

NEWSLETTER

March 2019



THE NOT FORGOTTEN ASSOCIATION

From Comradeship To Challenge™



Not forgotten then...

...Not forgotten now

FABULOUS FUNDRAISERS

MEGA MARATHON RUNNER

Captain David 'DD' Johnston has set himself an extraordinary task - to run 52 half-marathons (that's 681.2 miles) in one year to raise funds and awareness for The Not Forgotten and Combat Stress. Keep your eyes on our social media pages for information on how to support DD.



THE CHESHIRE REGIMENT, SOUTHERN BRANCH

Huge thanks must go to The Cheshire Regiment, Southern Branch for their extremely generous donation of £1100 - raised at their 20th Anniversary Dinner.



2019 is a special year. One hundred years ago Marta Cunningham first visited a War Office hospital and found thousands of young men languishing in the wards, she wrote "Could these wasted, listless men be the once adored youngsters, who, but a few years, nay months ago, went so dashing, with a swing and a song to the Nation's rescue. Alas and this was their reward, suffering, silence and loneliness."

Marta set up The Not Forgotten and in the first year entertained some 10,000 individuals. She then declared "... as long as there are sufferers, so long will The Not Forgotten be needed" and we are. The Not Forgotten is as busy as ever and still reaching 10,000+ individuals a year, but it is only with the support of our partners, friends and volunteers that we can do this.

So thank you for your support and for making a difference to those who need a boost. This year will be fun for us and our beneficiaries – join the adventure.

James Stopford, Chief Executive

SKIING IN THE ROCKY MOUNTAINS

"This trip has proved to me that I can push my physical and mental boundaries and enjoy life and have fun again"



In an adventure generously supported by the Royal Marines Charity, 4736 miles away in the Rocky Mountains, 23 beneficiaries hit the slopes in Breckenridge, Colorado over the two weeks. Split in to two groups, they represented the Royal Marines, the Army and the RAF and we are also delighted that two individuals from Blind Veterans UK joined the holiday. Our veterans were given the chance to ski, snowboard, sit-ski and ski-bike, proving that anything and everything is possible with the right support.

All Not Forgotten holidays are not only designed to boost confidence and morale, but also mental and physical health, and our skiing trips are just the start of a busy calendar filled to the brim with experiences that provide both challenge and comradeship. The positive effect of these

breaks away are obvious from the smiles and laughter that emerge, even from those who seem initially apprehensive, and from the friendships that are created as a result of a shared experience. Take a further look at what this holiday meant to those involved by visiting www.nfassociation.org/news

Enriching the lives of wounded and injured service personnel and veterans

DAVID COWLEY IN THE NEW YEAR'S HONOUR LIST

David Cowley, Chairman of The Not Forgotten Association, was appointed an OBE in the New Year's Honours List in recognition of his remarkable service to the beneficiaries of the Association for over 3 decades. For the past 3 years David has been the Chairman of the NFA but has been actively engaged in all aspects of the charity's works since the 80's. James Stopford, said:

'David has been a voice of reason and a force for progress for this charity for almost a third of its existence. But his contribution goes beyond just good governance and oversight; he has personally delivered many of our events, takes a close interest in the beneficiaries and genuinely cares, and is driven by and proud to help enrich the lives of injured service personnel. This is wonderful news for both David and the Not Forgotten, it is the perfect way to start 2019 and the lead up to our centenary year in 2020.'



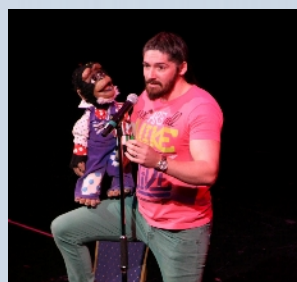
CONCERTS IN CARE HOMES

Mickie and the team sprang into action and the end of February, performing for The Chelsea Pensioners, before heading off to Gosport, Stubbington, Bexhill-on-Sea and Broadstairs in one week. This was just a handful of the locations they'd be visiting over the the days that followed as they entertained hundreds of veterans with their song and dance. Keep your eyes peeled online for more information on their adventures taking place in April.



SUNDAY NIGHT AT THE GRAND

Supported by the Lyndene Hotel, on Sunday 10th March The Blackpool Grand Theatre opened its doors to over 500 people for an evening of song, dance and comedy - all in aid of The Not Forgotten. In its fifth year, the show was, as always, an enormous success with audience favourites Terry Cotta & Buddy Lee, plus headline acts Johnnie Casson, Britain's Got Talent's Gareth Oliver and the 90's pop boy band 911. Huge thanks must go to long-time supporter Carl Schofield for organising the whole evening and to all the acts for taking part. Photographs by Mark Shuttleworth.



CONGRATULATIONS TO THE ROWING MARINE

Huge congratulations to Lee 'Frank' Spencer, a.k.a. the Rowing Marine, for breaking TWO world records by rowing solo and unsupported from mainland Europe to mainland America - all with only one leg! An awesome achievement and we can't wait to have him on next year's Forces of Nature team... Watch this space.



FAREWELL TO A FRIEND

We were very saddened to hear of the death of John Brunel Cohen in January. John became a trustee of The Not Forgotten in 1965, was Chairman from 1979 to 1993 and since then was an active Vice President. John's family's involvement with the charity covers our entire history as his father, Major Sir Brunel Cohen, co-founded the NFA with Miss Marta Cunningham and became the charity's first Chairman. John's life, his generosity and his involvement with The Not Forgotten over so many years will always form an important part of our charity's history.



Want to get involved?

You can donate, set up your own fundraising page, or sponsor one of our existing fundraisers on Virgin Money Giving. Go to:

uk.virginmoneygiving.com

...and search "Not Forgotten"

Or why not volunteer?

To join our amazing team of volunteers and find out more about upcoming fundraising events please email Michael:

fundraising@nfassociation.org



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