the estate.
- The estate is insolvent. This is when the debts, taxes and expenses owed by the estate are greater than the amount actually in it.

In cases where a grant of probate is not required, you will usually still need to provide a copy of the death certificate (given to you when you register the death) and proof of your own identity to gain access to accounts and settle the estate.

Is Probate required if there is a will?

The will makes a difference, but only to the kind of documentation, you'll need to apply for to settle the estate legally. If there is no will, you need to apply for a 'Letter of Administration' rather than a grant of probate, and there are certain restrictions on who can do this. However, the rules around when probate is required are the same whether there's a will or not.

Administration

In some circumstances, someone who wants to deal with the estate of someone who has died will have to apply for letters of administration, rather than probate. This person is called an administrator. You have to apply for letters of administration if:

- There is no will
- A will is not valid
- There are no executors named in the will
- The executors cannot or are unwilling to act.

There are strict rules about who can be an administrator. If there is a valid will, you can apply for letters of administration if:

- The person who died left all of their estate to you in the will, and
- The executors are not named, or cannot or are unwilling to act.

If there is no valid will, and you are the next-of-kin, you can apply to be an administrator in the following order of priority:

- You are the married partner or civil partner of the person who has died
- You are the child of the person who has died

- You are the grandchild of the person who has died
- You are the parent of the person who has died
- You are the brother or sister of the person who has died
- You are the nephew or niece of the person who has died
- You are another relative of the person who has died

An unmarried partner, or same-sex partner who has not registered a civil partnership and who has not been named in a will as an executor will not usually be able to act as an administrator.

What is the Probate/administration process? Probate explained

What is the probate process like? In most cases, it can be broken down into 10 steps:

- 1 Gathering information and finding out the value of the estate.** Contacting banks, the Department of Work and Pensions, HMRC (Her Majesty's Revenue and Customs) and creditors, among others, to find out the full value of the estate and any property.
- 2 Completing inheritance tax forms.** You need to report the value of the estate to HMRC whether inheritance tax is due or not. You can find out more about how to do this here.
- 3 Applying for a grant of probate (or letters of administration).** If the person who died made a will, you can do this online. If not, you can apply by post. If your application is successful, you should hear back in 20 working days.
- 4 Closing accounts and gathering funds.** When people ask what probate is for, the answer is this. With the grant of probate in hand, you can now reach out to all the places where the person who died had or owed

money to close their accounts and collect funds. This includes banks, pension providers, mortgage companies and energy companies.

- 5 Paying for the funeral.** This is usually the first payment made. Some banks will release money for a funeral without a grant of probate if the amount is below a certain limit. This varies depending on the bank. While waiting for funds to be released, you can get a loan to cover funeral costs.
- 6 Paying debts.** If any exist, that is. At this stage, a good probate provider will also try to start releasing funds to beneficiaries of the will.
- 7 Selling and giving out assets.** Things like shares will need to either be sold or given to the person who is set to inherit them – either the next of kin or beneficiaries of the will.
- 8 Selling or transferring property.** If the deceased left property, this can now be given to whoever is set to inherit it and sold if necessary.
- 9 Dealing with Income Tax, settling Inheritance Tax.** When you tell HMRC about a death, they will let you know whether you'll need to complete an Income Tax return. At this stage, you can also confirm your Inheritance Tax payment position and reclaim anything that was unnecessary.
- 10 Giving out funds and further assets.** The final stage is giving out funds, belongings and any remaining assets to those entitled to them (either the will beneficiaries or next of kin, if there's no will).

Probate Summary

As you can see this appears to be the most complex part of managing bereavement. If the situation is a fairly straightforward one it can be easily accomplished by an individual, however, not everyone will feel confident enough or the estate may be considerable in either complexity or value; in those circumstances, it may be helpful to seek professional help and engage a solicitor to manage the process.

Rented Property

If the deceased was living in a rented property and there is no other signatory to the tenancy agreement then the agreement will stipulate how long you have to clear the property. You will need to clear the home of all the deceased's property and hand in the keys at the end of the notice period. This is usually four weeks, but if you need longer speak to the landlord. For Housing Executive and housing association homes, you may only have a week to clear out the property and hand back the keys.

Clearing the Property

This is not so pressing an issue if the deceased owned their property, you can await the probate/administration completion however, as we saw above with rented property there may only be a week in which to remove all the possessions from the property. Depending on the complexity of the arrangements it may be worth bagging everything and putting it into storage to give you time to sort through it all.

Updating Property Records

This is usually the final task when settling an estate, again it is fairly straightforward and the average person should be able to complete it. It is useful to review the process and if you feel it may be too complex then again you can always engage a solicitor.

When the deceased owned property, either outright or shared with another, you will need to inform HM Land Registry of any changes of title. There has been a rise in fraud associated with property registrations following HMLR registration changes in 1990 so it is best to get the changes or even First Registration completed.

In 2022 it is estimated that 15% of land in England and Wales remains unregistered.

Using the UK Gov link below will allow you to check the property records and guide you through the type of registration or transfer you need to make in regard to the title.

Web Link: <https://www.gov.uk/update-property-records-someone-dies>



Summary

As you can see, when someone dies there are so many things to take account of and you will probably be doing this whilst suffering grief for their passing. Talking about death is rarely done within family and friend circles, even when it is mentioned it is usually in a lighthearted comment, sitting down and grasping the cold hard facts is something we don't really want to do.

If you do have time, make a plan, gather all your documentation into one safe place, discuss and write down what you want to happen with your funeral and estate. Even if you don't go to the full length of making a will putting your affairs in order to make it easy for friends and relatives that will have to manage when you pass.

If you are unsure of any aspect of the subjects covered in this article please consult with your local Citizens Advice Bureau or Solicitor.



Donald Terrance James Lifetime Achievement Award



Steve Baxton / BH Associates

Don receives his Lifetime Achievement Award from Veterans Minister Johnny Mercer MP

On the 25th of January 2023, the Nuclear Community Charity Fund officially recognised the service that Don James has, and continues, to give to the British Nuclear Test Survivor Community.

The presentation was made to Don by the Veterans Minister, Johnny Mercer MP at the Victory Services Club in London.

'Don' grew up in South Wales and like many young men, he left to do his National Service and enlisted in the Corps of the Royal Engineers.

Upon completion of his basic training, he was posted to Christmas Island where he witnessed several nuclear tests in the Grapple series.

After military service, he settled in London, joined the Civil Service and met his French wife Christine who was working in London during her GAP year.

Don joined the BNTVA in its early years and became an active member in the London area supporting Ken Taylor at Branch level. His main duties for many years were organising the BNTVA contingent at the Cenotaph Remembrance Parade, setting out and supervising the BNTVA Garden in the Field of Remembrance at Westminster Abbey.

Don also served as one of the first trustees when the BNTVA became a charity. He moved his trusteeship to the NCCF when the charity was formed and continued to represent the British Nuclear Community becoming one of the hardest-working trustees of the charity.

As a Standard Bearer Don has attended Veterans' funerals and represented our community at national and international events both in the UK and in France.

Don is also valued by his friends and colleagues for his uncanny ability to find the best 'watering holes' wherever he is billeted.

Compliant with GDPR the BNTVA has shared data from its membership database with the NCCF to facilitate the distribution of the BNTVA editorial in this edition and as part of the Community Care Check programme which, will operate within the nuclear community between 2023 and 2025. The data shared consists of Name, Telephone Number, Address and email address. If you have any questions or concerns please contact the NCCF Data Controller through office@thenccf.org



BNTVA

the Charity for Atomic Veterans
Registered Charity 1173575

BNTVA News Update

An update on the situation with the Charity

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Initial details on the BNTVA Conference 2024

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Remembrance at the Cenotaph 2023

Contact us for booking a place at the Cenotaph

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To all BNTVA Members

Due to the issues being faced by the BNTVA, we are currently unable to produce or circulate editions of Campaign magazine.

To assist with the very real need to get information out to its membership the BNTVA Trustees asked exposure magazine if they would accept an editorial section from the BNTVA.

Because exposure is an editorial-based publication our team had to confirm with the constituent organisations that they sanctioned the measure.

We are pleased to say that they have approved this inclusion as a benefit to our nuclear community.

Within the BNTVA Editorial section, you will find announcements and information on the activities of the BNTVA.

If you are not a member of the BNTVA but would like to become a supporter after reading this section please contact Shelly Grigg:

s.grigg@bntva.com

**BNTVA Membership
PO Box 8244
Castle Donington
DE74 2BY**

BNTVA News Update

The BNTVA has not folded up nor been suspended but we have encountered some issues.

The majority of trustees voted to halt all activities and review the situation the charity had found itself in. An indepth appraisal of the organisation has been undertaken by the trustees with an eye to the future.

We are currently engaged in an employment tribunal and investigation by other regulatory bodies which means that it is not proper for us to share any detailed information until these have run their course and matters are resolved.

As from September 2022 the BNTVA was effectively insolvent and was issued with the threat of legal recovery action.

These facts were not made known to the Chairman or Board of Trustees until January 2023.

The fallout from this situation has left us in a position where we are unable to deliver basic services to our beneficiaries.

We are grateful for the support from the NCCF so that we could get this information out to you.

In the light of the ongoing appraisal in the first part of 2023 we took the decision not to charge any membership this year. We have cancelled the Direct Debits but if you have a Standing Order please cancel it. Similarly, if you have sent a cheque we will not be drawing on it. If we have already received a payment will contact you to discuss refunds.

If you have ordered items from the shop and have not yet received them we will satisfy your order as soon as we can.



Thank you for supporting us through this very difficult period in the history of the BNTVA, as we said at the beginning of the article we are still here! We are working very hard to ensure the future of the organisation and we are certain that there will be much brighter news with some exciting grassroots plans in the very near future.

BNTVA Trustees

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National Atomic Veterans Awareness Day 2023

NAVAD will be celebrated at the National Memorial Arboretum at Alrewas, Staffordshire this year on Sunday 1st October 2023.



Steve Rexon / BH Associates

National Atomic Veterans Awareness Day (NAVAD) at the National Memorial Arboretum, Alrewas

A service will be held by the Very Reverend Nicholas Frayling, BNTVA Chaplain, in the National Memorial Arboretum Chapel at 10:00 followed by a procession to the BNTVA memorial where a remembrance service will be conducted.

Following the services, a light lunch will be made available where visitors can celebrate 40 years of the BNTVA movement. We will reflect on what has gone before and look to the future for the organisation.

Parking is not included but can be prearranged which also saves on the cost of the ticket. Simply visit this link and enter your details:

<https://www.maximcloud.co.uk/nationalmemorialarboretum/day/>

Persons wishing to attend should also pre-register for the event by contacting Shelly Grigg who will be coordinating via the following:

s.grigg@bntva.com

Or

NAVAD 2023
PO Box 8244
Derbyshire
DE74 2BY

If you have specific mobility needs please advise Shelly as we may be able to book assistance from the venue.

Conference 2024 - A Return to Tradition

In the light of some disparaging comments received about the format of last years conference the BNTVA trustees have taken a long hard look at the delivery of conference events within the nuclear community.

Drawing on the heritage of the traditional BNTVA Blackpool event and the comments received following last years event we are determined to take next year's back to its roots, back to the members with a traditional Saturday event followed by the Gala Dinner.

We are also returning to a spring event as we have a busy autumn in the community with the All Tests Reunion at Sand Bay, The French Nuclear Veterans Annual Conference, National Atomic Veterans Awareness Day and Remembrance Sunday.

Returning to the long established weekend format, guests will be able to arrive Friday afternoon/evening or Saturday morning, depending on their travel arrangement and other commitments.

The main event will commence at 10:00h on Saturday, with a Gala Dinner at 19:00h on the Saturday evening. Day visitors to the conference will be free of charge but day visitors wishing to attend the Gala Dinner will be required to contribute to the meal and entertainment cost.

Sunday will be departure day but, we are looking to organise a morning trip out before everyone heads home.

Location wise we are currently looking at accessible venues in both the Midlands and the North so we may even be on for a return to Blackpool!

We will have decided on a venue and will get all the details out in the near future.

BNTVA Funeral Service Attendance

We have an update on the current situation regarding the provision of Coffin Drapes and Standard Bearers for the funerals of BNTVA veterans.

Due to circumstances beyond our control we only have access to one coffin drape at this moment, we also only have one Standard Bearer, Ron Watson.

Special mention needs making of Ron because we have gone through a protracted period where we have not been able to access the bank accounts of the charity.

This has meant that Ron has attended many funerals at his own expense without the certainty of being reimbursed for his expenses.

If you require either a coffin drape or Standard Bearer for a funeral please get in contact with us as soon as possible so that we can try to provide.

Contact Details for this service are:
Email: funerals@bntva.com



National Service of Remembrance at the Cenotaph

The National Service of Remembrance, held at The Cenotaph in Whitehall on Remembrance Sunday, provides the nation with a physical reminder of all those who have served and sacrificed, with British and Commonwealth soldiers, sailors, airmen and women represented, together with members of the emergency services and civilians, ensuring that no-one is forgotten.

Members of the Royal Family will pay tribute alongside Members of the Cabinet, Opposition Party leaders, former Prime Ministers, as well as the Mayor of London and other ministers.

Representatives of the Armed Forces, Fishing Fleets and Merchant Air and Navy will be there, as well as faith communities and High Commissioners of Commonwealth countries.

Eligibility

Associations are asked to prioritise individuals who reflect the depth and breadth of the veteran community with priority given to:

- Ex-service personnel and civilians from the UK and the Commonwealth who have served the Crown.
- Wives, husbands, or civil partners of those who have died as a result of their service in His Majesty's Armed Forces.

A carer of a veteran requiring wheelchair assistance.

Please note, this is a veterans' parade, therefore serving Armed Forces personnel are not permitted to take part.

Civilians cannot take part unless they meet the eligibility criteria above.

As any carer accompanying a veteran will be included within the 10,000-attendance cap; where appropriate, the option of one veteran assisting another for the duration of the dispersal should be considered.

Application

The BNTVA will be allocated a block of places for its members. To march with the BNTVA you must meet the criteria above and have received an entry ticket.

On 25 May 2023 applications for tickets open and the final applications must be received at the BNTVA Office by 20th August 2023.

Tickets will be issued by the Royal British Legion on 30-31st October 2023.

To obtain an application form please send your contact details to:

**BNTVA Remembrance Parade
NCCF
PO Box 8244
Castle Donington
DE74 2BY**

On the Day

We will send details out to the individuals who will be parading, this will include contact and coordination information.

Preparation of the BNTVA Garden in the Westminster Abbey Field of Remembrance and the parade coordination will be conducted by Ron Watson and Don James.

Important

On the day individual security checks will take place before entry to Horse Guards Parade.

Ticket holders are to bring photographic ID and proof of address with them to gain access.

The 2023 BNTVA attendance at the Cenotaph Remembrance Day Parade and the Garden of Remembrance is being supported by the Nuclear Community Charity Fund.





Centre for Health Effects of Radiological and Chemical Agents

Exposure Spring 2023 Editorial

A round up of what's been
happening at the CHRC

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Exploring for genetic variation in veterans

A study to better understand the potential health risks associated with
nuclear testing, and identifying new biological pathways associated with
identifying genes

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Exposure Editorial Spring 2023



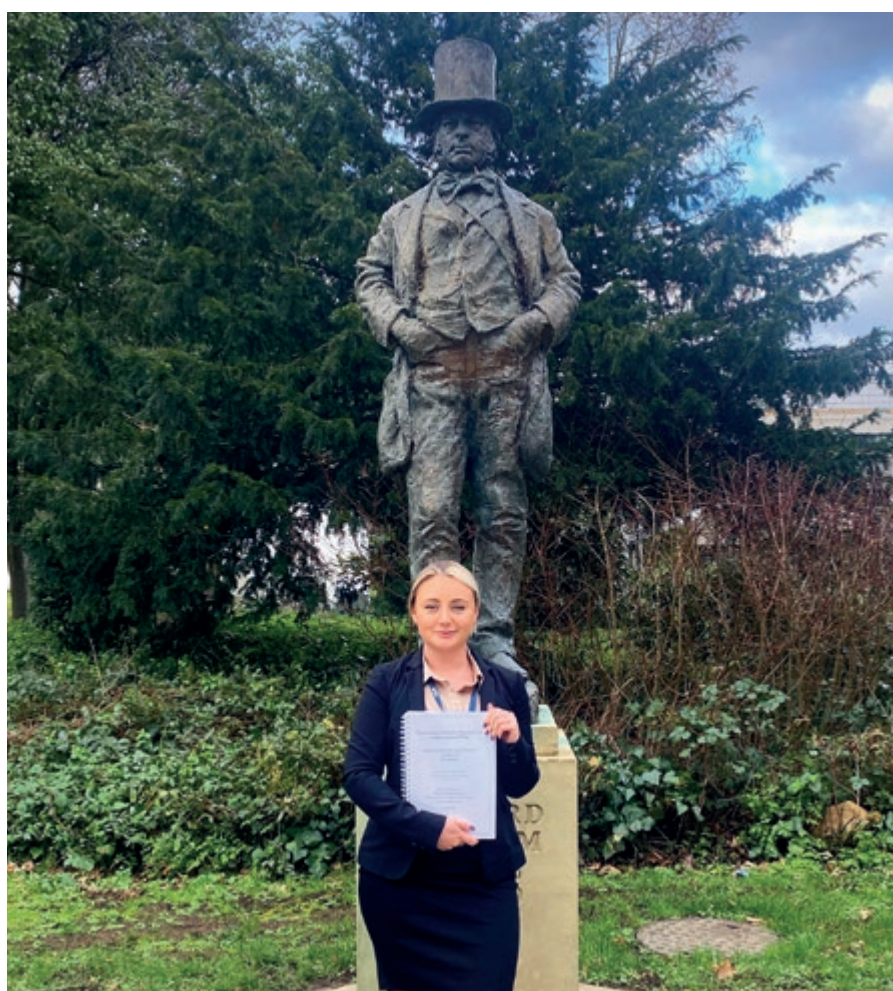
Since our last update, I have the good news that another of our CHRC PhD students, Dr Jade Stephens, has successfully defended her thesis. Jades work titled 'Pre-conceptual radiation exposure and transgenerational effects' involved two major elements of work.

The first contributes to the ongoing Genetic and Cytogenetic Family Trio (GCFT) study, which seeks to examine if there is any evidence to support there being a genetic legacy from participation at historical British nuclear test sites.

Here Jade and colleagues have been processing and analysing the blood samples received from adult children of nuclear test and control families to perform chromosome analysis. The purpose being firstly, to determine the chromosome constitution i.e. what genetic make-up we are born with and, secondly, whether the chromosomes show any evidence of newly arising changes to their structure at a different extent to what might be expected.

Aspects of this work remain ongoing and as with the other parts of the study, we will not be reporting back to individuals who have taken part, however the results will form part of a future publication which we will share after completion of the scientific peer review process.

The second major element of Jades work was a large review of all the published literature since 1988 on the question of whether exposure of a parent before conception can lead to adverse health effects in the unexposed child.



Dr Jade Stephens

This review followed a defined method for systematically gathering the information and rating the quality of the published research, before assessing the strength of the evidence based upon all published studies in particular health outcome groups, such as congenital abnormalities or cancers in children.

Stephens et al titled 'A systematic review of human evidence for the intergenerational effects of parental pre-conceptional exposure to ionizing radiation' is submitted to the International Journal of Radiation Biology for peer-review and once it is published, will be publicly available to all.

Another milestone to update you on is that the third body of work from the GCFT study is complete and has been submitted to an International Journal where it is presently undergoing peer-review for publication. Lawrence et al, titled 'M-FISH evaluation of chromosome aberrations to examine for historical exposure to ionising radiation due to participation at British nuclear test sites' will add to the information given in both the Rake et al 2022 and Moorhouse et al 2022 publications, enabling a more in-depth consideration of the questions addressed.

I would like to highlight another of our PhD students. **Justin Dankwa** is working on a project titled 'The impact of radiation and chemicals on neural cytotoxicity, aging and transcription' supervised by Dr Cristina Sisu and myself (for more details see Neuronal Effects – Centre for Health Effects of Radiological and Chemical Agents (**chrc4veterans.uk**)). His current research is working to identify genetic variations in the DNA sequences of both nuclear test and control veterans with a focus on variations in genes associated with brain function. This is one project which is utilising the previously generated DNA sequence data published in Moorhouse et al 2022, highlighting how we can utilise the outcomes of our research to address a number of different research questions. An overview of this project is described further in this edition of Exposure.

It is with sadness that I acknowledge Prof Yuri Dubrova who sadly passed away earlier this year. Yuri, together with his team at the University of Leicester, worked with us to generate germline mutation frequencies of families recruited to the GCFT study and in doing so, made a significant contribution to the GCFT study (as described in Moorhouse et al (2022)). All at CHRC are grateful for knowing and working with Yuri over many years. An obituary on the importance of Yuri's work in the field of population genetics is available Professor Yuri Dubrova | About the University of Leicester | University of Leicester.

I would like to finish by wishing you all well and reminding you of our publications are freely available to all in different formats by accessing the links below and through www.chrc4veterans.uk. Additionally, the 'Basic Information' series is available as either flip-books or interactive versions, through our Knowledge Hub page on our website www.chrc4veterans.uk.

Thank you again to all our volunteers who have contributed to all of our projects and published works. CHRC staff are contactable via email at CHRC@brunel.ac.uk



Dr Rhona Anderson, Director, CHRC



PHD Student – Justin Dankwa

To read the lay summaries and links to the published papers on the outcomes of our most recent studies.

British nuclear test veteran family trios for the study of genetic risk.

<https://chrc4veterans.uk/articles/peer-reviewed-articles/11526-2/>

No evidence of increased mutations in the germline of a group of British nuclear test veterans

<https://chrc4veterans.uk/articles/peer-reviewed-articles/11545-2/>

“Is that a coincidence?”: Exploring health perceptions and the causal attributions of physical health conditions in British nuclear test veterans

<https://chrc4veterans.uk/articles/peer-reviewed-articles/is-that-a-coincidence-exploring-health-perceptions-and-the-causal-attributions-of-physical-health-conditions-in-british-nuclear-test-veterans/>

Exposure Worry: The Psychological Impact of Perceived Ionizing Radiation Exposure in British Nuclear Test Veterans.

<https://chrc4veterans.uk/articles/peer-reviewed-articles/exposure-worry-the-psychological-impact-of-perceived-ionizing-radiation-exposure-in-british-nuclear-test-veterans/>

Exploring for genetic variation in veterans

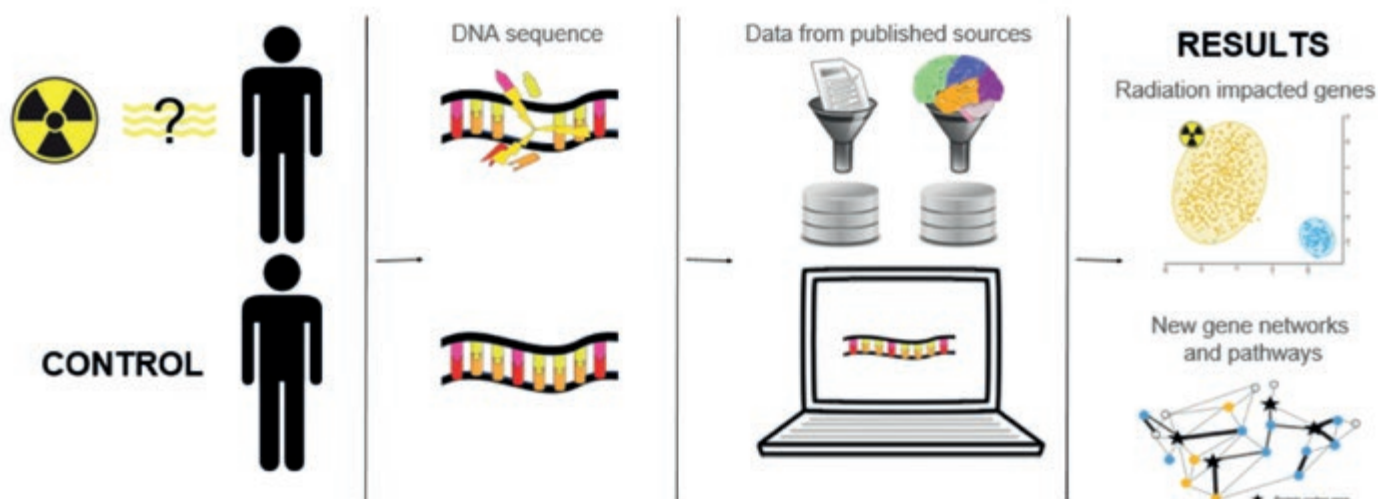
Exposure to ionising radiation can cause genetic damage and, depending upon the dose of radiation, can increase the risk of various diseases. Recent studies have highlighted changes in genes and pathways related to brain function secondary to radiation exposure.

Consequently, individuals exposed through medical therapy, nuclear disasters and occupation might be subject to such risk. Veterans of the British nuclear testing programme may have been exposed to ionising radiation through their participation at nuclear test sites.

The ongoing GCFT study seeks to examine for evidence of radiation exposure in veterans and, any genetic effect in their offspring.

As part of this GCFT study, Moorhouse et al, carried out whole genome sequence (WGS) analysis on nuclear test family trios (veteran father, child and child's mother) and compared with a military veteran control family trio group. The results of this work are described in Moorhouse et al (reference below with associated lay summary).

In the study described here, the veteran's whole genome sequence dataset is utilised for the purpose of examining for genetic variation between the nuclear test and control veteran groups. The focus in this particular study aims to look for any relationship with identified genetic variations and functional impact on the brain.



Workflow of the current study



Justin Dankwa



Dr Cristina Sisú



Dr Rhona Anderson

Specifically, by analysing publicly available WGS (DNA sequence) data of nuclear test and control military veterans as described in Moorhouse et al, our objectives are to:

1. examine the WGS data to identify genetic variations
2. examine for any relationship between identified genetic variations and previously published gene expression data after radiation exposure
3. explore possible links between the genes identified and pathways related to normal and abnormal human brain function

To achieve these objectives, we have developed a WGS data analysis process, termed as a pipeline, which utilises human genome reference data and established genome analysis toolkits to identify common and rare variations in the veteran's DNA sequence. Overall, we are analysing DNA sequences from 60 samples (30 control and 30 nuclear test veterans), the results from which will form the basis of a future research publication.

The potential outcomes of this research could lead to a better understanding of the potential health risks associated with participation at nuclear test sites. In particular, the identification of new biological pathways associated with identified genes could lead to new research opportunities and a better understanding of the underlying mechanisms of possible radiation-induced health effects.

References

Betlazar, C., Middleton, R.J., Banati, R.B. and Liu, G.-J. (2016). The impact of high and low dose ionising radiation on the central nervous system. *Redox Biology*, 9, pp.144-156. doi:

<https://doi.org/10.1016/j.redox.2016.08.002>.

Lopes, J., Baudin, C., Leuraud, K. et al. Ionizing radiation exposure during adulthood and risk of developing central nervous system tumors: systematic review and meta-analysis. *Sci Rep* 12, 16209 (2022).

<https://doi.org/10.1038/s41598-022-20462-7>

Moorhouse AJ, Scholze M, Sylvius N, Gillham C, Rake C, Peto J, Anderson R, Dubrova YE. No evidence of increased mutations in the germline of a group of British nuclear test veterans. *Sci Rep*. 2022 Jul 5;12(1):10830. doi: 10.1038/s41598-022-14999-w. PMID: 35790751; PMCID: PMC9256629.

This work is being undertaken by PhD student Justin Dankwa supervised by Dr Cristina Sisú and Dr Rhona Anderson.

A guide to self publishing

During my time as an editor for exposure and Campaign I have often been approached by people telling me they have written a book of their account of the tests and their military service. So to help those who have written a book here's a guide on taking your book to the next stage.

What's the difference between self publishing and traditional publishing?

With self publishing you are in control of every aspect of the process. You write your book, choose to edit the book yourself or have someone do it for you, get your book formatted, have a cover designed for it or design it yourself, choose where to self publish and finally market your book yourself.

With traditional publishing you write your book, send it to a publisher, hope it gets accepted, sign a contract with the publisher and they then take care of the rest for you.

What are the pros of self publishing?

- If you decide you want to write a book then you can write and publish it, there isn't a gatekeeping process or any permission needed.
- You will have complete control from start to finish, with you making all of the decisions the process should be a lot quicker.
- You are likely to receive higher royalty rates.
- Once you've self published one book, you then have the experience to publish your next and so on.

What are the cons of self publishing?

The cost of getting your book published will be borne by yourself.

- You will have to learn the process of self publishing and seek out support and advice for yourself.
- You may sell far fewer books as you won't have the marketing capability of a publishing house.
- You may still have to pay an editor (in fact its advisable) to check through your book for errors. You may also need a designer to design your cover and to typeset and design your book or format it for e-book.
- Self publishing itself can have something of a bad reputation. Anyone can publish a book and the quality control of what you'd expect from a publishing house through editing / proof reading etc is purely an option for the person self publishing.

If all of this has made sense so far and you still want to publish your own book then the next stage is choosing the self publishing method/company.

There are numerous self publishing companies to choose from, and to prepare this article I have had a look at them all. To make life a little easier, and for the sake of keeping this editions page count sensible, I've chosen one of most well known.

Kindle Direct Publishing (KDP)

Kindle Direct publishing is a service offered by Amazon that enables you to publish your own print and e-books. What makes Amazon unique is their huge reach in this market being able to put books in front of millions of people.

To get your book to this stage we will assume that its written, edited, proofread and has a cover designed. The next stage is deciding if you want to publish it as an e-book or a printed book, and with KDP you can do both.

The stages to get your book on the platform are:

- Format your book for KDP
- Upload your book files to Amazon KDP
- Publish your book to the KDP platform
- Readers can view/purchase your eBook and download it to their device
- Readers can purchase a paperback using Amazon's KDP print-on-demand technology. They will print and ship your book directly to the reader once purchased
- Amazon will pay you royalties per book sold

Formatting your book

To get your book ready for upload it needs to be formatted. We will assume that you have will have your book as a digital file possibly in a Word doc format and that it's been checked for spelling grammar etc.



Path to getting your content onto Kindle

There are numerous ways you can format your Word file or text document to work on Kindle but one of the easiest methods is to use Kindles own tool **Kindle Create**. This enables you to take your completed manuscript and turn it into a Kindle e-book.

Kindle Create is a downloadable tool for Windows and Mac. A getting started guide and link to the downloadable software can be found at: https://kdp.amazon.com/en_US/help/topic/GUGQ4WDZ92F733GC#install

The software enables you to create 3 kinds of book:

1 Text-heavy book, such as a novel, essay, or memoir

Your Word DOC(x) file is converted into a “reflowable” eBook. Reflowable eBooks allow the reader to resize text and are available on all Kindle devices and free Kindle reading applications. You can also submit it as a print book and select the trim size on KDP.

You can use Kindle Create to:

- Format your text with styles and themes
- Build a table of contents
- Add or edit text
- Add, delete, resize, and/or align images
- Edit your eBook at a later date
- Preview your eBook and create a file to publish to KDP
- Publish on KDP as a print book of any trim size (print preview with headers and page numbering is available after uploading on KDP).

2 Book with lots of images and complex formatting, such as a textbook, travel book

A PDF is converted into a Print Replica eBook. Print Replica eBooks maintain the look of their print editions and offer many of the advantages of standard Kindle eBooks, but they do not allow the reader to resize text and are only for certain devices.

You can use Kindle Create to:

- Build a table of contents
- Add interactive content, such as audio, video, images, and hyperlinks
- Edit your eBook at a later date
- Preview your eBook and create a file to publish to KDP

3 Comic or graphic novel of low complexity

A PDF is converted into a comic eBook. Its unlikely this last option will be of interest to our readers but it is an option.

Before you get started check the Kindle Create Tutorial which can be found at: https://kdp.amazon.com/en_US/help/topic/GYVL2CASGU9ACFVU

The tutorial covers everything you will need to get your manuscript formatted properly and covers:

1 Download Kindle Create

Download Kindle Create and install the tool.

2 Download sample files

Download an unformatted Microsoft Word version of *Pride and Prejudice* and an image to use for practice

3 Import unformatted file into Kindle Create

Create imports the file, it will automatically find and format the chapter titles.

4 Add front matter pages

Add front matter pages like title page, copyright, dedication, and more in a few clicks.

5 Add table of contents page

Automatically add an optional Table of contents page

6 Style chapter title pages

When you accept the chapter title pages Kindle Create detects, the tool automatically styles the chapter titles. You can also add drop caps here as well as other text like indents, spacing, font face, and size. You can also add a separator between sections of a chapter.

7 Choose a theme

Give your book the right look and feel by applying a theme that automatically updates the layout and font. You have four options: Modern, Classic, Cosmos, and Amour.

8 Insert an image

Insert the sample image and learn how to change its size and position and how text interacts with it.

9 Insert hyperlinks

You can insert hyperlinks to web pages or external references such as wiki pages or blogs.

10 Add back matter pages

This allows you to easily add back matter such as “about the author,” or “more books by this author”.

11 Prepare your book for print

Kindle Create helps you to take the same project file you used for your eBook and publish it as a print version on KDP. It automatically handles margins based on the trim size you choose on KDP, and limits widows and orphans (single words at the start or end of a paragraph) for a professional print. The page numbering of your book begins with the body, and front matter gets Roman numerals as page numbers. You can control how the headers and footers of your print book appear by specifying the style you want.

12 Preview and export file

After you finish formatting your book, you can preview it in Kindle Create to see what it would like look on a tablets, E-readers, and phones. When you’re happy with your book, then you’re ready to export the file. Exporting creates a publishable file (in KPF format) that can be uploaded to KDP.

If you’re also publishing your book in print, you should use the KDP Print Previewer after uploading your file to KDP.



Self-publishing will play an increasing role in the future. The big publishing houses are keeping an eye on self-publishing books, and if sales are going well, they will most likely offer the author a contract. Therefore, I believe that self-publishing will become the new way of breaking into traditional publishing.

Emelie Schepp - Sweden's top self-published author

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(The minimum list price for this would be £6.17)

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Get your message out, tell people about your book, what its called, where to buy (with links to Amazon in this case), and how much it costs. Get friends to share your post and share it to face book pages that relate to your book where it will get the most exposure.

Make sure that you are targeting your book at the people you are expecting to buy it, this is even more important if the book you have written is for a niche market.

If possible build a relationship with a museum or organisation that may be able to help distribute your book.

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The Victory Services Club

The VSC is a tri-service, all ranks Members' Club for currently serving and former serving members of the Armed Forces and their families. Situated near Marble Arch, its in a great location to explore London.

As part of the working with the NCCF we are often required to visit London for meetings, which we predominantly hold at the VSC. The main reason for this is the standard of service we receive from the VSC and its staff is beyond reproach. The rooms are well sized, the staff are friendly and the food is excellent. Did I mention their Victory Ale is £3 a pint... In London!

The Club offers a truly unique Club atmosphere offering excellent service and value for money. It always feels like a home from home whenever we visit.

If you travel to and stay in London more than once a year it's worth becoming a member.

Membership Eligibility

You qualify for membership if you are one of the following:

Serving Armed Forces Member

This membership is for regular and reserve serving personnel of any rank in the UK, NATO and Commonwealth Military.

Annual Fee: Free

Joint Serving Armed Forces Member

This membership is for regular and reserve serving personnel of any rank in the UK, NATO and Commonwealth who wish to join with a spouse/partner.

Annual Fee: Free

Former Serving Member

This membership is for those who served in regular and reserves of any rank in the UK, NATO and Commonwealth Military.

Annual Fee: £51

Former Serving Joint Member

This membership is for those who served in regular or reserves of any rank in the UK, NATO and Commonwealth Military who wish to join with a spouse/partner.

Annual Fee: £90

Family Member

This membership is for a parent or child of serving personnel or veterans of any rank in the UK, NATO and Commonwealth Military, regular or reserves.

Annual Fee: £67.50

Joint Family Member

This couples' membership is for a parent or child of serving personnel or veterans of any rank in the UK, NATO and Commonwealth Military, regular or reserves, wishing to join with a spouse/partner.

Annual Fee: £119

Service Widow / Widower

This membership is for widows and widowers of those who served in regular and reserves of any rank in the UK, NATO and Commonwealth Military.

Annual Fee: £51

How to Join

Fill in your details via one of the application options below and once your support documentation has been received, your membership of the Club will be activated.

Online Application

To apply for Membership online please visit. <https://webbooking.infodata.uk.com/vsc/member/>

Email Application

Download the application form <https://www.vsc.co.uk/downloads/membership-membership-application-form-2018.pdf>

Fill in and email: mem@vsc.co.uk

Post Application

Please fill in the application form and send to:

**Membership Department
Victory Services Club
63-79 Seymour Street
London
W2 2HF**

Hard copies of application form by post can be obtained by contacting **0207 616 8312** or email: mem@vsc.co.uk

Full details on the verification process can be found at <https://www.vsc.co.uk/downloads/membership-verification-process.pdf>

<https://www.vsc.co.uk/>



VICTORY SERVICES CLUB

An Oral History of British Nuclear Test Veterans

We have been contacted by the people behind a new project 'An Oral History of British Nuclear Test Veterans' launched last week. The project is funded by the office of Veterans Affairs as part of a recognition package announced following the introduction of the Nuclear Test Medal in November last year.

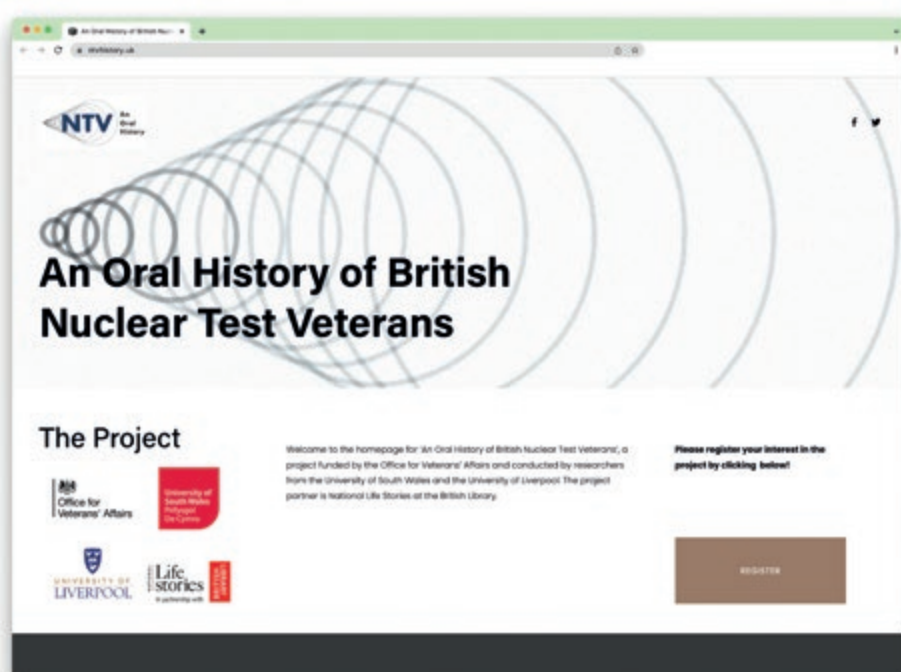
The government funding has been awarded to Universities and National Life Stories, the UK's leading oral history fieldwork charity from the British Library, to chronicle and study the experiences of British nuclear test veterans.

The British Library will work with academics to conduct and record around 40 'life stories' with veterans around the UK, to investigate and recognise the complex role that test participation played in veterans' lives.

The cohort of veterans are ex-service personnel and civilians who contributed to Britain's nuclear testing programme, including serving in Australia and the South Pacific between 1952 and 1967.

This project aims to engage veterans from across the United Kingdom, to represent the entire cohort of veterans that took part in the tests. Academics are looking to hear from a diverse range of nuclear test veterans, from those who have previously been vocal about their experiences, to those who have never spoken about it before.

Dr Chris Hill, lecturer and researcher in History at USW, Dr Jon Hogg, senior lecturer in 20th Century British History at the University of Liverpool,



Dr Chris Hill



Dr Jon Hogg

and Dr Fiona Bowler, postdoctoral researcher at USW, will conduct and record around 40 'life story' audio biographies with veterans around the UK.

For anyone wishing to take part or learn more about the project or register their interest please visit:

<http://www.ntvhistory.uk>

Dates for Your Diary



All Tests Reunion 2023

Pontins, Sand Bay, Weston-Super-Mare
The adult-only reunion brings together Veterans and their families for a week-long holiday.

Call **0203 286 3988** or to download a form visit: www.labrats.international/atr



National Atomic Veterans Awareness Day (NAVAD) 2023

National Memorial Arboretum (NMA) Alrewas.
To pre-register for the event contact Shelly Grigg via:

Email s.grigg@bntva.com or write to:

NAVAD 2023
PO BOX 8244
Derbyshire
DE74 2BY

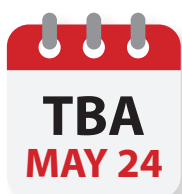


National Service of Remembrance 2023

Centotaph, Whitehall, London. Read details on eligibility on page 21 of this magazine.

To obtain an application form send details to:

BNTVA Remembrance Parade
NCCF
PO BOX 8244
Castle Donington
DE74 2BY



BNTVA Conference 2024

Details on this event will be published once a location and date have been finalised.



Send us your Story

If you have a story that you would like to share and be published in exposure magazine then get in touch with us.

If you have something to say that would be of interest to our reader then why not write about it and send it to us. It doesn't necessarily have to be about your service or the tests, any experience or information you think would be interesting to the community would be welcome.

If you are unsure or need help or advice please call:

0115 888 3442

Please clearly leave your name and telephone number and we will get back to you.

Email

editor@exposure.press

Or write to

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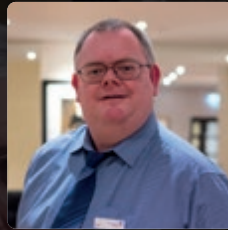
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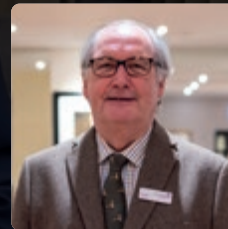
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