

Cobseo Newsletter – 18th August 2017

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- Scottish children's Forces show heads for Edinburgh Fringe

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- 100km walked in aid of SSAFA

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- Veterans' Charity celebrates 'topping out' milestone of third Home
- The Royal Star & Garter Homes receives Level 1 Kitemark for exceptional dementia care

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- Scotty's call out to Military Spartans

SSAFA

- Ex-Homeless Veteran takes on an intense physical and mental challenge – walking the UK coastline

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- Have you nominated someone for a Soldiering On Award yet?

Turn To Starboard

- Crew set sail on round-Britain challenge
- Calling all veterans! Charity launch search for round-Britain crew member

University of Winchester

- Launch of the Service Children's Progression Alliance's mission

Walking With the Wounded

- Nottingham couple walking the 2,190 mile Appalachian trail for wounded ex-Servicemen and women

X-Forces

- Secretary of State for Defence announces X-Forces Gold Award Winners
- Self-Employment Discovery: London
- Business Start-up Workshop for Naval families: Portsmouth

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Cobseo diary

- 4th October Cobseo Executive Meeting/Away Day – Location TBC 1400-1500
- 22nd November Cobseo Finance Committee Meeting – Mountbarrow House
- 6th December Cobseo Executive Meeting - Mountbarrow House 1000 -1500

2018

- 7th February Cobseo Finance Committee meeting - Mountbarrow House 1400-1500
- 21st February Cobseo Executive Meeting - Mountbarrow House 1000-1500
- 9th May Cobseo Finance Committee Meeting - Mountbarrow House 1400-1500
- 23rd May Cobseo Executive Meeting - Mountbarrow House 1000-1500
- 18th July 2018 – AGM Victory Services Club 1300-1830
- 19th September Finance Committee Meeting - Mountbarrow House 1400-1500
- 3rd October Cobseo Executive Away Day
- 21st November Cobseo Finance Committee Meeting - Mountbarrow House 1400-1500
- 5th December Cobseo Executive Meeting - Mountbarrow House 1000-1500

Useful dates

11 th – 26 th August	Scottish children’s Forces show at Edinburgh Fringe
10 th September	RNA and Naval Associations Biennial Parade
16 th September	Felix Fund Festival, Silchester
17 th October	Kent and Medway - Armed Forces Champions Training
29 th September – 1 st October	We’ll meet again – Normandy Veterans’ Reunion 2017
31 st October	Deadline date: ex-Service personnel, employment and mental health: Forces in Mind Trust issues call for research proposals
1 st November	Women in Defence – 2017 Awards
12 th November	Cenotaph Remembrance Parade — Headley Court Charity
Throughout the year	New Military Veterans Training for Peace (PEP)

Employment, Education and Training courses

Officers’ Association

6th September 2017	External Event – JP Morgan, Ex-Military Insight Day – London
12 th September 2017	OA Webinar – Working in Oil and Gas Industry – An Insider’s View

RACPD Course Dates

4 th – 6 th September	First Aid at Work Course, Larkhill
4 th – 6 th September	IOSH Managing Safety Certificate, Amesbury
September – December	Level 2 Award in Support Work in Schools – one morning a week over 12 weeks (term-time)
4 th – 8 th September	Level 3 Award in Education and Training
4 th – 8 th September	Counterbalance Fork Lift Truck, Salisbury
11 th – 15 th September	Driver Certificate in Professional Competence, Salisbury

RBLI

Upcoming dates of RBLI’s employment support programme for veterans

Upcoming dates of RBLI’s employment support programme for the spouses and partners of Armed Forces personnel

22 nd August	RBLI – Information and advice day
20 th September	RBLI – Information and advice day
25 th October	RBLI – Information and advice day
15 th November	RBLI – Information and advice day –



X-Forces Events

31 st August	Self-Employment Discovery: London
6 th September	Business Start-up Workshop for Naval families: Portsmouth
13 th September	Business Start-up Workshop for Naval families: Portsmouth

Health and Wellbeing

Warrior Programme – Residential Courses 2017

Tuesday 26 th – Thursday 28 th September	Hannah's at Seale Hayne, Newton Abbot, Devon
Tuesday 24 th – Thursday 26 th October	Hannah's at Seale Hayne, Newton Abbot, Devon
Tuesday 28 th – Thursday 30 th November	Seale Hayne, Newton Abbot, Devon

Defence Medical Welfare Service

23 rd -24 th August	MHFA Youth, Andover
4 th – 8 th September	L3 Diploma in Welfare Studies, Birmingham
3 rd – 4 th October	MHFA Adult, Andover
6 th – 10 th November	L3 Diploma in Welfare Studies, London
5 th – 6 th December	MHFA Adult, Andover
14 th – 15 th December	ASIST (Suicide Intervention), Manchester

King Edward VII Hospital and Supporting Wounded Veterans

Monday 11 th September	The Veterans' Pain Clinic
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Research

FiMT Mental Health Research Programme

31 st October 2017	Ex-Service personnel, employment and mental health: Forces in Mind Trust issues call for research proposals
16 th November 2017	Forces in Mind Trust – Sector Briefing in York
17 th November 2017	Forces in Mind Trust – Sector Briefing in Nottingham

Cobseo Jobs

Follow this link for the 14th August Jobs bulletin.

Cobseo News

The Forces Pension Society has five surplus cherry coloured desks – all the same pattern, all in good condition with separate draw units. If you are interested please contact **Hugo Foster**

HMS Queen Elizabeth makes debut in Portsmouth

Britain's future flagship HMS Queen Elizabeth sailed into her home port of Portsmouth for the first time this week.

Greeted by thousands of people lining the Portsmouth seafront, the 65,000-tonne carrier was met with the warmest of welcomes as she arrived in her home port this week.

Sailors lined the flight deck of the largest warship ever built for the Royal Navy as she passed Portsmouth's Round Tower. HMS Queen Elizabeth was also greeted with a flypast from the Fleet Air Arm, including Wildcat and Merlin helicopters and Hawk jets. **Read more**



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Search for businesses who have signed the Armed Forces Covenant

A searchable index of businesses who have signed the Armed Forces Covenant.

Find out which businesses have signed the Armed Forces Covenant and what they are pledging to do to support defence and the armed forces community. [Read more](#)

ABF The Soldiers' Charity



The Official Cateran Yomp video is here!

More than 1,150 walkers took part in this year's Cateran Yomp, the 24-hour 54-mile trek across the Highlands of Perthshire, all to raise money for ABF The Soldiers' Charity. Despite challenging weather conditions, this year's Yomp saw the most participants ever in the seven years it has been running, with the highest amount ever – 499 – completing the Gold Route. Relive the memories and watch our official Yomp video today! [Read more](#)

2018 Photo Competition is now open!

ABF The Soldiers' Charity is pleased to announce the launch of our 2018 photo competition where the winners will feature in the Charity's 2019 calendar. The competition is open to amateur and professional photographers, with the key theme of the British Army. [Read more](#)

SSAFA secures £287,000 in funding from The Soldiers' Charity

In July 2017, our Charity awarded a grant of £287,000 toward SSAFA's Casework service and Forcesline during 2017. SSAFA's Casework service provides much-needed welfare advice and support for our soldiers and veterans. Our grant will help with the training of SSAFA's network of 4,000 caseworker volunteers who meet with potential beneficiaries to find out what help they need and offer support. [Read more](#)

Blind Veterans UK



Blind veteran from Lancashire takes on fastest zip line in the world to celebrate his 90th birthday

A blind veteran from Chorley, Lancashire has celebrated his 90th birthday by traveling down Zip World Velocity in Bethesda, North-West Wales, the fastest zip line in the world, and the longest in Europe.

Bob Hill raised money for Blind Veterans UK, the national charity for blind and vision-impaired ex-Service men and women, by flying down the world famous wire, on which he clocked 100mph. [Read more](#)

News about the Royal Parks Foundation Half Marathon:

The Royal Parks Foundation Half Marathon, which takes place on 8 October, is one of the most popular events in the UK, taking you through Hyde Park, Green Park, St James's Park and Kensington Gardens.

Visit blindveterans.org.uk/royalparks to find out how you can get involved.

- [Blind veteran from Oxfordshire to compete in Royal Parks Foundation Half Marathon for charity that supports him](#)
- [Blind veteran from County Durham to compete in Royal Parks Foundation Half Marathon for charity that supports him](#)
- [Louise ready to take on Royal Parks Half Marathon after losing more than eight stone in 15 months](#)



Join RAF Warrant Officer for the last leg of his 1434 mile run

An RAF Warrant Officer, who has set himself the challenge of running 1434 miles in less than ten months, is inviting supporters to join him for the final leg of his journey in Llandudno, North Wales. The funds raised will be going to Blind Veterans UK, the national charity for vision-impaired ex-Service men and women.

Gareth Prytherch, originally from Llandudno, set himself a New Year's challenge of running 1434 miles to raise funds for and awareness of the national charity, which provides free lifelong support to vision-impaired ex-Service men and women. [Read more](#)

Blind Veterans UK looking for volunteers

Blind Veterans UK currently supports over 4,500 vision-impaired veterans, more than any time before in the charity's history. It has set the ambitious target of doubling the number of veterans receiving its life changing support by 2022.

- [Military charity on hunt for volunteers in Oxfordshire](#)
- [Military charity on hunt for volunteers in Salisbury](#)

Family fun with Military charity at Llandudno Promenade

A local military charity is inviting guests to join them at the Llandudno Promenade Bandstand for an afternoon of fun and games. Blind Veterans UK, the charity for blind and vision-impaired ex-Service men and women, will be hosting an event, with visitors to the Prom invited to take part in a range of fun activities. There will also be a special motorcycle display put on by The Whistle Stop Café and Widows Sons, two local groups who support the charity. Victoria Beech, Regional Fundraiser for Blind Veterans UK, says: "Llandudno Promenade is visited by both locals and holidaymakers from across the whole country. [Read more](#)

Blind veteran from Conwy to complete three-day Iceland trek

A blind veteran from Conwy is currently training to complete a three day Iceland trek with Blind Veterans UK, the national charity for blind and vision-impaired ex-Service men and women.

Amazingly, Steve Thomas, 45 and from Llanrwst, was entered into the challenge, which will see him cover 14 miles per day, unknowingly. Steve explains "The Rehabilitation and Training Manager from the charity's Llandudno centre put my name in the hat without me even knowing! "Out of the blue, he told me that I'd been picked as one of the lucky few. I thought, 'right then, time to get training!'" [Read more](#)

Cyclist from Conwy to ride 525 miles for military charity

A cyclist from Conwy is preparing to cycle 325 miles for Blind Veterans UK, the national charity for blind and vision-impaired ex-Service men and women.

Goronwy 'Gron' Edwards, 67 and from Llandudno, will be cycling from the charity's training and rehabilitation centre in Brighton to its Llandudno counterpart. The ride, which will begin on 29 August, will take six days. The ride will be done on a recumbent bike, something Gron admits may not be winning him any fashion points in the near future.

[Read more](#)

Combat Stress



Wholesale jewellery brand raises almost £40,000 for veterans' mental health charity

Wholesale jewellery brand, Frank Ross Ltd. has raised almost £40,000 for Combat Stress, the UK's leading veterans' mental health charity.

After hearing of the work Combat Stress does to help veterans with mental health conditions, Frank Ross Ltd. decided to support the charity through the sale of their poppy jewellery collection. Since they started supporting the charity in late 2015 Frank Ross Ltd. has raised almost £40,000 for Combat Stress. [Read more](#)



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DMWS



DMWS Training Courses

DMWS provides a range of course in Welfare, Mental Health First Aid and Resilience. Find out which courses are running and where, book and pay online. If you would prefer to be invoiced, or for corporate and block bookings, call 01264 774008 or email training@dmws.org.uk. [Read more](#)

New Model of Care for local Armed Forces Community launched

The Defence Medical Welfare Service (DMWS) is delighted to announce that the new Armed Forces Navigator Pilot Project has officially been launched on the 17 July 2017. The pilot is being run in partnership with Birmingham Community Healthcare NHS Foundation Trust (BCHCFT), the Tavistock Institute and DMWS, and has been funded by the Forces in Mind Trust with the aims to better understand and support the health and social care needs of the Armed Forces community. The project will identify gaps in availability and accessibility of required services and raise awareness with local commissioners, to ensure there is appropriate consideration and planning into the future. [Read more](#)

Felix Fund



Felix Festival returns to raise funds for bomb disposal charity

The Felix Festival, a live music event that fundraises thousands of pounds for those affected by military and police careers in bomb disposal, is returning by popular demand on September 16 at Silchester in Hampshire.

The music event, organised on behalf of the charity Felix Fund which provides financial and wellbeing support to Explosive Ordnance Disposal (EOD) personnel, is this year hoped to raise £30k — surpassing the £25k raised at Felix Festival 2015. [Read more](#)

Felix Fund to hold exhibition and auction of art by bomb disposal experts

Bomb disposal charity Felix Fund will hold its first art exhibition and auction of original works from 5th September 2017 to 8th October 2017.

Felix Fund, a charity providing welfare support and financial assistance to bomb disposal operatives, opens its first art exhibition at the Cornerstone, Didcot, on Tuesday 5th September. All the artwork which will go on display has been created by either serving military personnel or others with links to the bomb disposal community, making it a truly unique exhibition. [Read more](#)

Forces in Mind Trust



Forces in Mind Trust – Invitation to Sector Briefings

On the 16th and 17th November 2017 the Forces in Mind Trust (FiMT) will be holding a briefing sessions in Nottingham (16th November) and York (17th November). The aim of the sessions are to help the Armed Forces Community, the Services Charities sector, and other key stakeholders and interested parties understand how FiMT can support ex-Service personnel, and their families, during their transition from military into civilian life. Whilst the events are aimed primarily at Directors, and the heads of welfare, research, grant-making and fund-raising, anyone with an interest in the subject of transition, including Trustees, is most welcome to attend.

16th November - Invitation to Sector Briefing in Nottingham

17th September - Invitation to Sector Briefing in York



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Gurkha Welfare Trust



Trailwalker 2017

On 28-30 July 2017, over 1,500 people across 399 teams attempted the Trailwalker challenge across the South Downs. Originally formed as a Gurkha training exercise in the 1980s, over the past 20 years Trailwalker has become a fundraising challenge phenomenon open to the public. Organised in partnership with Oxfam GB and The Queen's Gurkha Signals, it is the ultimate in long distance challenges. Participants must trek, in teams of four, 100km in under 30 hours, finishing at the historic Brighton Racecourse for a well-deserved beer and a Gurkha curry. [Read more](#)

Living with disability: a Gurkha hero's daughter

Life in Nepal can be hard at the best of times. For those who suffer from a disability, it can be an almost impossible experience.

This is equally true for the children of many of our Gurkha pensioners. As fathers, our veterans are deeply concerned with the wellbeing of their family, especially as they grow older and are faced with the prospect of no longer being around to help them.

To ensure that some of the more vulnerable children of Gurkha veterans are able to live with dignity, we provide Disability Support Grants after the loss of their parents. This ongoing assistance helps them to survive in a country with limited healthcare, welfare support and infrastructure. [Read more](#)

Major floods hit Nepal

The Gurkha Welfare Trust's field team is currently reaching out to vulnerable Gurkha pensioners as Nepal faces its worst rains in 15 years.

Beginning on 11 August 2017, the country's annual monsoon took a turn for the worse, triggering widespread large-scale flooding and landslides in 27 of the country's 75 districts.

Across the nation, search and rescue efforts are underway with a total of 8,300 trained security forces already deployed. Around 70 people have already been killed and dozens more are missing.

So far, there are no casualties to report among the ex-Gurkha community. In the most affected areas, our own patrol teams are risking their own safety to reach vulnerable pensioners and provide medical aid, relief items and cash grants where necessary. [Read more](#)

Help for Heroes



Help for Heroes has awarded 10,820 to date

In July 2017, Help for Heroes awarded 95 individual grants to wounded, injured and sick service personnel and veterans. In terms of life to date, 10,820 grants have been awarded totalling nearly £13million. Additionally, more than £37 million in total has been awarded to other charities and organisations to ensure wounded, injured and sick get the support they need. [Read more](#)

The Invictus Games 2017 is fast approaching

The Invictus Games 2017 in Toronto, an international sporting competition for wounded, injured and sick veterans and service personnel is fast approaching. The UK Delegation is being delivered by a partnership between help for Heroes (we are training, selecting and developing the team), The Royal British Legion (who are responsible for Friends and Family) and the Ministry of Defence. [Read more](#)



King Edward VII Hospital



The Veterans' Pain Clinic – Next appointments available Monday 11th September

The Veterans Pain Clinic is free of charge to all veterans who are able to provide proof of service. The costs will be covered by the Hospitals' Military Grants Fund charity.

The consultant is Dr Dominic Aldington. Having served in the Royal Army Medical Corps he was the Subject Matter Expert in Pain to the Surgeon General and was responsible for organising pain relief from the point of injury until a casualty left the service. [Read more](#)

Not Forgotten Association



Canoeing Holidays In The French Alps

Thanks to funding from Help for Heroes, we were once again able to take two groups of injured servicemen on white water canoeing trips to the French Alps – perhaps the most exhilarating and beneficial activity in our entire programme of events.

These trips embody our motto 'From Comradeship To Challenge' and follow our unique formula of mixing injured serving men and women with veterans of different ages, services and campaigns.

[Read more](#)

Fundraising Sailing Event Goes From Strength To Strength

The seventh annual Reginald Fessenden Challenge, held at the RAF Yacht Club Hamble, was the most successful yet with the biggest number of participants ever raising nearly £15,000 for the Association.

Taking part were 8 crews from maritime organisations and 6 NFA beneficiaries – including Royal Marines from the Termoli Troop Rehabilitation Unit at 40 Commando enjoying a welcome break from their daily routine – who were split between two boats, one of which came first in the competition and the other last. [Read more](#)

Supporters Arrange A Day Of Fun And Excitement At Brands Hatch

The Not Forgotten Association recently hosted 75 injured serving and ex-service personnel at our eighth annual Brands Hatch track day, always a popular and successful event in our calendar.

Our group included injured, wounded and sick serving personnel and veterans from many campaigns; all three services were represented with individuals nominated by a whole host of military associations, veterans' groups, recovery centres and service charities. [Read more](#)

Help for Heroes Fund Visit For 36 Servicemen And Veterans To Passchendaele Centenary

The Not Forgotten Association conducted a battlefield tour of Passchendaele, also known as the Third Battle of Ypres, over the centenary commemorations. We were privileged to be invited to the Tyne Cot Commonwealth War Graves Cemetery commemorative service on Monday 31st July and led the Menin Gate Last Post Ceremony on Tuesday 1st August.

The tour was most generously funded by Help for Heroes and our group included a WWII veteran, serving personnel and representatives of most campaigns in between. We were delighted to welcome members of Blesma and veterans from the WRAC, the Royal Artillery, Royal Engineers, SAS, the Scottish Regiments and others. [Read more](#)



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OA Opens York Office

The OA opened its new office in York on Tuesday 15th August.

This will be the OA's base for organising events and liaising with stakeholders in the North of England. The previous office was in Leeds, but has relocated because of the improved travel links and the fact that many former officers live in and around York. The office will be based in the Innovation Centre next to the University of York, which reflects the OA's commitment to develop new and cutting-edge ways of supporting officers. [Read more](#)

6th September 2017: External Event – JP Morgan, Ex-Military Insight Day – London

Now entering its eighth year, JP Morgan's Ex-Military Transition Program is committed to providing a market leading opportunity to Ex-Military personnel.

Their events offer prospective candidates a comprehensive brief on the entry routes available to ex-military personnel across all ranks and Services. [Read more](#)

12th September 2017: OA Webinar – Working in Oil and Gas Industry – An Insider's View

For this webinar we are going to be focusing on working in the oil and gas industry and will be joined by Stephen Heaney from GE. Stephen will also be providing insight into an exciting opportunity with GE for the Junior Officer Leadership Programme. [Read more](#)

What do Recruiters Look for in Candidates with Military Experience?

When applying for a job it can be difficult to know exactly what employers and recruiters want from candidates.

The OA recently hosted a panel discussion with recruiters to answer questions about the job application process, during the recent OA Employment Symposium in York. [Read more](#)

How to Start a Career in the Great Outdoors

The land based sector has many exciting job opportunities for people leaving the Armed Forces, offering a great alternative to working in an office. Clive Lowe, OA Career Consultant, and Anna Baker Cresswell, Founder and Development Director of HighGround, recently ran a webinar about starting a career in this sector. [Read more](#)

Finding a Flexible Approach to Work after Service Life, by Harriet Rogers

Harriet Rogers shares her story about wanting a new career that is more flexible and not office based. It was during my career transition workshop, run via CTP, that panic began to set in. My fellow officers announced their chosen industries to work in after leaving the military – Project Management, Consultancy, Defence Sales, Finance – making me feel increasingly like an imposter.

[Read more](#)

What does your personal brand say about you?

A strong digital brand can help you find work, so make yours effective. Employers and recruiters are increasingly researching candidates online to help decide if they are suitable. You therefore need to make sure you have a strong and positive digital presence. [Read more](#)

How to Write an Effective Ex-Military CV

Despite the importance of networking and LinkedIn, your CV remains an important document for anyone looking for work.

You have made the crucial decision to leave the military, and now need to focus on finding your new career. Sending a CV is often the first direct contact with an employer or recruiter, so be confident yours will impress.

[Read more](#)



Poppyscotland



Passchendaele parade provides poignant reminder

Thousands of people from across the country descended on the town of Crieff today to watch a poignant parade and service to mark the 100-year commemoration of the Battle of Passchendaele – a conflict that claimed the lives of tens of thousands of Allied soldiers.

The national event, which launched the wider 'Crieff Remembers' fortnight and was supported by Armed Forces charity Legion Scotland, featured a parade through the town with more than 150 veterans and serving soldiers from The Royal Regiment of Scotland taking part. There were also fundraisers from Poppyscotland on hand to raise money for the charity's life-changing support to the Armed Forces community. [Read more](#)

Poppy Factory celebrates living wage commitment

Its team of 41 Armed Forces veterans hand assemble more than five million poppies and 12,000 wreaths every year, but now Lady Haig's Poppy Factory (LHPF) can add another feather to its cap after becoming an accredited Living Wage Employer.

The commitment by LHPF to the Living Wage will ensure that all staff – regardless of whether they are direct employees or working on a third-party contractual basis – receive a minimum hourly wage of £8.45. This rate is significantly higher than the statutory minimum rate for over-25s of £7.50 per hour introduced earlier this year.

[Read more](#)

Queen Alexandra Hospital Home



Assault Course Challenge in aid of disabled veterans

Worthing-based charity, The Queen Alexandra Hospital Home, is on the hunt for people to take part in its Assault Course Challenge on Sunday 10 September at Lodge Hill, Pulborough.

Set in stunning woodland in the heart of the South Downs National Park, soldiers will be putting you through your paces over the 5km course, which includes flooded tunnels, smoke bombs, mud, rope climbs, tyre runs, log carries and much more! There's also a medal for all participants and a trophy for the winning team! [Read more](#)

Recruit for Spouses



New guidelines: how employers can support our Forces and build a stronger business by employing a military spouse

Working alongside Recruit for Spouses (RfS), the Employers' Network for Equality & Inclusion (ENEI), the UK's leading employer network covering equality in the workplace, has recently updated its 'to-business' guide on supporting military spouses.

The guide blends the expertise of the two organisations: ENEI supports more than 270 members to implement diversity strategies, working with clients to uncover and overcome unconscious bias; RfS advises employers of the unique challenges faced by military spouses and how to remove barriers to their employment. [Read more](#)



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Royal Air Force Benevolent Fund



100 marathons to mark RAF centenary for Lossiemouth Corporal

A serving Corporal, based at RAF Lossiemouth, has set himself an ambitious challenge that will see him run 100 official marathons, with his last ever race falling in April 2018 and coinciding with the Royal Air Force centenary.

Jon Ward, a Logistics Mover by trade, ran his first ever marathon back in 2007, when he took on the 26.2 mile race in London, completing it in four hours 56 minutes.

It was two years ago, however, that Jon set his sights on joining the exclusive 100 marathon club. [Read more](#)

Over £35,850 raised for Armed Forces at Royal Ascot this year

A staggering £35,850 was raised on the Friday at Royal Ascot for the three leading Armed Forces charities, the Royal Navy and Royal Marines Charity, ABF The Soldiers' Charity and the Royal Air Force Benevolent Fund.

For the fifth year running military personnel joined racegoers for Royal Ascot's unofficial Armed Forces Day. In addition to special ticket offers for military personnel, 80 volunteers from the Royal Navy, Royal Marines, Army, and Royal Air Force carried out collections for their principal charities.

This year, the generous racegoers donated an incredible £22,103 in just two hours. The sale of 5,499 jugs of Pimms led to a further donation of £13,747 bringing the total to £35,850 for the day. [Read more](#)

The Ripple Pond



The Ripple Pond are excited to announce their new website

We hope that the new site will provide a user-friendly and functional approach for Armed Forces families who are seeking support and also other charities who may signpost to us. The Ripple Pond is a peer-led support network for adult family members of physically and/or emotionally injured service personnel and veterans. www.theripplepond.org

RACPD



100km walked in aid of SSAFA

Twelve members of RACPD donned their walking boots over the weekend of 16/17 June to take part in a sponsored walk in aid of SSAFA. The 100km was split into 4 x 25 km stages which began in Warminster taking the northern range road across Salisbury Plain to Tidworth, back along the southern range road to the start and all completed within a 24 hour period. [Read more](#)

The Royal British Legion



Do you know WW1 Hero Soldier

The Royal British Legion's South East Midlands Team, based in Aylesbury, is appealing for anyone in the area to come forward if they are related to Private Arthur John Nappin, as they have an original photograph they would like to return.

Killed in action in April 1918 in Flanders, Arthur Nappin was born in Aylesbury on 7th January 1899 and was a son to Robert and Elizabeth Nappin who resided in Castle Street in the town. Arthur also had a brother, Sergeant William Nappin, who was killed in action in October 1916. [Read more](#)





Scottish children's Forces show heads for Edinburgh Fringe

This is My Life commissioned by RCET, Scotland's Armed Forces Children's Charity, has been invited to perform this year for the first time at the Edinburgh Fringe as part of a new cutting-edge performance programme which explores aspects of army life.

This is My Life will be part of a new 6-piece drama, dance and music showcase called Army@TheFringe (being run in association with Summerhall). The shows will take place from 11 to 26 August at the Hepburn House Army Reserve Centre, in East Claremont Street, which will be transformed into a temporary performance space staffed by serving soldiers. [Read more](#)



Veterans' Charity celebrates 'topping out' milestone of third Home

A new home caring for disabled veterans in High Wycombe reached an important construction milestone when the 'topping out' ceremony marked the building reaching its full height. The Royal Star & Garter Homes welcomed distinguished guests including The Rt Hon The Earl Howe, Minister of State for Defence, and Air Chief Marshal of the Royal Air Force, Sir Stephen Hillier, who led the ceremony.

Sir Stephen Hillier was met by the Charity's Chairman, Major General Tim Tyler, and Chairman of Wycombe Council, Councillor Suzanne Brown. Sir Stephen was invited to carry out the traditional Saxon ritual of anointing a yew tree branch attached to the last roof beam with wine, oil, corn and salt symbolising wisdom, liberty, prosperity and hospitality. The beam was then hoisted into its final position. [Read more](#)

The Royal Star & Garter Homes receives Level 1 Kitemark for exceptional dementia care

17th August 2017 – The Royal Star & Garter Homes is proud to announce that both the Charity's Homes' have been awarded the Level 1 Kitemark by Dementia Care Matters, following recent, unannounced audits. The Charity has Homes in Solihull, West Midlands, and Surbiton, Surrey.

Level 1 is the highest accolade achievable through Dementia Care Matters' National 'Butterfly Home Quality of Life National Accreditation Kitemark' awards. It indicates that a Home is demonstrating 'exceptional person-centred dementia care of the highest quality of life level'. Only 1% of care homes within the UK achieve a Level 1 distinction. [Read more](#)



Scotty's call out to Military Spartans

Charity challenges the UK's Armed Forces to the 'Best of the Best' Spartan Competition Children's Armed Forces charity, Scotty's Little Soldiers, is calling out to the military community to take on the 'best of the best' in a bid to create the first ever Spartan Race Military Wave at this year's Reebok Spartan Race Super at Marston Lodge near Market Harborough.

The Military Wave, which takes place on Saturday 2nd September, is open exclusively to the Armed Forces community and is certain to test the endurance, perseverance and grit of each and every participant. [Read more](#)



SSAFA



Ex-Homeless Veteran takes on an intense physical and mental challenge – walking the UK coastline

From the 1st August 2017, military veteran Chris Lewis will be embarking on an epic journey to walk the entire UK coastline – with all proceeds raised being donated to SSAFA, the Armed Forces charity. Chris will be starting his adventure on Llangennith Beach in Wales, before heading north into Scotland and then back down the east coast and across the south coast.

Far from being a walk in the park, Chris will be embarking on his challenge with absolutely zero funds, and will be relying on the goodwill of both the public and local businesses to supply him with all the food, water, accommodation and equipment he needs for each leg of his journey. [Read more](#)

Soldiering On Awards



Have you nominated someone for a Soldiering On Award yet?

Soldiering On Awards nominations were declared Open in July and we are delighted to see lots of nominations coming in.

Have you submitted your nomination for a deserving person, team or business yet? If not, get started now! Register your nomination on our simple on line nomination system here [Soldiering On Awards Nominations](#) Once registered you can revisit and update and amend your nomination until you decide it is completed and ready to submit.

Now into its 8th year the Soldiering On Awards are your opportunity to help us recognise existing and former members of the Armed Forces and those who support the Armed Forces community at the prestigious 2018 Soldiering On Awards. [Read more](#)

Turn To Starboard



Crew set sail on round-Britain challenge

A team of veterans affected by military operations has swapped home comforts for two months of nautical endurance as they attempt to sail 2000 nautical miles around the British Isles.

Under blue skies the crew of 17 veterans – many with little or no sailing experience – were waved a noisy goodbye to crowds of well-wishers at Falmouth harbour in Cornwall at 2pm on Saturday (August 5) on the Turn to Starboard Round Britain Challenge 2017. [Read more](#)

Calling all veterans! Charity launch search for round-Britain crew member

A Cornish sailing charity is launching a recruitment drive with a difference – to find a military veteran to join them on a section of a challenge to sail around the British Isles.

A crew of seventeen injured veterans – many with little or no sailing experience – set sail on a tall ship from Falmouth in Cornwall on August 5 on the Turn to Starboard Round Britain Challenge. So far the team has battled huge waves and clocked up more than 400 miles sailing up clockwise up the West coast.

Now the charity is calling out for a crew member also affected by military operations to join them on the epic journey, whether for a shorter section or the rest of the route. [Read more](#)



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University of Winchester



Launch of the Service Children's Progression Alliance's mission

Launch of new national partnership of organisations focussed on improving outcomes for children from military families. The Service Children's Progression (SCiP) Alliance's mission is to champion the progression of the children of military personnel so that they can make informed and confident transitions through further and higher education into thriving adult lives and careers. Conference delegates from service charities, local authorities, schools, colleges, universities and policy makers discussed the key messages. [Read more](#)

Walking With the Wounded



Nottingham couple walking the 2,190 mile Appalachian trail for wounded ex-Servicemen and women

Simon Richard and Alison Shelford from Nottingham, UK have fundraised over £4,000 for wounded ex-servicemen and women by hiking the Appalachian Trail. The route runs between Springer Mountain (Georgia) to Mount Katahdin (Maine) in the eastern United States, navigating a total of 14 states and approx. 464,500' gain/loss in elevation. It attracts over 3 million visitors a year as the longest hiking-only trail in the world.

Simon and Alison began the epic 2,190 mile journey on foot from Georgia to Maine on 28th March, with the aim to finish at Mount Katahdin mid August (a total of 4 ½ months walking). [Read more](#)

X-Forces



Secretary of State for Defence announces X-Forces Gold Award Winners

The ministry of defence recently announced the new winners of the Employer Recognition Scheme Gold Awards, its highest badge of honour for organisations which have signed the Armed Forces Covenant and demonstrated outstanding support for those who serve and have served. We are delighted to have been recognised for our support for the Armed Forces Community and are humbled to be in the company of this year's award winners! [Read more](#)

Self-Employment Discovery: London

SERVICE LEAVERS // VETERANS // FAMILIES // SPOUSES // RESERVISTS // CADETS - DISCOVER SELF-EMPLOYMENT AND BUSINESS START-UP on 31st August.

Whether you've already started working on your business idea, or are just considering self-employment, why not come along to our business workshop and meet like-minded people.

[Follow this link to find out more and book your place.](#)

Business Start-up Workshop for Naval families: Portsmouth

Starting on either the 6th or 13th September - NAVAL FAMILIES – GIVE YOUR SKILLS AND VALUES THE BUSINESS EDGE

Whether you've already started working on your business idea or just considering self-employment, why not come along this [X-Forces](#) business workshop and meet like-minded people.

This practical workshop will equip you with the relevant information needed to decide if self-employment is right for you.

[Follow this link for more information and to book your place.](#)



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