



United we conquer

Impact Report 2022–2023

Welcome from our Patron

General Sir Gordon Messenger KCB DSO* OBE DL

Patron, RMA – The Royal Marines Charity

In this 80th anniversary year of the Royal Marines taking on the Commando role, and 40th anniversary year of the Falklands War, we remember with honour the heavy price paid in former conflicts by Royal Marines to secure the freedoms British citizens enjoy worldwide.

At a time of unprecedented threats to our global community, to our security and our economy which depends so much on maritime trade, there has never been a greater need for a strong Royal Navy to defend our nation's interests near and far. The Royal Marines are their leading element. They have now embarked on permanent forward basing in the high North and East of Suez, meaning they now operate a greater footprint than during the Afghanistan campaign.

As the UK's best trained regular troops, they provide 47% of UK Special Forces despite only forming 4% of our whole defence forces, meaning they will always be at the sharp end. The consequence of this is increased exposure to death and injury, with increased stresses on family life.

This is where RMA – The Royal Marines Charity steps in. Created by the Corps, operating within the Corps and for the Corps, it is uniquely placed to provide the best support to the efficiency of the Corps, and to provide the quickest and most effective support to Corps Family members in need.

Thank you for your support to the Corps and Charity — as the wording on the Commando Memorial at Spean Bridge reminds us, 'United We Conquer'.

“...uniquely placed to provide the best support to the efficiency and wellbeing of the Corps.”



Commemoration, celebration, collaboration

President

Lieutenant General Rob Magowan CB CBE
Commandant General Royal Marines



The Royal Marines Charity is an inseparable part of the Corps family.

It is a source of moral cohesion that binds serving and veteran marines together, providing reassurance and succour that translates our creed — ‘Once a Marine, Always a Marine’ — from mere words into a firm promise to those asked to prevail in the most challenging operational contexts, often at risk to their own lives.

But whilst supporting success on operations remains the focus, no one is immune from the impacts of a military career. These pressures are not limited to those in uniform, and the support provided to families, who are also part of our Corps, is equally important. Whether serving in the general service, the Royal Marines Reserve or the Royal Marines Band Service, everyone is touched at some point by the Charity’s work.

Delivery throughout the pandemic period, when charitable income was squeezed by lockdown measures at the same time as demand for support was rising, demonstrates perfectly that the Charity will be there for the Corps when we need it most, irrespective of its own uniquely challenging circumstances. We must never take this for granted, and I am delighted to see increased cohesion between serving and Veteran Marines reflected in the RMA’s growing membership — something that can only make us stronger as a Corps Family, and something I will continue to encourage. To everyone who is a member of the RMA or supports the Charity, on behalf of Royal Marines everywhere, thank you.

“...the Charity will be there for the Corps.”

Chair

Mrs Lynn Fordham



2021 saw needs continuing to rise, following trends from previous years but further exacerbated by the COVID 19 pandemic, the impacts of which continued from 2020.

To meet this rising need, the Charity 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.

The lifelong support delivered in 2021 reached more of our community than ever — over 22,000, of whom almost 2,800 were in acute need, a 33% rise on 2020. The Charity created over £7.5M of social and local economic value — including saving the taxpayer over £1.3M in benefits through our support to assist those discharged through injury or illness into work. We ensured that every £1 donated was turned into £3.18 of value delivered. Thank you to all who have ensured this work can continue. Whether it is providing advice or employment, financial donations or non-monetary help, your assistance makes a profound and discernible difference.

Chief Executive

Mr Jonathan Ball



The Board of Trustees has completed a strategic review which focuses on improving our delivery to the Corps Family through a new three-year programme which will run to the end of 2024.

Our special focus is ensuring **effective support to forward deployed Commando Forces** and their dependants. We will also:

- Improve addiction support and education
- Expand our Armed Forces Compensation Scheme tribunals advocacy
- Provide financial education to serving, transitioning and Veteran members
- Address digital poverty amongst older members
- Improve Veteran support in the devolved nations

Thank you to all who supported us during 2021 — the Corps, our parent charity RNRMC who have given us substantial financial and staffing support, our partners who teach us so much and saved us reinventing the wheel, our donors and fundraisers who ensure we have the resources we need, our Members who have been amazing in applying the Commando Mindset to their care of one another and innovative support, and our Trustees and staff who continue to deliver in spades. United we conquer!

By the end of 2024 we seek to:

- Be the **natural and trusted first point of contact** for the Corps Family
- Be providing **active and effective support** to deployed Commando Forces and their dependants
- Be the **leading UK regimental charity** championing our members and **enabling collaboration** between major service associations
- Have **24,000** members with a younger demographic so as to prevent need down the line
- Have an **enhanced** geographical footprint
- Have **better trained and enabled** volunteers
- Have a **fully developed** PR function to enable advocacy
- Secure an **annual net income of £5M** in order to enable our planned work to be delivered (currently £3M)

Delivering more with less

We strived to maintain the same level of our support through the ongoing pandemic, which presented a 'double whammy' from the inability to run many fundraising events and the rising need of our cohort caused by increasing isolation.



Total number of individuals supported:



£24,970,171

Total grants distributed since the RM Charitable Trust Fund was established in 2008

Increasing our social value



Social and Local Economic Value is a term for capturing the full net value that an organisation provides to society. It is the sum of the various benefits to society that arise from the environmental, economic and social impacts of an organisation. The harder the Charity works and spends wisely, the more Social and Local Economic Value is created.

2021 / £3.18

£2,149,274 spend + Social and Local Economic Value = £7,697,773 (£3.18 created out of every £1 spent)

2020 / £2.48

£4,466,573 spend + Social and Local Economic Value = £11,011,889 (£2.48 created out of every £1 spent)

Support to the Serving Corps

Serving RMs benefitted from amenities & sports grants:

15,525

£586,842
Raised by Service Day's Pay Giving

£585,617
Amenities and sports' expenditure

£429,981
Amenities grants to the Corps

£155,636
Sports grants spend by the Corps



Re-enabling hope



David Pither left the Royal Marines in 1987 and pursued a 26-year career in the Avon and Somerset Police. During the latter part of his time in the police he started to suffer from several serious medical problems, including Deep Vein Thrombosis (DVT) in his left leg.

David left the force in 2016 and moved to Portugal, where he had two privately funded procedures on his leg. This cost circa £10K. Unfortunately, again these operations were unsuccessful and in 2019, he had a below-the-knee amputation of his left leg.

In February of that year, he saw a consultant orthopaedic surgeon where a request was placed for a prosthetic that could be used for running and cycling. In the 19 months that followed,

nothing was heard, all enquiries proved negative and he remained wheelchair bound. In 2020, RMA – The Royal Marines Charity learned of his problems and tasked a Royal British Legion caseworker. David was given a prosthetic which was, at best, not fit for purpose and he sought further private medical care.

It transpired that the limb was not the one the consultant ordered but because of financial constraints, it was the best the health service could provide. Again, the Charity got involved and an approach to BLESMA was made. From here on in, the future started to look brighter. After consultation with BLESMA, David was tasked to get quotes for a privately made prosthetic which was done along with several physiotherapy sessions.

It was agreed that BLESMA and RMA – The Royal Marines Charity would finance the new prosthetic. David runs a dog rescue centre in Portugal,

assisting 25 dogs at any one time. The newly funded prosthetic allowed David to reconnect with the dogs.

“Sky joined us in December 2020. He had been on a chain for much of his short life and was attacked by another dog. He was left with a compound fracture for two days before medical treatment was sought. Despite two surgeries to repair the damage, infection had already set in, and amputation was the only option. I like to think that we have been great support for each other over the last year.

This prosthesis has changed my life. It has helped me regain a quality of life and allow me to resume some normal activities.”

“Thank you... for giving me back my life.”

Re-enabling independence



Andrew Seddon joined the Royal Marines Band Service immediately after his 16th birthday, having had to wait a week to join his fellow recruits.

He passed out of training with the Royal Marines Corps of Drums in 1976, receiving the Premier Drum Company award for Best Drummer.

In 1989, Andrew lost 11 friends when the IRA bombed the Royal Marines Band room at Deal Barracks, Kent.

On leaving the service, he struggled with his mental health and battled addiction. During this time, he busked to make money and, on better days, taught classical guitar lessons and played gigs at weddings.

Andrew's son, Joe, helped him through this tough period and they spent precious time exploring and cycling to new places, and during Covid lockdowns, he called his bike a 'lifesaver'.

Unfortunately, in September 2021 the bike was stolen from his shed. It was not insured and, unable to afford to replace it, he returned to his 'old ways' and 'toxic friends'. Andrew began drinking heavily again, and his mental health deteriorated rapidly; he was bereft and overwhelmed by his situation and could see no way out.

A friend suggested contacting RMA – The Royal Marines Charity for any help they might give.

Our Casework Manager took the distressed call from Andrew who, together with the Royal British Legion, was able to get the necessary paperwork done and purchase a replacement bike for him.

He is now able to go out and about again with his son, has made new healthy friends in the mountain bike community, has given up alcohol, cigarettes (and vapes) and, having updated his website, too, is back playing and teaching guitar.

Andrew says that the help, encouragement and support from the Charity have been invaluable to him.

“Brilliant news... a fantastic start to the year!”

Benevolence support

2,794

Individuals supported

841 Serving 1,953 Veterans



£722,057

Grants given in 2021



Training our support network

Last year we facilitated training for our Royal Marines Support Volunteers (RMSV) who volunteer their time to provide practical and emotional support to the Royal Marines Veteran community and their families.

Hosted at the Gordon Messenger Centre, the workshop was co-delivered by Moor Mindful, which specialises in providing coaching and expert training to enhance the understanding of mental health and wellbeing, alongside staff from the RMA.

We have been working with Moor Mindful to create and develop a training package for our RMSVs, building upon the training created by Cameron March MBE during his time at the Royal Marines Association.

Our RMSVs are trained volunteers, able to provide both practical help and emotional support to the RM Veteran community in all sorts of ways: from a vitally important regular friendly chat

at home or on the telephone to ease social isolation and build a sense of camaraderie and belonging; to help with form filling and giving practical help with lifts to hospital and medical appointments, to name but a few.

Having like-minded volunteers with their eyes and ears on the ground is invaluable. It allows us to work with other charities to ensure the best possible support is afforded to the Royal Marines Family.

Their support is immense. Combined with the informal support offered by branches of the Royal Marines Association, RMSVs enable the Charity to reach every corner of the Corps family.



“My special thanks go to our dedicated group of Royal Marine Support Volunteers who were so engaged in this training.”

Danny Egan,
Director of Health & Wellbeing at
RMA – The Royal Marines Charity

Support network in action

We are proud to have assisted Royal Marine Veteran Robin Andrews, whose situation we were made aware of by RM Support Volunteer, Fred Coughlin.

Robin suffered a severe stroke which has left him with decreased ambulatory capacity and he is virtually bedridden. He requires constant support from carers who visit him four times a day, some of which he must pay for.

His poor health was causing severe stress for him and his partner, with his caring needs meaning that he could no longer afford to stay in his own home. It was decided that it would be best for him to move to his daughter's house, however he did not qualify for any support from Social Services to make this possible.

In conjunction with the Support Officer, RMA – The Royal Marines Charity identified and helped fund suitable medical transport to enable Robin to make the critical move, together with a grant to help towards the costs of his future care.



Building memories that last a lifetime

To continue the recovery of wounded, injured or sick Royal Marines in a challenging environment, the Charity facilitated another ski therapy trip to Chamonix, France where, under the guidance of expert instructors, there was plenty of opportunity to learn and develop skiing or boarding skills.

This was a third visit to the region, following the recce and inaugural event in 2019, after which further plans had to be put on hold till 2022 due to Covid travel restrictions.

This year, however, much to everyone's relief, the French government relaxed their entry rules only days before the first group departed and so, with fantastic weather and snow cover, the adventure was on.

20 beneficiaries, in two groups of 10, headed off to France. These included single and double amputees, PTSD sufferers, and those with hip replacements and cancer, aged between their late 20's and mid-60's.

The group was hosted by former paratrooper, Dan White, who has spent 16 years converting a barn into a beautiful house that sleeps up to 12 people.

The Chamonix Valley is considered by many to be the best freeride resort in the world with its five ski resorts — Grands Montets, Les Houches, Le Tour/Balme, La Flegere and Le Brevent — all less than an hour's drive from the house.

Having collected their ski kit from Chamonix and being split into three groups — beginners, intermediate and advanced — a first day's skiing was enjoyed at Les Houches.



“There is without doubt a fundamental understanding between RMs – old and not so old – that spans the ages... supporting each other as if we were family.”

Jan Mills

Local skiers and mountain guides instructed the group, giving their time free of charge and ensuring the success of the trip. One of the instructors was Peter Kyall, a former Royal Marine now living in Servos.

The Bootnecks taking part all benefitted from the opportunity to reconnect with other members of the Corps Family and the mix of different generations of Royal Marines worked especially well. The group instantly bonded and the camaraderie was just as strong for the Royal Marines that left over 20 years ago as it was for those that had left more recently. Much respect was generated from the sharing of experiences, building memories that will last a lifetime — and all want to return.

Dan's support in hosting the group was invaluable. He has already offered to make this an annual event and maybe also include summer expeds for climbing, mountain and road biking.

However, the success of the whole event must be credited to former Royal Marine and above-the-knee double amputee, Ian 'Bish' Bishop, who lives in Spain. He was the incomparable mastermind in organising the trip, and was the advance party, duty driver, shopper, sometimes cook, ski pass purchaser, ski hire arranger, herding of cats and admin guru all rolled into one. Nothing phases Bish. Our enormous thanks.



Unlocking potential

James McDonald



In December 2020, former Royal Marine James McDonald was in a job he didn't enjoy and was facing redundancy.

He decided to retrain and, using family savings and credits from the Enhanced Learning Credits Administration Service (ELCAS), enrolled on a locksmithing course.

"It was everything I expected. It gave me hope and I was able to channel all my frustration into something positive."

James planned to open a locksmithing business but wasn't sure how. "I'd served for 16 years and am a typically proud Bootneck, so not great at asking for help. I spent many sleepless nights worrying.

I finally bit the bullet and contacted RMA – The Royal Marines Charity. Their Employment & Education team gave me a grant to buy the equipment. It was overwhelming. My wife burst into tears. They could never in that moment know how much this meant to me and my family."

James is now successfully self-employed alongside working for the college he attended.

"I now have a sense of purpose for the first time since leaving the Royal Marines. It's hard asking for help but I would urge anybody struggling, to reach out. I will be ever grateful for the help given by the Charity to me and my family."

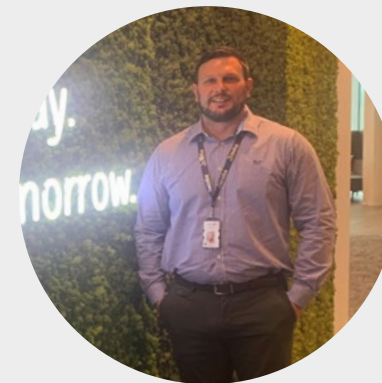
The problem:
Unhappy, medically discharged Royal Marine

The solution:
Charity awards grant for tools to enable James to start his own business

The outcome:
James is now a self-employed locksmith, alongside working for the college that trained him

Connecting with business

CSgt Dave Hills RM



CSgt Dave Hills RM 20 year career as a Royal Marines Commando came abruptly to an end due to medical discharge.

Dave sought to find a rewarding future career. Although not one for usually attending events, he nevertheless decided to go along to one of the Bootnecks in2 Business (Bi2B) presentations.

Bi2B provides a catalyst for Royal Marines' talent to meet informally, share experiences and find genuine opportunities to further their business aspirations, or directly secure employment.

It was at this event that Dave connected with RMA – The Royal Marines Charity. Through our Employment & Education team, Dave was introduced to Royal Marine Veteran, Rob Kelly, who is the Military Talent Acquisition Manager for project management firm, Jacobs.

"It was through this connection that I gained useful information on what project management was all about, and what Jacobs had to offer someone who, since the age of 17, had only known military life."

Dave subsequently contacted our Employment & Education team, who helped him with his CV and with interview preparation techniques, a vital piece of the jigsaw as this was to be Dave's first-ever 'civvy street' interview.

"All in all, my transition to civilian employment was made easier by attending Bi2B and working with RMA, who have been absolutely brilliant. They made time to help me with anything I needed to successfully transition, AND to this day, still stay in touch. "

The problem:
Royal Marine facing medical discharge after 20 years of service

The solution:
Providing CV support and connecting Dave with potential employment opportunities

The outcome:
Dave is now employed by project management firm, Jacobs

Key facts

479

Total advised



375
Transitioning RMs supported

34
Supported into employment

104
Vulnerable Veterans supported

£73,453
Total Employment & Education grants

United we conquer

Corporate partnerships



Patron Charitable Initiatives was established in 2010 to bring together the long-standing philanthropic interests of the Breslauer family with ongoing charitable work in the Patron business.

Patron's aims and ethos continue to be:

- Using the entire resources of our business for charitable good
- Putting charitable impact at the heart of every decision made in the Patron business
- Engaging our extensive network in 'giving back'



Keith Breslauer,
Managing Partner of Patron Capital
and Trustee of
RMA – The Royal Marines Charity

United to fundraise

Over the past 12 years, Patron has contributed more than £3M to RMA – The Royal Marines Charity through their own donations, fundraising events and in-kind support. Patron's contributions over the years are too numerous to list, however, below are some of the highlights from over a decade of partnership:

- Patron has been the principal sponsor of the Charity's annual flagship fundraising dinner held, since inception, at the Guildhall, London. Patron actively promotes this event across their extensive networks, introducing new contacts, of which many are now regular donors.
- When the Royal Marines embarked on an epic physical challenge to commemorate their 350th anniversary, Patron led the sponsorship, promoting the challenge to the business community — and taking part in stages of the challenge.
- Patron also provides office space worth over £50,000 a year in central London, allowing the Charity to have a presence in the City that otherwise we could not afford, enabling enduring relationships to be formed with London-based companies and donors.

United with veterans

For a real understanding of the issues being faced, Keith Breslauer, Managing Partner at Patron Capital, often joins Royal Marines recovering from serious injury and illness in their rehabilitation activities.

In-kind support

Keith Breslauer chairs our Fundraising Committee and sits on the Trustee Board helping with governance, strategy and investments. His team regularly fundraise and volunteer for the Charity.

Patron also hosts Royal Marine Veterans living with disability and life-changing injuries during their annual ski trip; and is the founding sponsor of the Veterans Games & Conference which unites more than 300 UK and Israeli wounded military Veterans and their families.

"What makes Patron unique is its holistic involvement across a wide range of services donated, business networking, employment, training, fundraising and respite opportunities. Their answer is never "No", always: "Yes – how?" and that's what makes this partnership most refreshing."

Jonathan Ball
Chief Executive
RMA – The Royal Marines Charity

Charitable partnerships



SSAFA The Armed Forces Charity is the oldest of the main military charities in existence today. Set up in 1885, it preceded the Royal British Legion (RBL) by 36 years and was the only charity supporting our Armed Forces during WWI.

SSAFA is inextricably linked with all the service charities — but there is a particularly close relationship with the RMA. Mutual support and cooperation between RMA and SSAFA ensure that Royal Marines and their families are looked after when they need it most.

To provide that support to those most in need, RMA – The Royal Marines Charity takes referrals directly by phone and from the website, and where necessary they are referred to SSAFA.

When someone is referred to SSAFA, they will be visited by a specially trained SSAFA Caseworker who will make a detailed assessment of their circumstances and needs. That information will then be shared with RMA – The Royal Marines Charity and a decision on the best course of action will be taken.

There is a SSAFA Branch in virtually every county of the UK. SSAFA Caseworkers are all volunteers, about half are former service personnel and there is an equal split of men and women. One reports:

"My first client as a SSAFA Caseworker was a former RM Corporal. He left the Corps in 1969 after serving for nine years. When I met him, he was suffering from dementia and was almost housebound. His wife contacted SSAFA as they were in financial difficulty.

I approached the RMA with a request for a grant to fund the purchase of a new cooker, washing machine and fridge freezer. This they agreed without hesitation.

One year later, the washing machine broke down. My clients contacted me to see if we could get money to help with repairs. I contacted the RMA and they said, "Don't repair it, we will pay for a new one". My clients could not believe the generosity of the RMA.

Chancing my arm, I took photos of the carpet on the stairs and living room, which were loose and threadbare. The RMA agreed to provide the necessary funds to have new carpets laid on the stairs and in the hallway, and living room. The couple are now much happier and when I visit them they always remark how grateful they are to both to the RMA and SSAFA for all the help they have received."

Royal Marines Association

Winter Deployment

Five years ago, the Royal Marines Club — a branch of RMA — introduced a ‘Winter Deployment’ for our wounded and injured Royal Marines and their families by offering a respite break.



After three previous successful outings to Norway, we were forced to cancel this much-awaited annual trip in 2020 because of strict Covid regulations impacting overseas travel

In December 2021, uncertainty around the situation remained a concern and, so as not to miss yet another year, the RM Club and the Charity decided to take those families selected to Fort William in Scotland for six days of relaxation and winter-themed fun.

Those leading the trip were the first to arrive at the Ben Nevis Hotel in Fort William. They checked everything to make sure everything they had planned to do was all still possible.

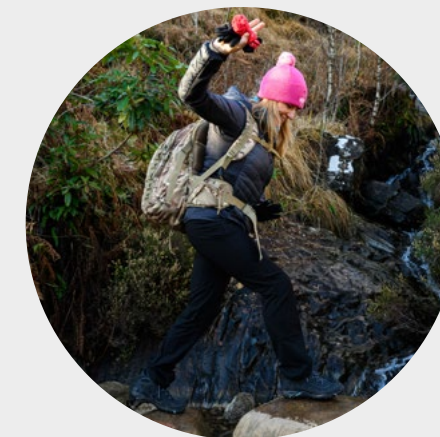
“It was a long trip to the Highlands for many of the families so day one was very much low key to allow everyone to recover — however everyone had the opportunity to visit either the Glenfinnan viaduct (of Harry Potter fame) for a walk and leg-stretch, or go to Fort William for a look around the town.



The week then began with ten-pin bowling, and the option of walking and mountain biking, and a group evening meal was organised each night.

On Tuesday we took the group on an exclusive tour of Loch Ness where the families were very well hosted by the crew. We may have even seen the Loch Ness Monster but it turned out that it was Ray Mead (RM Club Ops Guru) who was just looking over the side of the boat!

We then went on to pay our respects at the Spean Bridge Memorial where we were treated to some ‘proper’ Scottish winter weather.



We were escorted there by two police motorbikes courtesy of former RM officer and now senior police officer, Conrad Trickett... thanks Conrad, the boys were brilliant.

Wednesday was another busy day with a visit to the local distillery and a Christmas dinner in the evening. We paid our respects to absent friends and were delighted to be joined by members of the Highland branch who made the trip from Inverness to join us. A great night was had by all and there were some sore heads on display next day!



Thursday saw us all head off to Glencoe for a morning’s sledging. Everyone got right into the spirit of things and after the sledging, a mass snowball fight broke out where there were no winners... just survivors!

On Friday, we started to say our farewells and make our way home. We were brilliantly hosted by Andrew Liddle and his team at the Ben Nevis Hotel. Huge thanks go also to all the instructors who gave up their time — you’re a superb bunch of people and the trip wouldn’t have been the same without you. We hope very much to head back to Norway in December 2022 but, as a plan B, Fort William came up trumps for all involved.”

“A fantastic time was had by all — friendships were made and renewed.”



Worldwide support



Association membership

18,893

Total number as at 31st Dec 2021



Branches



Total number of branches

92

RMA geographic branches

- Australia (three branches)
- Canada (two branches)
- Cyprus
- Falkland Islands
- France
- Malta
- New Zealand
- Spain
- UK (currently 61)



61 UK branches



20 Specialist branches



11 Overseas branches



130 Funerals supported

Worldwide grants

South Africa

£8,650 disbursed to ten beneficiaries. Included a £2,150 grant towards compassionate travel for a Royal Marine recruit who was discharged after sustaining a serious injury.

Cameroon

£2,500 to a beneficiary for compassionate travel.

Zimbabwe

£1,000 to a beneficiary after two tours in Afghanistan. Grant towards medical costs and psychological treatment for physical and mental injuries.

Portugal

£3,000 towards a new prosthetic leg for former RM suffering with a pulmonary embolism in his lung and DVT in his right leg.

France

£3,950 disbursed to three beneficiaries. Included grants towards urgent dental treatment, heating costs for widow of former RM, and funeral costs for former RM who was his wife's carer for ten years before she sadly succumbed to cancer.

Spain

£1,650 to two beneficiaries. Included grants for therapy to cope with poor mental health; and to assist former RM whose small market stall business struggled during the pandemic.

Finland

£1,000 towards general needs of medically discharged former RM whose tourism business was impacted by COVID-19.

Slovakia

£500 grant to pay rent arrears of former RM who lost his job during the pandemic.

Thailand

£500 given to former RM living in Thailand who had to leave for his own safety. Grant provided towards quarantine hotel costs.

Australia

£370 given to wife of former RM who died suddenly. Grant provided for white goods as she began to rebuild her life without her husband.

It takes strength to ask for help

Health & Wellbeing Team

We are passionate about the support we provide to the whole Corps Family.

We offer a range of assistance aimed at serving and former Royal Marines and their dependants. This includes mental health support, respite breaks, grants to help with financial difficulty and getting about inside and outside the home. Our small and experienced team — which includes volunteers — provide support, advice and guidance across six main areas of delivery. We work closely together and alongside other trusted charities and organisations, including the NHS, to ensure the best possible outcomes for our beneficiaries.

Grants and Benevolence

The Grants and Benevolence team are the initial point of contact for serving and former Royal Marines (and their dependant families), who are seeking charitable assistance for a range of financial and non-financial support.

Mental Health & Wellbeing

Seeking help should be considered a strength rather than perceived as a weakness. Our Veterans Referral Programme provides bespoke treatment for RM Veterans experiencing mental health issues when these cannot be addressed in a timely way by the NHS.

Transition & Support

This proactive function offers support to all vulnerable service leavers including the wounded injured and sick medical discharges, admin discharges and others who have left the Corps and require help.

Alcohol & Substance Misuse

Advice and support to those battling the effects of alcohol and substance misuse.

AFCS & War Pensions

Our AFCS and War Pensions team provide free, confidential guidance, advice and, if required, representation at various stages of a claim including, although not exclusively, at tribunals in conjunction with these schemes.

Royal Marine Support Volunteers

Our group of Royal Marine Support Volunteers (RMSV) are trained volunteers able to provide both practical help and emotional support to the RM Veteran community in a variety of ways, from a vitally important regular friendly chat at home, or on the telephone to ease social isolation and build a sense of camaraderie and belonging, to practical help with lifts to hospital and medical appointments.



Contact us

We're here to support the entire Royal Marines Family — serving, retired and their dependants. No matter what stage of your career or life, you can always turn to us for help.

**E: rma-trmc.org/request-help
T: 0800 468 1664**

(office hours are 08:30–16:00, Monday to Friday)

Other Mental Health support

Whether you're concerned about yourself or a loved one, these helplines and support groups offer expert advice.

SAMARITANS

Samaritans

Every day, Samaritans volunteers respond to around 10,000 calls for help. They are there, 24 hours a day, 365 days a year, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

**T: 116 123 (free)
E: jo@samaritans.org
(24hr response time)**



Combat Stress

Combat Stress is the charity that provides specialist treatment and support for Veterans from every service and conflict, focusing on those with complex mental health issues. Open 24/7.

**Serving Personnel & families:
T: 0800 3234444
Veterans & families:
T: 0800 1381619**



If you are in a life-threatening situation call 999 or go to A&E.

NHS England

Op Courage is a NHS service that provides specialist care for those Armed Forces Veterans suffering from a mental health crisis.

W: nhs.uk/nhs-services/armed-forces-community

NHS Scotland

NHS Scotland — Veterans First Point.

W: veteransfirstpoint.org.uk

E: V1P.Scotland@nhslothian.scot.nhs.uk

NHS Northern Ireland

Northern Ireland Veterans Support Office.

W: nivso.org.uk/contact

T: 07534 656823

NHS Wales

Veterans NHS Wales.

W: veteranswales.co.uk/contact



Future strategy

Innovation and collaboration is at the heart of our future strategy

Over the coming years, with your help, we will continue to innovate and collaborate to deliver on our strategic aims and offer the best possible support to the entire Royal Marines Family. RMA – The Royal Marines Charity is honoured to be the Royal Marines' own Charity and Association. We stand proudly by our vision, ethos and mission:

Our vision:

Offering lifelong support to the Royal Marines Family — Once a Royal Marine, Always a Royal Marine.

Once a Royal Marine, Always a Royal Marine.

2022/23

In 2022/2023 we will:

- Scope and **enable support** to deployed **Commando Forces** and dependants
- **Improve addiction support** and education
- **Expand tribunals advocacy**
- **Provide financial education** to all member age groups
- **Address digital poverty** amongst older members
- **Improve Veteran support** in devolved nations and regions
- **Increase major donor and corporate funding** relationships BSEO and to Government

Our ethos:

We embrace the:

Commando Values — Excellence, Integrity, Self-Discipline and Humility

Commando Spirit — Courage, Determination, Unselfishness and Cheerfulness, *in order to enable the;*

Commando Mindset — First to understand, first to adapt and respond, first to overcome.

Our mission:

- To enhance the operational efficiency and effectiveness of the Royal Marines
- To sustain and promote our traditions and esprit de corps and to commemorate our fallen
- To provide support, advice and friendship to serving and retired Royal Marines, their families, those who aspire to join and those with close links to our Corps
- To generate funds, non-financial benefits and access to employment in order to provide the best possible through-life charitable support

2024

By the end of 2024:

- Be the natural and **trusted first point of contact** for the Corps Family
- Provide active and **effective support** to **Commando Forces**
- **Be the leading UK regimental charity** championing our members and enabling collaboration between major tri-service associations
- Have increased Association **Membership to 24,000**
- Improved our **geographical reach and presence**
- Have better **trained and enabled volunteers**
- Have a fully developed **PR function to enable advocacy**
- Secure annual net income of **£5M (currently £3M) including repeated Major Donor and Corporate income**

Corporate sponsors



Charitable funders



Partner organisations





Contact

T: 023 9298 1920

W: rma-trmc.org

Join the conversation

- #RMfamily
- /TheRMcharity
- /TheRoyalMarinesAssociation
- @TheRMcharity

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Mrs Sara Reed
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Mr Richard Swarbrick
Mr Richard Weaver

Chief Executive

Mr Jonathan Ball

A proud part of:



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**FUNDRAISING
REGULATOR**

RMA – The Royal Marines Charity is a Charity
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GOLD AWARD 2022