

# Cheerfulness in the face of adversity





# Supporting our own for 75 years

**General Sir Gordon Messenger KCB DSO\* OBE**

**Patron**

**Royal Marines are deployed on duty around the globe 365 days a year. Though they form only 4% of UK defence forces, they provide 47% of UK Special Forces personnel.**

The Corps is currently undergoing a transformation into the fifth generation Commando Force, and is a key pillar of the Royal Navy's strategy for an ever more unstable world. This could not have come at a more significant time, when the devastating damage to the world economy wrought by Coronavirus has triggered more global instability threatening our trade and security.

As the new Government Defence Integrated Review rolls out, they will be permanently forward-based overseas in two Response Groups facing the UK's most significant overseas threats in the Baltic/High

North, and the Gulf/Far East. As elite troops, they are disproportionately exposed to situations where physical and mental injury is a very real threat.

Alongside this transformation, several Royal Marines units were redirected from their defence tasks to support the NHS, Emergency Services, local authorities and Government at home and abroad in the first wave of the COVID-19 pandemic. This year, significant numbers of personnel have been deployed to assist the NHS vaccination programme.

RMA — The Royal Marines Charity is a well-run and cost-effective organisation which provides a vital safety net to Royal Marines and their families, a clear demonstration that we are committed to supporting our own at their time of need, reaching every facet of the Corps and underpinning the Military Covenant between our nation and its Armed Forces.

**“We are committed to supporting our own at their time of need.”**





# Your donations and non-monetary contributions change lives



**Lieutenant General Rob Magowan CB CBE**  
**Commandant General Royal Marines**  
**President**

We Royal Marines pride ourselves on being an all-encompassing Corps Family. Occasionally, despite drawing on great mental and physical courage to battle their challenges, there are serving and retired Royal Marines and families who are facing daily challenges they cannot overcome alone.

As the Royal Marines' own charity, RMA – The Royal Marines Charity is uniquely placed to understand, respond and react, enabling Marines and their families to overcome their challenges, including life changing injury, life limiting illness, mental illness, transition to civilian life and poverty. This is the support required which provides confidence to those serving, allowing them to focus on the job at hand. It directly contributes to the operational effectiveness of the Royal Marines and to the defence of our nation.

It also provides reassurance to those who have retired that the phrase 'once a Marine, always a Marine' is not a hollow statement — but one backed up by action and that the challenges they may find themselves facing, do not have to be faced alone.

On behalf of the whole Corps, thank you for your continued support. Whether it is providing advice or employment, financial donations or non-monetary help, your assistance — which is hugely appreciated and humbly received — makes a profound and discernible difference.

**“We ensured that every £1 donated was turned into £2.48 of value created.”**



**Mrs Lynn Fordham**  
**Chair**

2020 saw needs rising across every sphere of our work, following trends from previous years but further exacerbated by the pandemic. To meet this rising need year-on-year, the Charity has put in place the people, resources, and processes necessary to provide effective support:

- **Prevent** – ensure that members of our community do not descend into acute need
- **Respond** – provide holistic support to those who have serious mental, physical or other challenges which threaten their independence and dignity
- **Assure** – provide professional and safe support
- **Inform** – ensure that our community knows how to promote good health and welfare, and where and how to seek help
- **Collaborate** – ensure that members of our community are assisted by the most appropriate source

If we did not carry out our work, it is likely that, because of the proud nature of our community, they would not seek assistance elsewhere and sadly, the consequences of this include suicide. The increasing mental health support requirements in the veteran community are stark — in 2019 twelve Royal Marines veterans committed suicide, an alarming increase. The Charity responded in 2020 reaching out to our communities by running a ground breaking and powerful campaign #Lifting the Lid which was praised by the NHS, Samaritans and Zero Suicide Alliance. Despite COVID-19 which attacked every part of our fundraising capability, the cradle to grave support delivered in 2020 reached more of our community than ever, creating over £11M of value including saving the state over £2M in benefits through our support to assist those discharged through injury or illness into work. We ensured that every £1 donated was turned into £2.48 of value delivered. Thank you to all who have ensured this work can continue and to the charity team who deliver this support, always doing more with less.

**Mr Jonathan Ball**  
**Chief Executive**

The Royal Marines represent timeless excellence and punch above their weight in defence, and as their charity, we seek to do the same. Through the mergers that have now disappeared from the rear-view mirror we have created the most wide-ranging and growing regimental charity in the UK, and we have been working to share our experience and model with charity partners in the Navy and Army communities.

We applied the Commando Mindset to the pandemic by understanding, adapting to, responding and overcoming its challenges. We intend now to further improve our current support in the 2022-24 period, and we are planning for 2025-2030. The permanent forward deployment of the Corps will bring new challenges which we are determined to be ready to face. We intend to build our membership to 25,000 so that we will better represent our whole community, and to become effective advocates for them in the UK. Most of all, we seek to increase our proactive and preventative work through our Association, so as to decrease the number of Royal Marines and dependants who find themselves in crisis situations, saving money but also preventing suffering.

I thank all who have helped us along the way, with particular thanks to Major General Matt Holmes CBE DSO who gave outstanding support as our President 2019-21; the Corps who have welcomed us closer in to the fold than ever; our parent charity RNRMC who have given us substantial financial and staffing support; our many charity partners who have taught us so much and saved us reinventing the wheel; our corporate and individual donors whose generosity has been staggering; our members who were just amazing in applying the Mindset to their care of one another and innovative support of the Charity during COVID; and an incredible staff whose adaptability, stamina and sense of humour in the face of adversity is awesome.

# Key facts

2020 Charitable spend

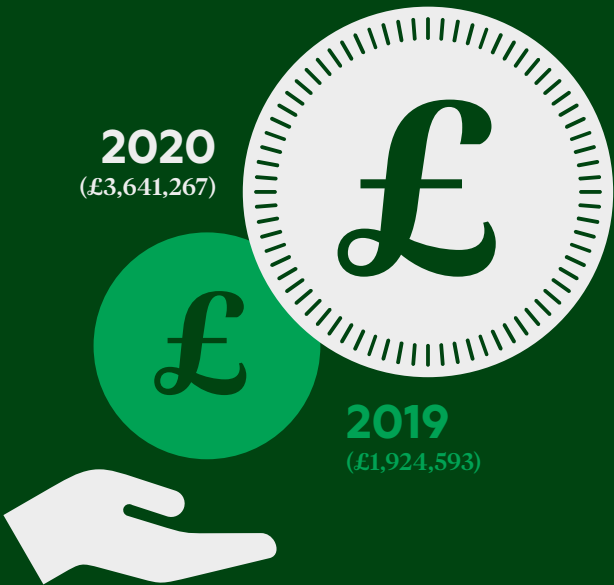
£4,466,573



Grants spend

£3,641,267

Including Gordon Messenger Centre £2,635,223



2020 Total Social Value  
£11,011,889



Social Value  
Every £1 donated becomes £2.48  
of charitable value created

£1 + Social Value  
= £2.48

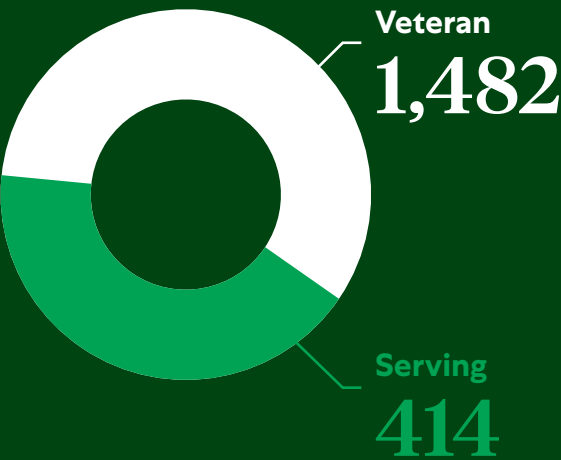
Individuals supported

20,744



Benevolence  
— individuals helped

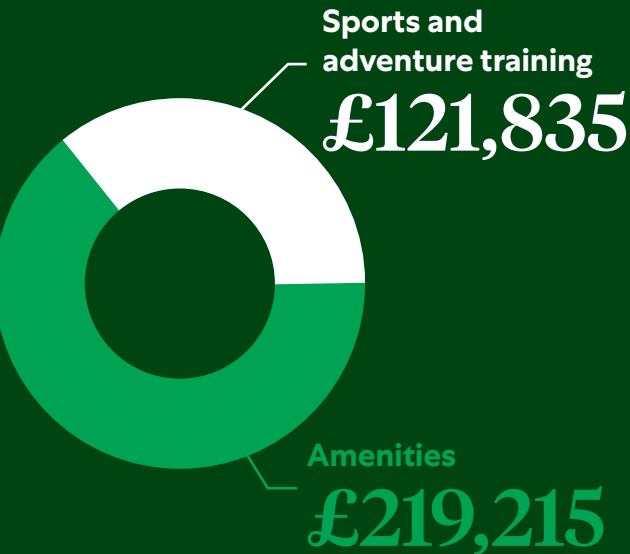
1,896



Support to  
regimental life

£341,050

Total grants to organisations



£22,680,187

Total grants distributed since the RM Charitable Trust Fund was registered as a charity in 2010

## Key facts

Despite the challenges of working remotely and with more complex cases, the Health & Wellbeing team assisted over 200 more individuals in acute need in 2020 than in 2019, which itself saw a rise of 200 over 2018:

**1,896** 

**Individuals supported**  
1,482 veterans / 414 serving (1,662 in 2019).

**810** 

**Received funding support**  
of over £630,000, part of total grants spend of over £3.6M (a 22% increase over 665 in 2019).

**298** 

**Employment cases**  
(129 serving / 124 veteran) were supported, and 75 assisted into employment (against 71 in 2019). In 2020 this work saved the State over £2.1M in benefits to those who would have otherwise been unemployed.

**60** 

**Battling alcohol misuse**  
(28 serving / 32 veteran) were supported (against 43 in 2019). Had those 28 serving been discharged, the training of their replacements would have cost the taxpayer £3.5M.

**203** 

**Armed Forces Compensation Scheme cases**  
(94 serving / 109 veteran) received advocacy (against 117 in 2019).

**113** 

**Received funded courses of mental health therapy,**  
seven dependants of serving personnel and 106 veterans (against 92 in 2019, an increase of 23%).

**93** 

**New vulnerable leavers**  
were supported by our Transition Support Officers.

**10** 

**Organisations assisting Royal Marines in recovery were supported** by funding of over £160,000, benefiting 30 individuals directly.

**194** 

**Rock to Recovery**  
coached 194 from the Corps Family (14 serving, 47 dependants and 133 veterans) (against 193 in 2019) with RMA funding of over £110,000.

**415,758** 

**Through our Lifting The Lid social media campaign we reached 415,758 people.** This sector-leading, suicide prevention campaign has been praised by the Samaritans, NHS and Zero Suicide Alliance.

# Supporting the vulnerable in tough times

**Despite COVID-19 in 2020, RMA – The Royal Marines Charity supported more beneficiaries in acute need than in 2019.**

In 2020, COVID-19 impacted on every aspect of our work and activity. Our priority was to provide support to the vulnerable members of our community, those suffering from the economic and social impacts of Coronavirus and particularly those who may have even greater troubles due to the social distancing measures imposed, especially our 4000+ veteran members aged over 70.

This was achieved despite the COVID-19 crisis removing a significant proportion of our fundraising capability; with net income reduced against budget by over £800,000 at £2.4M. Our community — especially our branches — reacted marvellously with ingenious challenges to this income crisis through a Heroes at Home campaign which originally had a target of £10,000 but which raised £130,000.

**2020 saw needs rising across every sphere of our work, following trends from previous years but exacerbated by the pandemic.**



# Facing change

## Transition support

The Transition Support Officer (TSO) role emphasises the importance the Charity places on Royal Marines who face discharge from the Corps for medical, administrative or disciplinary reasons. Or those who leave and find themselves in need of assistance.

There are two TSOs within the charity covering the whole of the UK. Both TSOs are former Royal Marines who each have over 30 years' experience in a variety of ranks and roles. They can readily understand and relate to the needs of early service leavers and veterans.

TSOs are an integral part of the Health & Wellbeing Team and can refer internally for support with:

- Alcohol & Substance Misuse
- Mental Health via the Veteran's Referral Plan
- Financial Grants & Benevolence
- AFCS & War Pension Tribunals
- Employment & Education

Their engagement with our Membership Team ensures that service leavers and veterans still feel a sense of identity and belonging to the Corps family.

### Lance Corporal H decided to leave the Royal Marines; however, things did not work out as he had planned.

Within a short space of time, he and his family were homeless. He returned to service on an FTRS contract as a store man, however they could not afford the relocation costs or first months' rent until he started work.

That is where the Transition Support Officer stepped in. RMA – The Royal Marines Charity was able to grant him his first month's rent, helped cover his relocation fees and provided money to buy white goods.

The family was assisted with a further grant from the Naval Children's Charity to enable him to buy Christmas presents for their children.

*"The grant from the Naval Children's Charity is amazing news and will really put me and the wife at ease, it was only last night we were going through our Christmas list crossing things off."*

*"Things are amazing. We have moved into our house and have been welcomed back with such warm hearts, our 7-year-old was back to school within days, and we are all happy. I am delighted to be back in the Corps. We have our white goods arriving tomorrow, the internet is getting installed on Thursday and then we will be set."*

*"Again, I want to thank you for everything you have done for me and my little family."*

LC H

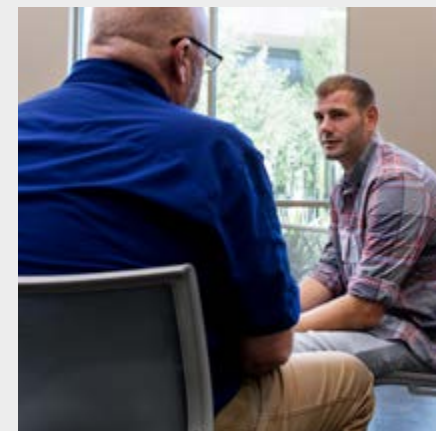
**"I am delighted to be back in the Corps. It is a funny thing that you don't realise what you had until it's gone."**

# ...together

## Addiction support

RMA – The Royal Marines Charity is unique. It offers a broad range of help to veterans and serving Royal Marines, including dedicated support for those suffering from alcohol and substance abuse and / or addiction.

**"The Charity has vast experience of working with the Corps and guys with the same experiences and problems I have."**



### Craig spent 22 years serving his country as a Royal Marine. Here is his story, in his own words:

*"22 years in the Corps instils a need to maintain an image of strength and invincibility, which makes it very difficult to reach out for help when things go wrong. I have a history of problems due to alcohol abuse. Things went very wrong for me during the COVID-19 lockdown when I went off the rails on an alcohol fuelled bender and was heading for disaster."*

*"I consider myself fortunate to have some very good friends who managed to intervene, get me to a safe location and signpost me to RMA – The Royal Marines Charity."*

*"Despite being a physical wreck and feeling extremely low emotionally, I still found it very difficult to reach out for help but asking the 'RM family' felt different and the right thing to do. After my request I was contacted immediately and offered assistance."*

*"They have remained in touch constantly since then, providing support and advice, which has helped me get my life back on*

*track and return home to my family. This support has also been extended to my wife and kids."*

*"The Charity has vast experience of working with the Corps and guys with the same experiences and problems I have, so it was extremely easy to connect with and trust the advice and help they gave."*

*"I was on the verge of losing everything and now, due to The Royal Marines Charity's quick response in providing help, I am back in control of my life and reassured by the continued support I am receiving."*

*"I cannot thank the Charity enough, there are no words to describe how grateful my wife and I are for the support we have received and continue to receive."*

*"It's great to know that the Charity is there when we need it most."*

# Always part of the Royal Marines —no matter what

## Joe Winch



**Joe was diagnosed with complex Post-Traumatic Stress following multiple tours of Afghanistan. Within weeks of Joe first becoming ill Lieutenant General Rob Magowan, the Commandant General Royal Marines, visited the Winch family and told them that they were and always would be part of the Royal Marines — no matter what.**

RMA – The Royal Marines Charity have shown us what that really means. They have provided care, support and friendship. They have helped Joe throughout transition from serving Royal Marines Officer into civvy street. They have offered Joe employment with RMA – The Royal Marines Charity as well as Climb2Recovery. A chance not only to find a new career path, gain qualifications in a sport he loves; but most importantly to help him to give back to others within the wider Royal Marines family. The benefits have been exponential not only providing an income but instilling confidence and self belief and new skills with which to build a new life.

We had the trip of a lifetime when the whole family were invited to go to Norway for the Royal Marines Club Winter Deployment, funded by and delivered with RMA – The Royal Marines Charity, to experience skiing, dog sledding, BBQs in the snow, a visit from Santa, and watch the infamous ice breaking drills. This gave me a much needed respite, a holiday in every sense of the word. Five nights in a wonderful hotel, fully catered with plenty of Royal Marines and their families on hand to entertain and exhaust the children. Amazing memories and new friendships made.

When the third lockdown hit, shortly after Joe's medical discharge, without hesitation RMA – The Royal Marines Charity helped us buy a shepherd's hut which gave Joe the space to break out, rest or catch up on lost sleep, allowing him to manage his symptoms at home and for us to continue to live together as a family.

**“The Charity is the glue that have held this family together.”**

*“I will always be eternally grateful to the RMC for being the family to help my family, be a family.”*

## Josh Pelland

**Josh Pelland served as a Royal Marines Commando and in Special Operations Units.**

During his time in the Marines Josh deployed to Afghanistan, the Middle East and got to experience so much of the World on various operations.

In June 2016, aged 31, Josh fell 65 feet whilst climbing in his hometown of Calgary, Canada. The accident caused major injuries, including paralysis below the chest and life-threatening infections. He had no memory of the accident.

A climber that saw the accident reached out to Josh and described the moment that he had fallen, one moment he had been attached to an anchor and the next he had fallen 65 feet to the ground.

This was when Josh was referred to RMA – The Royal Marines Charity. Despite Josh being located in a remote area of Canada, we were able to liaise with the Royal Commonwealth Ex-Services League to request a visit from a Royal Canadian Legion caseworker.



RMA – The Royal Marines Charity awarded a grant to contribute towards the purchase of a vital specialist wheel chair, which ensured that the young former Royal Marine could remain as independent and active as possible.

Recently the Charity has again been at Josh's side, to help fund the purchase of a specialist hand bike in order to support his training with the Canadian Elite Disability Sports Programme.

*“I have continued to train and race and push myself physically and mentally as an athlete, again with the support of the RMA to fund my training. I received help to purchase a new hand cycle and to pay coaches that have helped me stay competitive in the Cycling Canada program. This support has done more than just supply funds, it has bolstered me, kept me focused on goals, and amplified that focus. In the midst of the hardship of my injury and transition home and into sport, the support I have received has kept me going in a positive direction, both physically and mentally.”*

**The Charity remain dedicated to providing through-life support to those in the Royal Marines Family that need it.**





# Giving a lifetime of support

**“I’m overwhelmed and humbled by the love and support that my family and myself have been given.”**



## Jason Burns

**Jason sustained life-changing injuries in Afghanistan that left him in a wheelchair. During a mortar attack on the 16 September 2010 whilst WO2 Jason Burns was serving with 30 Commando, he tripped over plastic flooring as he hurried to reach his CBA and helmet. He fell awkwardly on equipment which damaged his L3/L4/L5 vertebrae.**

His injuries, which are inoperable, are causing him increasing pain, and he suffers from PTSD because of the trauma he experienced.

RMA – The Royal Marines Charity has been working with Jason and his family since 2014 and has undertaken three projects to support him, including partial renovation of his house, creation of an accessible garden in 2015 and the funding of a specially adapted, motorised wheelchair in 2017. However, Jason was becoming a prisoner upstairs in his home as he was no longer able to get up or down the stairs.

It became clear that Jason needed a full conversion to give him and his family quality of life.

*“This has been a particularly challenging project due to the work being carried out during lockdown. However, this extension will be life-changing for Jason, who will now be able to live permanently downstairs at home, enabling him to interact fully with his family and begin to get out into his local community.”*

*“Though the impact of his injuries will continue to worsen with time, Jason’s quality of life will be enhanced considerably, which will be wonderful for his mental wellbeing along with that of his wife Andrea and their three children. I am immensely grateful for the generosity of donors to RMA – The Royal Marines Charity, who have enabled the trustees to fund this project. Also to our partner charities, SSAFA – The Armed Forces Charity, Naval Children’s Charity, Greenwich Hospital, Royal Naval Benevolent Trust and Help for Heroes. Between them they funded the extra costs when it became clear that the project would cost more than the £100,000 originally pledged by my trustees.”*

Jonathan Ball, Chief Executive

Jason and his family have been living in temporary accommodation for a few months while the latest building work was completed, but he and his family have now been given the keys to their newly refurbished home and can look forward to living in a specially adapted environment, designed specifically with Jason’s quality of life in mind.

Jason said: “I want to say thanks to the Royal Marines Charity, for making what was a home full of love — a home full of love and life. Not only can I fully function in the house now, but it will also have an extreme effect on my family — and that is priceless. It really has surpassed all of our expectations.”

Wife Andrea added:

**“It really allows Jason to be part of the family again, we can’t wait to have family gatherings.”**







# We see solutions not problems

## James Patterson

**James was badly injured whilst on operations with 45 Commando, which resulted in spinal surgery and ended his 10 year career as a Royal Marine.**

*"I was looked after physically and mentally by Hasler NSRC based in Plymouth. During this time I received intense physiotherapy and underwent resettlement as I knew my career was coming to an end. This is where the Royal Marines Charity came in and really made a huge impact on my life."*

James expressed a keen interest in becoming a domestic gas engineer. Having proved that there was demand for that trade and that a qualification would lead to work, RMA – The Royal Marines Charity provided funding for him to train as a qualified gas engineer.

*"Without this input I would never have been able to afford this career change as my wife was out of work due to just giving birth to our daughter, Esther."*

Sadly, no one had foreseen the impact that COVID-19 would have across the world.

*"I had a job lined up in Scotland and my plan was to resettle from Plymouth to Glasgow as soon as I was discharged from service. The Royal Marines Charity yet again went the extra mile by supplying me with tools and equipment such as DeWalt power tools and a flue gas analyser. This was just as well because due to the COVID-19 pandemic my employment opportunity vanished overnight."*

James was undeterred and determined to make his new career a success so he could provide for his family.

*"I managed to get my name out there and I am now working as a self-employed gas engineer. We have managed to buy a two bedroom house just outside Glasgow and I truly believe that without the support and care of the Royal Marines Charity none of this would have been possible."*

*"I will probably never be able to thank you enough for paying for my resettlement and supplying me with tools that I use every day in order to make a living in a very rewarding career."*

**The problem:**  
His Royal Marines career ended prematurely due to injury.

**The solution:**  
The charity provided funding for him to re-train, purchase tools and relocate.

**The outcome:**  
James now has a successful small business and is able to provide for his family.



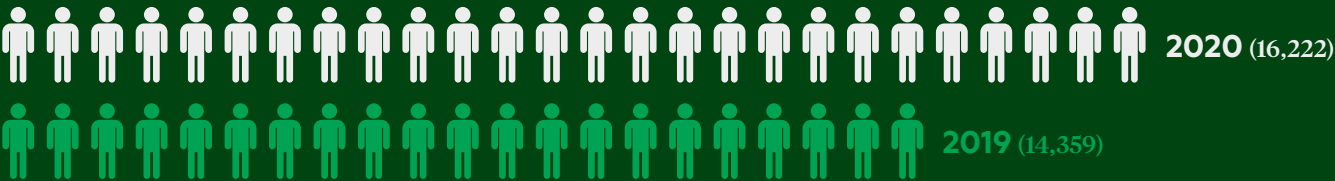
Never  
above you,  
Never  
below you,  
always by  
your side.





16,222

Total members (as at 31 Dec 2020)



4,947

Serving members



Branches worldwide



12

Overseas branches

18

Specialist branches

130

Funerals were supported

# We will be there

**RMA – The Royal Marines Charity strives to give Royal Marines and their families support throughout their lifetime. Whether support is needed early in their career or if the need comes later in life.**

During the COVID-19 pandemic, the importance of ensuring the wellbeing of our vulnerable members became imperative.

When the Charity received an application for help on behalf of long-standing RMA member and President of the Chelmsford & District Branch, Cecil ‘Chuck’ Harris, the Membership and Health & Wellbeing teams were quick to respond.

Chuck, a WW2 veteran, who fought with 47 Commando in Normandy and Walcheren landings in 1944, needed a rising chair to enable him to continue living independently.

Initially, Chuck tried to enlist in the Navy but was informed the Royal Marines was a better option, he began his training at Eastney Barracks and was posted to what is now CTCRM. He deployed to South Africa, Aden and then Egypt where he joined the ‘Long Range Desert Group’ before

returning to Egypt to prepare for the invasion of Sicily. Chuck suffered a shrapnel injury whilst in Sicily and came back to the UK to recover.

Once fully fit he volunteered for Commando training at Achnacarry and on his 21st birthday joined the unit to start training. In 1944 47 Commando prepared trucks for the invasion of Normandy.

He “acquired” a German MP38 and with that, a Commando knife and his green beret he joined the remainder of the 47 RM Cdo men. He received another shrapnel injury to his wrist whilst reaching for his pipe. The Doctor who treated him reminded him “smoking is bad for your health young man!”

After the war Chuck went on to join the London Police, he was shot during his service in the side and arm, after which he went on to specialise in Police Radios. His astounding career went on to include escorting Royal Family members and state funerals, including Winston Churchill’s funeral, Queen Elizabeth’s Wedding and Coronation and many more.

When Chuck retired in 1972 his life became dedicated to the Veteran community, namely that of 47 Commando Association and the recently disbanded 47 Charity. As Veteran President, he travels each year to all 47 Commando Commemorations.

The Charity was honoured to be able to award this grant to someone that has given so much to the RMA community, not only through his service but through his continued diligence to those in the Association, attendance of events, and willingness to go above and beyond.

We have received this message from Chuck’s eldest daughter, Pat.

*“On behalf of Dad (Chuck) and the rest of the Harris clan, may I thank you.”*





# Delivering a centre for resilience to the entire RM family

## The construction of the Gordon Messenger Centre is by far the biggest project the Charity has ever undertaken.

Several years ago, it was clear that a facility was needed at Commando Training Centre, the home of the Royal Marines. RMA – The Royal Marines Charity embarked on a project to build a versatile “Royal Marines Resilience Centre” which would benefit those serving, their families and the veteran community.

The pressures upon service families are increasingly widely recognised; better support is crucial to ensure that the correct care is available to our Royal Marines and their families. Demands for accessible treatment to combat PTSD and stress are increasing. Additional practical resources were needed to support the entire Royal Marines Family.

The Royal Marines Resilience Centre concept was simple; to build a venue that could host a diverse range of family support services, accessible to all, in one location. The centre would provide an open location to regularly meet other people “in the same boat”, to share problems and coping mechanisms, with access to a wide range of bespoke support.

In December 2020, the Charity delivered over the Gordon Messenger Centre at CTCRM to the Corps. Providing a state-of-the-art whole Corps Family resilience-enabling and community facility at the heart of the Corps. This was a £2.7M project which started in 2014 and paralleled the mergers and recent history of the Charity.

Over 50,000 serving personnel and their families are forecast to benefit from the centre over the next 30 years.

### Special thanks to:



- Mrs Lisa Ronson
- Royal Marines Survival Wives
- CTCRM Families Support Network
- Mrs Nancy EM Warren Charitable Trust





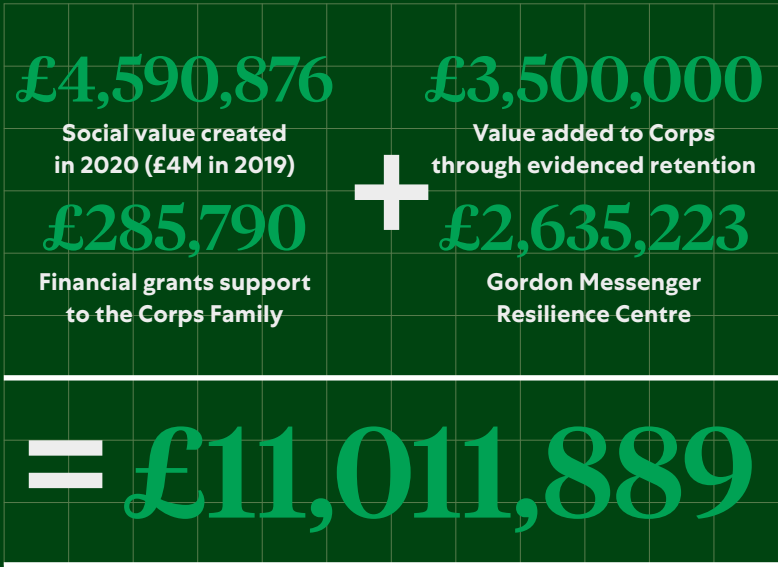
# The Charity’s work and effectiveness

We are confident that we have become increasingly effective in supporting the Corps Family:

Support	2018	2019	2020	2019-20 increase
Welfare cases provided with funding support	545	665	810	22%
Employment Assistance to discharged RMs	55	71	75	5.5%
Armed Forces Compensation Tribunal case support	97	117	203	74%
Transition support to vulnerable leavers	82	96	93	8.2%
Veteran mental health referral cases	79	92	113	23%
Addiction support	—	43	60	40%

# Every £1 donated was turned into £2.48 of charitable value created — that’s Social Value

We calculate the Social Value of the Charity’s work using Government approved measures. Again, despite the COVID-19 challenges, more social and local economic value was created in 2020 than in 2019:



Total value created in 2020 (£10,146,005 in 2019)

All this was achieved despite the COVID-19 crisis removing a significant proportion of our fundraising capability with net income reduced against budget by over £800,000 at £2.4M.

# Working in partnership



## RMA – The Royal Marines Charity is proud to partner with other charities.

HorseBack UK uses horse therapy to help veterans coming to terms with life changing injuries. They run residential courses to lift morale and give individuals the opportunity to test their current physical conditions and increase mobility.

In 2020 RMA – The Royal Marines Charity was able to provide funding for 10 Royal Marines to attend the 10-day residential course. The course allowed them to take a break from clinical recovery and give them a respite from military service. This predominantly assists with physical recovery and mental health issues or stresses.

### Activities:

- **Horsemanship** – to aid mental health issues, anxiety and depression.
- **Horse Riding** – After learning to work with the horses on the ground it is the natural progression that the individual is trained to ride within a safe and challenging environment.
- **Archery** – Ground archery is a safe and exciting sport that aids with learning a new skill and sport but also a key tool in understanding focus and mindfulness.
- **HorseBack Archery** – this exciting and exhilarating sport enhances the horsemanship and riding skills, giving the individual the sense of progression and accomplishment whilst being competitive in a safe and challenging environment.

“Horseback UK is an amazing place and run by a very caring team. Their passion and love for the Corps and horses and how they can be used in a positive manner to help improve one’s mental wellbeing is an inspiration. It is easy to see how so many lives have already been changed over the past decade and how much good can come from their work. Being detached from work and rehab in this beautiful environment with wonderful people who care really does boost morale and I hope to go back again and to see the place grow in the coming years.”

L/Cpl Calder, Harden troop, 45 CDO RM

“I very much enjoyed my time at the charity HorseBack UK, it allowed me to escape from the boring everyday of recovery and rehabilitation. It gave me the ability to try something different that I would never have thought of doing before, time to think and adjust with what’s going on in my life, time to focus and plan for the future. I am thankful to the great team there that go above and beyond to help and encourage you as you go through the course.”

45 Commando Attendee



## Main sponsors



## Partner organisations







## Contact

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## Join the conversation

 #RMfamily

 /TheRMcharity

 /TheRoyalMarinesAssociation

 @TheRMcharity

## Address

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## Royal Patron

Her Majesty The Queen

## Patron

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Mr Bob Wigley

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Mrs Sara Reed

Mrs Kim Richardson OBE

Mr Mark Robinson

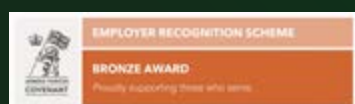
Mr Richard Weaver

Mr Jamie Zuppinger BEM

## Chief Executive

Jonathan Ball

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**FUNDRAISING  
REGULATOR**

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