

Felix Fund News – Summer 2015

Supporting bomb disposal personnel and their families from all British Army regiments and the UK Counter Terrorism Command



I can't believe that the time has gone so quickly and that we are already at our second newsletter of the year.

The first one had a pretty good response and thank you to everyone who circulated it. The charity is as busy as ever and I am certainly loving the job.

Don't forget we want to hear about your fundraising ideas and events and you will find a few success stories in this issue.

In order to maintain the work that the Felix Fund does we do need help from you all to fundraise and I hope many of you will continue to be instrumental in making this happen and to help gain more public awareness.

Keep in touch at www.felixfund.org.uk Follow us on Facebook and Twitter or email me at melanie@felixfund.org.uk.

I look forward to hearing from you. Thanks for the continued support.

Melanie Moughton

Andrew Harrison tackles the London Marathon for Felix Fund



Congratulations to Andrew Harrison for his London marathon run back in April where he raised well over £1,000 for Felix Fund.

"I crossed the start line shortly before 10:30 and headed off with the masses. It was very overcast and had been raining overnight, but the weather conditions were pretty much perfect for the runners and the rain held off, so the spectators could enjoy their day too (I'm told it was a little chilly, although it is hard to feel sympathetic when you have just run 26.2 miles!). The crowd were out in force and covered the whole distance (5 rows deep at some points), it was a great atmosphere along the route and I resisted the temptation to stop and join some of the roadside BBQs and beers.

I hit 'the wall' at around mile 20, but after unexpectedly seeing an ex-11 EOD Regiment colleague (Doug Fitzsimon) spectating, I liberated his Jelly Babies and carried on to the finish line, crossing in 4:45 (8 minutes ahead of Chris Evans!)

I would like to thank everyone for their support and sponsorship, it really helped me on the day and I know those people supported by the Felix Fund will really benefit!"

What's the First Rule – Run the London 10K



We have now filled our 18 places for the London 10K on 12 July 2015 and thank you to all the dedicated runners who have committed themselves.

Our team now includes two of the stars of the BBC3 comedy Bluestone 42; Scott Hoatson (Rocket) and Katie Lyons (Bird).

You can help the team with a donation through our Just Giving page:
<https://www.justgiving.com/felixfund/>

Spartan Team Challenge Update



The Spartan Team have undertaken two of their challenges so far.

The Rat Race at Burghley in May was the first - 20 miles and lots of obstacles.

Their next challenge was the Liverpool marathon on 13th June. This will then be followed by:

The Sprint, 5km, 15 obstacles, all terrains in Wales on 20th June.

The Super, as per the Sprint but 13km and 25 obstacles in South London on 20th September

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www.felixfund.org.uk

The Beast, which is 20km, 35 obstacles again in South London on 27th September.

Please continue to support them at <https://www.justgiving.com/Spartan-Felix-Team>



Leaving a Legacy to Felix

Many charitable services would not exist without money left in wills. Yet only 5% of people actually provide for them in this way. A legacy costs nothing now but can make the world of difference in the future.

The tragedy is that while the number of people making charitable wills remains low, the number of people relying on them continues to increase. The result is funds available from legacies are being split between ever more charities.

Making a Will not only helps your favoured causes but relieves family and friends of many of the legal difficulties that can be encountered without one.

Each October a scheme is run where people can make a Will free of charge. For more information about this visit www.freewillsmoonth.org.uk.

How to Include Felix Fund in your Will

Making or changing a Will does not have to be hard work or expensive. We have produced a rough guide on Making a Will to help which is available from our website or on request to Melanie Moughton at 07713 752901 or email melanie@felixfund.org.uk.

This is not comprehensive and Felix Fund strongly advises that professional legal advice is sought.

The Log Race Challenge

If you fancy running about the countryside carrying a log, how about - The Log Race Challenge - Sunday 4th October 2015 at True Grip Off-Road Centre, near Maypole Hoath, Canterbury.

£10 per entry will go to Felix Fund. Plus of course you could get sponsorship and raise more for a good cause.

Visit: <http://www.challengehub.co.uk/about-challenges/log-race> for more info.



- 25.6.15 Abingdon-South Stoke 17 miles/4 locks
- 26.6.15 South Stoke to Henley 18 miles/7 locks

So far the group has raised nearly £5,000 for the charity which is fantastic. A big thank you to everyone involved and to those who supported them.



Give as you Live



Charity Row Locks in £5K

Robin Hope assisted by a handpicked group of maturing oars people rowed the 1895 double skiff 'Tara' from Cookham to Oxford and back to Henley - a total distance of 110 miles and 33 locks raising funds for Felix Fund recently.

Their daily plan was: -

- 20.6.15 Cookham-Wargrave 13 miles/5 locks
- 21.6.15 Wargrave-Whitchurch 13 miles/4 locks
- 22.6.15 Whitchurch-Shillingford 13 miles/4 locks
- 23.6.15 Shillingford-Radley 13 miles/4 locks
- 24.6.15 Radley-Oxford-Abingdon 13 miles/5 locks

Here's a new easy way to raise money for Felix Fund that does not involve parting with extra cash.

Everyclick.com has launched a new way to donate – it's been christened "Give as you Live". It means you can search the web, shop on line from your favourite retailers, trade on eBay and raise money.

You get great search results from Yahoo!, content from leading shopping providers and access to all eBay auctions. Every search you make creates a donation for charity.

Go to the link below and all searches, shopping and eBay activity made from here will raise money for us. www.everyclick.com.

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How We Help

Welfare Support

The Felix Fund will endeavour to assist with the well-being of individuals within the EOD community by supporting appropriate welfare activities:

- Therapeutic breaks for those recently returned from operational tours.
- Specialist coaching and mentoring to help relieve stress.
- On-camp rehabilitation facilities.
- Confidential Helpline through Sapper Support (0800 040 PTSD)

Financial Assistance

- We provide financial assistance to the families of EOD operatives who have lost their lives.
- Funding for specialist equipment for physically and mentally injured serving and ex-serving soldiers.
- Financial assistance for EOD operatives and their families when facing hard times.

Real Life Stories

A WW2 bomb disposal veteran had suffered two major strokes and was left unable to speak or move for many years. He was spending his day in a very uncomfortable chair, which was difficult to help him in and out of. Felix Fund was approached to help purchase a specialist riser recliner chair.

“The Felix Fund paid for a specialist chair for my husband after his second stroke. He was in bomb disposal during WW2. This has made such a difference to him as he can now sit in more comfort.”

Many ATs and ATOs experienced very difficult times in Afghanistan. The normalisation breaks that were on offer helped them deal with their experiences and move on back into everyday life.

“I was affected by what happened in Helmand. Back home you subconsciously keep your guard up. The normalization break I attended was fantastic – meeting up with the team and talking about our experiences really helped.”

A soldier’s wife was due to undergo extensive periods in hospital and due to her illness was unable to use a conventional laptop. Felix Fund provided funds towards a light weight laptop.

“Thank you to Felix Fund for the generous donation towards the new lightweight laptop that I have purchased. This will enable me to watch films and keep in touch with family and friends as I recover in hospital.”

Honouring Those Who Gave Their Lives



Families of those from 11 Regt killed in Afghanistan came together at the National Arboretum for the unveiling of the Afghanistan Memorial Wall recently. A wreath in the form of the Regimental cipher was laid in their honour.



The Felix Fund is also here to commemorate and sustain the memories of the sacrifices made by EOD personnel who have lost their lives in the line of duty.

Once again we will be remembering those who have died.

This time we remember:

- Capt Barry S Gritten who died on 21 June 1973 in Northern Ireland
- WO2 Michael O'Neill who died on 31 May 1981 in Northern Ireland
- Spr Jordan Rossi who died on 23 May 2009 in Afghanistan
- Cpl Jamie Kirkpatrick who died on 27 June 2010 in Afghanistan
- Capt Lisa Head who died on 19 April 2011 in Afghanistan

Gone but never forgotten.