

Impact Report
2024/25

THE
**ROYAL
MARINES
CHARITY**

Honouring the Legacy.
Embracing the Future.



Welcome

Chair of Trustees

Lynn Fordham

As Chair of Trustees, I have the privilege of witnessing first hand the extraordinary impact that our charity has on the Royal Marines family.

Since the formation of the Royal Marines Charitable Trust Fund, we have distributed over £30,000,000 in support to serving and veteran Royal Marines and their loved ones.

We have proudly expanded our support to the Serving Corps with funding for a range of key events that uphold Corps traditions, such as Virginia Gauntlet III and the Corps Reception at Beating Retreat.

Through these efforts we strive to ensure that the Serving Corps receives the financial backing needed to maintain morale, celebrate achievements, and continue their proud legacy.

Behind this significant financial milestone are stories of resilience, hope, and transformation.

We have helped veterans rebuild their lives, supported families in times of hardship, and provided critical care to those in need. Whether it's through health and well-being initiatives, transition support, or offering a safety net in difficult times, RMA – The Royal Marines Charity is there every step of the way.

As we reflect on the impact we have made, we also look ahead with renewed dedication to continue serving those who have given so much for us. Together, we remain steadfast in our mission to honour the legacy and embrace the future for the entire Royal Marines family, ensuring that no one is left behind.

Thank you for your continued trust and support.

Lynn Fordham
Chair of Trustees
RMA – The Royal Marines Charity



Chief Executive Officer

Matt Jackson DSO

It is an honour to introduce our Impact Report as the newly appointed CEO of RMA – The Royal Marines Charity. I am both humbled and inspired by the incredible work this charity has accomplished, having delivered over £3.6 million in support to the Royal Marines family over the past year. This impact reflects our unwavering commitment to those who have served, their families, and our wider community.

As a former Royal Marine, I know the unique challenges faced by our serving personnel, veterans, and their loved ones. I am proud to now lead a charity that plays such a vital role in providing the support needed to overcome these challenges – whether it's delivering financial assistance, mental health resources, or helping individuals transition to new careers.

The bond we share within the Royal Marines family is unlike any other, and it is our mission to ensure that bond remains strong, particularly in times of need.

I want to extend my deepest gratitude to our donors, partners, and supporters, whose generosity has made this vital work possible. Your commitment ensures that we can continue to make a lasting impact on the lives of those who have given so much.

As I step into this new role, I look forward to building on the charity's success and exploring new ways to enhance our support for the Royal Marines family.

Together, we will continue to uphold the values of excellence, integrity, self-discipline and humility that define us.

Thank you for your ongoing support and belief in our mission.

With gratitude,

Matt Jackson DSO
Chief Executive Officer
RMA – The Royal Marines Charity



2023 Key facts

The impact and level of support provided by RMA – The Royal Marines Charity to the Corps Family during 2023

Total charitable delivery spend

£3,654,461

2023: £3,654,461
2022: £3,039,758



£30,609,192



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

Beneficiaries support



In 2023 our spend on support to our beneficiaries rose by over 20% compared to 2022



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 it creates.



Support to the Serving Corps £848,573

£226,536
Sports (fit for life)

£623,037
Amenities (quality of life)

Life changing impact

“

I am humbled beyond reproach and thankful beyond words. You may not realise the impact you have made but I can tell you, it's monumental.

”

“

The effects the grant has on the relief from stress is impossible to put into words.

”

“

I cry as I have written this, and I still am crying — you have helped Ron find a way out of the darkness. My best friend is returning, our daughter has a Daddy who loves her, and she loves him so much. Our life together and as a family is on a great path.

I will be forever grateful.

”

“

The RMA provided a swift and easy response to support that was required to improve my mental health. It's a fantastic service that was very appreciated and reminded me that you can always rely on the Royal Marines family.

”

“

Life has been very tough for me for years; CPTSD has destroyed my marriage, home and I'm beginning the rebuild process. I'm utterly overwhelmed by the support and the difference it's making, I believe, is life or death!

”

“

I have had a difficult time since leaving the Royal Marines financially and in my personal life. My plan of being a gas engineer before my TX date didn't fully go to plan. So, now I am on a wage that's half of what I got as a Royal Marine. This money will help me get back on my feet and buy tools for my future career and to pay some outstanding debts which will ease the pressure massively. I am extremely grateful.

”

“

It took a lot to make the call for help as I was still under the impression that what I was dealing with wasn't worth troubling anyone with.

Every point of contact showed genuine concern and empathy which made me feel at ease with pursuing the process.

Thank you all so much.

”

“

I must thank you. You supported us through challenging times and guided us to the other side. I do believe that without your help and without your time, he would not now be off alcohol. We will be forever grateful to you and to the RMA.

”

“

You have been a great support to me in my darkest hours. I thank you from the bottom of my heart.

”

“

After being very low and not being able to work due to severe PTSD and getting very ill, the Royal Marines Charity has helped me hugely over this very difficult time, and I cannot thank them enough — outstanding support.

”

“

Our lives would not be the same if it was not for the kindness and understanding from the Royal Marines Charity in helping my wife and I, and we will never forget it.

Thank you all so much.

”

“

People have gone above and beyond and helped me access support I didn't know existed during a really difficult time.

”

“

All I can say is thank you so much.

”

“

I made a call out to you guys after my son was diagnosed with cancer, the support offered has been unbelievable.

”

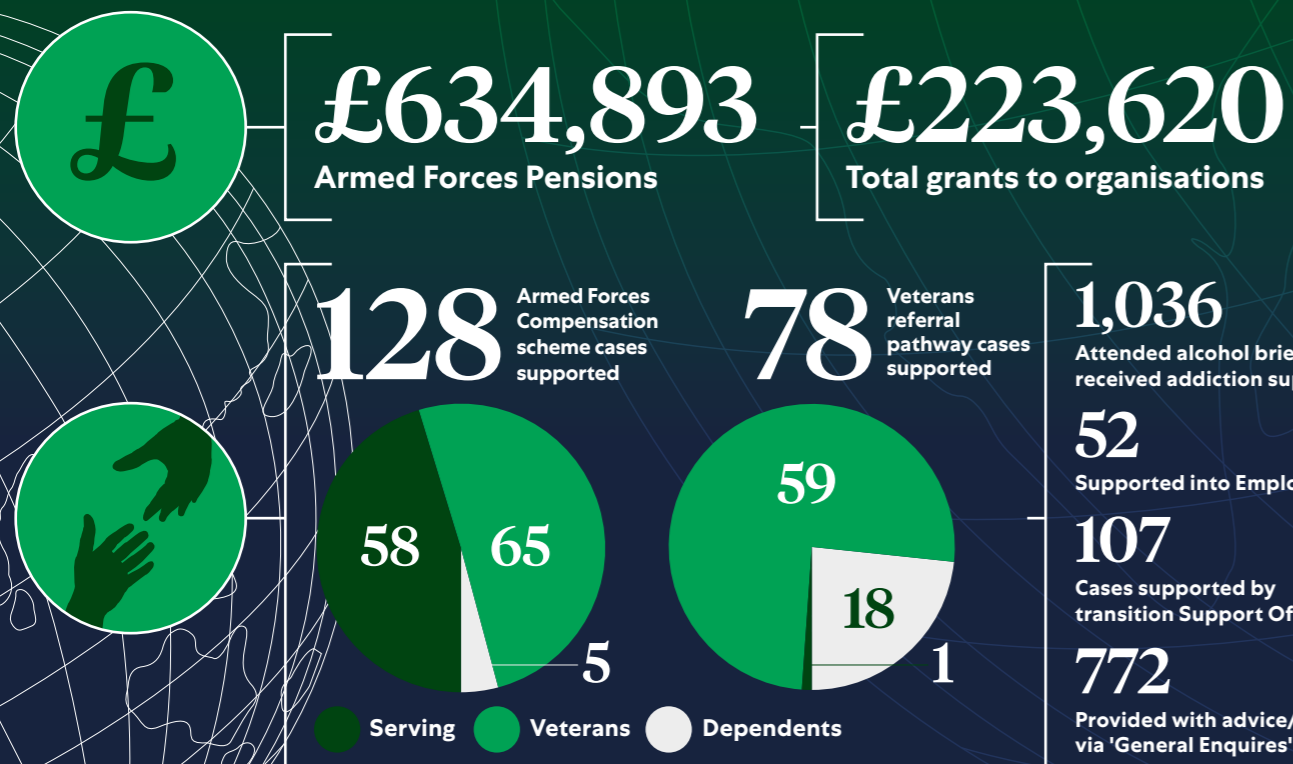
Benevolence support

2,853 Individuals supported

1,036 Serving
1,012 Veterans
805 Dependents



2023: 2,853
2022: 2,690



New Adventures: How camping brought a family back together

Serving in the Royal Marines is one of the most demanding roles in the Armed Forces, with deployments to conflict zones like Iraq and Afghanistan leaving enduring impacts on many. Peter dedicated himself to the Corps with twenty-five years of service, but it came at a cost.

Peter grappled with significant mental health issues but was overcoming his challenges with the support of dedicated military medical teams.

Things were further complicated by personal hardships, including a marriage breakdown and losing custody of his two children.

Transitioning from being a full-time father and husband to a divorced parent without custody of his daughters was an emotionally devastating experience. However, Peter never gave up and after years of struggle and considerable financial sacrifice, he finally gained back parental care of his two young daughters.

As he continued on his path to recovery, he struggled to rebuild his bond with his children. Recognising the need for additional support, he reached out to RMA – The Royal Marines Charity.

The welfare team listened to his needs and gave Peter a grant to purchase camping equipment. He was then able to take his children on holiday which gave them invaluable time to rebuild their relationships and make new memories. The experience also had a positive effect on Peter's own mental health and overall wellbeing.

Peter said:

"Thanks to the help from you guys, the children have had an amazing first camping experience. The camping equipment the grant helped us buy will go a long way in bridging the gap to our little family for more future adventures to come.

We spent four nights in the tent on a really lovely safe, friendly camp site where the children explored and made new friends, their confidence grew and grew as they explored and found their way around and they developed their own independence. By day three they no longer wanted me ruining their street cred!

It all went far too quickly but we are already looking forward to the next opportunity to get away again. It was a resounding success for us. We are all extremely grateful."



"Thanks to the help from you guys, the children have had an amazing first camping experience."

*We are reviewing our addiction services support to ensure the best impact for our beneficiaries.

Restoring hope



Horse Back UK's 3-week development course is designed to inspire positive change, encourage confidence, self-esteem and promote recovery in an individual using horsemanship and outdoor activities.

Following a traumatic brain injury, Mike a Royal Marines veteran thought he was coping and progressing well, but this couldn't have been further from the truth, as he was officially diagnosed with severe depression by his GP, and it had become clear he was not coping.

Mike recalls, "I had become isolated from my family and friends. So much so that I had lost all confidence in the ability to look after my young daughter," and he found himself turning to alcohol.

During these episodes, Mike would contact anyone who would listen, and by 2023, an oppo reached out, referring him to RMA – The Royal Marines Charity. The Health & Wellbeing Team assessed the best way forward and arranged for Mike to attend a development course offered by HorseBack UK in Scotland.

This course proved to be a pivotal step on the road to recovery, not just for Mike but also for his family.

Mike said, "As I drove there for the first time, I was very anxious, but my scepticism regarding horses soon went, and I started to feel more relaxed than I had been for a long time. I was managing to smile and laugh; I was even able to hold down a conversation, something I had been avoiding for so long."

Upon returning home from the first half of the course, Mike found that he had a new outlook on life. His family had not seen him that happy in a long time, as the life-changing programme not only provided Mike with the tools to deal with the here and now but also helped him learn how to embrace his future.

This course proved to be a pivotal step on the road to recovery, not just for Mike but also for his family.



Finding new purpose

Thanks to a £900 grant from RMA – The Royal Marines Charity, the opportunity to join the annual International Military Pilgrimage to Lourdes turned into a much more life-changing experience than Richard, a Royal Marine veteran, had ever thought possible.

Battling to come to terms with life back on 'civvy street', 'alone' without the daily banter of fellow Bootnecks, and the lack of routine and purpose of being a tough Royal Marines Commando, is a mental challenge that many desperately struggle with on leaving the service.

Here, in his own exceptionally moving words, Richard describes just how much the relatively small beneficiary grant meant to him:

"The opportunity to revitalise one's human nature by assisting others. Visiting holy places, beauty, reconnecting a bit with UK military, the banter, all the various nationalities, the magic of seeing so many nations there together in peace.

As a Catholic and a veteran, Lourdes is a special blend of specialness. I have been invited to return next year as a carer/support and I would like to make that progression. It would be lovely to mark that as progress from how ill I have been before.

It's a bit too early to be able to say fully, but I think there have been some things which have helped me to see how far I have come in my 'recovery' and also where some things still need sorting out.

I enjoyed the simple but consciously significant acts which can make such an impact to renew peoples' faith in their own humanity, and the humanity of others. What is the point of military endeavours if we don't celebrate the peace afforded.

Thank you to anyone and everyone who made it possible for me to go on this trip. It remains to be seen what the lasting impact will be, but I think it will be quite profound. Thank you for the opportunity to spend time with others. I spend an awful lot of time living on my own at home.

The bottom line is that this trip was an opportunity to Love and be Loved. Without this, what is it all for? Life is worth living and this trip was proof."

Thank you to anyone and everyone who made it possible for me to go on this trip."

Travel plans are already progressing for Group 507's trip to Lourdes next year to again incorporate the International Military Pilgrimage at the end of May. And if all goes to plan, Richard will again be travelling with the UK contingent – this time, as an official helper.

What is the point of military endeavours if we don't celebrate the peace afforded.



Winter therapy

Each year, we host a winter gathering with the goal of enhancing mental health and fostering a strong sense of unity among our community.

Now in its fourth year, the annual therapeutic ski trip to Chamonix, France, provided a transformative experience for twenty beneficiaries dealing with various injuries and health challenges.

The trip, held over two weeks in January, saw participants split into two groups of ten, allowing each group to enjoy a focused, week-long session. Accompanying the groups were RMA – The Royal Marines Charity’s Transition Support Officers. Reflecting on the experience, they shared:

“It was incredible to witness old comrades reconnecting and new friendships forming among those who had never served together but knew of each other through shared stories.

For many, the trip began with trepidation and anxiety, but as the week progressed, skills were rediscovered, bonds were strengthened, and the atmosphere started to feel just like old times, helping individuals grow and reconnect with their sense of self.”

It is a key ingredient to building a lasting feeling of togetherness and, more importantly, a self-esteem and confidence that can be taken anywhere.”

Huge thanks go to former Royal Marine master organiser, Ian ‘Bish’ Bishop and to Dan White, a great friend of the Charity who again provided the luxury accommodation.

“In all respects, the Chamonix ski trip absolutely epitomised what the Royal Marines Charity is all about, the value gained by all who participated going far beyond the tangible, physical benefits of the skiing.”

“The whole experience took me back to the banter and feeling of camaraderie and mutual respect we all took for granted when we were serving. It reminded us all that the moral component, so important in the mindset of all Royal Marines, is truly being kept alive by the Charity.”



“It really lifted my spirits and assisted me with my difficulties with daily life – this was truly therapy for me.”



United we conquer



Christmas Cheer

The annual winter deployment break in December for wounded and injured Royal Marines and their families in Scotland, was a chance to grab some 'down-time', enjoy one another's company and make new friendships.

As always, it was a busy week that included a Christmas movie night and an early appearance of Santa, along with visits to a number of local attractions. A Loch Ness cruise was followed by a service of remembrance at the Commando Memorial at Spean Bridge to pay respects to the 24 Royal Marine cadets who were killed in the Gillingham Chatham Bus Tragedy 72 years' ago on 4th December 1951.

And in Wales, the Bluestone National Park Resort in Pembrokeshire generously hosted 120 members of the Corps family including Mums, Dads, wives, children and grand-parents where they, too, enjoyed some free family-oriented pre-Christmas festivities.

Jim Morris, RMA – The Royal Marines Charity's Transition Support Officer (South & Wales) went along to see them and thank the Bluestone management team of which former Royal Marine, Glenn Hewer, is one.

Jim said:

“To open their doors by giving our families, including those who are vulnerable, the opportunity to enjoy precious respite time together at this special time of the year is a truly magnificent gesture.

Every single family had a truly magical time and we are again truly grateful to Glenn and the entire Bluestone team for their support.”



Harnessing friendships

“The concept of 're-connecting' Bootnecks of all eras through climbing is a superb match. The bond that grew between the group was very evident and I am certain that this will lead to lasting friendships and support.”

“I can't speak highly enough of the importance of these weeks away – a reminder of how good it is for our headspace spinning dits with the lads actually is.”

These are just two of the many messages of thanks received from some of the beneficiaries who took part in this year's Chamonix climbing trip. It was an overwhelming success with positive feedback received from all 17 beneficiaries who took part (10 veterans, three serving and four instructors).

Many commented how it helped them regain a sense of purpose in themselves and that they have felt a material difference in their mental and physical wellbeing; while all also said that one of the most rewarding aspects of the trip was that it helped to foster comradeship over shared experiences.

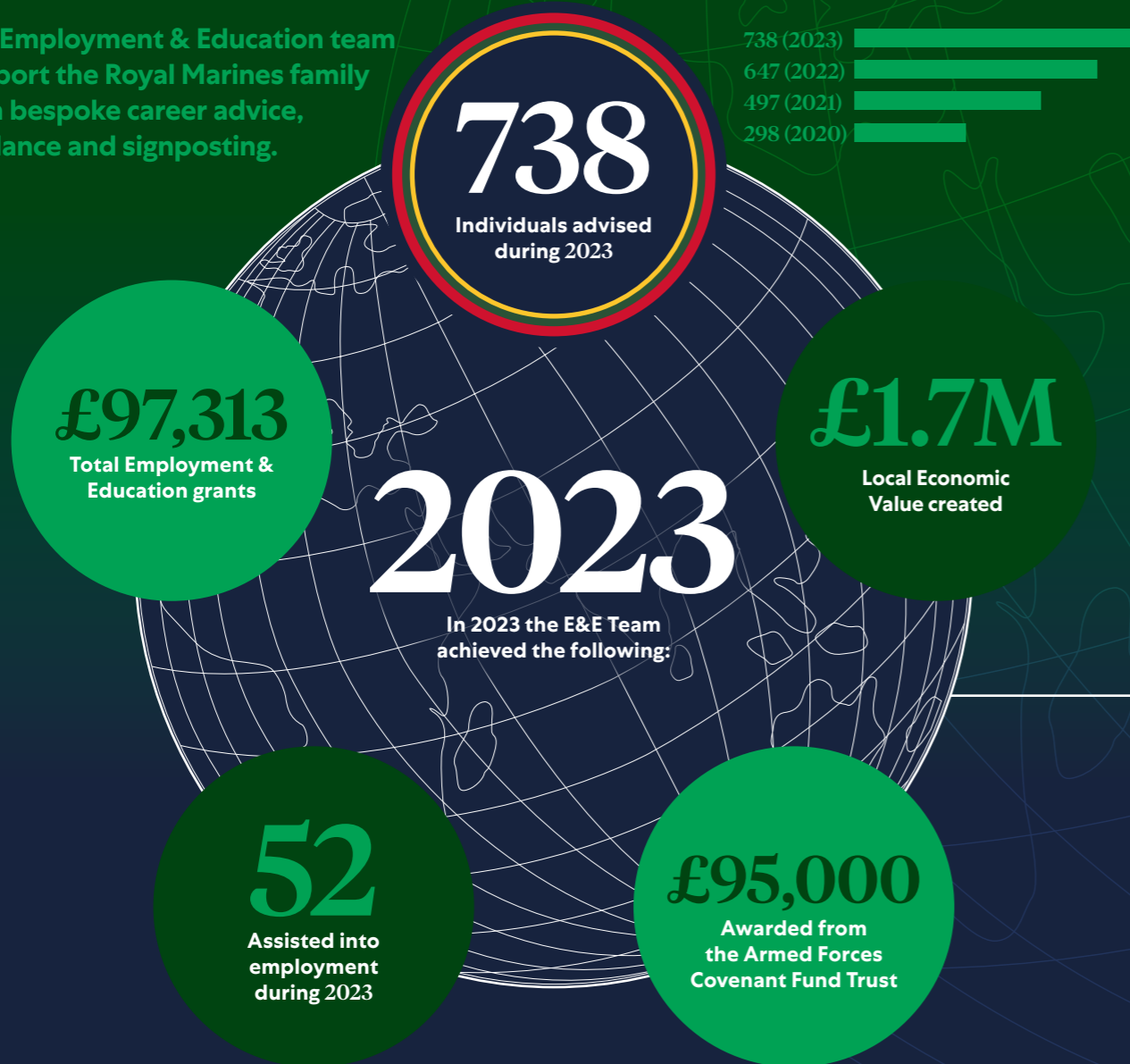
These Charity-funded respite breaks provide beneficiaries with a space where many feel comfortable to share and talk openly about any challenges they are facing.

This has brought about a regained level of comradeship amongst members of our community who were vulnerable and isolated for a variety of reasons, including but not limited to, mental health challenges and physical disability.



Employment & Education

The Employment & Education team support the Royal Marines family with bespoke career advice, guidance and signposting.



Beyond the Corps. From service to civvy street

Leaving the Royal Marines can be a daunting thought for many who have had a fulfilling career in the Corps and devoted their lives to being a Royal Marine. Former RSM Billy Meldrum, left after 23 years of service. Reflecting on his experience, Billy said, "The loyalty to the Corps and its people made the decision difficult, but when you know it's time, you must face the hard conversations."

Billy decided to think about his transition onto civvy street like any mission in the Corps and allowed himself time to thoroughly plan and prepare. Wanting to share his experiences, Billy advised "Treat your transition like an operation: plan meticulously and seek help when needed. It's not just about courses and qualifications; the best advice I received was to network. Networking opens doors and can lead to multiple opportunities.

Expect ups and downs and moments of uncertainty, but that's normal. Engage with the E&E (Employment & Education) team, speak with others who've transitioned, and you'll find your way. Some practical tips: involve your family in your decisions and journey, understand your pension early, and find your fit in the new home routine. Mark the end of your military chapter with a celebration, whether it's a party or a simple gathering — it's important.

You should connect with fellow Bootnecks who've already transitioned. They're eager to offer advice and share their experiences. If you engage the E&E team, plan thoroughly, and network effectively, you'll ensure a smooth transition and a soft landing into your next chapter. It's genuinely nothing to fear, you just need to prepare, and Zoe, Tony, and Laurie are really good at helping you with that.

I'm now four months since TX after 23 years in the Corps; fortunate enough to have been recruited into a Business Manager Role for Defence, at Frazer-Nash Consultancy. I've kept social connections with many, and been sure to embrace and learn the new language of business, and quickly adapted to the new surroundings.

There are things I miss, and things I don't, but staying in touch with people is a real positive.

We all try and honour the RM legacy, and that's not always easy, but we all have to embrace our future, that's unavoidable!





Key Corps Dates

Creation of the Royal Marines
28th October 1664

The Capture of Gibraltar
24th July 1704

The Battle of Belle-isle
7th June 1761

Recapture of Bunker Hill
17th June 1775

The Battle of Trafalgar
21st October 1805

Crimea Wars
5th October 1853

The Boxer Rebellion
2nd November 1899

Gallipoli
28th April 1915

The Battle of Jutland
31st May 1916

Honouring the Legacy

Established in 1664 under King Charles II as the 'Duke of York and Albany's Maritime Regiment of Foot,' the Royal Marines are one of the oldest elite military units in the British armed forces. Initially formed for naval service, they evolved over time, gaining official recognition as the 'Royal Marines' in 1802 under King George III.

In 1755, a permanent Marine Corps was created with 5,000 marines organised into three divisions: Chatham, Plymouth, and Portsmouth. The Royal Marine Light Infantry (RMLI) was established in 1855, and the Royal Marine Artillery (RMA) followed in 1859. These two branches merged in 1923 to form the modern Royal Marine Corps, known for its specialised amphibious warfare capabilities and prestigious service record.

During World War I, the Royal Marines played a crucial role in various theatres, including the Gallipoli Campaign. In World War II, their versatility was even more apparent with operations including the evacuation at Dunkirk, the North African Campaign, and the assault on Sicily. They were also pivotal in the successful landings at Normandy on D-Day.

Honouring the Legacy. Embracing the Future.

Embracing the Future

Recently, Royal Marines have continued to showcase their expertise in a variety of high-profile operations. They have been actively involved in counter-terrorism and security missions around the world, including deployments to the Middle East and Africa to combat extremism and provide humanitarian aid.

Their role in NATO and international exercises underscores their commitment to global security, while their specialised training and adaptability ensure they remain a key component of the UK's rapid response capabilities.

His Majesty, King Charles III, Captain General of the Royal Marines, remarked:

"The Royal Marines have an unparalleled history, both on land and at sea, I draw immense inspiration from their courage, determination, self-discipline and a remarkable capacity to endure in the most extreme environments."



1664 1704 1761 1775 1805 1853 1899 1915 1916

1918 1944 1944 1982 2001 2023 2024 2025 2026

The Raid on Zeebrugge
23rd April 1918

The Landings in Normandy (D-Day)
6th June 1944

The Assault on Walcheren
1st November 1944

Recapture of the Falkland Islands
14th June 1982

War in Afghanistan
7th October 2001

Evacuation of Sudan and counter-narcotics
2023

The first to understand
2024

The first to adapt & respond
2025

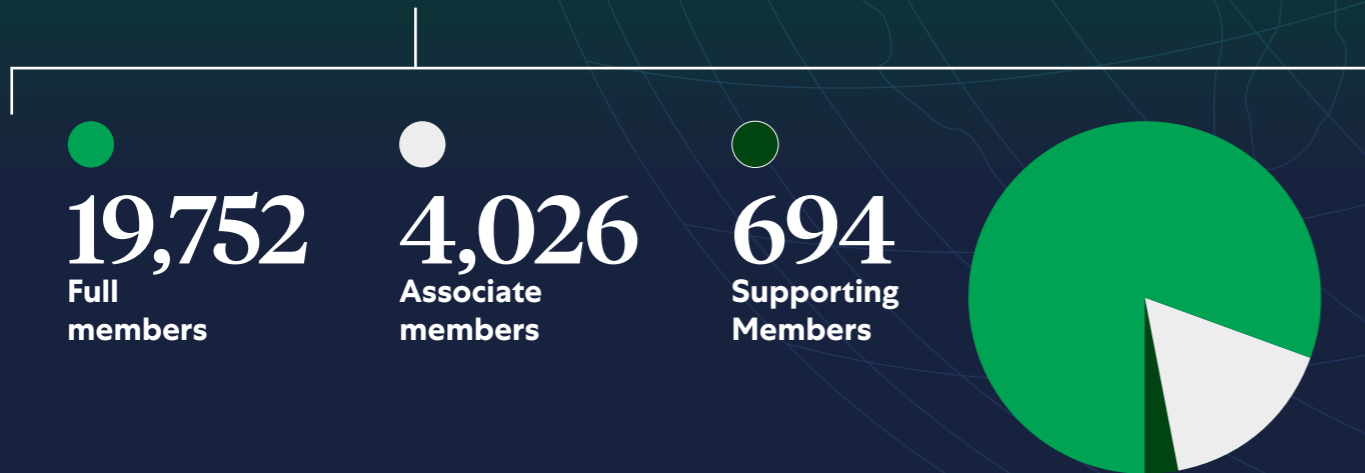
The first to overcome
2026

Comradeship, Celebration, Commemoration, Compassion.



Total members

24,473



3
New Branches



5
Commando unit visits



148
RMA supported events



56
Branch visits & meetings



20
Reunions supported



217
Funerals supported



2,446
Serving ranks briefed



12
RM Sports events supported

Family reunion

Corps Family Weekend

Each year RMA – The Royal Marines Charity’s calendar is full of events designed to bring the Corps family together and offer camaraderie, celebration, commemoration, and compassion. Last year, we either supported or delivered 148 events, ranging from sports associated events such as the Army Vs. Navy rugby where we had 400 members in attendance, to remembrance parades and families days. We take pride in honouring the legacy of the Royal Marines through our annual flagship events including: Spean Bridge, the Graspan Parade, the yearly trip to Normandy and the Walcheren trip attracted record breaking crowds, with members and spectators traveling across the country to participate and give remembrance.

These events reinforce the core values of the Royal Marines – courage, determination, unselfishness, and cheerfulness in the face of adversity.



Corps Family weekend

One of the most highly anticipated events is Corps Family weekend, held at Commando Training Centre Royal Marines (CTCRM) which attracted an impressive 3,000 members from the Corps Family. This event is a grand celebration of the entire Royal Marines family and includes activities for all ages, making it a truly inclusive event for serving members, veterans, and their families.

“I haven’t stepped foot back on a military base since leaving the Marines, over five years ago. And as you can imagine, it brought back a flood of feelings and emotions.

Catching up with old friends, reminiscing old times, and embracing the nostalgia whilst looking around and taking in my former world.

But the most special part about it all, was showing my children where dad ‘grew up.’ They were both too young to remember my service, and so they don’t really ask or talk about it. Yet deep down, I want them to know when the time is right, what my friends and I achieved and sacrificed throughout our demanding careers.

Be proud of who you are and where you’ve come from, and always try and find a way to use it and inspire the next generation.”



Honouring the legacy

Embracing the future

Troop reunions

For every Royal Marine, CTCRM is a special place filled with memories and stories that helped to make them the individuals they are today.

Meaning, the opportunity to join a camp reunion is a popular one, with many dates needing to be secured up to a year in advance.

The reunions attract RMA Members from around the globe, where they not only stand shoulder-to-shoulder with those whom they passed out with, but also welcome the newest Royal Marines.

The reunions are facilitated by RMA – The Royal Marines Charity – at no cost to the veterans. Not only do reunions allow former Royal Marines the opportunity to remember who they once were in the light of who they are now, but also offer a space to talk about difficult subjects.

They highlight potential individuals who may need support and reinforces the connections for those to reach out and seek help.



Funerals

Throughout the year, RMA – The Royal Marines Charity supported 217 funerals, providing a dignified farewell for those who served.

These solemn occasions are a critical aspect of our mission, ensuring that veterans and their families receive the respect and honour they deserve.

By attending and supporting funerals, alongside RMA Branch Standard Bearers and Members it demonstrates the deep sense of camaraderie and loyalty that defines the Royal Marines.

Supporting funerals is a powerful reminder of the sacrifices made by those who serve and the importance of standing by their families during difficult times.

It reinforces RMA – The Royal Marines commitment to the principle of...

"Once a Royal Marine, Always a Royal Marine."

Families day

Last year, RMA – The Royal Marines Charity supported 15 families days at the Commando Training Centre Royal Marines (CTCRM). These invaluable days allow recruits the chance to invite loved ones onto camp to show the skills learnt during training, as well as giving the families the opportunity to meet other members of the Corps family in celebration and mutual support. This underscores the value of connections within the community through a supportive and enjoyable environment for all ages.



D-Day 80

D-DAY 80

This year, we took over 100 RMA members to Normandy to participate in the remembrance services.

One such member was Norman Ashford, affectionately now known as "Grandad," a courageous blue-bereted Royal Marine Landing Craft operator who fearlessly navigated the treacherous waters on D-Day, ferrying troops to the shores of Normandy. His unwavering determination and bravery played a vital role in the liberation of France and Europe on that historic day, 6th June 1944.

Eight decades later, 'Grandad' returned to the hallowed beaches of Normandy alongside fellow veterans from more recent battles, and the Royal Marines Association to gather and honour the past and also to celebrate the enduring spirit of resilience and unity that triumphed on those shores. As one of the last remaining D-Day veterans, 'Grandad', who turns 100 this year, stands as a living testament to the sacrifices made and the indomitable human spirit that prevailed on that fateful day.

One of the most poignant moments was watching 47 Commando land on Gold Beach. The sight of the canoeists coming ashore under the sounds of bag pipes, wearing the coveted green beret, was both a pleasure and an honour.

It was a moving tribute to the courage and determination of the Royal Marines during D-Day.

Another significant part of the trip was the 12-mile yomp; a term synonymous with the Royal Marines' long-distance marches carrying full gear.

This trek allowed participants to physically and mentally connect with the experiences of the original D-Day soldiers, fostering a deep sense of camaraderie and respect. Over 400 people took part following in the footsteps of those that had gone before.

The visits to Juno and Sword Beaches provided a tangible connection to the past.

These sites were critical landing points during the invasion, and standing on these historic grounds was a powerful reminder of the bravery and sacrifices made by the Allied forces.

D-Day 80 paddle Group

On Monday 4th June, a team of nine serving and eight veteran Royal Marines, including our Charity Vice Patron Keith Breslauer departed from the Yomper at Eastney, Portsmouth in 2-man klepper folding kayaks. The Paddle Group safely crossed the English Channel and arrived at Port-en-Bessin before they paddled along the allied opposed landing beach heads. They started with the U.S. sectors (Utah and Omaha), and culminated with the British and Canadian sectors (Gold, Juno, and Sword beaches). Congratulations to the team for completing the challenge and raising a whopping £22,000 (incl. Gift Aid). Patron Capital generously sponsored the trip and committed to matching all the monies raised.

D-Day Cycle

A team of ten serving and veteran Royal Marines cycled from The Keep Military Museum in Dorchester, the location of 47 Cdo Royal Marines formation, to Port-en-Bessin. The team raised over £1,000 (incl Gift Aid) while cycling a total of 260 miles over five days, stopping to visit various memorial sites before participating in the D-Day commemorations.

Embracing the future

As we reflect on the success of these events, we are inspired to continue our work with renewed vigour. The support from our community is vital in ensuring we can maintain and expand our efforts for Royal Marines and their families.



Celebrating unwavering support

We want to celebrate and thank the RMfamily for their continued support towards RMA – The Royal Marines Charity by imagining and participating in some incredible events and challenges over the year.

We have seen exceptional dedication and determination from all, helping us to deliver the unique care and support to our beneficiaries which for many, can be life-changing.



Christmas Kayak-a-thon

Sitting quietly at home on Christmas Day was not on the cards for RM Veteran, Jon White, who made a last-minute decision to spend a few hours kayaking 100-miles up and down the Grand Western Canal from Tiverton in Devon to raise funds for RMA – The Royal Marines Charity.

He reported on his Just Giving page; “I completed 101.5 miles in 21 hrs and 45mins. It was gruelling, rain, wind then cold temperatures. The canal surface was blanketed with leaves, slowing me down. But the support was amazing! Thank you.” As a result of the support, Jon raised £17,787 (including gift aid).

Not only does Jon take on impressive challenges to raise funds for the Corps Family, but he is also keen encourage others to embrace their futures through his capacity as one of the two main presenters of RMA – The Royal Marines Charity’s Commando Mindset resilience training programme.

Drawing on his own experience as a triple amputee, having lost both legs above the knee and his right arm at his elbow after stepping on an explosive device in Afghanistan in 2010, he had to ‘recalibrate’ his way of living, stressing that “overcoming adversity is not about physical fitness, but a way of thinking, a way of looking at life.”



Mission Spiritus (Antarctica)

With a combined age of just under a century and a quarter, former Royal Marines Alan Chambers MBE and Dave Thomas reached the geographic South Pole on 19th January exhausted but elated, after being on the polar ice for 59 days (about 2 months) battling some of the most extreme conditions on earth.

There was extra reason to celebrate their arrival as Welshman Dave from Coelbren near Port Talbot, at the age of 68 years and one month, set a new World Record, becoming the oldest person to reach the South Pole unsupported and beating the previous record by an impressive four years!

Marking the start of the 360th Birthday of the Royal Marines this year, it was an especially poignant moment for Alan, too, as it marked the end of his 30 years in the polar environment.

A member of the prestigious New York Explorers Club, he has over this time travelled the entirety of Greenland from Canada to the North Pole 16 times; to the South Pole three times and has helped to raise £15 million for charity.



During this expedition alone, the duo has to date raised over £9,000 (inc. Gift Aid) for RMA – The Royal Marines Charity.

Alan says: “Mission Spiritus has been two years in the making, planning, organising, training, and fundraising — it was a monumental effort just to get to the starting point. It would not have happened if our wonderful sponsors, families, and supporters had not believed in our mission. We can’t thank them enough for making it all possible.

Thanks, too, to the Royal Marine family past and present who have shown us a huge amount of support and positivity — the brotherhood has been a huge support. It’s not been an easy feat, but our Commando Spirit has seen us through.”



Extraordinary feats of endurance and resilience



Bicycle made for two

Enormous thanks to Lauren Clarke and Alex Marks, a fantastic duo of fundraisers from Newport, South Wales, who cycled 874 miles from Land's End to John O'Groats on a tandem bicycle in just nine days, raising £949.20 for RMA – The Royal Marines Charity (and the same amount for the Welsh Air Ambulance).

As the daughter of Veteran Royal Marine Ray Clarke, Lauren was unfazed about sleeping in hedgerows along the way despite some atrocious autumn weather conditions and, in a nod to her Dad, wore the same RMA charity t-shirt he used for past fundraising!

Ray said,

“What made it even more special was that Lauren chose to start the ride on the very same day I joined the Corps back in 1988.”



12:12:12 Ultra Running

At the start of last year, Heather Crawford embarked on the epic mission to complete 12 ultra runs in 12 months as part of her 12:12:12 challenge to raise funds for RMA – The Royal Marines Charity. She meticulously planned the mileage in or around locations, landmarks or events that have a special connection or is symbolic to the Corps.

She committed to also honouring the 12 core values of the Royal Marines “that are those I try to live my life by. Ultra running is not just about physical capability but mostly about mental battles, determination, humility, adaptability, respect and overcoming. The runs will not be fast, may involve lots of walk, but I am bloody minded enough to finish!” And she certainly proved true to form, completing every single ultra-run, and stating on her Just Giving page “ENDEX!! All 12 runs (walk... crawling!) complete. Thank you everyone for generous donations to an amazing charity.”

Cold Dip Commando

Having just been diagnosed with his fourth cancer diagnosis in six years, 59-year old former Royal Marine Tim Crossin aka the ‘Cold Dip Commando’ refused to let this stop him undertaking a carefully planned, gruelling fundraising challenge – completing 31 cold water dips during the 31 days in January 2023 at 31 different locations around the UK – a 2,800 mile journey taking him from Poole via Land's End to the Highlands and Islands of Scotland and back.

Tim said, “Cancer can, if you let it, take over your life and become the only topic of conversation. I decided to change the narrative as well as do something good and to give back. The cold water takes your mind off your problems, focus your thoughts on that exact moment, I have found it extremely beneficial in dealing with the emotional and physical challenges and demands of living with cancer.”

He braved the chilly waters in sea, rivers, lochs and canals; often in sub-zero temperatures with snow on the ground. But despite this, he remained true to his pledge that...

“...there will be no wetsuits worn by the ‘Cold Dip Commando’, just Budgie Smugglers and a smile, footwear – and gloves optional!”

He raised over £18,000 for RMA – The Royal Marines Charity – but it wasn't just about the money. During his challenge, he brought together many fellow Bootnecks and reunited many members of the extended Corps Family across the UK as they headed out to meet and join him; he proved an inspiration to many people also living with cancer and suffering other ill-health issues.

As well as inspiring many of those along the way to set up their own ‘Cold Dip Commando’ swimming group.

Summit Attack

It was just before midnight on a wet and windy August night that Ben Clough, a super-fit Royal Marines Physical Training Instructor at Commando Training Centre Royal Marines in Devon, finished an ultimate endurance challenge. He had run 482 miles from Scotland to Wales and climbed the three highest peaks in the UK – all in nine consecutive days.

He ran an average of 50 miles daily, and in summiting Ben Nevis, Cumbria's Scarfell Pike, and Yr Wyddfa (Mt. Snowdon) on days one, five, and nine, he climbed a total elevation of 14,500 meters (47,592 feet). More than one and a half times the height of Mt. Everest.

Ben raised over £12,000 for two charities close to his heart, RMA – The Royal Marines Charity and the mental health charity, MIND.

He said, “‘Summit Attack’ was definitely the biggest challenge I've done to date. I finished way under schedule so was definitely shifting throughout each day. It was very mentally draining and I had a few niggles physically but a solid mindset made me get the job done. Now I need to concentrate on getting my body back moving properly again – and catch up on all the calories I missed along the way!”



It takes strength to ask for help



Emergency & specialist NHS care

If you are in a life-threatening situation call 999 or go to A&E. The NHS services listed below offer specialised care for veterans:

NHS England

Op COURAGE provides specialist care for Armed Forces veterans suffering from a mental health crisis.

W: [nhs.uk/nhs-services/armed-forces-community](https://www.nhs.uk/nhs-services/armed-forces-community)

NHS Scotland

NHS Scotland – Veterans First Point

W: [veteransfirstpoint.org.uk](https://www.veteransfirstpoint.org.uk)

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

NHS Northern Ireland

Northern Ireland Veterans Support Office

W: [nivso.org.uk/contact](https://www.nivso.org.uk/contact)

T: 07534 656823

NHS Wales

Veterans NHS Wales

W: [veteranswales.co.uk/contact](https://www.veteranswales.co.uk/contact)



24-hour mental health support

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

Samaritans

Every day, Samaritans 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.

T: 116 123 (free)

E: jo@samaritans.org

(24hr response time)

Combat Stress

Combat Stress provides specialist treatment and support for veterans from every service and conflict.

Serving Personnel & families:

T: 0800 3234444 (open 24/7)

Veterans & families:

T: 0800 1381619 (open 24/7)



Charity support

We're here to support the entire Royal Marines Family:

Be that serving, retired or dependants. No matter what stage of your career or life, you can always turn to us for help.

E: [rma-trmc.org/request-help](https://www.rma-trmc.org/request-help)

T: 0800 468 1664 (open 08:30–16:00, Mon–Fri)

Op COURAGE

Our Health and Wellbeing Team works closely with NHS ENGLAND in all areas of the Op COURAGE delivery.

Op COURAGE was initially designed to help those due to leave the military, Reservists, Armed Forces veterans and their families and has developed to include Complex Treatment and High Intensity Services.

We are privileged to work with them in ensuring that the Corps Family receives the best support, advice, treatment and onward referral for their mental health needs.

Op COURAGE is supported by trained professionals who are from, or have experience of working with, the Armed Forces' community. Working with us as well as with other Armed Forces' charities, Op COURAGE can help individuals access the right type of support for their specific need: and in these areas, there are similar organisations in Wales and Scotland with whom we also work closely.

Following an NHS assessment, Op COURAGE teams and those from the devolved nations will often request the use of our extensive network of military-aware psychotherapists through our Veterans' Mental Health Referral Programme.

Scan the QR code below to find out more about Op COURAGE services.



Op RESTORE

The Op RESTORE works alongside Op COURAGE and is a NHS service for veterans that provides specialist care and treatment to those who have physical health problems resulting from their time in the Armed Forces.

RMA – The Royal Marines Charity has been involved in shaping this service from the outset. Led by Imperial College Healthcare NHS Trust and alongside colleagues from Help for Heroes, Blesma, the Defence Medical Welfare Services and, more recently, the Royal Navy and Royal Marines Charity, we have together created this pathway of care for veterans.

The holistic nature of this care supports the physical, social and emotional needs of the individual and their family. Members of the Charity's Health and Wellbeing team attend clinical and holistic multidisciplinary meetings to help find the most appropriate recovery pathway for veterans, working together regardless of organisational boundaries to address any health inequalities and reduce unwarranted variation in access, experience and outcomes related to recovery.



This sharing of knowledge and skills has helped forge bespoke opportunities for veterans in support of their recovery, on top of addressing their immediate clinical needs.

All veterans must first be referred by their GP before being seen by the best clinician for their service-related injury, who may or may not be local to the patient. This access does not give veterans quicker treatment, but does ensure that they receive the best that is available, before then connecting them to other organisations on the recovery pathway to further enhance the support with the aim of embracing the whole family.



Find out more information about how supports the Corps Family.



Fostering strong, collaborative relationships is crucial to our mission to provide lifelong support to the Corps Family. We extend our heartfelt gratitude to the following individuals and organisations for their generosity, continued assistance, and partnerships over the past year.

Corporate sponsors & supporters



Charitable funders



Gratitude





Royal Patron

His Majesty The King, our Captain General



Patron

General Sir Gordon Messenger KCB DSO* OBE DL



President

General Gwyn Jenkins CB OBE



Contact

T: 023 9298 1920

W: rma-trmc.org

Join the conversation

- #RMfamily
- /TheRMcharity
- /TheRoyalMarinesAssociation
- @TheRMcharity
- RMA – The Royal Marines Charity

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RM Barracks Stonehouse, Durnford St,
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