

NEWSLETTER
October 2018



THE
NOT FORGOTTEN
ASSOCIATION

From Comradeship To Challenge™



Not forgotten then...

...Not forgotten now

FABULOUS FUNDRAISERS

It's been a brilliant month for fundraising - we can't thank our amazing volunteer fundraisers enough for everything that they do! Head to www.nfassociation.org/news to see what some of them have been up to!



£10,000 FROM THE VETERANS' FOUNDATION

We are delighted to have received a grant of £10,000 from the Veterans' Foundation. Their generosity will allow us to fund some of the core costs of our events programme, ensuring that we can help as many of our beneficiaries as possible. We'd like to thank Veterans' Foundation for their kind and generous support.

THANK YOU!



I have almost forgotten that melting feeling the office was so good at generating on the hot summer afternoons – we're now back into freezer mode and I am not sure which one I like more ...

But it does mean we are gearing up for our busy winter programme – thoughts of trekking, kayaking and Majorca are now but a memory so instead we are looking forward to the Christmas Lunches across the UK, more concerts and The Christmas Party at St James's Palace; we are thrilled and honoured HRH Prince Michael of Kent will be joining us this year.

But we are also planning for 2019 – it will be a full year in the lead up to our Centenary with a focus on working closer with other charities and reaching more people, especially the hard to reach – Finding the Forgotten - please do help us do this.

James Stopford, Chief Executive

THE ASCENT OF MOUNT TOUBKAL

"I can safely say it was the most physical and mental challenge of my life and has most definitely changed me for the better"



Mount Toubkal, found 63km south of Marrakesh, is the highest peak in Northern Africa. Although not quite as tall as Mount Kilimanjaro, Toubkal is by no means a walk in the park as trekkers must navigate the altitude and the slippery scree slopes. The fast-paced ascent of only 2 days is also not for the faint-hearted... All in all, it sounds like the perfect NFA challenge! Generously funded by Help For Heroes, from 13th-17th September 21 beneficiaries and 3 support staff took to the jebel

with great excitement and much determination. With serving personnel and veterans hailing from 10 regiments, units and organisations, the group covered all three services and varied in age from 23 to 62. Despite the differing ages and campaigns served, the group immediately bonded around cups of mint tea in Imlil - a small mountain village in the Atlas Mountains and the launch pad for Toubkal.

A physically demanding trek, the NFA team persevered through the altitude sickness, the tricky terrain and two nights in a 25-bed dorm, to reach the summit on Saturday 15th September. Greeted with views of the Marrakech Plain, the High Atlas, the Anti-Atlas and the Sahara Desert all in one fell swoop, it's safe to say that the difficult push to the top was all worth it!

Enriching the lives of wounded and injured service personnel and veterans

FINAL 2018 FARMHOUSE RETREAT IN MAJORCA

"I feel invigorated and inspired to re-challenge myself. Even my family have noticed the difference!"

Although we are a little sad that our series of holidays to Majorca has finished, as they say, all good things must come to an end. Despite being caught in the dramatic storms, it's safe to say that our final Majorcan holiday of 2018 was a resounding success, with 18 beneficiaries from the Army, Navy and Royal Marines enjoying golf lessons, canoeing, zip-wiring, cliff-jumping, cave exploration, hiking, go-karting and so much more! The highlight for many, as ever, was the brilliant show at Son Amar.

The whole team immediately bonded, sharing experiences, swapping stories and providing support to one another. Many of the group were referred to us through different associations, including one gentleman from Blind Veterans UK who mentioned that the atmosphere was "as close to the close-knit forces environment as I'd been since my discharge and has made a considerable emotional and inspiration impact." It is statements like this and photos like the before and after shots that prove the beneficial impact that these holidays have on morale and confidence.

The NFA would like to thank Libor for funding the trip and the Royal Navy Benevolent Trust for funding places for members of the Senior Service family.



BATTLEFIELD TOUR TO NORTHERN FRANCE

To commemorate the centenary of the end of the First World War, The Not Forgotten Association recently took a group of thirty five on a Great War Tour in Northern France. The tour was most generously funded by Help for Heroes and our group included several Falklands veterans, currently serving personnel and representatives of most campaigns since the Second World War. We were delighted to welcome members of Band of Brothers, SAMA 82 and Blesma, serving Royal Marines and veterans from the Royal Navy, the Royal Air Force, the WRAC, the Royal Artillery, Royal Engineers, QARANC, the Parachute Regiment and others.

Head to www.nfassociation.org/news to read more.



CORNWALL CARP FISHING

Last weekend the NFA took eight veterans on a carp fishing break at Woodlay in Cornwall. Fishing is not just the biggest participation sport in the world, 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 enable 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, Paras and other Army regiments the fishing was understandably extremely competitive, but everybody got on wonderfully well.



THE AUTUMN CONCERT SERIES

"It was such a pleasure to see everyone enjoying themselves, more importantly enjoying the social interaction that can be sadly missing in a lot of the veterans life's on a day to day basis."

Today saw our brilliant autumn 2018 concert programme come to an end. Always a highlight in the Association's calendar, the series provides several hundred ex-servicemen and women with an afternoon of song, dance, fun and plenty of smiles. Although we're sad that it is all over, it's lovely to know that it's had such a positive impact on so many of our veterans' lives, as described by an Armed Forces Key Worker above.

Over a year in the planning, this year's Autumn Tour, named 'Keep the Home Fires Burning', was a tribute to the centenary of the end of the Great War and entertained beneficiaries in London, Banstead, Gillingham, Christchurch, Fareham, Gosport, Cranleigh, Runstington, Solihull, Portsmouth, Brighton, Weston Super Mare, the Isle of Wight, Henley and Taunton.

An ENORMOUS thank you to Mickie Driver and his team, who have been hard at work over that past few weeks delivering their phenomenal show to service care homes all over England - from Somerset to the Midlands and London to Brighton.



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 of volunteers and find out more about upcoming fundraising events please email Bianca:

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