

NEWSLETTER

MAY 2017



THE NOT FORGOTTEN ASSOCIATION

From Comradeship To Challenge™



Not forgotten then...

...Not forgotten now

Rosie And Martin Have Done It!



Last month our Head of Events Rosie Thompson completed the Marathon des Sables, a 270 kilometre endurance race across the Moroccan Sahara Desert in just six days. In doing so she has so far raised more than £29,000 for the Association. Both are phenomenal achievements. Less than two days later Rosie was back 'at her day job' organising our annual Garden Party and leading a fishing weekend in Cornwall.

Our beneficiary and supporter Martin Wilson also succeeded in finishing the Marathon des Sables, fundraising for Walking With The Wounded. We are unbelievably proud of them both.



We are incredibly honoured that Her Majesty allows us to hold a Garden Party at Buckingham Palace each year for War Pensioners and the serving wounded. It is an event we are proud to deliver on behalf of the whole Armed Service community. We are thrilled that HRH Prince Harry will be hosting this year's Party.

At a recent conference on veterans' mental health Prince Harry highlighted that the road to recovery for servicemen and veterans starts with a conversation where they seek help. This is so very true and is at the heart of what The Not Forgotten Association has been doing for 97 years. Our events and activities allow the camaraderie and banter of service life to be rekindled, thereby providing the ideal safe and trusted environment for that first conversation to take place.

Of course we're not the only ones to do this and we are just a small cog in a large service charity 'machine'. The Garden Party is one example of how this Association provides an opportunity for all parts of this 'machine' to work in unity to help our mutual beneficiaries. Something I am sure that Prince Harry will enjoy.

James Stopford, Chief Executive

Fishing Weekend Gives Veterans A Boost

We recently took another group of veterans on a carp fishing long weekend to Woodlay in Cornwall.

Fishing is not just the world's most popular participation sport, it can also be hugely beneficial for service men and women recovering from injury. Research has shown that fishing can reduce the symptoms of PTSD amongst veterans; it can also help with their emotional, psychological and physical rehabilitation.

Woodlay's peaceful location and safe, friendly environment enables veterans to relax during the day and socialise in the evening. Being able to unwind in the middle of nature, away from the distractions and stresses of rehabilitation, helps to boost morale and restore confidence, as well as giving veterans the chance to bond with each other.

With representatives from the Royal Navy, Royal Marines, Paras and other Army regiments - none of who had met before - the fishing was understandably extremely competitive, but everybody got on wonderfully well.

"I struggle when I'm out and I can't remember the last time I managed to go anywhere without my wife. I really enjoyed myself and was so at ease that I didn't want to leave."

(Gary, Army veteran)



Entertainment and recreation for wounded and injured service personnel and veterans

Care Home Concerts Spread Comfort & Cheer

Over the last few weeks our concerts in care homes in England and Scotland have been bringing much-needed entertainment and fun to elderly residents of ex-service care homes. Music has been shown to help those living with dementia; it can also ease pain, improve motivation, reduce stress, aid memory and relieve symptoms of PTSD and other trauma-related conditions.

"Your concerts boost morale and improve wellbeing. Many residents who cannot speak join in the singing and we see smiles and tears of happiness. We have one lady who never speaks, but when the singing starts she sings out loud to every word."
(The Royal British Legion Maurice House)



Never Be Forgotten With Autodotbiography



Many veterans have extraordinary stories and memories of their service experiences. For those who would like to tell their life story, but don't know where to begin, we can recommend a service which is **free of charge** to our beneficiaries.

Autodotbiography is a unique online system which creates a well written, beautifully illustrated e-record of your life story for your family. To find out more, please contact:

Bryher Scudamore:

Tel: 020 8653 5933

Email: bryher.scudamore@autodotbiography.com

Web: www.autodotbiography.com/not-forgotten-4397

NFA Supporter Funds Veterans' Trip On The Bluebell Railway

On 15th May we took a group of more than 50 veterans from care homes and associations in the south east of England for a lunchtime trip on the Bluebell Railway. This popular annual outing gives our guests the opportunity to socialise with like-minded people for a few hours and judging by the smiles and laughter everyone soon got to know each other. They included four members of Bomber Command, the eldest being 98-year-old Jo Lancaster. We would like to thank Javelin Global Commodities (UK) Ltd and CEO Peter Bradley who generously funded the day and joined the veterans on the trip.



Chairman's Charity Walk Raises Thousands



Our Chairman David Cowley recently organised a charity walk through the beautiful Hampshire countryside to raise funds for the NFA. Despite the heavy rain more than 140 people took part; half completing the full 10-mile walk and the others taking the 5-mile option (perhaps because of the weather!). With the help of his wife Nikki and other willing volunteers, David arranged refreshments and a hog roast for everyone and musical entertainment was provided by The Glenn Miller Tribute Band. The walk has so far raised more than £6,500 for the Association.

New Merchandise & Webshop Launched

We have launched our brand new online shop featuring a range of products from pens to gadget cards. All proceeds from every sale will help us to support our deserving beneficiaries.

Chief Executive James Stopford commented on this major new initiative: "We're expanding our merchandise range so that we can provide quality items and help to spread the word about this wonderful charity so that more beneficiaries will hear about us and be able to seek our support."



Some of the activities we have planned for Summer & Autumn 2017:

June:

- Majorca Farmhouse Holiday
- Concerts In Care Homes
- Waterloo Station Collection
- Runnymede Boat Trip
- Armed Forces Day Trowbridge Concert

July:

- Concerts In Care Homes (Scotland)
- Wimbledon Tennis Championships
- Alpine Canoeing Holidays
- Reginald Fessenden Sailing Challenge (fundraising)
- Ypres Battlefield Tour
- Brands Hatch Track Day

August:

- Concerts In Care Homes (Scotland)
- Bradenham Manor Sports Weekend
- Gatcombe Horse Trials
- Jive Aces Summertime Swing (fundraising)

September:

- Concerts In Care Homes (Scotland)
- Activities holiday in Scotland
- Majorca Farmhouse Holiday
- Highgrove Gardens Outing
- Afternoon Tea Concert, Phyllis Court
- Iceland Trek Challenge

September:

- Concerts In Care Homes (Scotland)
- Majorca Farmhouse Holiday
- NFA Rockettes Commando Challenge (fundraising)
- Carp Fishing In Cornwall
- Country Sports Week, Kildermorie

Want to get involved?

You can donate, set up your own fund-raising 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?

To join our amazing team and find out more about what we do please email:

volunteer@nfassociation.org

Contact us

Find us on:



Call us on:
020 7730 2400

Email us at:
info@nfassociation.org

Write to us at:
2 Grosvenor Gardens,
London SW1W 0DH