



THE NOT FORGOTTEN

PROUDLY SUPPORTING INJURED VETERANS SINCE 1920

Through social activities, challenges and peer support,
The Not Forgotten provides events which improve
physical and mental health, address isolation and loneliness,
and promote a sense of community and balance.
This enables beneficiaries and their families to live a happier and
more confident life.



RESTORING DIGNITY, CONFIDENCE AND INDEPENDENCE

WHAT WE DO

Since 1920, we have supported wounded service personnel and disabled veterans through a tailored and varied programme of events. Our small team of 10 staff supports over 10,000 individuals each year

Our annual programme consists of:

- Royal Parties; a Garden Party at Buckingham Palace and a Christmas Party at St James's Palace, which acknowledge and celebrate the enduring value of service
- Challenge/Activity Breaks, such as adaptive skiing, trekking and alpine canoeing, which inspire beneficiaries to set greater goals
- Respite Holidays, which invigorate and elevate beneficiaries and their spouses
- Concerts in Care Homes, which bring comfort and cheer to older veterans
- Outings and visits to prestigious sporting events such as Ascot, Twickenham and Wimbledon
- Holiday Grants for those whose illness prevents group participation
- Provision of Televisions and TV Licences to those who are confined to their homes
- Provision of Tablets and Computers to those who are digitally isolated

OUR ETHOS

- Beneficiaries are at the heart of everything we do
- We are genuinely and wholly inclusive and do not judge individuals on their age, service, background, or the nature or cause of their illness or injury
- We support ALL serving members and veterans of the Royal Navy, the Army, the Royal Air Force and the Merchant Navy
- We mix veterans of all ages, services, experiences and disabilities together
- Our services are free to all eligible beneficiaries and military charities. There is no membership scheme or requirement
- We believe collaboration is essential and work closely with other military charities to complement, not duplicate their work
- We focus our time and money on delivering impact. We have a lean team and we have no assets

HOW WE DO IT

Peer-to-peer support is vital and what many of our beneficiaries need. Bringing together service personnel and veterans of all ages and experiences is, therefore, at the heart of everything we do.

Our dynamic programme of events focus on making someone feel valued and that their service matters. Attending a Not Forgotten event might be the first time a beneficiary has left their home in months, so we provide a relaxed atmosphere which encourages participation, openness, and fun!

There is something for everyone regardless of their age or disability

THE PROVEN BENEFITS



Soldiering On Awards
2020 Winner



COMBATING ISOLATION & LONELINESS

"This welcome opportunity has helped me enormously with socialising in a safe and comfortable environment without judgement. This has also been a welcome break for my wife who has had to endure over a year of isolation due to my illness"

Royal Marines Veteran on a Not Forgotten respite break

BOOSTING CONFIDENCE & MORALE

"They brought us together in our cars with a variety show, hog roast and mulled wine straight to our front door. They entertained us at a time when loneliness could have taken over. My wife and I returned home with a glow of satisfaction. What a difference a day makes! "

Army Veteran on a Not Forgotten drive-in concert

IMPROVING MENTAL & PHYSICAL HEALTH

"It was great to see one girl in particular being so animated. It's something that I haven't seen for a long time. It meant such a lot to the girls and has had a real impact on them."

Hasler Naval Rehabilitation Centre's Welfare Officer after a Not Forgotten virtual visit

INCREASING EMPLOYMENT POTENTIAL & LIFE CHANCES

"I truly believe The Not Forgotten was the turning point in my journey back from the darkness... they are my guardian angels."

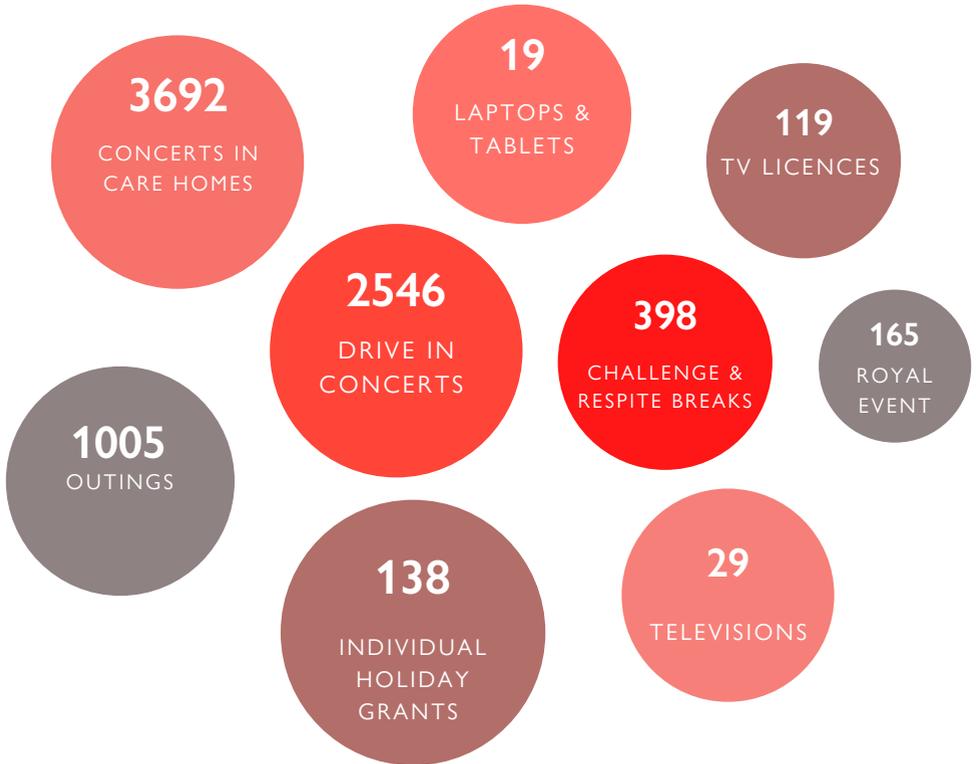
RAF Veteran reflects on Not Forgotten support



"Going to events can be scary for somebody with PTSD, but with The Not Forgotten you always feel safe. The events give us something to look forward to and surround us with people we can trust "

Terri & Peter, RAF Veterans couple.

BENEFICIARIES IN NUMBERS OVER THE LAST YEAR



HOW YOU CAN MAKE A DIFFERENCE

We do not receive any statutory funding, so it's the fantastic support we receive from the public that enables us to do what we do. Whether its setting yourself a challenge or organising tea parties; choosing us as your charity partner of the year or becoming a corporate sponsor; leaving a legacy or offering a donation, you can help us make a difference.



In 1919, our Founder, Marta Cunningham CBE, first visited a War Office Hospital in Chelsea and found hundreds of men languishing in the wards a year after the end of the Great War. She later wrote:

**"As long as there are sufferers so long will
The Not Forgotten be needed..."**

...and we are, and proud to remain true to her original ideals.