



Not forgotten then...

...Not forgotten now

Fundraising News

Full House At Brandenburg Concert

With wonderful performances from the Brandenburg Singers and Festival Chorus plus the stunning setting of the RAF Church of St Clement Danes, this fantastic evening raised in the region of £900. Our grateful thanks to everyone who attended and helped to make it such a huge success.

Collection At Sainsbury's Exeter

Our annual collection this year raised an impressive £700. One of the shoppers we met was a 93-year-old Chindit veteran who promptly went home and returned a little while later wearing his blazer and tie. He donated the contents of his coin jar to our collection and stayed for the rest of the morning chatting to the other veterans who were helping.

Commando Challenge Raises £4k

The NFA Rockettes, a group of military wives and girlfriends, took on the Royal Marines 10k Commando Challenge in Devon to show their appreciation for the support the NFA has given to their partners since their life-changing injuries. With encouragement from the men, all the Rockettes completed the course with a smile on their face despite the mud!



The ghouls of Halloween and Bonfire Night have passed, the clocks have gone back, the evenings have drawn in and Christmas looms on the horizon, but foremost in our minds now is the importance of this Remembrance period.

This year we are honoured to have been included, along with six other great military charities, in the Canary Wharf Remembrance Art Trail. For this exciting new venture the Canary Wharf Group, in association with The Royal British Legion and the British artist Mark Humphrey, has commissioned seven wonderful sculptures commemorating those who have served. The Not Forgotten Association has been allocated the sculpture 'Lost Armies', a striking and moving piece which reflects on the sacrifice of war.

Whilst we remember those who have fallen, our focus remains on those who have survived and I hope that this latest newsletter will give you a good snapshot of the many activities we have run in the last few weeks to help the serving wounded, injured or sick and veterans with disabilities.

James Stopford, Chief Executive

Veterans Take On The Great Glen Way

This mountain walking challenge in Scotland, which was generously supported by Help For Heroes, enabled 19 injured service personnel aged from 21 to 61 years, whose physical or mental injuries do not allow them to participate in more adventurous activities, to take on a more suitable challenge.



For those on this trip who were new to the NFA the challenge of walking a considerable distance each day proved to be a catalyst in their recovery process. One participant commented that the trip had brought her out of a deep depression and given her hope for when she returns home. After nearly deciding to go home on the first night, she soon felt that 'a light had been switched on' and began to make plans for a future, something which she previously had not been able to contemplate. The whole group grew in confidence over the week and soon forgot any physical discomfort, showing great camaraderie and encouragement for each other, gaining huge satisfaction from their own achievements and taking real pride in the determination and accomplishments of others.

World Champions Support Boxing Event

Organised by two great friends of the charity, an evening at Wellington Barracks saw famous boxing names such as Steve Collins and Tim Witherspoon lend their support to an event which we hope will raise some £10k for us. An auction of boxing memorabilia and other items as well as a raffle were held, whilst the entertainment featured a superb performance from former Drifters lead singer Ray Lewis.



Farmhouse Holidays In Majorca

Our final two visits of the year to Majorca offered contrasting experiences for two different groups of beneficiaries: one enjoyed a relaxing week with their partners, whilst the other took on a very demanding Three Peaks Challenge. One veteran who suffers with long term mental health problems said: *"I have realised this is what I need, to be active and be amongst*

the lads again. I can't tell you what this break has done for me."

Concerts In Ex-Service Care Homes

Our annual programme of concerts in ex-service care homes around the UK has ended for another year. These concerts bring much needed fun, happiness and a real psychological boost to veterans who are unable to get out and about. Feedback has been very positive: *"Our guests are still talking about the wonderful show which reminds us all of the difference music and entertainment makes to the lives of so many serving and ex-service men and women, particularly those who live with disabilities or are in social isolation."*



Carp Fishing Weekend In Devon

Our second carp fishing trip for 10 injured veterans proved to be hugely beneficial and therapeutic, particularly for those suffering from mental health issues. Sitting by a peaceful lake in beautiful surroundings was so addictive that some guests braved the cold weather and stayed out overnight in the hope of getting a bite!

WWI & WWII Remembered On Normandy Battlefield Tour

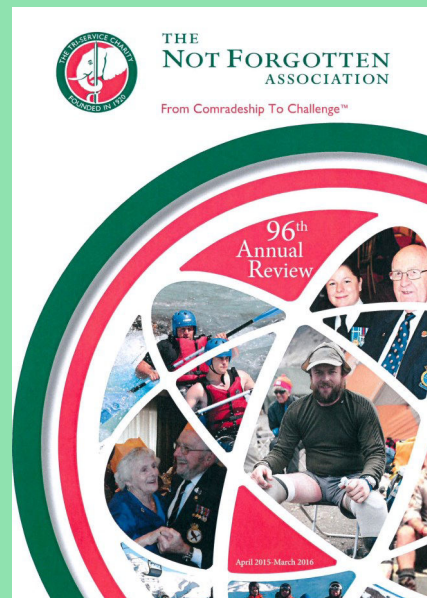
During a visit to Sword Beach each of the three WWII veterans in our tour group recounted their wartime experiences. For one of them, Royal Navy veteran Bill Brentnall, it was a hugely significant moment in his life being the first time he had returned there since D-Day in 1944.



Annual Review

Our new look Annual Review for the 12 months to March 2016 is now available. It focuses on the quality of support we provide to our beneficiaries and the impact this has on them, their partners and families.

If you, or someone you know, would like a copy, please email info@nfassociation.org with full address details.



Want to get involved?

You can donate, set up your own fundraising page, or sponsor one of our existing fundraisers on our **BT My Donate** page. Go to www.btplc.com/mydonate ...and search "Not Forgotten"

Or why not volunteer?

Join our amazing team of volunteers and find out more about what we do. Please email volunteer@nfassociation.org

Contact us

T: 0207 730 2400

E: info@nfassociation.org

4th Floor, 2 Grosvenor Gardens, London SW1W 0DH

Follow us on Twitter

[@nfassociation](https://twitter.com/nfassociation) or 'Like' us on

Facebook www.facebook.com/NotForgottenAssociation

