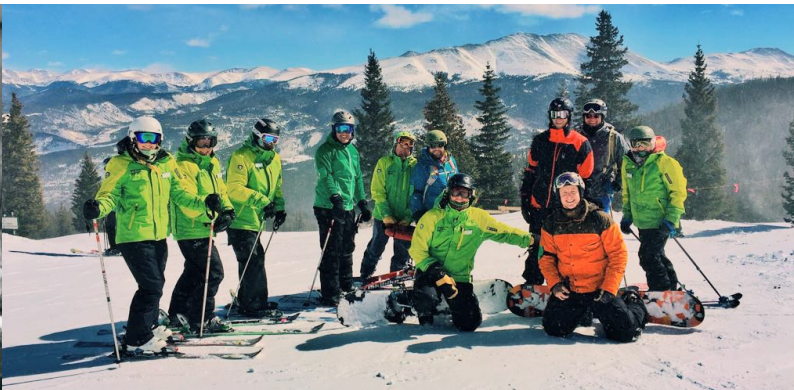


NEWSLETTER MARCH 2017



THE NOT FORGOTTEN ASSOCIATION

From Comradeship To Challenge™



Not forgotten then...

...Not forgotten now

ROSIE IS RUNNING!

As you may know, our amazing Head of Events Rosie Thompson is taking part in 'The Toughest Footrace On Earth', the Marathon des Sables, to raise funds for injured service men and women.

In April Rosie will be attempting to run 270 kilometres through the Sahara Desert, easily the most difficult of the many fundraising challenges she has undertaken for the charity.

Running alongside her will be Martin Wilson who sustained life-changing gunshot injuries in Afghanistan in 2011. Rosie's inspiration lies in the courage and determination of the thousands of veterans like Martin who she has met over the years.

Rosie is just over half way towards her fundraising target of £27,000 and with the race fast approaching she would love to reach the total before the event begins.

To sponsor Rosie, go to:
www.mydonate.bt.com/fundraisers/rosiethompson6

ROSIE'S KILOMETRE BAROMETER

TARGET TOTAL
£27,000

TOTAL SO FAR
£15,546

 @rosieisrunning

2017 has started at pace; 41 individuals, representing campaigns from the Falklands to Afghanistan, have already enjoyed skiing in France and the USA. We asked them for their views on the NFA (always a dangerous question!) and were chuffed with the response as five positive themes prevailed:

- Mixing the age and campaign groups on events was hugely popular;
- The variety of activities we offer matches every need and the NFA was seen as inclusive to all;
- We were thanked for not judging our beneficiaries, but supporting them regardless of the type of injury or where/when it was received;
- Supporting nearly 10,000 individuals each year with a staff of just nine was considered remarkable;
- We are seen as being a very personal charity that genuinely makes an effort to get to know the beneficiaries and make them feel valued.

High praise indeed – thank you. This year we have a full programme of events planned to bring entertainment and recreation to our beneficiaries, and we greatly look forward to working with our military charity partners in delivering this.

I have now had the huge privilege of being with the Association for one year and it is truly just that: a privilege.

James Stopford, Chief Executive

Skiing Holidays Boost Veterans' Recovery From Injury

This year's activities have begun with three skiing holidays, one to La Plagne in the French Alps and two to Breckenridge in Colorado. Each trip was hugely successful and enabled small groups of service men and women with physical and mental injuries to overcome many of their fears and doubts about their capabilities.

For a few days they were free from the stresses and problems of their rehabilitation and able to focus on what they can achieve rather than what they cannot. Successfully overcoming these challenges renews their enthusiasm, improves feelings of self-worth and encourages them in other aspects of their lives, including rehabilitation, personal and family relationships and employment. Breckenridge in particular, with its quiet slopes and the superb instructors – US veterans themselves – make these few days incredibly valuable and rewarding.

We have received some very rewarding messages of thanks from our guests, including this from an Afghan veteran with PTSD: "This trip has brought me back to life, I have a little spark again. It has been one of the best experiences of my life, one I will never forget. I'm going home stronger, more positive and ready to take on life's challenges."



Entertainment and recreation for wounded and injured service personnel and veterans

Dame Vera Lynn at 100



On Monday 20th March the Nation's 'Forces Sweetheart' celebrated her 100th birthday. Dame Vera Lynn is not only an embodiment of the term 'national treasure', but she is also a staunch supporter of the Armed Forces. Dame Vera, we are so proud of all you've done for our beneficiaries and the work you do for all your boys and girls - happy birthday! Thank you for inviting the NFA to be a part of '100: A Tribute to Dame Vera Lynn' at the London Palladium on 18th March. We were able to take some 65 beneficiaries, from over 7 organisations and spanning several generations, to the show. Another example of Dame Vera and her legacy bringing people together and creating a sense of belonging.

Support From Partner Charities

There are some 2,500 charities which support the Armed Forces community. Many of these charities refer their own members and service users to us as they recognise the benefits of our unique programme of events. The major grant-giving service charities also support us financially. Over the last few weeks we have received generous grants from ABF The Soldiers' Charity (£60,000), The Royal British Legion (£19,492), The Royal Navy & Royal Marines Charity (£10,000) and Seafarers UK (£7,500). We will use this much-needed funding to provide direct support to our mutual beneficiaries and are hugely grateful to these and to our other partner charities who enable us to continue our work.



Six Nations Rugby At Twickenham Stadium



Thanks to the generosity of the Rugby Football Union we have been able to take 36 injured veterans and their carers to see England's recent Six Nations matches at Twickenham against France, Italy and Scotland. Not only have our guests been able to watch some wonderful top class rugby in a superb stadium, they have also been able to relax for a few hours in the company of others from different military backgrounds yet with a similar sense of humour, allowing them to enjoy the banter and camaraderie they miss from their service days.

A Walk On The Wield Side

NFA Chairman David Cowley is organising a 10-mile fundraising walk in Hampshire to help us support more injured service men and women. Starting and ending in Upper Wield, the walk takes in beautiful rolling countryside; refreshments will be provided and a hog roast will be served at the finish. Entry costs £25 per person in advance, reduced rates for under 16s and teams of 6 people or more. For more details and entry forms contact Andy Gallie, email andy@nfassociation.org



Peter McMurray

We were deeply saddened to hear of the sudden death of Peter McMurray, an Official Volunteer, supporter, fundraiser and true friend of the NFA. Peter helped at many of our events for more than 20 years, often with his wife Lyn at his side. They were both hugely generous with their time, showing great kindness and empathy towards our beneficiaries, warmly welcoming many into their own home. Peter served with the Army's Explosive Ordnance Disposal Regiment RLC. His sense of humour and banter quickly put other service men and women of all ages at ease and helped make many occasions even more special. With a ready smile, hearty laugh, warm welcome and genuine interest in everyone he will be greatly missed, but never Forgotten. We send our sincerest condolences to Lyn and all their family.



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

April:

- Colditz Painting Auction (fundraising)
- Marathon Des Sables (fundraising)
- Concerts In Care Homes
- Harlow Water Tower Abseil (fundraising)

May:

- Bluebell Railway Outing
- Concerts In Care Homes
- Carp Fishing
- Walk On The Wield Side (fundraising)
- Buckingham Palace Garden Party

June:

- Majorca Farmhouse Holiday
- Concerts In Care Homes
- 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 Family Weekend
- Jive Aces Summertime Swing (fundraising)
- RAF Odiham Open Day

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?

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

volunteer@nfassociation.org

Contact us

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