



THE NOT FORGOTTEN



Not Forgotten then...

What a great summer we have had, full of events, both challenge and respite, and the autumn is also busy but my thoughts are drawn to a much understated but critical part of what we do.

Our concert in care homes programme is a very special part of our heritage and I was thrilled to attend two recently in The Royal British Legion's Dunkirk Memorial Home and The Somerset Legion House. Mickie Driver puts on a very special show with Lloyd Ellery, Annie Riley, Le'arna Castle and Jackie Simmonds; they really do bring some sparkle to the lives of those often forgotten and with limited chance of greater thrills. The power of music is so important to these veterans and that is why these concerts remain such an important part of our annual programme. To be able to put on these afternoons of song and fun is a real privilege and doubly so when we do it in support of other charities. And, of course, our thanks goes to LIBOR for funding these gems.

James Stopford, Chief Executive

...Not Forgotten now

COUNQUERING MOUNT TRIGLAV, SLOVENIA, FUNDED BY HELP FOR HEROES

"To be on top of the world again felt amazing, taking a deep breath of fresh air and being on the edge again - I felt alive again"

Climbing Mount Triglav is not for the faint-hearted. Standing at 2,864m, it is not only Slovenia's highest peak, but also that of the Julian Alps. The extra catch? You can only climb to the very top by grappling with one of Europe's best-known via ferratas. Roughly translated as 'iron road', via ferratas consist of steps and a series of cables which help even the most novice of climbers to reach the top of some dizzying rock faces. Although perfectly safe, teetering 9,396ft above sea level certainly gets the blood pumping. All in all, it's the perfect adventure for 15 service personnel and veterans.

Over two days, our group headed up to the summit of the mountain and all the way back down again, battling thunder, lightening and some pretty enormous hail stones. Luckily, the sun shone brightly as they reached the most precarious parts of the route and, ultimately, the top. Tired, but feeling fulfilled, our group returned to the bottom where they could revel in their achievement. Head to www.thenotforgotten.org/mount-triglav to read what some the group had to say and thanks must go to Help For Heroes for funding the expedition.



BERLIN & COLDITZ TOUR

“Being with other injured veterans is so relaxing as it affords me days to not worry about how I am, or what I say, as everyone is so thoughtful.”

Over five days, our group explored Berlin's Second World War and Cold War history before travelling to Colditz, where former Not Forgotten Chief Executive, Piers Storie-Pugh, guided them through its enormous grounds whilst he regaled them with tales of his father - Colonel Peter Storie-Pugh - who was held at Colditz for five years as a POW and attempted escape twenty-one times. Head to www.thenotforgotten.org/berlin-and-colditz to read the full story, and thank you to our fellow military organisations, including SAMA (82), Band of Brothers, the Gulf Veterans Association and Royal British Legion Industries, for nominating individuals to join the trip.



THE CATERAN TRAIL, SCOTLAND

“This week away has really helped with my PTSD, and being in the presence of fellow veterans who are in the same boat as me has lifted my spirits. It has been a VERY beneficial week away.”



Over 5 days, a group of 22, hailing from various organisations including Band of Brothers and Blind Veterans, headed for Scotland's Cateran Trail to soak up the sights and walk just over 85kms. The team, and their injuries, was very varied and many of the veterans were pushed to their limits (both physically and mentally, but each evening they all settled down to a hearty meal and good conversation, making bonds and friendships that could last a lifetime. Head to our website to read an account of the week, written by someone who was on the trip.



Fishing is the biggest participation sport in the world. Research has shown that fishing can reduce the symptoms of PTSD amongst veterans; it can also help with their emotional, psychological and physical rehabilitation. Talking tackle and size with your friends - what more could you want?



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. Visit our website to take a look at what some of them have been up to over the past few weeks.