



# THE NOT FORGOTTEN ASSOCIATION

From Comradeship To Challenge™

97th Annual Review

April 2016 - March 2017



# We Are Not Forgotten



Karl Tearney

**Karl Tearney** joined the Army in 1963 aged 16 and served tours in Northern Ireland, Bosnia, Iraq and Afghanistan as a helicopter pilot. After being diagnosed with PTSD he was put in touch with the NFA by our Medical Officer Dr Kate Goble before being medically discharged in 2015.

Karl has since taken part in a broad range of our events, including our battlefield tour to Malta, Founder's Day at the Royal Hospital Chelsea and skiing holidays in France and Colorado.

*"As a sufferer of Post Traumatic Stress Disorder and depression it can often feel like a lonely world and my time spent with you has really made a difference. There was such a great understanding of my need. Not only did it help me mentally but spiritually too as it's so inspiring to be amongst others who are also suffering. I find that I am able to relax and feel like myself again with others who understand me. I have been extremely lucky to have been looked after by the NFA who are my new family and where I belong. I am proud once more. Although my gratitude could never be measured - as the scale doesn't exist - I can say that, in my view, a smile is worth at least a million pounds and I left Colorado as a billionaire."*



Caroline (r) and her sister at the Garden Party

Whilst serving in Northern Ireland with the Royal Military Police in 1994, **Caroline Beazley** suffered gunshot wounds to her hand, back and face. She also took a shot to her head; fortunately her helmet saved her life. Following her medical discharge Caroline did not attend social events until she was nominated to attend the NFA Garden Party in 2016.

*"I know I was injured a long time ago and there are those who think that I should be over it by now, but ever since I have left the Army, I have felt like no-one ever quite understood. Like many other injured servicemen and women my very promising career was cut short, I couldn't do the job I had trained to do and felt like I had been thrown on the scrap heap. I felt forgotten about and that hurt."*

*For me meeting other injured servicemen and women was the moment when the switch was flicked, the light in my head came back on. The Association made me feel included in the military family again, welcomed me into this family that understood how I felt, who got it. I was no longer forgotten, I belonged again to a new, wonderful, caring compassionate family."*

## Some of the many we have helped



John at our Brands Hatch track day



Fred at the the Garden Party

**John Brown** served as a trooper in the SAS, seeing action in Malaya, the Oman and Aden. He came to the attention of the NFA in 2008 following the death in Iraq of his son Nick, who was also serving with the SAS. His son's death, and the circumstances surrounding it, had taken a huge emotional toll on John and the rest of his family.

***"My mind was doing all sorts. It didn't look like it from the outside, but inside it was whirling around. I couldn't sleep, I was all over the shop."***

John attended one of our lunches with fairly low expectations:

***"I thought it would be just a meal and a drink, but it wasn't. I met up with all these old boys and young lads who had been through some horrendous things. It didn't take any of the pain away, but it levelled it off. The biggest factor in putting me back together was this association."***

Since that first lunch, John has been invited to several NFA outings, Royal Parties and holidays, often bringing former colleagues along for their first taste of one of our events. He now acts as an unofficial NFA co-ordinator for beneficiaries in the Hereford area, helping others to benefit from our support.

**Fred Hill** flew 87 operational sorties in Hampden and Mosquito aircraft with Bomber Command in WWII. He also trained pilots and flight crews on a variety of aircraft before joining Transport Command in the Middle East. In total he accrued over 1,900 hours flying time during the war, receiving the Distinguished Flying Cross and two Mentions in Despatches.

After being demobbed Fred went into teaching, becoming a grammar school headmaster.

It wasn't until 2015 that the NFA became aware of Fred when he attended the Garden Party at Buckingham Palace as part of the Bomber Command group; he has since attended a Christmas lunch near his home in Exeter and the Christmas Tea Party at St. James's Palace.

***"I am so grateful to the Not Forgotten for remembering older veterans like me. To be invited to such wonderful events is a great treat. I have made some good friends and I am enjoying a happy retirement and reasonable health so I have much to be grateful for. Meeting the brave young injured men and women helps you realise what dangers our Armed Forces still face. I will do whatever I can to support such a fantastic charity."***



# Addressing The Need

More than half the UK's 2.8 million ex-service men and women have a long-term illness or disability, nearly 75,000 service personnel are injured or sick as a result of serving in Iraq and Afghanistan and 22,000 have been medically discharged since 2001. (Figures from the Directory of Social Change's *UK Armed Forces Charities* 2014 report.)

Due to their injuries, health problems and other social issues **many service men and women suffer from loneliness and isolation, with further adverse effects on their physical and mental health.** Many veterans miss the camaraderie and banter of service life and do not feel valued or appreciated for the sacrifices they have made. Younger injured men and women recovering from more recent injuries often lack the motivation and self-confidence they once had. These problems not only affect the service men or women themselves, but also their partners, families, friends and local communities.

In order to identify those in greatest need and therefore those most likely to benefit from our events, we work closely with regimental and military associations, veterans' organisations, Personnel Recovery Centres/Units, Rehab Troops RM and other service charities. Considerable effort is made to ensure we do not duplicate the work of other service organisations, but rather that we complement their work as well as the recovery pathway of the individual.

**Activities are carefully tailored to the individual needs of beneficiaries of different ages, service experiences, personal circumstances and degree of physical or mental injury or disability. We aim to offer appropriate support both to those who are in permanent need and those whose needs change over time.**



Normandy Veteran Ken Sturdy and Yvonne Hurson at the Union Jack Club



Donna Mason, an Oxygene instructor, Fiona Johnstone and the NFA's Rosie Thompson on our skiing trip in France



Dave Larcombe, Jack Howell, Bill Brentnall and Christopher Stowers on the Normandy Battlefield tour

# How We Help



Tom Schaffer and Richard Forrester  
at the Christmas Party



Mr and Mrs Paul Davis (seated) at our Garden Party



Kev Clark, Tom Skeates with John and  
Thomas Grover at Twickenham Stadium

**We support any serving man or woman who is wounded, injured or sick and any veteran, of any age, with a disability, illness or infirmity;** whatever the cause and whenever it arose. Any serving or former member of the Regular or Reserve forces of The Royal Navy, The Royal Marines, The British Army, The Royal Air Force and The Merchant Navy may be eligible for our help.

**The unique aspect of our work is the way we mix serving personnel with veterans of all ages,** from WWII to Afghanistan; like-minded people with shared experiences, but from different backgrounds, services and regiments. Our oldest veteran is 105 years old, our youngest serving beneficiary is just 19.

Our aim is to bring hope, happiness and friendship to these men and women, and **our motto 'From Comradeship To Challenge' illustrates the variety and breadth of the support we offer.** Every year some 10,000 men and women benefit from our unique and full programme of events and activities, each of which is intended to restore confidence, enhance wellbeing, boost morale and improve the chances of the individual and their family enjoying a normal, if not better, life.

In order to identify those who are in greatest need we work closely with regimental and military associations, personnel recovery centres, veterans' organisations and other service charities. We ask them to nominate their members or service users for our activities based on those who are likely to benefit the most.

**Enriching the wellbeing of our beneficiaries is at the heart of our work** and we do know that the difference we make can be life changing, bringing about a more positive outlook and helping individuals in many aspects of their lives. Often, simply having something to look forward to and a reminder that they have not been forgotten, can provide a tremendous boost to an individual's spirits and general health.

# Report From The Chairman David Cowley



**One of the most rewarding aspects of being part of The Not Forgotten Association is reading the many emails and letters we receive from those who attend our events and activities. These do not just thank our staff for their work and the care they show to each beneficiary, they also highlight the difference our activities make to the lives of so many serving and ex-service men and women whose lives have been affected by injury or disability.**

This Review sets out to illustrate the impact and the importance of our work. All our activities are designed

to provide enjoyment, but more importantly they also restore confidence and foster comradeship. These are so often what are missed most by those who have suffered injury or who are coping with disability. The variety of our events described in this Review reflects the age range of our beneficiaries, the youngest of whom is 19 and the oldest 105.

None of our work would be possible without the continuing support and generosity of our donors and we owe them all huge and heartfelt thanks. The list of donors on pages 28-29 does not adequately reflect their interest in our work or the many ways in which individuals and organisations support us. The thanks we receive are as much to them as they are to us.

The Association enjoys the unique privilege of being permitted to hold each year a summer Garden Party in the grounds of Buckingham Palace and a Christmas Tea Party at St. James's Palace; events which we are proud to deliver on behalf of the entire Armed Services community. We were honoured by the presence of HRH The Duke of York and his daughters TRH The Princesses Beatrice and Eugenie at the Garden Party and delighted that our Patron HRH The Princess Royal, accompanied by her husband Vice Admiral Sir Tim Laurence, attended our Christmas Party. Such support means a great deal to our charity and to our beneficiaries.

At our AGM we said farewell to a long-serving and very active trustee, Major Derek Smyth. Derek joined the Committee in 2001 and served as our Honorary Treasurer for many years. He was awarded the Order of Mercy medal in 2016 for his voluntary service to charities and non-profit organisations and I am delighted that on his retirement Derek became a Vice President.

The Not Forgotten Association prides itself on providing a wide range of activities to some 10,000 individuals each year with a small and dedicated team. I pay tribute to our team for all they achieved during another extremely busy 12 months.

The words of those we serve are a much greater testimony to our work than anything that can be said by me. I hope that you enjoy reading some of what they have said in this Review.

# The Year In Numbers

**Total beneficiaries supported 9,786**

Including:

Royal Navy

**2,375**

Royal Marines

**878**

Army

**5,175**

RAF

**1,271**

Merchant Navy

**98**

Televisions  
& Licences **875**

Televisions for individuals 414

Licences for individuals 418

Televisions and Licences  
in Homes and Hospitals 43

Concerts  
**3,855**

Outings **2,290**

Holidays

**567**

Royal  
Parties **2,199**



# The Garden Party





## A Royal treat at Buckingham Palace



Linzi Woods & Sergeant Drury



Ron Walters assisted by  
WOI (RSM) Dave Mason RM



Bob Bruce with Elaine Osborne

Our annual Garden Party was held on May 26th at Buckingham Palace. It was attended by more than 1,900 beneficiaries, carers, escorts and supporters. It is a unique and huge privilege, granted by Her Majesty The Queen, for us to hold this flagship event which we are proud to deliver on behalf of all the Armed Services and the wider service community.

The event was attended by HRH The Duke of York and his daughters, TRH Princess Beatrice of York and Princess Eugenie of York. They were accompanied by celebrities from the worlds of sport and entertainment and music from The Band of The Queen's Division.

We would like to thank everyone who helped to make the Garden Party such a huge success, particularly the Buckingham Palace staff, the many service helpers and our volunteers.

*"The experience of a lifetime, it was just outstanding, everyone made us feel so special. We talked to all sorts of people we have never met before: Chelsea Pensioners, Gurkhas, soldiers, sailors and airmen, several very badly injured veterans from more recent conflicts. Complete strangers greeted us like long lost friends, it was a genuine honour to be there."*

Zak Coombs, Merchant Navy

*"The Garden Party has rejuvenated Mr Ellis and renewed his interest in old friends and acquaintances. One of his granddaughters put a photo on Facebook and as a result he has had calls and renewed friendships with friends across the globe. This is particularly important as he has mobility issues that stop him from going out"*

Georgina Hood, Officers' Association

*"I'm so grateful for this once in a lifetime opportunity. Everything you have invited me to has warmed my heart and it's nice to be thought of by others. I feel pride and have a purpose in life that I belong. These events pick me up mentally."*

Ben Roberts, Army

*"I felt I had been forgotten by all. Meeting others with the same background and whose lives have also been dramatically altered was encouraging: it has given me hope that there is good to come."*

Kathryn Leworthy, Army

# The Christmas Party



**On December 8th, by kind permission of Her Majesty The Queen, we held our annual Christmas Tea Party for some 280 guests of all ages in the magnificent State Apartments of St. James's Palace. We are hugely grateful for this special privilege.**

Our Patron HRH The Princess Royal and her husband Vice Admiral Sir Tim Laurence were both in attendance. They made their way around the Throne, Entrée and Queen Anne Rooms, speaking to all our beneficiaries, whilst our beneficiaries enjoyed afternoon tea and entertainment from singers, magicians, caricaturists, balloonists, silhouettists, celebrities and a quintet from the Band of The Grenadier Guards.

After our Royal guests departed, everyone moved to the adjoining Picture Gallery for the afternoon's finale; a highly entertaining and varied show featuring top class comedy, music and song, all headlined by The Jerseys.

The Christmas Party always brings a great deal of pleasure, joy and cheer to our guests. Meeting other service men and women in such a glorious location and happy atmosphere fosters friendship and camaraderie, creates lasting memories and strengthens pride in individual and shared achievements. The afternoon was a resounding success and we would like to thank the Palace staff, the service helpers, entertainers, celebrities and our volunteers for their valuable contributions.



Dame Esther Rantzen with George Daly and Ms Weaver



HRH The Princess Royal talks to Tatiana and Guardsman Tomas Capanonis.



## Festive fun at St. James's Palace

For men and women who are proud to have served their country attending such an occasion and being introduced to a member of the Royal Family who takes an obvious interest in them individually, gives them a strong sense of being valued and a real boost. It is a huge honour and usually a once-in-a-lifetime opportunity which they will never forget.

*"Tomas has been in residential rehab for over 3 years and does not have much time away from DMRC. Seeing him enjoying the concert and meeting new people (who are now going to visit him in DMRC) was extremely valuable for all of us. This is a step forward towards Tomas's recovery as it gave him the opportunity to integrate within the community and, as Tomas would say, feel 'normal' for once."*

WO2 Cheryl Campling, London PRU

*"It was most memorable, it really means a lot to meet other veterans and colleagues from the Forces. You do excellent and fundamental work for veterans and their families."*

David Roe, Army veteran

*"A massive thank you for an amazing time. We were a little anxious and unsure of what to expect, but we were made to feel like part of the NFA family and met lots of really nice people."*

Steve Goodwin, Royal Tank Regiment

*"I have been provided with a great feeling of inclusiveness, a new-found brotherhood and invigorated wellbeing. The event at St. James's Palace far exceeded expectation. I met some truly inspirational people."*

John Batty, Army veteran



Ken Alford, Ray Bebbington & Fred Hill



HRH The Princess Royal with Mr & Mrs Putt



Comedian Carl Schofield



# Entertainment: Concerts & Televisions



A Mickie Driver Concert at the Royal Star & Garter Home, Surbiton, with Jackie Simmonds, Mike Marandi, Le'arna Castle, Annie Riley, residents and staff

**This year we arranged 76 concerts throughout England and Scotland entertaining some 3,855 people, the vast majority of who are residents of ex-service care homes.**

Research shows that music can have a powerful therapeutic effect on those living in care, particularly on older people with dementia. Our concerts in the homes are a highlight in their calendars and give a much needed morale boost to the elderly residents, many of whom are frail or live with dementia, their family members and the staff. These afternoons bring fun, joy and laughter to veterans who are unable to get out and about.

It is always very moving to see the elderly residents joining in the singing, clapping hands, tapping their feet and even dancing as smiles light up their faces and they remember songs from happier times.

We are hugely grateful to all the performers for their dedication, enthusiasm and ability to connect with often very frail and poorly people.



Singer Annie Riley serenades a resident

***"Your concerts mean a great deal to our residents. They lift their spirits and boost their morale; this comforts family members that their loved one is well cared for. Music reduces levels of stress and anxiety and also improves the ability for residents to reminisce, bringing back happy memories that they can share. You only have to see the smiles on their faces during the concerts to know what a difference it makes to everyone."***

Sir Gabriel Wood's Mariners' Home

***"We see those who are usually quiet sing from their heart and soul. A normally still foot starts to tap and arthritic hands start to clap with joy and appreciation. The songs bring smiles to faces and tears to eyes; it is a joy to behold."***

St.Vincent's Care Home

## Putting smiles on people's faces

We also support those veterans who are housebound or have very restricted mobility and are therefore unable to attend our events and activities through the provision of a television and/or a TV licence.

This year we provided 414 televisions and 418 licences to ex-service men and women of all ages, many of who are living in very challenging circumstances. Television is often the major source of entertainment for veterans who are housebound and their main link with the outside world.

Applications for such support are submitted mainly by caseworkers from SSAFA and The Royal British Legion and we are grateful to them for their ongoing co-operation.

We have also provided 43 televisions and TV licences to a range of ex-service care homes, hospitals, hostels, housing projects and rehabilitation centres. Some of these are for the use of individuals, whilst others are located in communal areas enabling many more people to benefit from our support.

***"Your generous donation has helped me settle into my lovely new flat. I have had to have both my legs amputated above the knee and your contribution has been a great support in my recovery."***

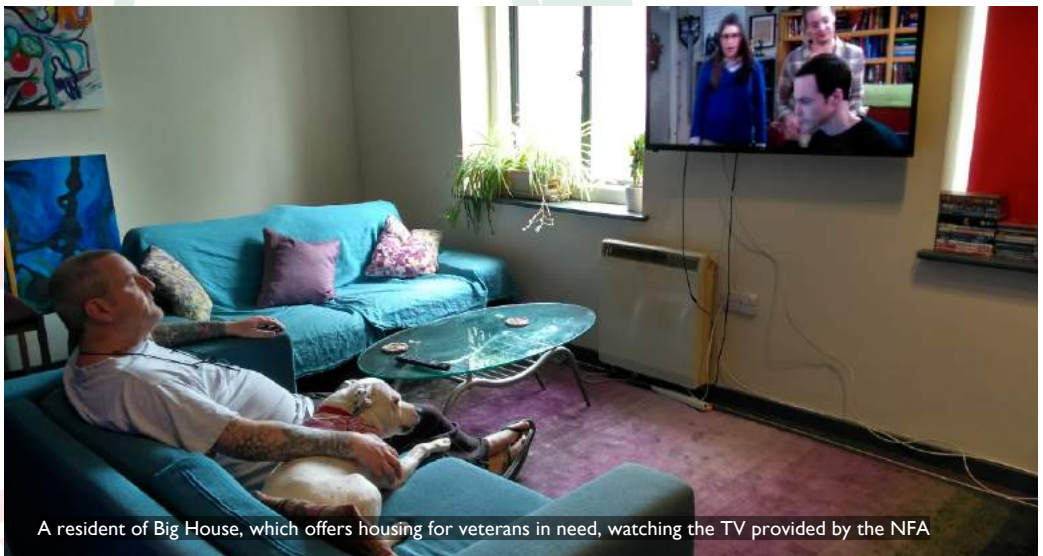
Thomas Shields, Royal Navy veteran

***"Without the NFA's most generous support we would not be able to carry out meeting the needs of our beneficiaries. The benefits of having a TV licence are manifold in terms of keeping those who cannot afford even this basic facility in touch with the world and cheerful, despite their difficulties. It does make all the difference and I'm very grateful to the Association."***

Roger Hardman, SSAFA Head of Welfare

***"Thank you for paying my TV Licence. I suffered a stroke and am partially sighted. I really do not know how I would manage without the support of the Association."***

Mike Wyness, Army veteran



A resident of Big House, which offers housing for veterans in need, watching the TV provided by the NFA



# Holidays



Trekking Challenge in Iceland

**Our holiday programme continues to evolve as we seek to deliver a wide range of opportunities for comradeship and challenge. This year we organised carp fishing breaks, a trekking challenges in Iceland and Scotland, and a country activities week in Scotland - all for the first time. In total we arranged 20 group holidays and short breaks for 567 injured beneficiaries and escorts.**

**Carp fishing weekends** in the south west of England in April and October enabled small groups of beneficiaries to enjoy totally relaxing

breaks and forget the challenges of their injuries for a few days. The beautiful surroundings proved particularly therapeutic for those with mental health injuries and everyone became great friends.

Our short breaks at the **Union Jack Club** before and after our Royal Parties allow us to invite mainly younger beneficiaries to enjoy a much needed couple of days with their partners. These are hugely successful occasions which help some 200 guests to realise that they are not alone in their struggles. They all return home with their spirits lifted and many new lasting friendships are made.



Stewart Duggans carp fishing in Cornwall



Chairman David Cowley with Rob Halliday and John Naples



## Boosting morale and improving self-confidence



One of our canoeing groups

Once again we took three groups of younger beneficiaries for week-long stays at a charming private farmhouse in **Majorca**. Two groups enjoyed R&R holidays with their partners, taking part in activities such as go-karting, horse riding, kayaking, jet skiing, painting and walking. These breaks offer respite from the routine of rehabilitation for both the injured and their partner; problems and experiences are shared, lasting friendships are made and feelings of isolation reduced. The third group, which included a double amputee, took on a Three Peaks Challenge in the local mountains, showing great determination, grit and wonderful team spirit.

In July two groups of 12 took part in **white water canoeing** trips in the French Alps. Funded by Help for Heroes, these are the most exhilarating and perhaps the most beneficial of



Mark Allen and Martyn Compton take on the rapids



Art therapy in Majorca with Shiela

all our events. Any initial anxiety or nervousness soon turned to great excitement as our beneficiaries took on the rapids, helping and encouraging each other.

Our first ever **Iceland Trek Challenge** saw 24 men and women set off on a five day, 53 kilometre adventure across some of the world's most spectacular and rugged landscapes. Camping overnight, the whole group bonded together, enjoying the banter and each other's company and boosting morale when it was needed.

***"I am going to give up all the psychiatric stuff. I have realised this week 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".***

Frank Devaney, Yorkshire Regiment



The Three Peaks Challenge in Majorca

# Holidays



Our highly popular annual event at **Brands Hatch** saw 77 guests enjoy a memorable day of thrills and excitement being driven at breathtaking speeds around the famous track in a wide variety of high performance road and racing cars. Overnight accommodation with dinner in the trackside hotel enabled our beneficiaries to swap stories of the day, make new friends and relive the comradeship of service life.

We were again privileged to be invited to take a group of 20 to the **Gatcombe Horse Trials**. All our guests enjoyed this wonderful occasion, meeting members of the Princess Royal's family and enjoying each other's company.

Our second country activities weekend at **Bradenham Manor**, in the Buckinghamshire countryside, provided some much-needed fun,



relaxation and the opportunity to make new friends for our 45 guests. For one couple it was the first time they had been away together for many years due to his illness, and the wife of a blind veteran saw her husband laughing and smiling for the first time in a long while.

Funded by Help For Heroes, the **Great Glen Way** walk in Scotland challenged our group of 22 veterans with a wide range of ages, injuries and abilities, to cover 73 miles in four days. Through quiet determination, mutual support, camaraderie and friendship they all completed the distance achieving their own personal goals.

Our **battlefield tour** to Normandy in October, which was also supported by Help for Heroes, provided some poignant and memorable moments. Amongst the group of 26 were three WWII veterans - including one who was returning to Sword Beach for the first time since landing there on D-Day - who each related their wartime experiences. Another Royal Navy veteran was able to place a letter from his mother at her brother's grave, enabling her to pay her final respects after 72 years.

One of our individual fundraisers helped us to organise a winter **Country Activities Week** for 10 guests on the beautiful Kildermorie Estate



## Boosting morale and improving self-confidence



Walking the Great Glen Way

in Scotland where they enjoyed pursuits such as clay pigeon shooting and walking.

In early 2017, thanks to the great generosity of one of our individual donors, we organised three hugely successful **skiing holidays**, one to La Plagne in the French Alps and two to Breckenridge in Colorado. The groups included a number of amputees who participated in skiing, snowboarding, sit-skiing and ski-biking and all made great progress during the week. Breckenridge in particular, with its quiet slopes and the superb instructors – some US veterans themselves – make these trips incredibly valuable and rewarding. For a few days our guests were free from the stresses and problems of their rehabilitation and able to focus on what they can achieve rather than what they cannot. Learning to ski, or any other new skill, restores confidence and provides a sense of achievement which broadens horizons and encourages participation in a wider range of activities.

***“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.”***

Fiona Mason, Army

***“I managed to go through so many barriers which not only gave me confidence but therapy to boot. The time I had meeting other veterans was also a great boost. The time in Breckenridge meant I could put so many demons to rest plus it made me feel human again and has given me a sense of purpose in life.”***

Andy Jones, Royal Navy

***“I’ve been struggling with my motivation and confidence since being medically discharged in 2014. Brands Hatch was the tonic I needed to realise I’m not alone. It’s given me a spring in my step and inspired me to volunteer to take part in other activities. Thank you for an inspiring day.”***

Jez Ryan, RAF



Alex Burrell, Steve Crowley and Allan Roberts in Breckenridge





Former Head of Finance Pat Henderson  
with our Patron HRH The Princess Royal



Gary and Bianca Robinson at our Brands Hatch track day



One of our skiing groups in Breckenridge, Colorado



The Reginald (Aubrey) Fessenden Challenge



Our contingent marching at the Cenotaph



Tony Toms collecting in Reading



John Lowe and Matt Delaney at the  
Hameldon Memorial, Dartmoor



Volunteer Peter McMurray  
1952-2017



Canary Wharf Remembrance Trail



Former Trustee Sir Julian Paget  
1921-2017





Jet skiing in Majorca



Skiing in La Plagne, France



Danny and Sarah Claricoates trekking in Iceland



The Royal Hospital Chelsea Founder's Day



The JTI Big Walk in Surrey

# Outings & Lunches



Dave Orman, Paul Louis and Fred Stebbing, with the NFA's Rosie Thompson on the Solent boat trip

**We increased the number of outings and lunches this year, arranging 39 separate activities for 2,290 men and women of all ages. These tried and tested days out are designed to lift the spirits and to give our guests the opportunity to socialise with like-minded people for a few hours, to meet old friends and make new acquaintances.**

Sport provides much-needed fun and excitement for service men and women, particularly those on the recovery pathway. Thanks to the generosity of **England Rugby**, 72 beneficiaries saw the England Autumn Internationals and Six Nations home matches at Twickenham.

Our longstanding relationship with **Ascot Racecourse** enabled 40 guests, from WWII veterans to injured serving personnel, to enjoy a day's racing in a private box with full hospitality. For one young injured Marine this was the first outing since sustaining his injuries and proved to be a highly beneficial step on his road to recovery.

Once again we were able to invite more than 160 beneficiaries to attend the **Wimbledon Tennis Championships**. With some of the best seats in the house on the two main show courts and a delicious afternoon tea, our guests enjoyed a truly memorable experience and we thank the All England Lawn Tennis and Croquet Club for their continued generosity.

For many veterans of all ages ceremonial and military themed events play a very special role and are a great privilege to attend. Again this year we arranged for groups to attend **Founder's Day** at the Royal Hospital Chelsea, **Trooping The Colour - Colonel's Review**, the **Dunkirk Little Ships Veterans Cruise** and the **Festival of Remembrance** at The Royal Albert Hall. We were also delighted to have been involved in the **Royal Hospital Chelsea's Summer BBQ** for some 400 Pensioners and guests.

***"Thank you for the day trip to Wimbledon. Being in a rehab troop has its ups and downs, however, a day like this definitely lifted my morale."***

Matthew John, 40 Commando



**Remembrance Sunday** at the Cenotaph provided a perfect example of the way in which we bring service men and women of all ages together, with three generations of one family - including a 93-year-old Chindit veteran attending the event for the first time - represented in our 37 strong marching contingent.

Our annual journey on the **Bluebell Railway** provided a nostalgic experience for 50 older veterans and carers, whilst 107 guests enjoyed a trip on **The Solent**: a particularly memorable day for one WWII veteran as it was the first time he had been on a boat since launching from Southampton during the D-Day Landings in 1944. Another regular favourite - our visit to **Highgrove** - enabled 25 beneficiaries to take a guided tour of the private gardens of the TRH The Prince of Wales and The Duchess of Cornwall.

Our **Christmas lunches** continue to provide much-needed companionship at what is a difficult time of year for those who are isolated as a result of their age, injuries or disability. This year we hosted 843 people at eight venues around the UK. We would like to thank the Swingtime Sweethearts for providing the fabulous entertainment and JTI for their continued generosity in supporting these hugely beneficial and successful events.

We were honoured to be able to invite 62 guests to the star-studded tribute concert to **Dame Vera Lynn** celebrating her 100<sup>th</sup> birthday. Dame Vera has been a great supporter of the Association for very many years and we honoured to have been part of the occasion.

*"It was fantastic to see my mother sparkle as she told of her wartime experiences. For a few hours she was able to relax and enjoy her memories away from her daily struggle with dementia."*

Anon.



Chelsea Pensioners enjoying a day's racing at Ascot with former N.I. and RM veterans Ray Stead and Matt Shaw



Maurice Freeman, Roy Lewis and George Priddy with two of our sponsors at our Christmas lunch in Bristol



Waiting to board the Bluebell Railway

*"Your activities have a tremendous impact on individuals in restoring confidence, boosting morale and giving them the opportunity to meet other people in similar circumstances who may not be able to get out as much owing to their mobility or poor health."*

Carol Gibbon, Chairman, Association of WRENS

# Our Objective, Mission, Vision & Values

This year our Trustees set down a plan which reaffirmed our support to eligible service beneficiaries to provide entertainment and recreational opportunities to all we can reach. The plan sets out our commitment to review how we do this in an increasingly complex military charity environment, looking at our current income sources and identifying how these can be developed.

With the charity's centenary in three years we have our sights firmly set on moving beyond this milestone whilst reaching more beneficiaries and ensuring that no-one is forgotten.

## Our Objective:

To act generally for the benefit of service and ex-service personnel with disabilities or who are wounded, including the organisation or provision of items or facilities for leisure and recreational activities, travel, holidays and outings.

## Our Mission:

To deliver high quality and safe recreational and entertainment activities to meet the needs of our beneficiaries, and to provide a caring and personal service which is fully linked in with other recovery pathways and which is underpinned by an ethos where everyone counts and is valued.

## Our Vision:

To be the trusted partner of choice for providing entertainment and recreation opportunities for both beneficiaries and other service charities. To position ourselves to help more individuals who we are not yet reaching. To meet the high demand for activities and events, well supported by volunteers and with a strong financial base.

## Our Values - ExPECT:

- |                    |  |
|--------------------|--|
| <b>Excellence</b>  | — we seek to achieve this in everything we do.   |
| <b>Personal</b>    | — our beneficiaries are at the heart of everything we do, we know them and they know us.         |
| <b>Empathy</b>     | — we listen to, respect and understand our beneficiaries and their needs.                        |
| <b>Comradeship</b> | — veterans supporting veterans; bringing different generations, campaigns and services together. |
| <b>Teamwork</b>    | — we work with our beneficiaries and other military charities to meet the individual's needs.    |

## Our Specific Aims Are To:

- Support every eligible beneficiary who approaches us, irrespective of service, age, rank or injury/illness.
- Continue to support individuals whose needs are ongoing.
- Work with the beneficiary to complement their individual recovery pathway.
- Work with other Service Charities to meet the needs of our mutual beneficiaries.



During the year we provided support directly to individuals in the following areas:

	2015-16	2016-17
Outings	2,002	2,290
Holidays	683	567
Concerts	3,250	3,855
Royal Parties	2,252	2,199
TV Licences for Individuals	450	418
TVs for Individuals	403	414
TVs & Licences in Homes/Hospitals	68*	43*
<b>Total Direct Beneficiaries</b>	<b>9,108</b>	<b>9,786</b>

\* Indicates the number of individual and communal televisions and licences provided to homes, hospitals, etc rather than the number of actual beneficiaries. It is estimated that some 2,500 people benefited from the provision of this service.



Dame Vera Lynn at our Garden Party in 1963



Sweetheart of the Nation and ambassador for the NFA celebrated her 100th birthday in March 2017

# Financial Review

Our total income for the year was £948K, a decrease of £146K over last year yet slightly ahead of budget.

Expenditure decreased from £1,369K to £1,204K. Of this outlay, 86% related to charitable expenditure, 14% to governance and fundraising. These percentages were the same as in the prior year.

The appointment of a new Chief Executive and a new Head of Finance led to a review of our income streams and a restructuring of the executive team. This has significantly strengthened our support to the Trustees, overseeing governance, securing our financial base and, most importantly, safeguarding the delivery of events to our beneficiaries.

## Reserves Policy

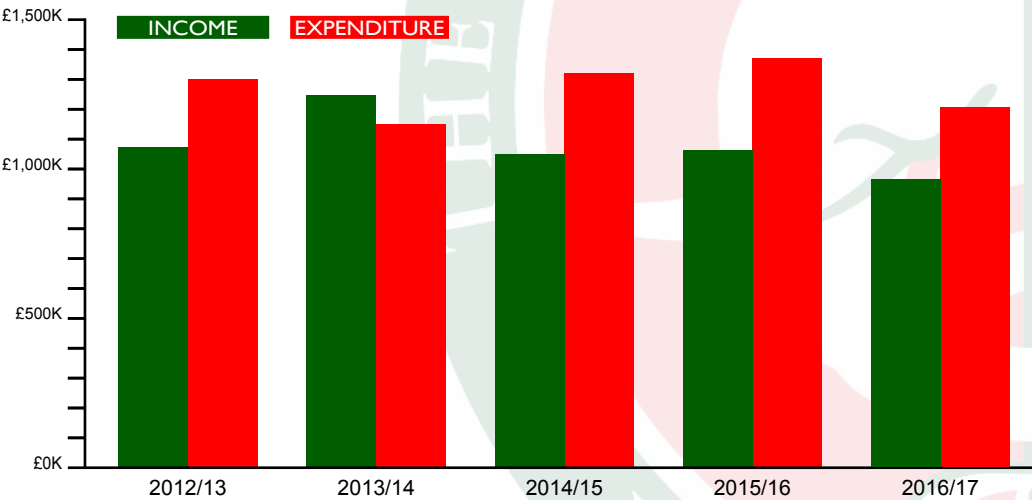
Our General Committee has set the policy which requires reserves to be maintained at a level which ensures that our core activity could continue during an 18 month period of unforeseen difficulty where income was significantly reduced.

The reserves will be kept in two distinct funds as follows:

- Designated Investment Restricted Fund. Initially maintained at approximately £2.2M, invested to generate 7% of current charity expenditure, growing to generate 10% of expenditure.
- Core Operating Cash Reserve. £150K initially to create an operating cash reserve to manage cash flow, maintain financial flexibility and to cover ongoing operating and programme costs.

The calculation of the required level of reserves is an integral part of the organisation's planning, budget and forecast cycle. It takes into account:

- Risks associated with each stream of income and expenditure differing from that budgeted.
- The organisation's commitments.
- Planned activity level.





## INCOME £984K



- Grants (53%)
- Investments (7%)
- Donations (34%)
- Legacies (7%)

## EXPENDITURE £1,204K



- Fundraising (13%)
- Outings (14%)
- Governance (1%)
- Televisions (14%)
- Holidays (37%)
- Entertainment (14%)

## New Trustee & Honorary Treasurer Paul Botterill

Educated at the Britannia Royal Naval College, Paul served in the Royal Navy from 1963-71 reaching the rank of Lieutenant and qualifying as a Diving Officer. He subsequently worked as an Account Manager for IBM and Marketing Director EMEA for Trans Ocean Leasing before founding and leading Intermodal Equipment Associates, a marine container lessor, until it was sold and merged with Leasing Partners Inc. Paul then became Chairman and CEO of the Puffa group, expanding and selling the business.



He has since held various consultancy roles related to mergers, acquisitions and corporate recoveries for SMEs and whilst acting as interim group CEO for Kier Baker Holdings he restructured the company and returned it to profit.

Paul remains Executive Chairman of Wind Container Services, a container consultancy and management service company which he co-founded, and President and CEO of Seaborne Intermodal Holdings.

Married with three adult children and six grandchildren, Paul is very active in the voluntary sector for a local church, school and yacht club; he is also a Director of the Army & Navy Club. His other interests include sailing, country pursuits and running a small equestrian property.

# Grants, Donations & Fundraising

We do not receive any guaranteed or statutory income and we therefore rely on the generosity of those who recognise the value of our work, both for their financial support and for the time and services that they freely give to us.

The charity sector as a whole continues to face funding challenges, not least being the difficult economic climate. For military charities this is compounded by the risk associated with waning public interest following the withdrawal of the UK's Forces from Afghanistan.

To try to counteract this and to maximise the opportunities for income from fundraising activities and grant giving organisations, both military and civilian, we have taken on an additional staff member who will dedicate part of their time to fundraising and restructured the role of another to lead an enhanced programme of grant applications.

As one of some 2,500 charities which support the service community we play a small, but important and unique role. This is recognised by the main service charities and others, who refer their members and service users to us as their partner of choice for providing entertainment and leisure opportunities.

Many of these partners also provide us with hugely valuable funding to enable us to carry out this work and this year we received contributions from: ABF The Soldiers' Charity (£60,000), Queen Mary's Roehampton Trust (£22,000), The Royal British Legion (£19,492), The Royal Air Force Benevolent Fund (£15,000), Trinity House (£12,000), The Royal Navy & Royal Marines Charity and Greenwich Hospital (£10,000), Help for Heroes (£10,000\*), The Royal Naval Benevolent Trust (£10,000\*\*), Seafarers UK (£7,500) and The Forces Trust (£5,000). Several of these increased their contribution over the previous year, others supported us for the first time.

Other grant-giving trust and organisations who again made significant donations included: the Westminster Foundation (£24,649), Childwick Trust (£15,000) Peacock Charitable Trust (£10,000), Elizabeth Frankland Moore & Star Foundation (£10,000) and Charles Skye Charitable Trust (£7,500).

We continued to receive much-needed funds from our extremely loyal small group of corporate supporters including Aspen Insurance (£30,000) and Atlas Elektronik (£10,000). The Lark Insurance Broking Group again encouraged their employees to undertake a range of fundraising activities such as golf events, cycle challenges and duathlons, and then matched the money raised.

Our loyal team of volunteers of all ages, including WWII veterans, have again given up their time to collect money at railway stations, supermarkets, shopping centres, sports venues, airports and military shows. Other individual fundraising events included marathons, variety shows, barn dances, triathlons, concerts, bike rides and endurance challenges.

A list of our principal donors and fundraisers for the year is shown on pages 28-29.

To every single person who has supported us this year, in whatever way, we would like to express our deepest heartfelt thanks. Your financial contributions are vital, your stories and endeavours hugely encouraging. You've helped us to support nearly 10,000 individuals this year.

\*A further £65,000 was received from Help for Heroes in the previous Financial Year for programmed expenditure in the period covered by this Review.

\*\* This funding was given to individual beneficiaries enabling them to take part in our holidays.



## The people who make a difference



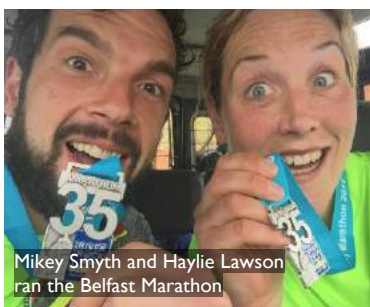
Michaela and Matt Delaney with Carrie Brown



Ken Allen ran the Great North Run



Max Jones - our youngest fundraiser



Mikey Smyth and Haylie Lawson ran the Belfast Marathon



Marianna Mitchell fundraising in Blackpool during Armed Forces Week



Terry Grimwood, Daniel Smith and Elaine Osborne fundraising in Canary Wharf



Lee Riley and

# Our Major Donors & Fundraisers

## MORE THAN £50,000

ABF The Solidiers' Charity  
Mr Christopher Gate  
Help for Heroes\*

## £10,001 - £50,000

Aspen Insurance  
Childwick Trust  
Peacock Charitable Trust  
Mrs Charlotte Heber Percy  
Queen Mary's Roehampton Trust

Royal Air Force Benevolent Fund  
Royal British Legion  
St George's Day Club  
Trinity House  
Westminster Foundation

## £5,001 - £10,000

Atlas Elektronik UK Limited  
Charles Skye Charitable Trust  
Lark Insurance Broking Group  
Queen's Club of San Francisco  
Seafarers UK

Royal Naval Benevolent Trust  
Royal Navy & Royal Marines Charity  
Lord Myners  
Elizabeth Frankland Moore & Star Foundation

## £1,000-£5,000

Bisgood Charitable Trust  
Mr H Bowring  
Bradenburg Concert  
Mr Roger Bromley  
MV Brooke  
Burry Charitable Trust  
S Collins  
Cooperative Bank Manchester  
Coward Endowment  
Mrs Elisabeth Cox  
Mr David Dudding  
Forces Trust  
Dr William Frankland  
Joseph Strong Frazer Trust  
MJ & KM King  
Leander Club  
Mr Martin Lewis  
London District TA & Army Boxing Club

Mr John Murphy  
Mrs Benedicta McLean  
Pamela Matthews Charitable Trust  
Parachute Regimental Association Croydon Branch  
T Pemberton  
Mr Barry Plummer  
Royal Naval Association  
Mr Chris Schmidt  
Mr Mike Smart  
Mr Graham Smith  
Special Forces Association  
Ms Sarah Stanford  
BTMD L Stredfelt  
Mr Marcus Strydom  
Support the Heroes  
Waitrose  
Westfield War Memorial Village  
Worshipful Company Of Gold And Silver Wyre Drawers

\* A further £65,000 was received from Help for Heroes in the previous Financial Year for programmed expenditure in the period covered by this Review.



# Major Donors & Fundraisers

## TOP FUNDRAISERS

Mr Cyril Banks  
Mr Graeme Barlow  
Mr Terry Frost  
Mr Colin Gould  
Mr Terry Grimwood

The Jive Aces  
Lyndene Hotel Blackpool  
Mrs Shirley McLean  
Mr Carl Schofield  
Rosie Thompson



Cheque presentation from The Jive Aces



Ian Colquhoun, Paul Swift, Carl Schofield and Terry Cotta at the Blackpool Grand Theatre



The NFA Rockettes completed the Royal Marines Commando Challenge. Louise Lithgow, Michaela Delaney, Angela Caddick and Catherine Ash (pictured) were part of the team of eleven RM wives and girlfriends

## LEGACIES

We are hugely grateful to the following individuals who have remembered us in their wills:

Mrs June Collins  
Mr Bertram Ford  
Mrs Doreen Forrester  
Mrs Dorothy Pike  
Mrs Betty Wild

# Associations, Homes & Hospitals

We support serving and ex-service men and women who are residents or members of hospitals, homes, Personnel Recovery Units/Centres and associations, including:

Aden Veterans Association  
Aircrew Association  
Air Gunners Association  
Alabaré Homes for Veterans  
Algerines Association  
Association of WRENS  
Avante Care Homes  
Band of Brothers/Sisters  
Battle of Britain Fighter Association  
BLEMSA  
Blind Veterans UK  
Bournemouth War Memorial Homes  
British Ex-Services Wheelchair Sports Association  
British Korean Veterans  
Burma Star Association  
Carlton Dene Home, London  
Catterick Garrison Medical Reception Station  
CESSAC House, Gosport  
Chaseley Trust, Eastbourne  
Combat Stress  
Combined Ex-Services Association  
Commando Veterans Association  
Consort Association  
Dashwood Foundation, London  
Dunkirk Memorial Home, Taunton  
Dunkirk Veterans  
Erskine Home, Renfrewshire  
Federation of Merchant Mariners  
Fellowship of Services  
FEPOW Remembrance Social Club, London  
Fleet Air Arm Association  
Flowerdown House, Weston-Super-Mare  
Galanos House, Southam  
Glamis Court, Fareham  
Glider Pilot Regimental Association  
Goldfish Club  
Greenwich Court, Southsea  
Grenadier Guards Association  
Guinea Pig Club  
Gulf Veterans Association  
Gurkha Residential Home Dharan, Nepal  
Haig Housing  
Halsey House, Cromer  
Haven Services  
Headley Court DMRC, Epsom  
Housing 21, Birmingham  
Hull Veterans Support Centre  
Ilford Park Polish Home  
Italy Star Association  
Java FEPOW Club 1942  
Kairos Community Trust, London  
King Edward VII Hospital  
Lister House, Ripon  
Mais House, Bexhill-on-Sea

Mariners Park Care Home  
Manorhead Nursing Home, Hindhead  
Market Garden Association  
Mark Wright Project Centre, Dalkeith  
Maurice House, Broadstairs  
Merchant Navy Association  
National Ex-Prisoner of War Association  
National Gulf Veterans and Families Association  
National Malaya & Borneo Veterans Association  
New Belvedere House, London  
Normandy Veterans Association  
North Inch House, Perth  
Parachute Regiment Association  
Pembroke House, Gillingham  
Phoenix House PRC, Catterick  
Pilgrim Bandits  
Pokesdown & Southbourne Ex-Servicemen's Club  
Princess Marina House, Littlehampton  
Queen Alexandra Hospital Home, Worthing  
RAF 51 MT Company  
Richard Peck House, Lytham St Annes  
Rothbury House, Morpeth  
Royal Air Forces Association  
Royal Alfred Seafarers' Society  
Royal British Legion  
Royal Homes, London  
Royal Hospital Chelsea  
Royal Marines Association  
Royal Naval Association  
Royal Star & Garter Homes  
Scottish Veterans Residences  
Service Personnel & Veterans Agency  
Single Homeless Action Initiative, Durham  
Sir Gabriel Woods Mariners Home, Greenock  
Somerset Legion House, Weston-Super-Mare  
Somme Nursing Home, Belfast  
South Atlantic Medal Association 1982  
St David's Home, London  
St George's Court, Southsea  
St Vincent's Home, Isle of Wight  
Stoll, London  
Submariners Association  
Sussexdown, Storrington  
Trafalgar Court, Southsea  
Trafalgar Quarters, London  
V & W Destroyer Association  
West London Mission  
White Ensign Association  
Women's Auxiliary Air Force Association  
Women's Royal Army Corps Association

Many other regimental, service and ex-service associations also benefit from our activities.

# Northern Ireland Chairman's Report



N.I. veterans at the Garden Party with former NFA Treasurer Major Derek Smyth (standing)



Roadshow at Edenmore Golf Club

2016 was another busy year for our Association in Northern Ireland as we continued to support the serving wounded, injured or sick and ex-service men and women.

Again we were represented at a number of important events, including Remembrance Sunday at the Cenotaph, Belfast and the Garden of Remembrance. We hosted activities such as roadshows and lunches and enabled residents of the Somme Nursing Home to attend lunch outings, concerts, pantomimes and the Royal British Legion Belfast Festival of Remembrance. We arranged for injured service men and women to take part in skiing trips to France and Colorado, holidays in Majorca, a battlefield tour to Normandy and to attend the Association's Garden Party at Buckingham Palace and Christmas Party at St. James's Palace.

Our work would not be possible without the commitment and enthusiasm of our small team of volunteers. I would also like to place on record the continuing support we receive from other military charities and old comrade associations, particularly the Disabled Ex-Service Association. We continue to play an active role in the Northern Ireland Veterans Forum.

I would like to express my heartfelt gratitude to those who have financially supported us this year, with kind contributions from the

Dean of Belfast's Christmas Sit-out for Charities, the Miliburn Trust, the Leopardstown Park Hospital Trust, the Ulster Defence Regiment Benevolent Fund, the Greater Shankill Community Council, the Aircrew Association Northern Ireland and the WRAC Association Ulster Branch.

I wish to acknowledge my sincere appreciation to my fellow Officers and others who have assisted me throughout the year. These include our President, The Duke of Abercorn, my Deputy Chairman Ben Higgins, Secretary and Events Organiser Yvonne Mulholland, Carol Titterington in her inaugural term as Treasurer, David Longmore and David Keith.

I was delighted to learn that Yvonne Mulholland was awarded the British Empire Medal in the Queen's Birthday Honours in recognition of her dedication to the Association and the wider ex-service community in Northern Ireland over many years. Special mention also goes to Captain Dessie McCahon who was awarded the Association's Certificate of Appreciation for his longstanding and meritorious service.

Ne Obliviscaris.

*John Davies*

John Davies MBE



# Our History



Our founder, Miss Marta Cunningham CBE, was born in New Orleans in the United States. Following her emigration to Europe, she made her debut appearance as a soprano soloist in the Coronation Concert for Edward VII at the Crystal Palace in 1901. This was followed by performances in oratorio and tours of England, Ireland and America. In 1910 she established regular 'matinees musicales' at Claridge's Hotel in London, and during WWI she was active in charity work.

History relates that, a year after the Armistice, Marta heard that there were perhaps a handful of wounded soldiers under treatment at a nearby Ministry of Pensions Hospital. She called on the Matron and asked if she had a few lonely patients who would like to come over for tea. The Matron looked surprised and replied that she had a few hundred patients - 600 to be precise.

Marta was deeply moved by what she saw at the hospital:

***"Listless men who took no notice of my coming or of my going. Were these really the enthusiastic young men who went to a nation's rescue?"***

She soon set about mobilising her group of friends to host these men for afternoon tea and entertainment. During one of these early invitations one soldier was heard to say:

***"We don't want no charity, Miss - we are forgotten by everybody and we'd better stop so."***

On 12<sup>th</sup> August 1920 the "Not Forgotten" Association was formed for the 'comfort, cheer and entertainment' of servicemen injured in WWI, and in its first year some 10,000 men were entertained. Thanks to the generosity of other charities and the public, as well as the firm backing of the Royal Family, hospital visits and tea concerts were followed by outings, drives and gifts such as fruit, chocolate and cigarettes.

Although its aims have remained largely the same throughout its 96 years, the Association has adapted to meet the changing needs of the serving wounded and veterans with disabilities. WWII brought a huge increase in the number of disabled service men and women and a renewed need for the charity's work. A new generation of the injured and sick were there to be helped alongside the 'Boys of the Old Brigade' who needed care as never before.

In the 1960s the number of veterans eligible for the Charity's assistance dwindled. However, with the deployment of our Armed Forces in Northern Ireland, the Falklands, the Balkans, Iraq, Afghanistan and elsewhere, the need for our work grows no less.

Despite the loss of records in an air raid in 1941, we can be reasonably confident that about one million men and women have benefited from the charity's activities since 1920. Whilst the need for its work remains, the Association will continue to ensure that those who have served their country and are suffering shall not be forgotten.

# Supporting The Injured For 97 Years

**Founded in 1920 by Miss Marta Cunningham CBE**



## **Past Patrons**

1921 HRH The Princess Royal  
1966 HRH The Duchess of Kent

## **Past Presidents**

1920 The Countess Beatty  
1920 The Countess Haig  
1920 Viscountess Trenchard  
1933 The Marchioness of Salisbury  
1939 Her Grace The Dowager Duchess of Devonshire GCVO CBE  
1954 The Honourable Lady Monro DBE  
1957 Field Marshal The Lord Harding of Petherton GCB CBE DSO MC  
1960 Lady Greig  
1963 The Viscountess Slim  
1969 Air Marshal Sir William Coles KBE CB DSO DFC AFC  
1972 Admiral Sir Desmond Dreyer GCB CBE DSC  
1980 Air Marshal Sir Denis Crowley-Milling KCB CBE DSO DFC & Bar AE  
1981 Air Commandant Dame Jean Conan Doyle DBE AE  
1985 Field Marshal The Lord Bramall KG GCB OBE MC DL JP  
1991 Brigadier Helen Cattnach CB RRC  
1991 Admiral Sir David Williams GCB DL  
1997 Marshal of The Royal Air Force The Lord Craig of Radley GCB OBE  
2006 Field Marshal The Rt Hon Lord Inge KG GCB DL

# Senior Appointments & Trustees

## **Patron**

**Her Royal Highness The Princess Royal**

## **Presidents**

Admiral of the Fleet Sir Benjamin Bathurst GCB DL  
Commandant Anthea Larken CBE  
General The Lord Dannatt GCB CBE MC DL  
Air Chief Marshall Sir Stephen Dalton GCB ADC FRAes

## **Vice-Presidents**

Major General Sir Christopher Airy KCVO CBE  
Mr John Brunel Cohen OBE DL  
The Countess Haig  
Lieutenant Colonel T J Tedder  
Brigadier R J Heywood OBE DL  
Colonel Piers Storie-Pugh OBE TD DL  
Major D A C Smyth MBE TD  
Air Vice Marshal Barry Newton CB CVO OBE

## **Chairman**

Mr David Cowley

## **Vice Chairman**

Mr Mark Nicholls

## **Honorary Appointments**

Treasurer: Mr Paul Botterill\*  
Chaplain: Reverend (Col Rtd) Peter Hewlett-Smith OBE  
Medical Officer: Dr Kate Goble MBBS MRCP DipOccMed\*

## **General Committee**

Mr Jeremy Archer  
Group Captain Jacqueline Gross RRC  
Mr Glenn Hurstfield  
The Lord Newall DL  
Colonel James Partridge TD DL  
Commodore S J Scorer RN FNI FCMI  
Commodore Peter Tribe RN

## **Executive Staff**

Chief Executive: Brigadier James Stopford CBE  
Head of Events: Ms R J Thompson  
Head of Finance: Mr Al B-Gonçalves

\* Also members of the General Committee



**Chief Executive, Brigadier James Stopford CBE**

James left the Army in December 2015 after 36 years with the Irish Guards. He is a member of HM Body Guard of the Honourable Corps of Gentlemen at Arms, Chairman of the Gallipoli Association, an enthusiastic but untalented sailor and lover of all outdoor activities. Married to Michelle, a solicitor, they have two grown-up children, a doctor and a vintner.

**Head of Events, Rosie Thompson**

Rosie has been our Head of Events for 19 years and never fails to be inspired by the many thousands of veterans she has met. Rosie loves any outdoor activity and when not working - which is rare - she is busy raising money for the NFA. She has completed dozens of running challenges, half and full marathons, including the Marathon des Sables - the 'Toughest Footrace on Earth'.

**Head of Finance, Al B-Gonçalves**

Al brings a wealth of financial and accounting experience gained in South Africa, the USA and the UK. Al ran his own accounting practice in Cape Town specialising in small businesses and was a co-founder of the South African AIDS Foundation. Al is an active charity volunteer and currently serves as chair of the finance committee of a Camden Town charity. His other interests include the theatre, ballet and visiting art galleries.

**Assistant to Head of Events, Anne McGinley**

Anne joined the NFA in 1999. She previously worked for the UN in Geneva, New York and Damascus before returning to England as P.A. to the President of an international record company. Anne helps to organise our busy programme of activities as well as representing the charity at events. She has a daughter and two stepchildren and enjoys walking, concerts, visiting museums and exhibitions.

**Office Administrator, Ann Milcoy**

Ann has been in post since 2001. After working for M&S, Shell, Price Waterhouse and United City Merchants, she left to bring up her two children, Peter and Eleanor before returning to work at the NFA. Her interests are mainly her three grandchildren, but she also loves walking, dancing, learning Italian and holidaying in Italy. She especially enjoys meeting our beneficiaries and organising the collections at London railway stations.

**Communications & Grants Officer, Phil Jenkins**

Phil joined the NFA in 2011 and has worked in most areas of the charity. After spending some 25 years in commercial roles in the travel industry, he became a freelance marketing consultant before joining the NFA. His responsibilities include the Annual Review, advertising, PR, grant applications and overseeing the website and social media. His passions include music and sport, especially his hometown football club Hereford FC.

**IT & Database Manager, Nick Jones-Evans**

Nick began his career as a youth project worker in Wales in 2010 before moving to London in 2012 to work as a support worker in a homeless hostel. As well as his technical and website responsibilities, Nick also runs our Television Department. He has qualifications in IT and computer game development and lives in North London with his partner, Sam.

**Office Co-ordinator, Andy Gallie**

Hailing from Falmouth, Andy served in the Royal Navy from 1998 to 2011 spending 18 months on board HMS Endurance. In this new role, Andy assists both the Finance and Events Teams and provides support to our wonderful fundraisers and volunteers. Andy is a huge rugby fan, supporting the Exeter Chiefs, and married his partner Victoria on New Year's Eve 2016.

**Communications Co-ordinator, Milly Garnier**

Milly joined the NFA as a volunteer in August 2016 just after graduating from Bristol University. She proved so invaluable that we soon offered her a full-time role creating publicity material, developing our social media activity and assisting our Events Team. The youngest of five sisters, Milly loves spending time with her family and is a keen squash player.

## 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](http://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](mailto:volunteer@nfassociation.org)**

**Write to us at:**

**2 Grosvenor Gardens,  
London SW1W 0DH**

**Email us at:**

**[info@nfassociation.org](mailto:info@nfassociation.org)**

**Call us on:**

**020 7730 2400**



### OUR CHARITY PARTNERS



**QUEEN MARY'S  
ROEHAMPTON TRUST**



**GREENWICH HOSPITAL**  
A Royal Navy charity since 1694



**The Royal Naval  
Benevolent Trust**  
Supporting The RNBT Family



**Royal Air Force  
Benevolent Fund**



**Trinity House**



**SUPPORTED BY  
HELP for  
HEROES**

**Company Number 8302965**  
**Registered Charity Number 1150541**