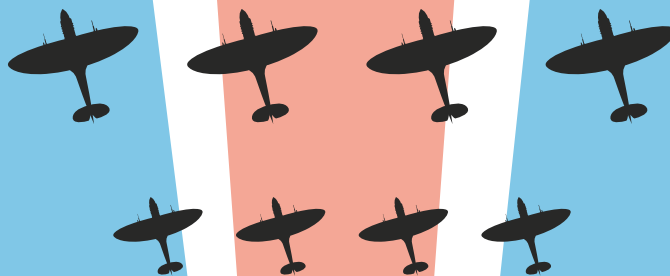


CELEBRATE AT HOME

VE DAY 75 PARTY!



**COMBAT
STRESS**
FOR VETERANS' MENTAL HEALTH

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INTRODUCTION

Thank you for joining our Virtual VE Day 75 'Celebrate at Home' Pack to raise money for Combat Stress, it's wonderful to have you on board. We're delighted you're still keen to celebrate the 75th Anniversary of VE Day this year, albeit a bit differently than you planned! You will virtually join many other households all over the UK who will be putting on parties in the confines of their own homes and then sharing their fun times online with us all.

This Party Pack includes some great information and guidance to help you have a brilliant 1940's inspired day. Packed full of ideas, templates and downloads to keep you and yours entertained, educated and occupied on the lead up to and on the big day.

Best of all, the money raised will help us support former servicemen and women deal with issues like post-traumatic stress disorder (PTSD), anxiety and depression. Now more than ever veterans need us and we need you – thank you.



CELEBRATE AT HOME
VE DAY 75 PARTY!

== IMPORTANT ==

Please remember, parties should only be held with members of the same family/ household that you are isolating with, **please do not invite people over** and break any social distancing government regulations.

HISTORY OF VE DAY

8 May 1945 – VE (Victory in Europe) Day – was one that remained in the memory of all those who witnessed it. It meant an end to six years of German involvement in WW2, a war that had cost the lives of millions; had destroyed homes, families, and cities; and had brought huge suffering and privations to the populations of entire countries.

Millions of people rejoiced in the news that Germany had surrendered, relieved that the intense strain of total war was finally over. In towns and cities across the world, people marked the victory with street parties, dancing and singing.

But it was not the end of the conflict, nor was it an end to the impact the war had on people. The war against Japan did not end until August 1945, and the political, social and economic repercussions of the Second World War were felt long after Germany and Japan surrendered.



Canadian Women's Army Corps, World War 2, celebrating VE Day in London.
© Galt Museum & Archives

A national holiday was declared in Britain for 8 May 1945. In the morning, the Prime Minister Sir Winston Churchill had gained assurances from the Ministry of Food that there were enough beer supplies in the capital London and the Board of Trade announced that people could purchase red, white and blue bunting without using ration coupons. There were even commemorative items hastily produced in time for the celebrations, including 'VE Day' mugs. Some restaurants had special 'victory' menus, too.

Various events were organised to mark the occasion, including parades, thanksgiving services and street parties. Communities came together to share the moment. London's St Paul's Cathedral held ten consecutive services giving thanks for peace, each one attended by thousands of people.

After years of wartime restrictions and dangers – from food and clothes rationing to blackouts and bombing raids – it was understandable how eager they were to finally be able to let loose and enjoy themselves. Colourful bunting and flags soon lined the streets of villages, towns and cities across Britain.



Winston Churchill Waves to Crowd After V-E Day, End of War in Europe.
© Public Domain.

LET'S GET READY TO PARTY LIKE IT'S 1945!

Don't get us wrong, times were hard in 1945, the war had been devastating with millions of lives lost, homes and families destroyed. Income was tight and rationing was strict. But communities and families had been coming together, helping each other through the darkest of days and the news of surrender by Germany was a time to relax and rejoice that the war was finally over.

Whilst you can't party in the streets right now in 2020, we'd love you to re-create that war-time spirit in your own homes. Make and share food together, make and put up decorations, dress up, dance, sing and celebrate! We then want you to share your fun with us...

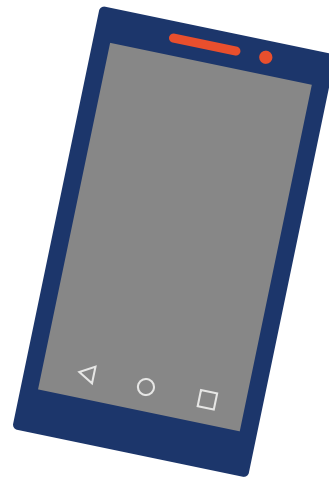


VE Day Celebrations in London, 8 May 1945. © Imperial War Museum

YES, YES WE KNOW WE LIVE IN THE 21ST CENTURY TOO!

We recognise that we do live in the 21st century which is full of amazing technology and social media. So whilst we are asking you to party like it's 1945, we'd also love you to use modern technology to help you print out the design templates we've made, watch YouTube videos on how to re-create 1940's fashion, dance and songs from the era.

Our downloadable resources can be found here: [combatstress.org.uk/
public-resources/#/~embed/resources/
collection/324](https://combatstress.org.uk/public-resources/#/~embed/resources/collection/324)



CELEBRATE AT HOME
VE DAY 75 PARTY!



★ GET INVOLVED ★

Party Like it's 1945 and create a fun photo(s) of your day. Get creative and keep us entertained! Enter our competition and upload your picture(s) at [givepenny.com/
appeal-for/VEDay75](https://givepenny.com/appeal-for/VEDay75)

WARTIME RATIONING

In January 1940, the British government introduced food rationing. The scheme was designed to ensure fair shares for all at a time of national shortage.

The Ministry of Food was responsible for overseeing rationing. Every man, woman and child was given a ration book with coupons. Basic foods such as sugar, meat, fats, bacon and cheese were directly rationed by an allowance of coupons. Other items, such as tinned goods, milk, eggs dried fruit, cereals and biscuits, were rationed using a points system.

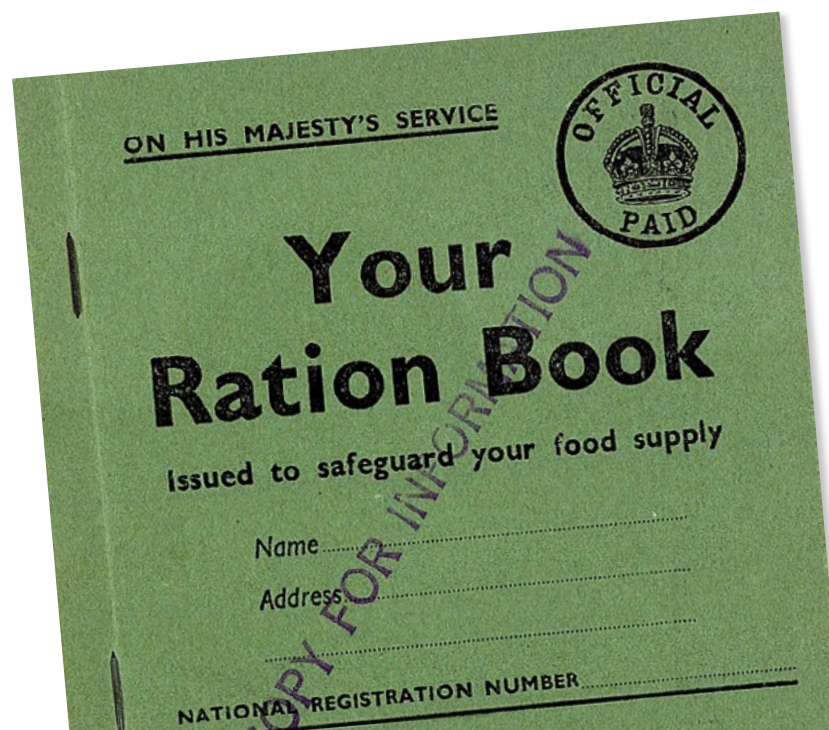
As shortages increased, long queues became commonplace. It was common for someone to reach the front of a long queue, only to find out that the item they had been waiting for had just run out!

Not all foods were rationed. Fruit and vegetables were never rationed but were often in short supply,

especially tomatoes, onions and fruit shipped from overseas. The government encouraged people to grow vegetables in their own gardens and allotments. Many public parks were also used for this purpose.

So for a true flavour of the very first VE Day, check out the recipes from the era on the next page.

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VE DAY 75 PARTY!



Sample Child's
Ration Book.
© The National
Archives UK

RECIPES FOR YOUR VERY OWN PARTY!

Here is a selection of party recipes from the era, giving you some inspirational ideas on how to make some fun party food whilst on a ration. This could be great fun for your party. Check the contents of your fridge and cupboards then get the household together, get your aprons on and get cooking together!

If you've printed this pack out, all hyperlinks to recipes and more can be found on **Page 27**.

Click on the recipe

Bread Pudding

Shortbread

Pancakes

Rock Buns

Cheese Whirls

Cheese Dreams

Carrot Cookies

Sausage Rolls

Gingerbread Men

Cheese, Potato &
Onion Pie

Choc Sponge

Gin Rickey

Pimms Jug

★ **DON'T FORGET** ★

We also have some Combat Stress branded edible Cake Toppers that you can buy on Ebay here: [ebay.co.uk/i/273803542412](https://www.ebay.co.uk/i/273803542412)

1940s DECORATIONS

A party isn't a party without some decorations of course. And for a VE Day Party there needs to be a lot of red, white and blue! In the 1940's these were mainly hand-made from paper or cloth material.

Below are some downloadable guides on how to make your very own at home, something fun for you all to do together to prepare for the big day. And as we also live in the 21st century, we have provided some downloadable templates for you to print and cut designs.



CELEBRATE AT HOME
VE DAY 75 PARTY!

Downloadable guides

[Paper Chains](#)

[Flags](#)

Downloadable decorations

[Bunting](#)

[Cake Flags](#)

Click to download



1940s MUSIC

Back in 1945 music was either heard through the radio, tv (which was still very rare and in black and white), or on the gramophone (old style vinyl record player).

But, of course, the best way would be to sing yourself, listen to others live or join in for a good old sing song. During the War there were many songs that people sang to help lift the spirits and they have become synonymous ever since with that era.

Perhaps you could listen to and learn some of these songs and then sing them together with the rest of your household at your party? Or maybe for your photo?

Vera Lynn (pictured right) was a singer during the Second World War. She was known as “the Forces Sweetheart”, often giving outdoor concerts for the troops.

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VE DAY 75 PARTY!



Vera Lynn visits a Munitions Factory, UK, 1941. © Imperial War Museum

TO LEARN AND SING TOGETHER



CELEBRATE AT HOME
VE DAY 75 PARTY!

We'll Meet Again

We'll meet again
Don't know where
Don't know when
But I know we'll meet again
some sunny day

Keep smiling through
Just like you always do
'Till the blue skies drive the
dark clouds far away

So will you please say hello
To the folks that I know
Tell them I won't be long
They'll be happy to know
That as you saw me go
I was singing this song

(Repeat x2)

We'll meet again
Don't know where
Don't know when
But I know we'll meet again
some sunny day

Keep smiling through
Just like you always do
'Till the blue skies drive the
dark clouds far away

So will you please say hello
To the folks that I know
Tell them I won't be long
They'll be happy to know
That as you saw me go
I was singing this song

We'll meet again
Don't know where
Don't know when
But I know we'll meet again
some sunny day



LISTEN HERE



We'll Meet Again on Youtube

[youtube.com/
watch?v=HsM_VmN6ytk](https://www.youtube.com/watch?v=HsM_VmN6ytk)

White Cliffs Of Dover

There'll be bluebirds over
The white cliffs of Dover
Tomorrow, just you wait and see

There'll be love and laughter
And peace ever after
Tomorrow, when the world is free

The shepherd will tend his sheep
The valley will bloom again
And Jimmy will go to sleep
In his own little room again

Well, there'll be bluebirds over
The white cliffs of Dover
Tomorrow, just you wait and see

The shepherd will tend his sheep
The valley will bloom again
And Jimmy will go to sleep
In his own little room again

There'll be bluebirds over
The white cliffs of Dover
Tomorrow, just you wait and see



LISTEN HERE



White Cliffs Of Dover
on Youtube

[youtube.com/
watch?v=d5aeCIRY4kA](https://www.youtube.com/watch?v=d5aeCIRY4kA)

Roll Out The Barrel

Roll out the barrel, we'll have a barrel of fun
Roll out the barrel, we've got the blues on the run
Zing boom tararrel, ring out a song of good cheer
Now's the time to roll the barrel, for the gang's all here

Roll out the barrel, we'll have a barrel of fun
Roll out the barrel, we've got the blues on the run
Zing boom tararrel, ring out a song of good cheer
Now's the time to roll the barrel, for the gang's all here



LISTEN HERE



Roll Out The Barrell
on Youtube

[youtube.com/
watch?v=UrwPE0Z07ug](https://www.youtube.com/watch?v=UrwPE0Z07ug)



CELEBRATE AT HOME
VE DAY 75 PARTY!

Land of Hope and Glory

Land of hope and glory, mother of the free
How shall we extol thee, who are born of thee?
Wider still and wider shall thy bounds be set
God, who made thee mighty, make thee mightier yet
God, who made thee mighty, make thee mightier yet

Land of hope and glory, mother of the free
How shall we extol thee, who are born of thee?
Wider still and wider shall thy bounds be set
God, who made thee mighty, make thee mightier yet
God, who made thee mighty, make thee mightier yet



LISTEN HERE



Land of Hope and Glory
on Youtube

[youtube.com/
watch?v=2YTKeeri7Xc](https://www.youtube.com/watch?v=2YTKeeri7Xc)

There'll Always be an England

I give you a toast,
ladies and gentlemen.
I give you a toast,
ladies and gentlemen.

May this fair land we love so well
In dignity and freedom dwell.
Though worlds may change
and go awry
While there is still one voice to cry.

There'll always be an England
While there's a country lane,
Wherever there's a cottage small
Beside a field of grain.

There'll always be an England
While there's a busy street,
Wherever there's a turning wheel,
A million marching feet.

Red, white and blue;
what does it mean to you?
Surely you're proud,
shout it aloud,
"Britons, awake!"

The empire too,
we can depend on you.
Freedom remains.
These are the chains
Nothing can break.

There'll always be an England,
And England shall be free
If England means as much to you
As England means to me.



1940s ARTISTS ON SPOTIFY

CELEBRATE AT HOME
VE DAY 75 PARTY!

Glenn Miller

Vera Lynn

Max Miller

Click to listen
on Spotify

Flanagan
& Allen

Al Bowlly

1940s DANCES

CELEBRATE AT HOME
VE DAY 75 PARTY!

If you love Strictly Come Dancing, then this is a perfect time to scrub up on your dancing skills and 'Geeeeeeeeeet Dancing!' For your Party, why not learn some 1940's dance moves and get the household to have a little boogie woogie on the day. Remember you don't need to be a pro, it's all about having fun!

To learn and dance together

The Lambeth Walk

Lindy Hop

Jive

Click to watch
on Youtube



A couple at a British dance hall try out the new 'jive' steps, 1945. © Imperial War Museums.

1940s CLOTHING

To complete your VE Day 75 'Celebrate at Home' Party, why not get into the spirit of the day and search through your wardrobe to see what items you may already have to give you a 1940's look....you never know what hidden gems are tucked away!

For Women

1940s women's fashion was about creating an hourglass silhouette with masculine details: padded shoulders nipped in high waist tops, and A-line skirts that came down to the knee. This was the everyday shape for clothing, from suits to dresses. Even trousers had a similar high waisted, wide leg shape.

Every dress, blouse or jacket was fitted with shoulder pads that extended just past the edge of the shoulder. This made for a boxy or square neckline and shoulder angle. Sleeves were often puffed up a bit with gathers at the top and extended down to just above the elbow.

CELEBRATE AT HOME
VE DAY 75 PARTY!



The neckline could be square, slit, sweetheart, keyhole, shirred, cross front (wrap), or V with shirtwaist (button down) tops. There was no cleavage! All dress top designs were modest, revealing very little skin, compared to today's fashion.

Evening dresses were the exception. They were spaghetti strapped or halter topped that revealed shoulders and chests but only mild cleavage.



For men

During the war, suit jackets were often single-breasted and trousers did not feature any pleats or fancy detailing. Colours were usually in greys, blacks and browns plus pinstripe were a common choice. They were usually made from wool, worsted wool or tweed. The thickness of suit fabrics was much heavier than today's suits.

The collared shirt remained a mens fashion staple during the 1940s. Knitted V-neck tank-tops in Fair Isle patterns were also a very popular choice.

Trouser braces were worn with either smart or casual trousers and were usually patterned with striped detailing. They featured button loops made of leather to fasten them onto the trousers and often came in tan, brown or black colours.

Hats were a very popular accessory for men and Fedoras, a type of wide brimmed Trilby was the most commonly worn style for men.



1940s HAIR

CELEBRATE AT HOME
VE DAY 75 PARTY!

Despite suffering through terrible times, women still liked to do their hair and makeup. Why not give some of these styles a go to give yourself a 1940's style look for party day....come on it'll be fun!

Ladies

Ladies hair tended to involve curling. Without access to regular showers and shampoo, hairstyles had involved plenty of backcombing and sleeking methods.

Some popular styles were Victory Rolls, Pin Curls and Pageboy.

Men

Men's hairstyles in the 1940s were very classic short and sleek, a style that has gained popularity again more recently. Military life often influenced the way in which the hair was cut and men usually sported a short back and sides style with a middle or side parting.



CELEBRATE AT HOME
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All images from Page 17–23
are courtesy of Kitten Von Mew,
kittenvonmew.com

1940s MAKEUP

CELEBRATE AT HOME
VE DAY 75 PARTY!

Ladies in the 1940's used lots of pale creamy foundation and loads of powder! Cat eye-liner and redder than red full lips. Eyeshadow was understated.

Eyes

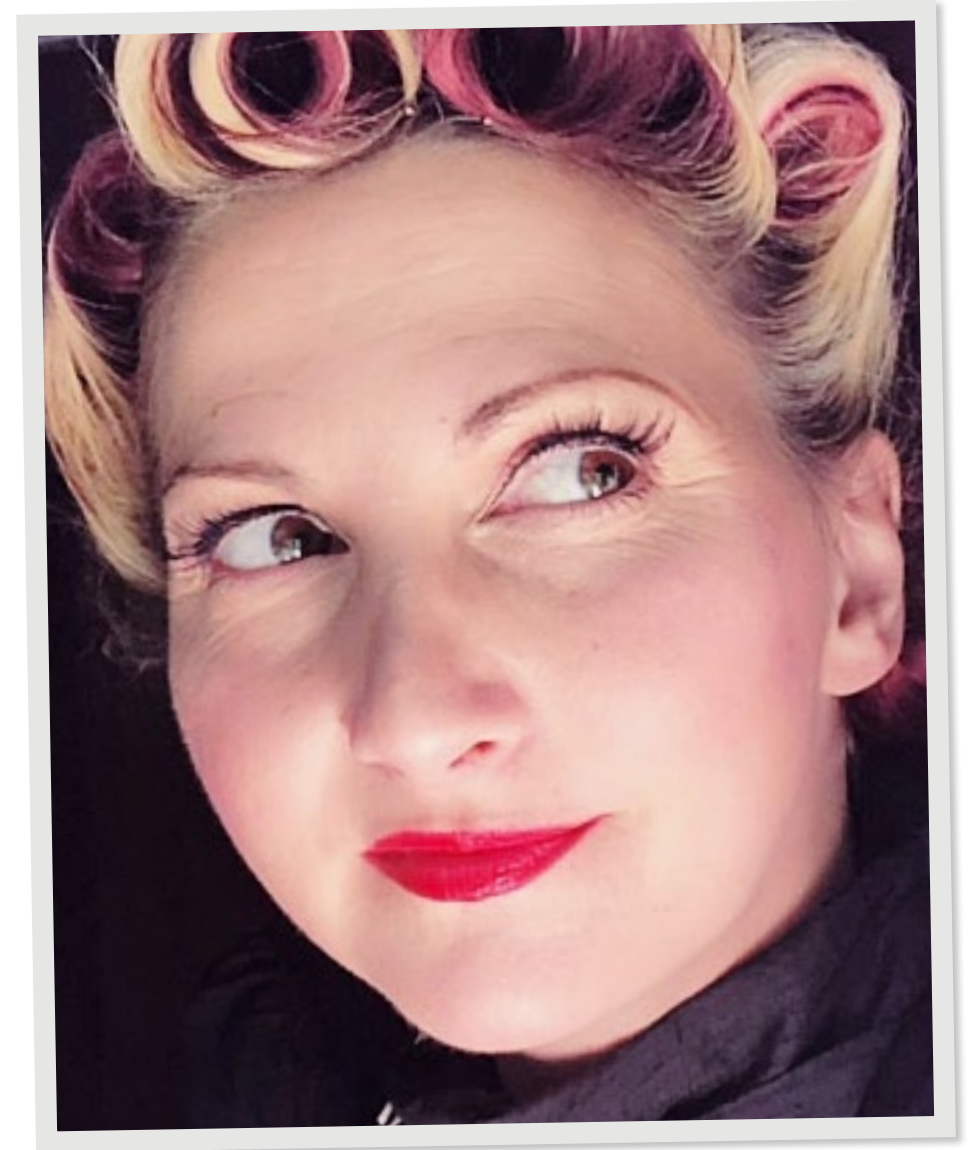
Avoid using base and apply a medium to light brown on lid. In the crease use a cork colour. Line eyes with a gel liner – no fancy wings, just to make the lashes look a bit fuller.

Foundation

Pink based foundations were very popular in the war years.

Brows

The thin brows of the 1920s and 1930s were no longer in style, so fill those natural brows and glisten with Vaseline.



Cheeks

For rouge, use a peachy tone, right on the apples of the cheeks and brought down a tad.

Lips

They accentuated the top lip and left the bottom alone, but accentuate it in such a manner to make the top appear fuller and wider. Very bright reds were popular.

Mascara

It would have been a cake mascara then – applied with a brush. Quite thick but not extended or false.

For more help and advice on creating the right 1940s look, visit vintagemakeupguide.com



PARTY PREP COMPLETE...

There should be plenty here to keep you going for now. We can't wait to see your wonderful photos and to know there are households all over the country celebrating this special day together.

We know these are difficult times at the moment and we hope that having a fun day to prepare for and look forward to will help keep your spirits up.

Don't forget to take photos at your parties and upload them for the competition. Details on how to do this are on the next page.

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VE DAY 75 PARTY!

NATIONAL TOAST

At 3pm on 8 May, VE Day, the nation will be asked to raise a glass to toast the heroes of World War II, wherever they are. Please make time during your party to switch on the telly and join in with the rest of the nation for this National Toast.

HOW TO ENTER THE PHOTO COMPETITION

CELEBRATE AT HOME
VE DAY 75 PARTY!

1. Party Like it's 1945 and create a fun photo(s) of your day. Get creative and keep us entertained!
 2. Any photos seen to be breaking the most current COVID-19 Government Regulations will be disqualified.
 3. To upload your photos, please visit our Combat Stress page on the charity sponsorship platform 'GivePenny' givepenny.com/appeal-for/VEDay75
 4. Add your 'suggested donation' of £5 per photo entry and upload your photograph along with a caption in the message box. It is not mandatory to donate £5 but all the money raised will help us support former servicemen and women deal with issues like post-traumatic stress disorder (PTSD), anxiety and depression.
- **Entries must be received by us by midnight on Monday 11 May 2020**
 - Winners will be chosen by a panel of Combat Stress Staff
 - Winners will be announced on Thursday 21 May 2020 and winning photos will be available on combatstress.org.uk/VE-Day
 - Prizes will be sent to winners by post:
 - **1st Prize:** Signed framed print of Red Arrows over Niagara Falls during their America/Canada Tour 2019
 - **2nd Prize:** Luxury Food Hamper (including toilet roll)
 - **3rd Prize:** Bronze Poppy – From 'The Remembrance Collection'

Registered with



FUNDRAISING
REGULATOR

FINALLY...

CELEBRATE AT HOME
VE DAY 75 PARTY!

THANK YOU, THANK YOU, THANK YOU!

We appreciate these are really tough times at the moment so we hope that this gives you something fun and interactive to get going with, and that you have a wonderful party.

We can't wait to see your photos!

GOOD LUCK and HAVE FUN.

**COMBAT
STRESS**
FOR VETERANS' MENTAL HEALTH

For over a century we've been helping former servicemen and women deal with issues like post-traumatic stress disorder (PTSD), anxiety and depression. Today we provide specialist treatment and support for veterans from every service and conflict to give them hope and a future. Now more than ever veterans need us and we need you.



Allied representatives visit Combat Stress (then known as the Ex-Services Welfare Society), in Leatherhead, Surrey 1940s. © Combat Stress Archives

Combat Stress, Company Registered in England & Wales No 256353.
Charity Registration No 206002 (SC038828 in Scotland).

WEBSITE LINKS

Recipes

Bread Pudding - <https://the1940sexperiment.com/2009/08/10/bread-pudding/>

Shortbread - <https://the1940sexperiment.com/2009/08/23/wartime-scotch-shortbread/>

Pancakes - <https://the1940sexperiment.com/2009/08/30/5-dishes-from-1-recipe-pancakes/>

Rock Buns - <https://the1940sexperiment.com/2009/09/21/rock-buns/>

Cheese Whirls - <https://the1940sexperiment.com/2009/11/11/cheese-whirls/>

Cheese Dreams - <https://the1940sexperiment.com/2010/01/13/cheese-dreams/>

Carrot Cookies - <https://the1940sexperiment.com/2012/02/05/carrot-cookies/>

Sausage Rolls - <https://the1940sexperiment.com/2012/07/14/sausage-rolls/>

Gingerbread Men - <https://the1940sexperiment.com/2012/09/09/gingerbread-men/>

Pie - <https://the1940sexperiment.com/2017/08/06/cheese-potato-onion-pie-recipe-no-169/>

Choc Sponge - <https://the1940sexperiment.com/2017/08/06/eggless-chocolate-sponge-recipe-no-170/>

Gin Rickey - <https://thekingslettuce.wordpress.com/2012/08/27/the-gin-rickey-and-the-great-gatsby/>

Pimms Jug - <https://www.goodhousekeeping.com/uk/food/recipes/a554099/how-to-make-the-perfect-jug-of-pimms/>

Decorations

Combat Stress edible Cake Toppers - <https://www.ebay.co.uk/i/273803542412>

Paper Chains - <https://www.hobbycraft.co.uk/ideas/papercraft/how-to-make-paper-chains>

Flags - <https://www.wikihow.com/Make-a-Flag>

Bunting - <https://www.combatstress.org.uk/public-resources#/~/embed/resources/collection/324/?resource-details=11920&format=asset-library>

Cake Flags - <https://www.combatstress.org.uk/public-resources#/~/embed/resources/collection/324/?resource-details=14931&format=asset-library>

1940s artists on Spotify

Glen Miller - <https://open.spotify.com/artist/2aAHdB5HweT3mFcRzm0swc>

Vera Lynn - <https://open.spotify.com/artist/2rJkmlVHePMo2gk0InTZRS>

Max Miller - <https://open.spotify.com/artist/3xEOfq9AzxnfUxsbp1iDZI>

Flanagan & Allen - <https://open.spotify.com/artist/62ZiGUTPhgySJXKhGUpqhn>

Al Bowlly - <https://open.spotify.com/artist/6l3iPTof4l2D75Wawq9w7R>

1940s Dances

The Lambeth Walk - <https://www.youtube.com/watch?v=H42VL7Elalg>

Lindy Hop - https://www.youtube.com/watch?v=61_8N5bMf-U

Jive - https://www.youtube.com/watch?v=e8eMh_eYjnQ