

ANNUAL REVIEW 2020/21

# GOING BEYOND

THE CALL OF DUTY



THE  
**ROYAL  
MARINES  
CHARITY**



# WELCOME

**GENERAL SIR GORDON MESSENGER KCB DSO\* OBE, PATRON**

**“I AM PROUD THAT RMA – THE ROYAL MARINES CHARITY IS THERE TO PROVIDE THE SAFETY NET TO ROYAL MARINES AND THEIR FAMILIES”**

Royal Marines are deployed on duty around the globe 365 days a year. Though they comprise a mere 4.5% of UK defence forces, they consistently provide over 40% of UK Special Forces personnel. As elite troops, they are disproportionately exposed to situations where physical and mental injury is a very real threat.

The Corps is currently undergoing a transformation into the fifth generation Future 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 the Coronavirus will inevitably trigger more global instability threatening our trade and security.

Alongside this transformation, several Royal Marines units have been redirected from their routine defence tasks to support the NHS, Emergency Services, local authorities and Government responsibilities at home and abroad in the COVID-19 pandemic, and are serving on the front line in battling the virus.

I am proud that RMA – The Royal Marines Charity is there to provide the 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.



**MAJOR GENERAL MATT HOLMES CBE DSO  
 COMMANDANT GENERAL ROYAL MARINES  
 PRESIDENT**

As Royal Marines we pride ourselves on being an all-encompassing Corps family. Occasionally, despite typically 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. RMA – The Royal Marines Charity is uniquely placed to understand and respond to these challenges and to provide the support required.

The support offered, because of its breadth and quality, provides confidence to those serving, allowing them to focus on the job at hand; it thereby 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.



**MR DANNY COX  
 CHAIR**

In this Report you will see that the holistic cradle to grave support delivered in 2019 reached more of our community than ever, and ensured that every £1 donated was turned into £2.68 of value. In particular, our work to assist those discharged through injury or illness saved the state a very significant amount of money.

We are facing rising needs from our community, and what is most particularly concerning is increasing mental health support requirements in the veteran community – last year 12 Royal Marines veterans committed suicide, an alarming 300% increase on 2016. Consequently, we are working to promote good mental health and prevent suicide amongst serving and retired Royal Marines.

To meet rising needs, the Charity has put in place the people, resources, structures and processes necessary to provide effective support appropriate for our community over the last three years, and all this support infrastructure does cost money. With your help, the Royal Marines Family can and will win their battles.

As I step down as Chair and hand over to my successor, I am confident that we have forged a unified association and charity which is sector-leading and delivers cost-effective holistic support which enhances the Corps' morale and efficiency as a whole, but which also meets the welfare needs of our Corps Family.



**MRS LYNN FORDHAM  
 CHAIR-DESIGNATE**

As with every part of society, the COVID-19 pandemic has severely impacted the Royal Marines community. Our immediate priority is to provide support to the vulnerable members of our community, those suffering from the economic and social impacts of Coronavirus.

We are confident that we are alleviating pressure on the NHS, MOD and other state departments especially in our work to support those with mental ill-health, vulnerable service leavers, unemployed veterans, and families of serving personnel.

The total shutdown of the fundraising events for the foreseeable future, alongside the downturn in trust, private, corporate and investment income all threaten our continued ability to deliver our support. This unprecedented situation is attacking every area of our income.

I have come to know the Royal Marines over the past few years and hold them in the highest regard. Their approach to helping themselves is laudable. I have also been fortunate to get to know the Charity staff and am always impressed by how much is done with so little. So, as I take over as Chair, I assure you that whatever you can give will be well used, and that every £1 will be multiplied in the value of support delivered. Thank you!



# KEY FACTS

## FIGURES:

**£2,587,957**

TOTAL CHARITABLE  
DELIVERY SPEND

**£1,924,593**

TOTAL  
GRANTS

**£1,283,68**

BENEVOLENCE  
GRANTS

**£640,906**

AMENITIES &  
SPORTS GRANTS

**£4,005,099**

ADDED SOCIAL VALUE  
(CAPTURED USING GOVERNMENT-  
APPROVED METRICS)

## OUTPUTS:

**16,092**

BENEFICIARIES SUPPORTED BY CHARITABLE  
INTERVENTIONS THROUGH YEAR

**14,500**

ASSOCIATION MEMBERS SUPPORTED  
WITH EVENTS & BRANCH FUNDING



**14,430**

SERVING ROYAL MARINES BENEFITING  
FROM AMENITIES & SPORTS GRANTS



**1,662**

INDIVIDUALS SUPPORTED  
THROUGH FINANCIAL AND  
NON-FINANCIAL BENEVOLENCE



## IMPACT:

**665**

WELFARE  
GRANT CASES  
SUPPORTED

**92**

VETERANS' REFERRAL PLAN  
MENTAL HEALTH THERAPY  
CASES SUPPORTED

**117**

PENSION & ARMED FORCES  
COMPENSATION SCHEME  
TRIBUNAL CASES SUPPORTED

**71**

DISCHARGED ROYAL  
MARINES ASSISTED BACK  
INTO EMPLOYMENT

**193**

ROYAL MARINES BATTLING  
MENTAL ILL-HEALTH  
HELPED VIA FUNDING  
TO ROCK2RECOVERY

## INCREASING SUPPORT:

**+22%**

**WELFARE  
CASES**

(SERVING & VETERANS)  
2019: 665 / 2018: 545

**+29%**

**EMPLOYMENT  
ASSISTANCE**

FOR DISCHARGED ROYAL MARINES  
2019: 71 / 2018: 55

**+21%**

**PENSION / AF  
COMPENSATION**

TRIBUNAL CASE SUPPORT  
2019: 117 / 2018: 97

**+17%**

**TRANSITION  
SUPPORT**

TO VULNERABLE LEAVERS  
2019: 96 / 2018: 82

**+16%**

**MENTAL HEALTH  
REFERRAL CASES**

2019: 92  
2018: 79

**+36%**

**MENTAL HEALTH  
COACHING**

BY ROCK2RECOVERY  
2019: 193 (£178K)  
2018: 142 (£134K)



# WE NEED YOUR SUPPORT

**THE COVID-19 CRISIS HAS REMOVED A SIGNIFICANT PROPORTION OF OUR FUNDRAISING CAPABILITY – WE NOW FACE A POTENTIAL DEFICIT OF £2.5M IN 2020**

## COVID-19 IMPACT: OUR FINANCES

We face a potential deficit of almost £2.5M this year:

2020	BUDGET IN £'s	FORECAST IN £'s	GAP IN £'s
MAJOR EVENTS	1,200,000	200,000	1,000,000
COMMUNITY FUNDRAISING	700,000	200,000	500,000
CORPORATE SUPPORT	360,000	10,000	350,000
MAJOR DONORS	400,000	120,000	280,000
TRUSTS	500,000	300,000	200,000

## COVID-19 IMPACT: OUR COMMUNITIES

Our priority is 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 as a result. We are confident that we are alleviating pressure on the NHS and government as we tackle the following areas:

### 1. MENTAL ILL-HEALTH, ADDICTION & ISOLATION

In a situation of isolation and lockdown, those battling acute mental ill-health and/or alcohol dependency (often linked) may find that their challenges are further exacerbated as they feel further away from support than ever. The numbers seeking support with alcohol addiction have risen significantly. The NHS continues to refer Royal Marines with complex Post Traumatic Stress Disorder to the Charity for treatment since the NHS does not always have capacity to provide the early intervention necessary. In 2019 this saved the NHS over £400,000. We continue this support by remote video conferencing.

### 2. UNEMPLOYMENT

The business failures caused by the pandemic are impacting on vulnerable medically discharged veterans who are still finding their way in the civilian world, leading to a loss of income and potential loss of home. These Royal Marines are turning to the Charity's Employment and Welfare Teams for support and emergency funding, which we continue by email and helpline.

### 3. STRESS ON FAMILIES

Pressures on family life already caused by service, including a punishing schedule of training and deployment, have been compounded by mobilisations to assist the civil authorities in the UK and overseas during the Pandemic, with partners having to manage childcare commitments with schools closed. Sadly, domestic abuse and violence incidents are rising. We are funding pastoral workers to support these families working at units.

### 4. MEDICAL DISCHARGES

Those facing compulsory discharge because of injury or illness have found their transition courses and job offers postponed or cancelled, further compounding the distress of losing a career and whole way of life in the Corps. These Royal Marines are turning to our Employment Team for support, which we continue by phone and FaceTime calls, while the Charity has engaged with MOD to ensure a 6-12 month delay of future discharges. In 2019 our work saved the State over £1.5M in benefits by enabling 71 discharged Royal Marines into work.

## OUR COVID-19 STRATEGY:

### PHASE ONE: REACT

By adapting quickly and seamlessly to remote working we have been able to continue to deliver our full range of services, to ensure that those in need in the Royal Marines Family receive the support they need. Our current focus is on the vulnerable and isolated members of our community particularly affected by the lockdown.

### PHASE TWO: RECOVER

As we continue to REACT to the needs of our community, we will implement a phased return to face-to-face support and membership activities, whilst heeding Government direction and NHS guidance.

### PHASE THREE: RENEW

As we continue to REACT and RECOVER we will review our strategy, delivery and structures for the next three years to take account of any changed need, enduring operating constraints and reduced income.

# ...MORE THAN EVER

**HELP US TODAY**  
DONATE ONLINE AT  
**WWW.RMA-TRMC.ORG**



RMA – The Royal Marines Charity is a Charity registered in England & Wales (1134205) and Scotland (SC048185) and is a charitable Company Limited by Guarantee (07142012)



## HEALTH & WELLBEING

**Q: WHO LOOKS AFTER THE ROYAL MARINES & THEIR FAMILIES WHEN THEY ARE IN NEED?**  
**A. THE HEALTH & WELLBEING TEAM**

### INCREASING BENEVOLENCE SUPPORT



**MORE WELFARE GRANT CASES SUPPORTED THAN EVER BEFORE**  
**665 (79 SERVING / 586 VETERANS)**  
**WITH £758,904**



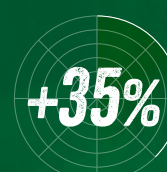
**RECORD NUMBER OF DISCHARGED ROYAL MARINES ASSISTED INTO EMPLOYMENT**  
**71 WITH 319 ADVISED IN TOTAL**



**MORE PENSION & ARMED FORCES COMPENSATION SCHEME TRIBUNAL CASES SUPPORTED**  
**117 (51 SERVING / 66 VETERANS)**



**LARGER NUMBER OF VETERANS' REFERRAL PLAN MENTAL HEALTH THERAPY CASES SUPPORTED**  
**92 (54 NEW)**



**FUNDING OF £177,600 TO COACH 193 INDIVIDUALS BATTLING MENTAL ILL-HEALTH**  
**(9 SERVING / 136 VETERANS / 48 FAMILY MEMBERS)**



**ALL 10 MAJOR UNITS GIVEN ALCOHOL EDUCATION ADVICE**  
**43 INDIVIDUAL CASES SUPPORTED**



# MEET THE HEALTH & WELLBEING TEAM

## DANNY EGAN – DIRECTOR OF WELFARE

As the Director of Welfare, I have the privilege of leading RMA – The Royal Marines Charity's Health and Wellbeing Team. I count myself as extremely fortunate to have served for 36 years in the Royal Marines; with the last 16 of those being part of Royal Marines Welfare, ending my career as the WO1 of the specialisation and having gained a BA (Hons) in Social Work.

The work that I undertook in that role throughout the campaigning period of Iraq and Afghanistan has cemented my knowledge and skills across the plethora of challenges that serving, veterans and our wider 'Corps Family' faced then and now.

My Royal Marines heritage, enthusiasm for supporting people by enabling positive change management and my passion drive me to continuously improve our support to those that serve, who have served and of course their families. To help me achieve this I have a dedicated team of professional staff who, like me, strive to support our whole Corps Family.

**“WE CONTINUOUSLY IMPROVE OUR SUPPORT TO THOSE THAT SERVE, WHO HAVE SERVED AND OF COURSE THEIR FAMILIES”**



## CASEWORK MANAGEMENT, GRANTS & BENEVOLENCE

SUE HOLLOWAY, CASEWORK MANAGER  
JOHN REED, WELFARE & GRANTS MANAGER  
PAUL KIRBY, WELFARE & GRANTS OFFICER  
VIV LAING, WELFARE & GRANTS ADMINISTRATOR



This dedicated team of four are responsible for the assessment, case management, sign-posting, awarding of grants and collaboration with both internal and external partners.

The Casework Manager Sue Holloway has 25 years experience of working in military welfare across all three services, John Reed the Welfare and Grants Manager, a former Royal Marines Bandsman, has been with the Charity for over five years and his knowledge, understanding and experience within the military charity sector is a real asset.

The final two members of this team are Paul Kirby and Viv Laing; Paul has worked for many years in the welfare state and has encyclopaedic knowledge of the benefits system and Viv, as the administrative assistant, has many years of experience across a multitude of businesses.

The whole team are compassionate and professional in equal measure ensuring agile, appropriate and accountable support to our beneficiaries.

## ARMED FORCES COMPENSATION & PENSIONS ADVICE

TOM COYLE, ARMED FORCES COMPENSATION & PENSIONS ADVICE

A former Royal Marines RSM, Tom left the service and qualified in Law working in criminal defence for many years. Twelve years ago, he moved into Veterans rights and entitlements.

He now offers advice, assistance and case management on War Pensions, AFCS, Service Invaliding Pensions, all Supplementary Allowances, Appeals and where necessary, representation in Reconsiderations and Appeal Tribunals.

To date, Tom has represented over 2,000 Veterans and Serving personnel in their appeals. His attention to detail and dedication has resulted in many positive outcomes.

## ADDICTION SUPPORT



PAM DIAMOND, ALCOHOL EDUCATION & SUPPORT

Pam Diamond has been a Registered Mental Health Nurse since 1994 and worked alongside the military for many years. She specialises in addiction, particularly alcohol and the military, but also where this exists as a comorbidity to trauma.

Pam is EMDR trained and primarily responsible for supporting the serving 'Corps' with alcohol education and management advice and the Veteran/Dependant family with addiction support and associated issues. Pam is an absolute 'game changer' to the outputs of the Charity and hugely passionate about the Royal Marines Family.

## TRANSITION SUPPORT



JIM MORRIS, TRANSITION SUPPORT OFFICER

RMA – The Royal Marines Charity recognised the requirement to support those most vulnerable service leavers. Jim Morris served a full career in the Royal Marines, Mountain Leader by specialisation and was previously the HASLER Sergeants Major – his role is instrumental in helping those most vulnerable in transition to still feel connected and have a continued sense of belonging to the Corps Family. Working with other Charities, his main role is to ensure a seamless transition from service and help veterans to engage in whatever support they might need.

**“IT’S GREAT TO KNOW IN YOUR DARKEST AND MOST DESPERATE TIMES, THE CORPS AND IN PARTICULAR THE RMA, WILL NOT FORGET YOU AND HELP OUT AS MUCH AS THEY CAN”**

## CLINICAL CASEWORK



MAGGIE MARCH, EMPLOYEE & CLINICAL CASEWORK MANAGER (PT.)

Maggie leads the Mental Health Referral Plan, she has been a UKCP Registered Integrative Psychotherapist for the past 24 years, passionate about working with individuals and couples to recover, integrate and grow from their life's experiences.

Skilled and qualified in many areas of psychotherapy, specialising in treating trauma survivors she is responsible for ensuring that Royal Marine veterans receive the highest quality clinical interventions to recover from their mental health issues when NHS/ Statutory services cannot provide it. Maggie is a strong believer that the right intervention at the appropriate time can transform a veteran's life.

## EMPLOYMENT & EDUCATION TEAM

BECCI PARRISS, E&E MANAGER  
LAURIE HAWKSHAW, E&E OFFICER  
KIRSTIE GALLAGHER, ADVISOR



The Employment & Education team ensures that the best possible support is given to Royal Marines facing medical or administrative discharge. They assist with finding permanent roles, work placements, CV advice, and training/education grants.



# NICK REDSHAW

**NICK REDSHAW JOINED THE ROYAL MARINES IN 1985, HE ENJOYED SIGNIFICANT SUCCESS BOTH PROFESSIONALLY AND REPRESENTING THE ROYAL MARINES AS A WORLD CLASS CANOEIST**

Whilst preparing to compete at the 2000 Olympics, Nick suffered a series of life-threatening brain haemorrhages. As he underwent surgery to remove a huge mass from his brain his wife, Bethan, was told to prepare for the worst.

Undeterred by the odds stacked against him, Nick made a strong physical recovery, returned to work, and represented Great Britain in the Wild Water Racing World Cup in New Zealand; where he won his first international medal. Testament to his undoubted skill as a world class canoeist he finished his season ranked 5th in the world, an amazing feat considering the set backs he faced. Nick was awarded NATO's Sportsman of the year trophy in recognition of his success and hard work.

Despite his sporting accolades, Nick was battling internally with a variety of complex mental health problems. He was suffering from paranoia, anxiety and post-traumatic stress disorder. Following his medical discharge from the Royal Marines in 2000, Nick completely severed all ties with his former passion, canoeing, and wanted nothing more to do with the Royal Marines; instead, choosing to immerse himself into a new career in Psychology. Nick, once again, went on to demonstrate his ability to master a new skill. He became a psychology lecturer, authored sixty psychology textbooks, and managed the psychology departments of ten schools. He thrived for 14 years but, as the pressure built, his old wounds reappeared and in 2018 he had another major breakdown.

It was at this point that Nick and Bethan finally reached out to RMA – The Royal Marines Charity and the Royal Marines Family pulled together and offered a breadth of support.

Nick was able reignite his passion for sport through the opportunities that were available to him as part of his recovery. He attended the Israeli Games, which is an incredible collective of adaptive sports, joining other wounded, injured and sick Royal Marines.

Engaging with other Royal Marines is something that Nick had avoided for so long, but addressing the past and channelling those memories into something positive proved an invaluable experience. The Charity were also able to offer Nick, in conjunction with The Not Forgotten Association, a place on a canoeing expedition in the Alps. Sport had always been a driving part of Nick's life, so it was important to reawaken his passion and allow him to realise the potential that was still within him.

Bethan encouraged Nick to start painting and ignited a hobby in him that proved to go on to help many more people. He began to discover the therapeutic power that art can have. Painting allowed him to gently unpack many difficult memories from the past, recreating these experiences as pieces of art that were full of optimism, compassion, and a faith in humanity.

With the help of RMA – The Royal Marines Charity, Nick established the Royal Marines Art Society. The popular society supports other Royal Marines and their families who are struggling with physical or mental problems as a consequence of their service. In just a few months the Society has grown to 345 active members, some of whom will display their incredible and inspiring work at the National Exhibition of Creativity.

**THEIR JOURNEY IS A TESTAMENT TO THE STRENGTH OF CHARACTER THAT DEFINES OUR PEOPLE & THEIR FAMILIES; & ALSO TO THE COMMITMENT WE MAKE TO EACH OTHER AS A ROYAL MARINES FAMILY, TO ALWAYS BE THERE**



# A LIFE BEYOND SERVICE

**WHEN SIMON GIBBONS JOINED THE ROYAL MARINES, HE QUICKLY CLIMBED THE RANKS, BECAME A COMMISSIONED OFFICER AND WAS PROMOTED TO CAPTAIN**

Simon excelled professionally and served with distinction on operations in Northern Ireland and Afghanistan.

Whilst at 43 Commando Fleet Protection Group Royal Marines, he became hospitalised with severe mental health problems; and was diagnosed with bipolar disorder. Due to the severity of his illness he was assigned to NSRC Hasler and placed on long-term sick leave whilst he attended appointments at the military's Department for Community Mental Health.

Throughout this time Simon was very confused and struggled with even the most basic things in life. Consequently, he could no longer cope with living independently for his own safety. He had also accrued thousands of pounds worth of debt, which was only compounding his struggles with his mental health.

RMA – The Royal Marines Charity were able to connect with Simon through Hasler and provide sign posting and support at each stage of his journey while he came to terms with living with a life changing disability.

Initially the Charity was focused on addressing the financial problems Simon was facing and securing an income for him. This was achieved by making improvements to his apartment and assisting him in letting the property out. Simon described falling ill and losing his career as the "worst thing to have happened" but said that his life has "turned around" with the help of the Royal Marines Family. When Simon was medically discharged the Charity also managed to help secure an appropriate work placement with Gloucester NHS.

Disabilities like Bipolar Disorder will always be a part of the lives of those affected, when we provide support to people like Simon, we are focused on giving them the skills needed to adapt and overcome. Their disability will never go away, but we hope to give them the coping mechanisms to recognise when to ask for help and give them the tools they need in order to stay healthy.

As of September 2019, Simon was employed as a Band 2 Apprentice Peer Support Worker for an NHS Trust, where he provides emotional and practical support to people with mental health problems and other complex needs. Simon says:

**"I USE MY EXPERIENCE TO HELP OTHER PEOPLE AND I NEVER THOUGHT THAT WOULD BE POSSIBLE"**

After many years of unstinting support from RMA – The Royal Marines Charity, Simon's fortunes have been radically transformed, with specialist guidance from the Charity he was also able to submit a successful claim through the Armed Forces Compensation Scheme which, again, secured his future.

When asked about his experiences with the Charity, Simon said that:

"RMA – The Royal Marines Charity have always been there over the last nine years, and although I still live with a severe life changing disability, I have learned how to live with it and what it takes to remain well."



# NORWAY DEPLOYMENT

**EACH YEAR THE ROYAL MARINES CLUB, FUNDED BY RMA – THE ROYAL MARINES CHARITY, DELIVERS THEIR SENSATIONAL WINTER DEPLOYMENT RECREATING ALL THE CAMARADERIE, TEAM SPIRIT, AND ETHOS OF A TRADITIONAL ROYAL MARINE WINTER DEPLOYMENT TO NORWAY**

The RM Club's winter spectacular is carefully designed to support our wounded, injured, sick, or particularly deserving, serving or retired, Royal Marines. But in contrast to the conventional winter deployment where the Royal Marine might be separated from their family for 3-4 months, on this incredible week-long experience partners, children, and loved ones are central to the adventure.

This reflects RMA – The Royal Marines Charity's profound commitment to our wider 'Corps Family', and the understanding that the consequences of a Royal Marine's sacrifices has enormous implications both for the individual and – just as significantly – their family and loved ones. The RM Club Winter Deployment creates a valuable opportunity for us to recognise and reward the enormous sacrifices made by members of our Corps Family.

This year, ten Royal Marines and 39 family members travelled to the breath-taking mountainous wilderness of the Rondane National Park, Norway's oldest national park. Once there, they took part in Alpine and Nordic skiing, hiking, sledging, dog sledging, and for those brave enough, ice breaking drills!

Members of the Norwegian Veterans Association SLOPS also joined the group, and their staff enabled some particularly memorable authentic Norwegian wilderness experiences – eating waffles in a Viking roundhouse, barbecuing in the snow, and watching the stars next to a roaring campfire. All in all – the journey was a tremendous success. The Royal Marines were able to reconnect with their brothers in arms in a safe, familiar, and constructive environment, whilst their partners and children had the adventure of a lifetime; and a valuable new support network was made.

Amy Winch said 'it was wonderful for our family to be involved in something that is so significant to the Royal Marines', emphasising that 'it was fantastic being so thoroughly looked after by other Royal Marines and their families. With such kind and trusted people around us, helping me look after our children and manage my husbands symptoms, it was the first time in years that I have been able to relax, not worry about things, and enjoy myself. Getting to try all the different activities, in such a wonderful location and with such special people, this really was the trip of a lifetime.'

**“A VALUABLE OPPORTUNITY TO RECOGNISE AND REWARD THE ENORMOUS SACRIFICES MADE BY OUR CORPS FAMILY”**





# A HELPING HAND

**RETIRED ROYAL MARINE JIM GILES CONTACTED RMA – THE ROYAL MARINES CHARITY WHEN HE FELL ON HARD TIMES BECAUSE HIS PARTNER HAD BECOME SERIOUSLY ILL – THEIR INCOME HAD BEEN SIGNIFICANTLY DECREASED AND THEY WERE FACING SOME VERY DIFFICULT DECISIONS**

Throughout this turbulent time Jim explained that he had felt ‘reticent’ about contacting the Charity and asking for help; as they had worked incredibly hard to stabilise their financial situation on their own and had managed to avoid losing their home, but he was reassured by the ‘effective’ and ‘friendly’ way that their case was handled.

When Jim’s employment contract was changed at short notice they were dealt yet another financial blow. It was then they made the difficult decision to move home into a smaller property. Jim remarked that:

**“IT’S COMFORTING TO KNOW THAT THE CHARITY FULLY UNDERSTANDS HOW TO DEAL WITH ITS SERVING AND FORMER MEMBERS, MAINTAINING DIGNITY, AND SHOWING EMPATHY WHEN AND WHERE NECESSARY”**

RMA – The Royal Marines Charity were able to send a support worker out to visit Jim and his partner and assess their financial situation. They had already made the decision to down-size but they needed support to do so to ensure that they would not get into further debt. It was evident they had taken all available steps to avoid descending into financial turmoil; but now they needed a helping hand.

Jim had suffered a spinal injury during his 14 years of service in the Royal Marines, which rendered him unable to physically manage the house move himself, or indeed make the relevant repairs or deep clean that are involved during a relocation. Once the support worker had assessed their financial situation and their needs, RMA – The Royal Marines Charity were able to put a grant in place to cover the cost of their removal including cleaning the property.

Jim and his partner have expressed their gratitude and are “humbled by the way in which RMA – The Royal Marines Charity have been so supportive and effective.” He said that he is “indebted to our larger family for the principles and codes of integrity that guide us all through good times and bad and was deeply moved by the typically efficient no nonsense way things were dealt with in my case.”

RMA – The Royal Marines Charity anchor its values on being able to give a lifetime of support. Jim and his partner passed on their “heartfelt thanks, for being there for them when they needed it most.”



# MATT ABBOTT

**MATT ABBOTT JOINED THE ROYAL MARINES IN 2003 AT THE HEIGHT OF THE OPERATIONAL WAR ON TERROR – HE WAS DEPLOYED ON FOUR OPERATIONAL TOURS, FIRSTLY TO IRAQ IN 2004, AND IN 2006 HE STARTED THE FIRST OF THREE KINETIC TOURS OF AFGHANISTAN**

Whilst in Helmand Province he was involved in some very hard, close quarter fighting. Facing extremely dangerous situations, he saw his friends injured and killed.

On the 3rd of February 2009 during a firefight, Matt was hit by a rocket in his left leg ripping off the back of his thigh and most of his calf. He was evacuated back to the UK and began a long and arduous recovery as part of Hasler Company. It became clear to Matt that his career in the Royal Marines was over and he was eventually medically discharged in 2012.

**“I’D LOST MY IDENTITY NOT BEING A ROYAL MARINE ANYMORE. LIFE CRUMBLLED AROUND ME AND EVERYTHING WAS AFFECTED”**

Matt was not only dealing with the physical scars left from war, but also the mental scars. He described the battles that he faced as a civilian, with himself, as some of the hardest that he’d ever gone through. He was dealing with flashbacks, nightmares, paranoia, aggression, depression and he had started drinking.

He was suffering with PTSD. He was in denial about what he was going through but everyone around him could see there was something wrong. Unable to move forwards with his life – Matt found himself trapped by PTSD, the psychological injuries of his combat deployments, and the pain of being forced from a career and a life he loved.

By the end of 2017 Matt had hit rock bottom, his refusal to acknowledge that he needed help had led him to being asked to leave the family home, he knew at this point that something had to change. He reached out to RMA – The Royal Marines Charity and was put in touch with Jim Morris, who was his company Sergeant Major whilst he was at Hasler. Jim helped him construct a plan of action that allowed him to return home and begin rebuilding his life. “I was having these weird dreams and flashbacks. I tried to get help but got let down a lot. Finally, I found some therapy.”

RMA – The Royal Marines Charity were able to refer Matt to a Psychotherapist who had considerable experience of military personnel and PTSD. Matt put the hard work in and started to feel good again. “The therapist was amazing, and things started to get better after I started to see her” Matt said. In total, RMA – The Royal Marines Charity paid for seventeen psychotherapy sessions which gave Matt the guidance he needed to turn his life around.

Matt’s life is now on a completely different trajectory and he has found a new calling helping other veterans improve their lives. He founded VetRun180, a charity that takes injured veterans on 4x4 expeditions to aid their recovery through adventure therapy, invoking a sense of adventure and adrenaline in a controlled environment. “Helping other veterans with physical and psychological injuries is amazing and the concept of VetRun180 really helps veterans which we have proven from five expeditions to date” Matt said. He is now able to show other veterans what they are capable of, a feat that would not have been possible without the support of RMA – The Royal Marines Charity when he needed it most.





# BEYOND INJURY

**ROYAL MARINES CORPORAL ROB MILNER WAS A HIGHLY EFFECTIVE JUNIOR COMMANDER, HELD IN THE HIGHEST REGARD BY HIS PEERS AND SENIORS ALIKE. ROB BEGAN TO STRUGGLE WITH PTSD, LIFE AS HE KNEW IT BEGAN TO CHANGE IN WAYS HE COULDN'T CONTROL**

Rob was assigned to the Naval Service Recovery Centre Hasler and received specialist mental health treatment from the military's Department of Community Mental Health.

When Rob arrived at NSRC Hasler, RMA – The Royal Marines Charity were able to begin assisting him in his recovery and help him consider and plan for a future beyond the military. During this time, the Charity supported Rob with specialist employment advice, which helped him carefully consider his options and balance his aspirations with his health and symptoms. Once Rob decided he wanted to become a Gas Engineer, the Charity signposted and financed the most appropriate vocational training.

As a result, despite this being an incredibly difficult period for him, it has also become a period of growth, allowing him to move forward with his head held high. Rob said "I have kept my mental health secret for a long time as I was always feeling ashamed of myself or that I was weak.

**"ALTHOUGH RMA – THE ROYAL MARINES CHARITY PROVIDE FINANCIAL SUPPORT, IT'S SO MUCH MORE THAN THAT – THAT'S WHY I THINK THEY REALLY SAVE LIVES"**

**"I HAVE KEPT MY MENTAL HEALTH SECRET FOR A LONG TIME AS I WAS ALWAYS FEELING ASHAMED OF MYSELF OR THAT I WAS WEAK"**

Writing to express his thanks to RMA – The Royal Marines Charity, Rob wrote:

*Dear RMA – The Royal Marines Charity, My name is Rob Milner and I am a Corporal in the Royal Marines. I am currently at NSRC Hasler undergoing treatment for PTSD and an ankle injury and I will be medically discharged from the Corps in 2020.*

*Since my diagnosis I have received a great deal of support from RMA – The Royal Marines Charity. Every step of the way the staff in Lympstone have been kind and helpful and have made me feel comfortable with their amazing personalities and professionalism. I really admire what you do for people like me and I am so grateful. I feel as though I have a future to look forward to, thanks to your support, instead of feeling as if my career and life is over.*

*I start my gas engineering course in March, and this would not be the case without your help.*

*So, thank you for everything you have done for me and my family.*

*Kind regards,*

*Rob Milner*



# PAWSEIDON

**TWO FORMER ROYAL MARINES WHO SUFFERED THE PAIN OF LOSING THEIR BELOVED DOGS HAVE SET UP A BUSINESS OFFERING CANINE HYDROTHERAPY WITH SUPPORT FROM RMA – THE ROYAL MARINES CHARITY**

James Hill was a dog handler in Afghanistan, he was badly injured when he was shot six times in a firefight. Tragically, that fateful night, he also lost his dog. Although he still suffers from his injuries, he found hydrotherapy was a big help to his rehabilitation. The shots that he received to the leg have left James with nerve damage that causes foot drop and no feeling. He said hydrotherapy helped him go from using a wheelchair to starting to walk on crutches. "It was non-weight bearing and it allowed me to move my legs with a better range of movement," he said. "If you're sitting in a wheelchair, the muscles just waste away."

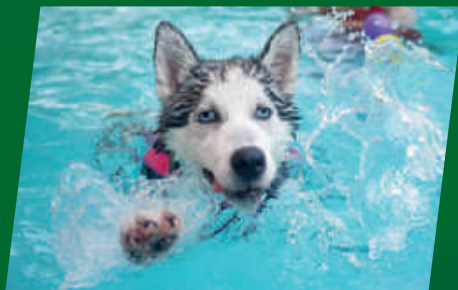
James and his business partner conceived the idea for Pawseidon, a canine wellness and hydrotherapy centre, after both men had benefited from hydrotherapy themselves. The pair say hydrotherapy is ideal for dogs recovering from injury or surgery or suffering conditions such as rheumatism. The warm water gives them a chance to exercise without straining their joints.

RMA – The Royal Marines Charity have supported their business venture through grants for qualifications and James attended a Business Set Up Workshop that the Charity organises. These workshops provide an all-inclusive guide to starting your own business. James said, "I could attend the workshop again and I'm sure that I would take away something new."

This gave the pair the grounding they needed to get the idea off the ground, and despite facing difficulties in finding a premises and an insurer that was willing to facilitate a business that catered around water and animals, they were able to find a property in Poole. They have been operating successfully for 7 months and their client base keeps growing, and their services expanding; they recently managed to get a lift fitted to allow disabled dogs to access the treatment rooms upstairs.

James and his business partner say that the stress of immobility that they felt returning from war injured, is the same for a dog. "You're at the top of your game and then it stops and it's the worst feeling in the world for guys like us. My dog developed a behavioural problem because he wasn't like us, he couldn't go to the gym." RMA – The Royal Marines Charity are proud to have given James the skills and understanding he needed to not only follow a second career, but also use his experiences positively to alleviate the suffering of dogs.

**THE CHARITY ARE PROUD TO HAVE GIVEN JAMES THE SKILLS AND UNDERSTANDING HE NEEDED TO FORGE A SECOND CAREER**





## MEMBERSHIP

# NEVER ABOVE YOU, NEVER BELOW YOU, ALWAYS BY YOUR SIDE

### WORKING TO PREVENT ISOLATION & PROVIDE A SENSE OF BELONGING

The Royal Marines Association provides a national support and social network for serving and retired Royal Marines and their families.

Anyone who serves or has served in the Royal Marines, Royal Marines Reserve, Royal Marines Band Service, in a Royal Marines unit or filled a line number in a Royal Marines unit (including any qualified Commando, MARWREN or other serviceman), regardless of length of service is eligible to become a Full Member.

Anyone who is the parent, spouse/civil partner, or child of a Full Member, can become an Associate Member. This can be extended to grandparents or carers who have raised the Royal Marine, and grandchildren being raised by the former Royal Marine. Along with any graduates of the All Arms Commando Course, and their immediate family, may become an Associate Member.

Supporting membership may be granted to any individual who has demonstrated a willingness to support the ethos, values and standards of the Royal Marines, but who may not be otherwise eligible.

**MEMBERSHIP IS FREE  
& DETAILS CAN BE FOUND AT:  
[WWW.ROYALMARINESASSOCIATION.ORG.UK/JOIN-US](http://WWW.ROYALMARINESASSOCIATION.ORG.UK/JOIN-US)**

### MEMBERSHIP FACTS IN 2019

15,074

**CURRENT NUMBER  
MEMBERS (4,267 SERVING)  
(AS AT 1ST JUNE 2020)**

17

**AGE OF  
YOUNGEST  
MEMBER**

103

**AGE OF  
OLDEST  
MEMBER**

29

**KING'S SQUAD  
REUNIONS  
335 ATTENDEES**

91

**BRANCHES  
16 OF THESE  
ARE SPECIALIST**

12

**INTERNATIONAL  
BRANCHES**



# A MESSAGE FROM THE ASSOCIATION CHAIRMAN

**2019 WAS A MOMENTOUS YEAR FOR THE RMA, BRINGING ABOUT THE MERGER WITH THE ROYAL MARINES CHARITY AFTER NEARLY FIVE YEARS OF DISCUSSIONS AND MERGER PROCESSES, ENABLED BY THE MEMBERSHIP VOTE IN EARLY 2018**

From the perspective of the RMA, the unification both simplified the messaging to our membership and safeguarded our long-term future. We are now able to realise the vision set out in 2014 of providing a 'one-stop-shop' for the provision of a life-time of support to the whole Corps Family.

As we went through the merger process, we were adamant that there would be no major changes to 'business as usual', I am confident that we have delivered this and with merger completed, we said thank you and farewell to our outgoing Chairman Mr Ron Bell OBE.

Alongside our regular annual events, our membership team organised several successful new initiatives for the RMA. We attended our first annual Army v Navy rugby match at Twickenham. About 300 members took part (led by the RMA Rugby Club), and had a great time celebrating 'bootneckness' together, even if we weren't able to celebrate a victory in the game.

Our team also organised a new overseas event in Normandy to mark the 75th anniversary of Operation OVERLORD. About 100 members deployed to Normandy, including several D-Day veterans and representatives from each region, the RMA Rider's Branch and RMA Cyclist's Branch. They joined about 150 serving ranks from 1 AGRM (now 47 Cdo RM), RMR London and the Royal Marines Band Service (who led the parade through Port-en-Bessin). The event blended moments of commemoration for those who made the ultimate sacrifice, along with a real sense of comradeship across all ranks, ages and generations of the Corps Family.



2019 saw our membership increase with 2361 new members joining. This represents a 20% growth in our membership numbers to over 15,000 members. Added to this, we welcomed seven new branches (Arts, Buglers, Football, Gig Boat Racing, Musicians, Shotgun and Signallers). Several new branches are in the hoist for 2020.

Our members raised over £116,000 for the Charity in 2019, and I would like to thank everyone who contributed. Particular mention in this endeavour should be made to RMA Romford Branch, RMA North Devon Branch and RMA Rugby Football Club, each of which raised in excess of £10,000.

Our Royal Marines Support Network volunteers, along with the Branch Welfare Officers remain on the frontline of providing compassionate support to our more vulnerable members. Between them, they deliver thousands of hours of support to a wide range of members, signposting those in most need to our professional Welfare Team, but also alleviating some of the burden on the NHS and Social Care systems across the country.

As we look forward into 2020 and beyond, a revised Membership Strategy is being developed within the context of our unified charity. The aim is to make our membership self-sustaining, expanding, inclusive and active, with the intention of ensuring the relevance of membership now and into the future, noting that it is our 75th anniversary in 2021.

Paul Deacon, Association Chairman

**2019 SAW A 20% GROWTH IN OUR MEMBERSHIP NUMBERS TO OVER 15,000 MEMBERS**





# D-DAY 75

**FOR THE D-DAY 75TH ANNIVERSARY RMA – THE ROYAL MARINES CHARITY ARRANGED A TRIP TO NORMANDY BETWEEN 4–8 JUNE 2019**

103 Veterans attended, with representation from every region, as well as the Cycling and Riders Branches. Including the serving Corps and 47 RM Cdo Association, there were around 300 members of the Corps Family in Port-en-Bessin for D-Day 75, which included DCGRM and the CRSM.

The serving Corps consisted of ranks from: 1AGRM (now 47 Cdo), RMR London, CTCRM, NSRCH, Hamworthy Barracks, RM Band Portsmouth and the Corps Yacht. We also had three D-Day Veterans in the group which was going to prove a very emotional experience for all those on the trip.

The week comprised of a range of commemorative and social events, with the group set off from Portsmouth to Port-en-Bessin on 4 June. This was a great success with former and serving Royal Marines, attached ranks from the Royal Navy and families standing side-by-side enjoying a social and telling war stories, old and new.

D-Day veteran Fred Fitch, who had not been back to Normandy since the Landings laid two crosses on the beach for two comrades who sadly lost their lives 75 years ago. Here the group stopped for a bag ration lunch which had been supplied by the tour guide's wife, "Debbie". This was by far the best bag ration in the history of the Corps and the group strongly recommend that wine is included in all bag rations from now on.

The group were guests at the D Day 75 National Ceremony that was being conducted at Bayeux Cathedral and War Cemetery where many of the British fallen are buried.

The D-Day veterans and their carers attended a service at the Cathedral, then moved to the Cemetery with the Prince of Wales, the Duchess of Cornwall, Prime Minister Mrs May, Labour leader Jeremy Corbyn, and many other dignitaries.

The Prince of Wales poignantly said "Thursday was probably the last chance to pay everlasting respect" to the "remarkable" D-Day veterans who were commemorating the 75th anniversary of the landings in northern France.

The whole Corps Family assembled on the fourth day with the people of the town to conduct three Parades in Port-en-Bessin. This included the Western Feature, Eastern Feature and the Harbour which were all key locations taken by 47 Cdo 75 years ago. This was followed by the Mayor's reception where the veterans enjoyed the hospitality of the town. The day concluded with the serving and veterans marching through the streets, being led proudly by the Royal Marines Band. The D-Day Veterans took the opportunity to relive their experience as they were driven in WW2 Jeeps through the town which was followed by Ceremonial Sunset on the harbour.

On the final day the trip was concluded with a visit to the American War Graves, before heading to the ferry for the journey home.

This was an excellent trip supported by the whole Corps Family, serving, Veterans, families and supporters' side by side, 'United we Conquer' a great example of what RMA – The Royal Marines Charity is all about.



# WALCHEREN 75

**IN OCTOBER RMA – THE ROYAL MARINES CHARITY ORGANISED A TRIP TO WALCHEREN, TAKING 48 RMA MEMBERS FROM ALL OVER THE COUNTRY, TO SEE THE UNVEILING OF THE 47 COMMANDO MEMORIAL**

The memorial, which was based on a design by the late Clifford Kingston Dip Arch RIBA, carries the following inscription in both English and Dutch:

*'In these dunes, between 1 and 3 November 1944, the men of 47 Royal Marine Commando fought fiercely to capture the heavily defended German battery at Dishoek, code name W11. During the battle, which led to the liberation of Walcheren, the Commando suffered heavy casualties. The surrender of the battery on 3rd November secured the seaway to Antwerp which was key to the final liberation of the Netherlands.'*

Alongside the inscription, are the names, rank, age and date of death of all 34 men who were killed during the amphibious assault of Walcheren and subsequent battle of Dishoek in early November 1944.

As part of the plan to enhance the activities available to RMA members, the Walcheren 75 celebrations paved the way to foster a special relationship between the RMA, 47 Commando Association and the people of Walcheren.

The trip, open to all members of the RMA, began at RMR London and took the party to Dover, where they boarded a ferry to Calais. Their first day was exceptionally busy which included a visit to Westkapelle Museum and Parade, accompanied by a full marching band from Royal Marines Plymouth. Then onto the Lighthouse and Erika Beach Parades culminating in an evening performance by the RM Band concert in Middleburg which was enjoyed by a packed audience from across Walcheren.

The second day was dedicated to the opening of the new 47 Commando Memorial, which stands on the apex of the dunes overlooking the Scheldt Estuary. An information board, detailing the Commando's action was unveiled in Dishoek Square prior to the dedication on 2 November 2019, the 75th anniversary of the commencement of the assault on W11.

The opening ceremony concluded with a marching band display in Dishoek Square with the Commandant General and the 47 Cdo veterans taking the salute and lunch provided by the local council and community groups. Those who wanted, which included the Commandant General and Corps Regimental Sergeant Major retraced the route that 47 Cdo yomped and fought from Westkapelle to Dishoek along the sand dunes, finishing at the No4 Commando and Landing Craft Memorials with a short service of remembrance.

That evening was spent watching the World Cup Rugby final in the hotel which had been recorded for the trip where the English members showed the Commando Spirit of "Cheerfulness in the face of Adversity" and the Scottish and Welsh just showed "Cheerfulness". A great night of Bootneck banter was had by all.

**WE HOPE TO HAVE INSPIRED A NEW GENERATION OF MEMBERS BY PROVIDING THESE LINKS TO THE PAST WHILST INVESTING IN THE CURRENT MEMBERS**

The Walcheren 75 Celebrations were a total success and strengthened the bonds between all those involved.







## OP BANNER

### HM ARMED FORCES MARKED 50 YEARS SINCE THE START OF OPERATIONS IN NORTHERN IRELAND

Serving personnel joined veterans at the Armed Forces Memorial in Staffordshire to commemorate 50 years since the start of Operation Banner.

The event to commemorate Op Banner took place on 14 August 2019 at a very wet and windy National Memorial Arboretum in Staffordshire. The event, hosted by The Royal British Legion commemorated the sacrifice of personnel from the Armed Forces and civilian services who helped bring peace and stability to Northern Ireland during the UK's longest continuous troop deployment in history.

More than 300,000 members of the UK armed forces were deployed on Op Banner over 38 years and sadly 1,441 service personnel died while on deployment to Op Banner or in related incidents. At the Staffordshire Arboretum, their names are listed on the Armed Forces Memorial as a lasting record of their selfless sacrifice.

The Royal Marines completed 41 tours of Northern Ireland during this time, starting with 41 Cdo RM in 1969 and finishing with 45 Cdo who conducted the Corps last tour in 2003/04. Despite the bad weather, over 2000 veterans attended the commemoration which included 37 former Royal Marines whose service stretched across the 38 years.

Defence Secretary Ben Wallace said: "Such a significant number of our Armed Forces community were involved in Op Banner across four decades. It was a challenging and complex operation, and their dedication and sacrifice must not be forgotten. The men and women of the armed services should be proud of what we achieved for Northern Ireland. The peace process and the vast majority of the population's rejection of terrorism and violence is testament to their efforts. We remain grateful for their service on the nation's behalf."

## GRASPAN PARADE

### THE GRASPAN MEMORIAL SERVICE AND PARADE TOOK PLACE IN LONDON ON SUNDAY 12 MAY 2019

The Royal Marines Association had 178 members participating in the parade and 126 extra spectators. Members come from branches across the country to participate and watch the parade.

This event requires continued support from all branches and the wider community to continue, and the RMA never fails to rally together and turn out to march. The sun was shining as the troops formed up on Horse Guards parade, consisting several hundred former Royal Marines, a contingent from 45 Commando RM and a large group of City of London RM Cadets were led onto the Mall by HM Band Collingwood and the RMA Standards.

Here, just a few yards from Admiralty Arch stands the Royal Marines Graspán Memorial, which was originally erected in 1903 to commemorate the men of the Royal Marines who died in the Boxer Rebellion and the second Boar War, both of which took place between 1899-1902. It was re-dedicated as the National Memorial to the Royal Marines in Oct 2000 and unveiled by the Duke of Edinburgh who was the Captain General at that time.

After the service and wreath laying the parade marched down the Mall towards Buckingham Palace and onto Birdcage Walk for the return to Horse Guards, where the Salute was taken by the Commandant General Royal Marines Maj Gen C R Stickland CBOBE.

The day was finished off with a large reception hosted at the Union Jack Club where over 200 members raised a glass and caught up with old friends.

## SPEAN BRIDGE

### THE ANNUAL COMMEMORATION AT THE SPEAN BRIDGE MEMORIAL

Hosted by the Royal Marines Association, this has become a sell-out weekend amongst members

The weekend started at the Ben Nevis Hotel with an evening full of celebrations and entertainment from a Ceilidh band, and in the morning, members were collected from the Ben Nevis Hotel and taken to the Spean Bridge Memorial. These evenings provide some much-needed community interaction that can be difficult for veterans who are separated geographically from those who they used to serve with.

The monument was originally built to mark the sacrifice of Commandos during WWII but over the years has come to mean so much more.

It dominates the rugged landscape which is the former training ground of the early Commandos, who trained at the nearby Achnacarry estate.

78 members of the Royal Marines Association, from various branches, were joined by members of 43 Commando Fleet Protection Group Royal Marines and Her Majesty's Royal Marines Band.

The serving contingent and veteran community aligning to participate in this Memorial Day together is a great example of the wider corps family, making the Spean Bridge trip one that often sees members applying for spaces months in advance.



## ARMY V NAVY

### THE ANNUAL ARMY V NAVY MATCH IS THE LARGEST AMATEUR SPORTING EVENT IN THE UK, ATTRACTING A CROWD OF OVER 80,000 PEOPLE AT TWICKENHAM STADIUM

RMA – The Royal Marines Charity are pleased to be able to support our members in attending the match and over 400 tickets were bought by members in 2019.

The Army v Navy match is the final fixture on the Senior XV Rugby Union calendars of the Royal Navy & the Army and the last of three matches that together construct the Inter-Services Championship. This has been an annual fixture since 1907 which was then held at the Queen's Club in West Kensington.

The fixture has taken place every year since 1907, with three exceptions: There was a break in play between 1915-1919 due to the First World War, and then again between 1940-1945 due to the Second World War. The 100<sup>th</sup> match therefore took place in 2017. The third exception saw the match being cancelled due to COVID-19.

The Army v Navy Match has become much more than a game of rugby, it is now a massive reunion, a day for members of the armed forces both currently serving and veterans to catch up with old friends and meet new ones. The match has grown significantly in popularity in recent years, in 2015 the event saw its first 'sell out' crowd and tickets to the event have become increasingly sort after.

The Army v Navy match sees the entire Royal Marines Family coming together, with a full range of members including children, families, serving and veterans in attendance. It is a true celebration that RMA – The Royal Marines Charity are pleased to subsidise and enable as many of our members to attend as possible.

## KING'S SQUAD REUNIONS

### A CHANCE FOR ROYAL MARINE TROOPS OF YESTERYEAR TO RECONNECT WITH EACH OTHER AND WITH THE CORPS

These reunions normally correspond with a King's Squad Pass Out, where comrades have the chance to meet up once again and share old memories as well as witness the newest members of the Royal Marines join the Corps family.

In 2019, RMA – The Royal Marines Charity hosted (on behalf of CTCRM), 335 people spread over 29 reunions with former Marines travelling from as far as Australia, New Zealand, Dubai, America, Spain and Portugal to be reunited with their own Recruit Troop or Unit.

The bond of shared hardship and mutual respect is something that is unique to all those Royal Marines that have passed through the gates of Deal or the Commando Training Centre Royal Marines. The most senior reunion in 2019 was 60 years and the most junior was 20 years. No matter what the age, the Commando Values and Spirit are never lost and are always on show during these special days as if they have never been apart.

The reunion of 588 troop was hosted at CTCRM and although it was tragically missing former Royal Marine Paul McGuigan, the Association and Charity were able to provide support to his family in order to allow his son, Reece, to attend and stand amongst the men that his father served with.

Paul was murdered whilst serving as a private contractor in Iraq in 2009. He was never able to tell the stories of his time as a Royal Marine to Reece. The opportunity that this reunion gave to Reece was truly priceless, he was able to witness the King's Squad Pass Out and hear all the stories and memories that his father's troop were able to share with him.

Charlotte, Reece's mother, said, "I want to thank you (RMA – The Royal Marines Charity) for your support and enabling me to take my son to the reunion of 588 troop last weekend. It was a memorable event that has now given Reece a little piece of history about his dad that he didn't have and hearing the guys share bits about their experiences and time together was priceless. I am forever grateful!"

Another benefit of taking the lead for reunions, is to ensure that we put everybody under the same protection umbrella of the "RMA – The Royal Marines Charity". All groups must be members of the RMA to hold a reunion at CTCRM (this is free to join) where they are briefed informally throughout the day of the output of their Association and Charity.

From here we routinely find people who are struggling with the rigours of life and we have managed to assist them directly or by signposting them to the right organization.

We have also found former Royal Marines who have done well in civilian life and now want to give back to the Corps, from employing former Royal Marines, offering business advice, support to transition into civilian life or donating to the Charity. These are examples of our merged Charity supporting its people through life, from cradle to grave.

**"I WANT TO THANK YOU (RMA – THE ROYAL MARINES CHARITY) FOR YOUR SUPPORT AND ENABLING ME TO TAKE MY SON TO THE REUNION OF 588 TROOP LAST WEEKEND"**



# CORPS FAMILY WEEKEND

**NOWHERE WAS THE STRENGTH OF THE ROYAL MARINES CORPS FAMILY MORE OBVIOUS THAN OVER THE RMA CORPS FAMILIES WEEKEND**

On a gloriously sunny Saturday, the parade ground of Commando Training Centre Royal Marines (CTCRM) was filled with over 1500 families, cadets, regulars, reservists and Royal Marines veterans who enjoyed a range of activities and displays opened by the sound of the impeccable Mess Beatings by the Corps of Drums with Major General M Holmes CBE DSO, CGRM taking the salute.

The weekend kicked off on the top field with both the RMA Football and Rugby squads playing matches coinciding with a brief from RMA - The Royal Marines Charity on the developing progress of the new Gordon Messenger Resilience Centre. Closely fought matches saw the RMA Football team victorious and the RMA Rugby team lose a closely fought battle to the Navy team.

As the spectators made their way back onto camp, they were brought onto a transformed parade square, which more closely resembled a fun fair, filled with activities for all. The Drill Shed played host to the Charity Village along with some other activities including Virtual Golf, all of which show cased the very best support that we have in place for the Corps Family. RMA - The Royal Marines Charity were proud to take centre stage and interact with supporters, beneficiaries and spread the word of the work that we do and the services we can offer.

The parade square remained the central arena with plenty of entertainment on offer including the Corps Tug of War Championships, where ten teams fought for the accolade of becoming Corps Champions. Winners were 1AGRM who beat YO Batch 2019 (two weeks into training) in a hard-fought final. As well as the Cadets' Corps of Drums display, Cadet

Field Gun display, Sea Cadet drill display and an impressive and very popular unarmed combat display from staff of the Department of the Corps Colonel, CTCRM.

The afternoon culminated in the final award ceremony and the official unveiling, by CGRM, of a portrait of Ken Parker, a D-Day veteran of 47 RM Cdo, commissioned by local artist Marianne Gibson. This portrait is the final in a series of six and marks our WW2 Commando heritage and the 75th anniversary of two momentous amphibious assaults, D-Day and Walcheren. Ken Parker landed on D-Day and fought with 47 RM Cdo at Port-en-Bessin and then later at Walcheren. Ken Parker sadly died last year, but we were delighted that members of his family were with us at the ceremony. This portrait, which will hang in RMR Bristol, is a tribute not only to Ken but also to all our Commando forebears.

The evening programme took on a different style from last year where, on a staged platform positioned on the drill square, the RM Dance Band and Capt. Paul Fleet RM and his fellow musicians put on a musical spectacular for all to enjoy. Much singing and dancing from the audience augmented a very popular and entertaining evening, on completion of which, further entertainments in the Officers' Mess, Sergeants' Mess and Families Room continued until late.

Day Two of the weekend saw over 120 Cadets formed up in the Drill Shed, smartly dressed in No1 Blues uniform, to be inspected by CGRM, DCGRM and Commandant CTCRM before becoming part of the formal Corps Family Weekend Parade. On parade, troops from Units of 3 Cdo Bde RM, CTCRM (YO Batch 19 and 283 Tp), RMA Officers, RMA, Cadets and RMA Bikers Branch, resplendent with Corps regalia, assembled for a Drumhead Service and Act of Remembrance, conducted by Reverend David Wylie RN, Honorary Chaplain to RMA - The Royal Marines Charity. The Roll of Honour and Binyon's Lines were provided by WO1(RSM) D Mason RM, Corps Regimental Sergeant Major. Wreaths were laid at the Royal Marines Memorial Wall by Maj Gen M Holmes (who is

president of RMA - The Royal Marines Charity), Mr D Cox, Chairman of RMA-TRMC and Mr R Bell JP, Chairman of the Royal Marines Association.

To ensure that this event was accessible to everyone, there was no charge to attend making sure that everyone who wanted to come and be part of the weekend could. Since 2017 CTC Families Weekend was amalgamated with the annual RMA Reunion. It is clear to see that the Royal Marines Association has taken another momentous step in its goal to becoming the central pillar of the Corps Family. The weekend cemented the value in bringing all aspects of the Corps together for one inclusive event.



**"TO WITNESS ALL ELEMENTS OF THE CORPS FAMILY CONGREGATING AT THE 'HOME OF THE CORPS' WAS INDEED A PLEASURE"**





# SUPPORT TO THE SERVING CORPS VITAL SUPPORT TO OUR SERVING CORPS

SUPPORT TO THE SERVING CORPS  
ENHANCING EFFICIENCY & RETENTION

THE NEED

SUPPORT IN 2019

PSYCHOTHERAPEUTIC  
TREATMENT FOR DEPENDANTS  
OF SERVING PERSONNEL

Long NHS waiting lists for psychotherapeutic or psychological treatment have an impact on the ability of serving personnel to carry out their duties effectively. We provide case assessment, funding and linking up to accredited private therapists within three weeks, for 10 sessions of therapy.

23 SPOUSES OF SERVING  
PERSONNEL WERE  
SUPPORTED

AT AN AVERAGE  
COST OF £1,114

FUNDING SUPPORT  
TO SERVING PERSONNEL  
AND DEPENDANTS IN NEED

Every year our welfare team support more than 70 serving Royal Marines and their families. Grants provided include money for household goods, vehicle repairs and clothing. We have also supported dependants with funding for respite care, disability and medical treatment, psychological treatment, debt relief and funeral costs.

79 SERVING ROYAL  
MARINES WERE  
SUPPORTED

AT AN AVERAGE GRANT  
OF £785 & COST PER  
CASE OF £1,048

ALCOHOL & ADDICTION SUPPORT

We are leading the way in addressing alcohol and addiction problems. This is a unique provision that aids collaboration with the Chain of Command and Defence Medical Services. No other charity provides this dedicated support.

23 SERVING PERSONNEL  
RECEIVED IN-DEPTH  
SUPPORT

AT AN AVERAGE COST  
OF £1,202 PER CASE

COMPENSATION & PENSIONS  
ADVICE TO HASLER NSRC &  
RECOVERY TROOPS ASSIGNED  
RANKS FACING MEDICAL DISCHARGE

Up to 120 personnel facing medical discharge need independent non-MOD advice about pension and Armed Forces Compensation Scheme entitlements; along with advocacy at tribunals through a specialist adviser. No other charity provides this type of direct support.

51 SERVING  
PERSONNEL  
WERE ASSISTED

AT AN AVERAGE  
COST OF £258

EMPLOYMENT & EDUCATION SUPPORT  
TO VULNERABLE SERVICE LEAVERS

Our Employment and Education (E&E) team help over 100 service leavers each year as they transition into civilian life. The E&E team offer a range of practical support, including CV preparation and review, help with interview techniques and linking leavers with potential employers. In addition, financial support is available for education courses and business start-up costs. The team also provides access to business mentors and business start-up workshops, in conjunction with Heropreneurs.

71 SERVICE LEAVERS  
WERE ASSISTED  
INTO EMPLOYMENT

AT AN AVERAGE  
COST OF £1,118

WORKING WITH AGGIE WESTON'S  
TO PROVIDE PASTORAL SUPPORT

In 2019 the Charity provided £40,000 to help fund pastoral workers in conjunction with Aggie Weston's. Aggie's offers confidential one-to-one support to various personnel and families. Help from pastoral workers has been proven to help reduce relationship breakdowns, domestic violence and other catastrophic family events.

GRANT AWARDED  
FOR PASTORAL  
WORKERS



# VIRGINIA GAUNTLET



**IN APRIL 2019 MORE THAN 250 ROYAL MARINES TRAVELLED TO THE EAST COAST OF THE USA TO LIFT THE VIRGINIA GAUNTLET TROPHY FOR THE SECOND TIME AFTER BEATING THE UNITED STATES MARINE CORPS 4-1**

By invitation of the United States Marine Corps, between April 15th and 29th 2019, Virginia Gauntlet II took place on the East Coast of the US at the home of the US Marine Corps in Quantico.

RMA - The Royal Marines Charity provided funding of £270k and was the principal supporter of Virginia Gauntlet II. The exercise raised the profile of team sport within the Royal Marines, focusing on improving morale and retention. Nineteen sports were represented, and participants drawn from all ranks within the Royal Marines Corps focusing on junior Marines.

"The wide score does not tell the true story of this amazing tournament, many of the events were on a knife edge throughout," said Sergeant Kristian Foster.

The Royal Marines brought home victories in the football, golf, skeet and rugby which saw them retain the trophy, having won the first Virginia Gauntlet 7 years prior. Only a defeat in the basketball prevented a whitewash at the event held at Marine Corps Base Quantico in Virginia, about 37 miles south of US capital Washington DC. However, the scores don't reflect the hard-fought neck and neck battles that were occurring, lots of the events were on a knife edge, but the grit and determination of the Royals brought the trophy home.

"With the scores all square after two days, everything was still there to play for going into day three, the Royal Marines dug deep to grind out the win and in turn put the team 2-0 up in the race for the trophy," added Sgt. Foster.

**VIRGINIA GAUNTLET DIRECTLY INSPIRED SEVEN SERVING ROYAL MARINES TO REMAIN IN SERVICE; THEREBY SAVING THE COPRS £875,000\***

\*A Royal Marine costs approximately £125,000 to train

Although the score lines often dominate the headlines of the colossal sporting feat, the true victories lie in the comradeship and longevity of careers formed in the Royal Marines. The Charity were pleased to support Major Scotty Mills and Warrant Officer 1 Scott Ferguson in their hard work to make sure the Virginia Gauntlet II was a resounding success.

As a direct result of Virginia Gauntlet II, seven serving Royal Marines who had intended to leave, decided to remain in service. A Royal Marine costs approximately £125,000 to train. This equates to a saving of £875,000.





# ALCOHOL EDUCATION TO THE SERVING CORPS

**ALCOHOL HAS HAD A STRONG ASSOCIATION WITH THE MILITARY THROUGHOUT HISTORY; OFTEN IT CAN BE USED TO AID COHESION AND CAMARADERIE, IT'S EASY TO SEE THE NECESSITY TO EDUCATE SERVING PERSONNEL AROUND ALCOHOL AND THE WAY IN WHICH IT IS USED**

An alcohol problem can be devastating for their career, for their personal life and for their health.

RMA – The Royal Marines Charity have responded to the need for better education by recruiting an Alcohol Education Specialist, Pam Diamond. During her previous career working as the MoD Alcohol Specialist Nurse in HMS DRAKE, she identified that the Royal Marines had a very specific drinking culture. That culture combined with a lack of appropriate education led to serving Royal Marines getting into trouble through their relationships with alcohol, sadly some of these issues became career ending, on occasions this also led to loss of life as a direct consequence of alcohol.

It was also identified that there was stigma surrounding being able to ask for help. The Charity has developed a series of alcohol education briefs that are delivered within all Command Courses and to the Command structures within units to ensure that people are identified early and offered assistance were appropriate.

Over the last year Pam has delivered alcohol education not only to the hierarchy but also to 'All Ranks' audiences and RMR units.

This differs from the annual 'Drug & Alcohol' lecture delivered as part of unit training as it is a bespoke brief, which is continually under review to reflect current trends and issues identified. This bilateral approach ensures that not only does Command receive education on how to manage individuals who are developing problems, but also that the men and women within units are receiving tailored, up-to-date education.

In addition to this, the Charity also offers regular 'Alcohol Drop-In' sessions with Pam. These are available to all units and allows an open-door for Royal Marines to discuss any issues relating to the management of alcohol, or how to access assistance. This is in collaboration with the unit Doctors as an adjunct to their interventions.

Pam is hugely passionate about this work as it helps to prevent individuals from developing serious alcohol issues; and begins to address any harmful culture in the Royal Marines. We at the RMA – The Royal Marines Charity are proud to be able to offer this support to the serving Corps.

**THE CHARITY HAS DEVELOPED A SERIES OF ALCOHOL EDUCATION BRIEFS THAT ARE DELIVERED ON ALL COMMAND COURSES & TO THE COMMAND STRUCTURES WITHIN UNITS**

# ACHNACARRY

**IN MARCH 2019 MEMBERS OF NSRC HASLER, 40, 42 AND 45 CDO RM REHAB TROOPS MADE THEIR WAY UP TO ACHNACARRY, THE HOME OF THE COMMANDO**

By way of some good negotiation, the exercise started with all those taking part flying to Scotland on the Royal Flight, courtesy of the RAF.

The team attended a lecture hosted by Dr Tom Keene, focusing on the origins of the Commando and the history of Achnacarry. The lecture and short film provided a foothold into the start of the WW2 Commandos and the heritage of being a Royal Marine Commando. A brief film illustrated the training that the WW2 Commandos undertook and provided some insights into the training that the team had undertaken themselves.

The second day began with an early morning mobility phys session, which took place around the grounds of the estate. This gave everyone a good opportunity to take in the surroundings and gain a great appreciation for where they were and the history surrounding them. The second afternoon comprised of an in-depth lecture on Fairbairn and Sykes, covering the history of the Commando Dagger from the sought after first pattern production knives to the ones that are used today.

A demonstration of the use of the knife and techniques for defending against attack was given in the grounds of the Castle. This gave a real insight to the physical side of the unarmed combat and into the psychological aspect of that sort of combat too. "This was a great eye-opener for me and the other lads."

The team undertook lots of activities including river crossings, WW2 weapons display and an archaeological walk of the grounds. The river crossing was situated in the location of where the old rope bridge would have been during Commando training. After being taught some basic knots and the technique for setting up the tension rope bridge, everyone got the chance to use the bridge the MLs had set up to cross the river.

**"THIS WAS A GREAT EXPERIENCE AS IT GAVE US ALL A CHANCE TO COMPARE HOW TRAINING WAS THEN TO HOW WE DO IT TODAY"**

The last display was with the PWs talking about weapons and ammo used in Commando training at Achnacarry. This included the Enfield Mk4 and 5 (jungle warfare), the Lewis gun and Bren gun. The team all got the chance to get hands on and get an appreciation of the different weights of the weapons in comparison to modern weapon systems. The day concluded walking past the site of the old mock graves used as scare tactics for new recruits.

The final day of the trip focused on 62 Commando and the raids they conducted in WW2. The team were met at the 1940's boat house by a team of LCs from 43 Commando, where they were split into four teams. A highly competitive boat race ensued with a group consisting of ranks from 40 Cdo RM and NSRC Hasler posting the fastest time.

After walking to Spean Bridge rail station, where volunteers first arrived before starting Commando training in the 1940s, the duty photo was taken and then the team marched towards the Commando Memorial to the sound of bagpipes. Gathered to witness the commemoration was a small audience including two Commandos who had completed their training at Achnacarry. During the parade, the commemoration speech was read out by Dr Keene as well as the list of soldiers and Marines who died during Commando training. The day concluded with a curry night and an invitation into Achnacarry Castle. Exercise Achnacarry Commando was an excellent recovery activity with all personnel exposed to the heritage of Commando forces.

One participant said, "It has left me with a sense of pride, honour and a zest to get out of the recovery pathway and back to the job I love."





# WHY WE SUPPORT RMA – THE ROYAL MARINES CHARITY

KEITH BRESLAUER, MANAGING DIRECTOR PATRON CAPITAL ADVISERS



We set up Patron Capital with the view that we would do more than just make clever investments and deliver strong returns for our investors. I wanted to have a positive impact on society; I wanted to change lives.

I'm from the US, where our military veterans are, quite rightly, heralded as heroes. In the UK, the achievements, struggles and sacrifices of our war veterans are much less talked about, the Royal Marines in particular were disproportionately affected by injury and illness in active service.

Starting our relationship with RMA – The Royal Marines Charity was one of the best things I've ever done. Through our Patron Armed Forces Initiative, we have raised over £2 million for the Charity. But RMA – The Royal Marines Charity and the individuals it helps are not the only winners.

Through working with the Charity and the remarkable people it supports, we at Patron have gained an important sense of perspective, made new friends, heard fascinating and heart-warming stories, and learnt a lot about courage, bravery, survival, teamwork and persistence.

Partnering with the Charity has been transformational for our business, giving us a shared purpose that has brought our team even closer together, and inspiring us in our approach both to work and to life in general. We look forward to continuing to support the Charity's important work, helping give back to the people who have given so much to preserve our way of life.

**“PARTNERING WITH RMA – THE ROYAL MARINES CHARITY HAS BEEN TRANSFORMATIONAL FOR OUR BUSINESS AND OUR TEAM”**



## GRATITUDE

WITH THANKS TO OUR CORPORATE SUPPORTERS:



**PATRON**  
CAPITAL PARTNERS



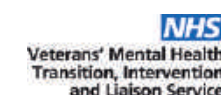
**GOODWIN**

**MUNDY**



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WITH THANKS TO OUR PARTNER ORGANISATIONS:





# SOCIAL VALUE

**INCREASINGLY, ORGANISATIONS ARE CONSIDERING THEIR ACTIVITIES HOLISTICALLY, TAKING ACCOUNT OF THE WIDER ECONOMIC, SOCIAL, AND ENVIRONMENTAL EFFECTS OF THEIR ACTIONS**

The Social and Economic Value Measurement Framework is built around the National Themes, Outcomes and Measures (TOMs) Framework (2018) but has been adapted to reflect the Charity's objectives and priorities. These bespoke measures allow us to capture the social and local economic value specific to our work. The Charity's framework is based on the following themes:

## **HEALTH & WELLBEING – £2,880,487**

Welfare Support, Benevolence Grants and Education & Employment Support. Instilling resilience, independence and dignity throughout the Royal Marines Family and empowering past and present Royal Marines into rewarding employment.

### **WELFARE SUPPORT & BENEVOLENCE GRANTS:**

- Family units are strengthened
- Bereavement is more easily managed
- Confidence, independence, and self-esteem are improved
- Physical and mental wellbeing is improved
- Social isolation is reduced
- Improved support is given through Royal Marines Support Network

### **EDUCATION AND EMPLOYMENT SUPPORT:**

- More Royal Marines in meaningful and fulfilling employment
- More opportunities for Medically Discharged and disadvantaged Royal Marines
- Transitioning Royal Marines are supported to maximise their capabilities
- Increased support throughout the transition period and beyond
- Partnerships with employers are developed or improved

## **FUNDING OF AMENITIES, EQUIPMENT & COMMUNITY EVENTS – £707,144**

### **FOSTERING A COHESIVE AND EFFICIENT CORPS:**

- Family morale and resilience is increased
- Enhanced understanding of Corps ethos, values and heritage
- The Association is more sustainable

## **PROMOTION OF COMRADESHIP THROUGH ASSOCIATION MEMBERSHIP – £417,467**

### **RECOGNISING & CELEBRATING THE ASSOCIATION:**

- Membership of the Association continues to grow

**EVERY £1 DONATED  
IS TURNED INTO  
£2.68 OF SOCIAL  
VALUE ADDED**

**HEALTH & WELLBEING – £2,880,487**  
**FUNDING OF AMENITIES – £707,144**  
**PROMOTION OF MEMBERSHIP – £417,467**



**SOCIAL VALUE CREATED  
FOR OUR COMMUNITY  
IN 2019:**  
**£4,005,099**

+

**FINANCIAL GRANTS SUPPORT  
TO THE CORPS FAMILY  
(NOT CAPTURED IN TOMs FRAMEWORK):**  
**£1,640,906**

+

**VALUE ADDED TO CORPS  
FAMILY THROUGH  
EVIDENCED RETENTION:**  
**£4,500,000**

=

**TOTAL SOCIAL  
VALUE IN 2019:**  
**£10,146,005**



A proud part of:



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## JOIN THE CONVERSATION

#RMfamily #RMA1664  
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@RMcharity

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Mrs Lynn Fordham (Chair-designate)

## VICE CHAIR

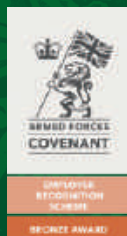
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Brigadier Paul Denning OBE  
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Mr Mark Robinson  
Mr Richard Weaver  
Mr Jamie Zuppinger

## CHIEF EXECUTIVE

Jonathan Ball



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REGULATOR**

RMA - The Royal Marines Charity is a Charity  
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