



THE NOT FORGOTTEN



Not Forgotten then...

Bicycling is so enjoyable, I suspect in everyone it conjures up memories of one's youth – it is such a simple thing for most of us to do, and it is healthy, environmentally friendly and fun. So, when The Not Forgotten was offered a French house for 15 beneficiaries for a week with activities such as bicycling included you can imagine how we jumped at the opportunity. And the trip did not disappoint – indeed it excelled all expectations with one beneficiary writing:

On a very personal note, I would like to thank Simon & Sarah from Maison 10 for giving me the opportunity to do something I haven't done since my injury and losing my sight 37 years ago in the Falklands War - that was to ride a bike. With the environment that was created, and the help and support of other beneficiaries on the trip who were to ride in front and behind me to make sure I was OK, I was able to overcome the apprehensions I had about getting on a bike again. Although this was a massive challenge for me and still took total concentration to stay on the track, I did manage and enjoyed it, so much so I did the bike trip the next day. So thanks to yourselves I have overcome huge personnel boundaries. What this means to me I simply can't put into words.

Thank-you Simon and Sarah and thank you those who supported Steve. Once again it is all about teamwork - as we were 99 years young on the 12 August we could not ask for a better present than these words. Happy Birthday to The Not Forgotten.

James Stopford, Chief Executive

...Not Forgotten now

AMAZONIAN KAYAK CHALLENGE

“Do not mistake broken limbs for broken men”

On 25th July, a gala evening was held at the Honourable Artillery Company, with a Royal reception hosted by our Patron, Her Royal Highness The Princess Royal, to launch an epic campaign. In August 2020, in what is likely to be one of the most gruelling challenges this group of hardy explorers has undertaken, a team of twelve wounded, injured and sick veterans, including four civilians, will attempt to kayak 3500km down the Amazon River to raise funds and awareness for The Not Forgotten. Named Team Forces of Nature, they will aim to defy the odds and prove that no-one should be defined by their disability whilst encapsulating TNF's motto of 'Comradeship to Challenge'. They'll be kayaking for 10 hours a day through one of the most remote parts of the globe and it's going to be tough, but - with the backing of the Royal Family - these guys are ready for anything. Head over to www.amazoniankayak.com to learn more about the expedition.



MAISON 10 REST AND RELAXATION

"As a former Royal Marine Commando I have never felt that I could open up and talk about actions I have buried so deep for so long, but this trip gave me the chance to relax enough to do so."

The Not Forgotten was recently lucky enough to take a group of 15 to France for five days of relaxation, thanks to the generosity of Sarah and Simon Post. A purposefully gentle trip, our guests were given the opportunity to go hiking, cycling, take part in yoga sessions and generally relax as a group. The therapeutic power of breaks like these is undeniable, as shown by the many letters we have received from those who attended. Head to our website to read some of them, but be sure to have some tissues at the ready.



As a small charity supporting some 10,000 men and women each year with a team of just nine staff, we couldn't be more grateful to our fantastic fundraisers. Head to our website to take a look at what some of them have been up to over the past few weeks.



From 2-12 July, 24 beneficiaries - all with a variety of injuries and illnesses, from amputations to PTSD and depression - took to the French rapids in an adrenaline-pumping adventure. Head over to our website to read more about the group.

On the 30th July, some 90 beneficiaries from 24 Service organisations – including Help for Heroes, Blesma, King Edward VII's Hospital Pain Clinic, Blind Veterans UK and many more – were given the opportunity to be driven around the world-famous Brands Hatch race track, in a selection of super cars and race cars.



Owing to the generosity of the AELTC, each year The Not Forgotten is able to take over 150 beneficiaries, from numerous service organisations, to Wimbledon to watch the globe's greatest tennis players battle it out at arguably the world's best tennis championships. Find out more online.



This year's Magic Millions Festival of British Eventing was, as ever, a real highlight in our calendar of events. With a real mix of veterans from the Army, Royal Navy and RAF, and campaigns from Afghanistan to the Falklands, there was plenty of lively banter and chat amongst our group of 20. Head to our website to find out more.

