

Felix Fund Newsletter

Spring 2024

Supporting bomb disposal and search personnel and their families from all British Army Regiments, Royal Navy Clearance Divers, Royal Air Force and the UK Counter Terrorism Command



Hold Fast is Back!

If you have ever fancied experiencing the tough Royal Navy Clearance Diver fitness training, then we have the event for you. The Hold Fast Challenge launched in 2023 is back! Taking place on the 7th September 2024 at Willowgate Activity Centre, Perth.

Not for the faint hearted this challenge day will see 10 teams of 4 competing against each other for the title of Hold Fast EOD Champions. The day will see the teams undertake a continuous physical challenge like no other.



The aim is to once again get EOD teams from the Royal Navy, British Army, Royal Air Force, Veteran EOD operators, and SO15 to take each other on.

We have already had interest from some overseas teams, from the US, France and Germany who want to take on their UK counterparts.

Let's see if 11 EOD & S Regt can retain the trophy.

Sign up details to follow soon. Entry fee for teams of 4 is £300.

By signing up you will also agree to fundraise for Felix Fund from this event.

While this will be a fun day a certain level of fitness will be required – *you have been warned!*

If you are interested check the website at: <https://www.holdfastchallenge.com/>

Volunteers Needed

As a small charity Felix Fund is often reliant on volunteers helping us at particular events through the year.

Would you like to join our pool of volunteers who we can call upon to help out?

A volunteer is someone who, without payment or other material benefit (excluding reimbursement of expenses), raises money or engages in a fundraising activity for a chosen charity.

The role of the volunteer is complimentary to the work of our paid staff and the arrangement is voluntary on both sides.

If you would like to help Felix Fund please contact Carmen Middleditch, Fundraising Manager on carmen@felixfund.org.uk or call 07809 302550.



Donate

You can make a one-off or regular donation to help those still serving, veterans and their dependants.

Donate online at <https://www.justgiving.com/felixfund/donate>

Fundraise

You can raise money for Felix Fund in so many ways. Nothing is too big or too small, so why not take up that challenge that you've wanted to do for ages ...



Read our article on 'easyfundraising' where you can shop at over 6,000 outlets whilst making a donation to Felix Fund at no extra cost to you.



Every Penny Counts!

Cancer Risk for EOD Veterans

PURPOSE

To alert former ATOs to the apparent prevalence of bladder cancer and recommend a simple testing regime which can lead to early detection which is essential for the best possible outcomes.

THE THREAT

There is anecdotal evidence emerging that the prevalence of bladder and related cancers amongst former ATOs and ATs is unusually high. Those most affected appear to have had contact with various carcinogenic substances, including Nitrobenzene widely used in PIRA devices from around 1971- 1991 whilst performing EOD duties, although it is known that it is not the only potential cause of bladder cancer. If identified early, bladder and other cancers, can be successfully treated.

In the early stages, bladder cancer rarely causes pain but most often leads to urinary tract and bladder infections, frequency or difficulty peeing and, most often, varying concentrations of blood in the urine which may not be visible to the naked eye. It is important to note that these symptoms may also result from non-cancerous causes and there is also clinical evidence that the emergence of bladder cancer frequently occurs thirty or more years after exposure to carcinogens. Despite the passage of time, early detection significantly improves the chances of successful outcomes and this may now be achieved through a simple six monthly pee test.

SO WHAT?

There are now medically proven, commercial urine self-test kits, as follows:

www.icletest.co.uk Between £10 and £20 each, very simple to use.
[Siemens MultiStixGP](#) 68p each – a little complicated to use.

Both detect small amounts of blood in the urine (and other things too in the case of the Siemens test). Other tests may be becoming available. In the event of a positive result DON'T PANIC simply go to your GP to get more thoroughly checked out.

WHAT NEXT?

As a group of aging veterans, cancer of various sorts will likely catch some of us, however, for those exposed to the hazards of potentially cancer causing carcinogens during the course of EOD duties it would seem that it is well worth routinely taking a simple test to significantly increase our chances of well being. The MOD have made clear they do not yet have sufficiently robust data to acknowledge a problem exists. Therefore if you were prepared to make your own participation in testing known, in confidence, and report any positive results it would greatly assist the battle get the funding to launch the professional academic work necessary to fully understand the true prevalence amongst EOD veterans.

There are others who we know in our cohort who, over the past twenty years, have gone through this and survived. They'd happily talk in strict confidence with any of you who may face this challenge: a sort of referring up!

More detail is available here: [BladderCancer in UK EOD Veterans](#)

If you are in touch with others who may be affected do pass the word.

This course of action supported by

Brig (retd) Clive Elderton OBE - Brig (retd) Gareth Collett CBE - Lt Col Retd Andy Green
- Maj (retd) Roger Davies MBE QGM

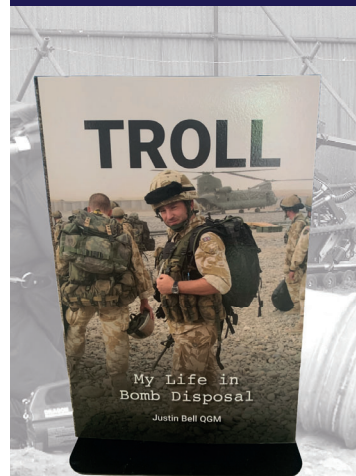


Felix Fund Shop

Looking for a gift or something for yourself, buying from our shop is a great way to support Felix!

The story of Justin J Bell QGM who served in the British Army for 23 years, most of which was as an EOD Operator. Read about the adventures, the camaraderie, the hard truths and painful costs, but also the jokes, the pranks and the stark humanity of a man who made 'The Long Walk' many, many times.

£9.99



On those special occasions always make sure you look the part with our Felix Fund quality 100% silk tie

£24.00



WHAT'S IN A WEE, CHECK YOUR PEE

In early October 2023 I went for a wee and there was blood in it; not the blood that you would get from cutting your finger or a bleeding nose, but the colour of tempranillo wine. The posh word for blood in your urine is haematuria. The blood wasn't steady throughout the flow, but only in the final ten percent or so. There was no pain and I questioned what I had eaten since this had never happened before. Shortly afterwards a dull ache began in my kidneys and I thought it was a urinary tract infection (UTI). The GP thought the same, providing me with a course of ciprofloxacin. After a day or so the pain dissipated and blood simply disappeared. Excellent, job done, back to normal.

In mid-October 2023 the same thing happened again one evening and the remediation was another bout of antibiotics. Again, the throbbing in my kidneys dissipated and the tempranillo turned to chianti. However, I wasn't happy, something in my mind told me to question the absence of pain. Sadly, my inner voice was correct and haematuria occurred once more on a Saturday morning. I referred myself to A&E and approximately 5 hours later was made aware that there was no UTI and no problem with my kidneys. The consultant surmised that something else was wrong. She referred me for a cystoscopy given my history of an overactive bladder and prostatitis. This is an important point – if you have a history of an overactive bladder then you are more likely to get bladder cancer than someone who has not.

On 7th November I turned up at Queen Mary's Hospital Roehampton and underwent a flexible cystoscopy. The monitor screen was beside my head and I could see the uretic openings (where the pee comes from the kidneys), the urethra and my bladder walls quite clearly. All looked well until the camera spied a coral reef of papillary tumours around my left uretic opening. I looked at him, he looked at me, and the silence was broken with "There's no easy way of saying this, you have cancer". I heard my wife on the other side of the curtain catch her breath in disbelief.

There is then an awkward time with a diagnosis of cancer when you don't really know what to say or how to tell people. My approach was to inform with the detail necessary and NOT to GOOGLE. I would discourage that anyone do that since my time as an academic demonstrates that statistics and survivability curves are complete tosh. Trust your medical team.

On 22nd November 2023, I was formally diagnosed with non-muscle invasive bladder cancer high grade (NMIBC - pTa HG), which has a high recurrence rate. The median age at presentation is reported in the literature as being between 65 and 70, with modal incidence occurring at 85 years. These statistics indicate that I am extremely young to receive such a diagnosis.

I underwent a trans-urethral resection of bladder tumours (TURBT) in late 2023 and am now on BCG immunotherapy, given the high re-occurrence rate. It will be 10 years of sustained treatment, cystoscopies, prophylaxis, and potentially further operations before I am determined CLEAR of the disease.

Each inspection will be accompanied by the dread of hearing the 'C' word which, as a PTSD survivor amongst our cohort, impacts on my mental health from time to time. Will I be okay? Will I lose my bladder and prostate? What is the long term prognosis? There is never a day I don't really think about it, the diagnosis drifts in and out.

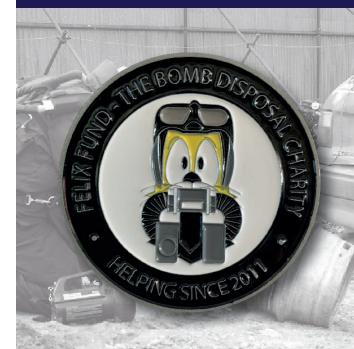
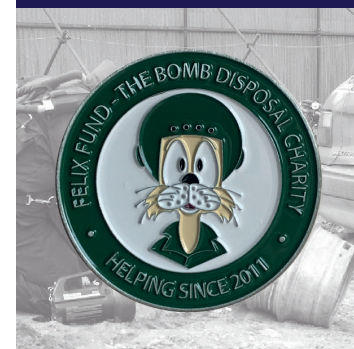
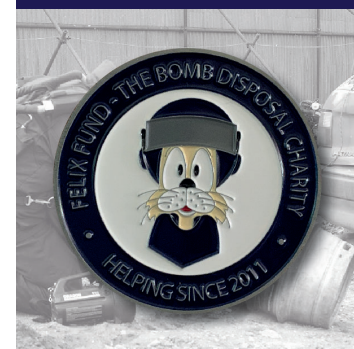
So, why am I writing this? Put simply, I want you, as a serving soldier or veteran of FELIX to check your pee regularly. There will be formal literature coming out on this but please go to your pharmacy and purchase self-test kits since traces of blood in your urine can indicate other things going on. You only need dip every few months or so.

SO, PLEASE CHECK YOUR PEE, AND DON'T END UP LIKE ME

Our beautiful quality 2" enamel, double-sided Felix Fund Challenge coin comes in three designs.

An antique silver colour finish depicting our Felix characters on the front and the Felix logo on its reverse, make them a lovely collectable item. Comes in a protective hard plastic capsule case.

£21.99 each



Viva Las Vegas!



Congratulations must go to Robert McCann who undertook the Las Vegas marathon on the 25th February to raise funds for Felix Fund.

He hit the 5k warm up run early that morning followed by the 21k Rock and Roll marathon on the Sunday evening. No easy feat even with comfortable conditions of 24°C but this is the desert after all.

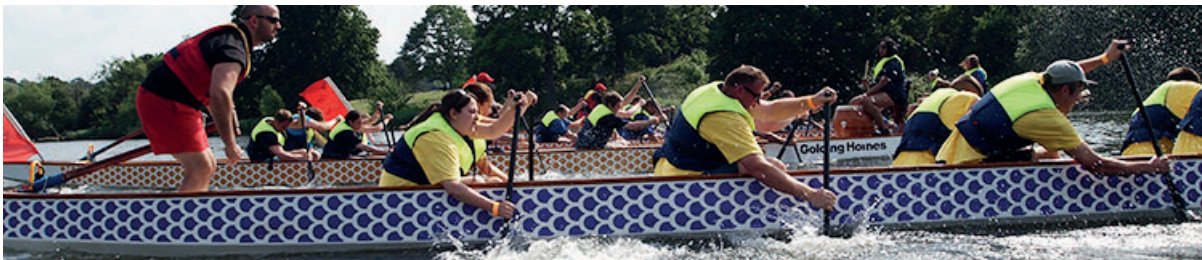
Rob reported 'Well that's the runs complete, it was hot and humid no surprise considering it's a desert 🥵 I'm still buzzing! the strip at night is an unforgettable run to take part in, thanks to everyone for their support and the kind donations to the Felix Fund.'



Many thanks to Rob and everyone who supported his endeavours.

If you would still like to make a donation visit his Just Giving page:

<https://www.justgiving.com/page/robert-mccann-1692605507752>



Dragon Boat Race 2024

Are you a fan of Trigger Point?

Come and meet the real-life heroes from the Met Police SO15 EOD (Explosive Ordnance Disposal) Unit as well as bomb disposal teams from the Army and Navy! On July 6th in Monkton Park, these brave individuals will be entering our Dragon Boat Race!

Alongside them, we have teams from businesses both local and national showing their support for Felix Fund. Whether you want to participate or just come along as a spectator this event will help us raise vital funds for this very unique community, many of whom have served during conflict and continue to keep us safe today!

Contact carmen@felixfund.org.uk for more information on how you can show your support.

Whether it's a New Years resolution to keep fit or just a walk around the park, make sure you stay hydrated!

Our 650ml blue coloured sports bottle has a screw fixed lid and clear flip spout with an attached straw inside. Ergonomic design, made from recyclable PET material and BPA free.

(Not dishwasher safe)

£8.99



Our Felix Fund ceramic mug features both our Felix character and logo.

Not just for elevenses.

Cake not included!

(Dishwasher safe)

£6.25





DRAGON BOAT RACE



6th July 2024

Monkton Park, Chippenham



Join us for a fun-filled day!

- Teams of 11 - Team members MUST be 12 years or over and have a minimum height of 130 cms
- Base camp with team marquees
- Qualifying heats, grand final and even the chance to go head to head with your chosen rivals!
- Medals and Trophys
- A beautiful setting - a fantastic day out for all the family!!

To find out more contact Carmen at
carmen@felixfund.org.uk

FELIX FUND
THE BOMB DISPOSAL CHARITY

In association with



Dashboard Diary *by Anonymous*

*You may think you know what the Dashboard is.
I did.
You are probably wrong.
I was.*



I attended the residential Dashboard course in 2023 and while I had an idea of what it might be like, I was not prepared for what Monday to Friday would bring.

On paper, the Dashboard entails guided meditations, deep breathing techniques, group discussions and advice on all topics that affect our lives. These can be relationships, sleeping, mindfulness, stress, work, or any part of life. Do not be put off by the idea of deep breathing and mindfulness. This is not some woo-woo pseudo-science. This is practical advice and scientific facts so that we can better understand our minds, bodies and the relationship between the two, especially when it comes to stress.

You may leave this course with a decent tool kit of anti-stress techniques, but the Dashboard is so much more than the sum of its parts.

The Dashboard is organic. No single course is the same. While there will be talking points and exercises that Lizzy and Archie ensure are implemented, they focus on the needs of each individual and the group as a whole. Do not expect a rigid lesson plan or strict timings.

You can participate as much or as little as you like. You will get so much just from being there. If you are exhausted and want to sleep on a beanbag for a week, do that. If you want to work through some difficult obstacles or traumas in your life, do that. Sometimes speaking to strangers about these things is easier than speaking to our loved ones. You can scream into the void and walk away and never see any of those people again. Or you might make great new friends. It's all down to what you need. Listen to your instincts and go in with an open mind.

I decided to scream into the void and discuss possibly the most difficult, frightening time I have ever endured. While I have never spoken of this with my loved ones, I found telling all the gory details to a group of strangers to be just the ticket. The support that everyone on the Dashboard feels for each other is quite profound. Even when it is silent, these are your brothers and sisters in arms and they understand you in a way that perhaps others can't.

The Circle of Trust is drawn on a Monday when you arrive and it is never broken. Nothing that is shared on the Dashboard is ever shared elsewhere. That is what the Circle of Trust means, and in all the years the course has been running, no one has ever broken it.

Lizzy and Archie are absolute sorcerers in their work and I wholeheartedly say they are not capable of judgement. They foster a safe, comfortable environment so that you can be honest with yourself and get what you need out of each session. That space facilitates an ease in everyone so that you can be vulnerable and authentic without trepidation. I do not doubt that there have been many breakthroughs on the Dashboard that your garden-variety psychologist could charge an arm, a leg and a kidney for.

continued ...

Keep warm in this stylish Hoodie with contrasting navy/light blue colour scheme. It has an embroidered Felix Bomb Suit character on the chest area, with a larger full logo embroidered across the back and Felix Fund print down one sleeve.

£34.99



Pull Over Hoodie



Zipped Hoodie



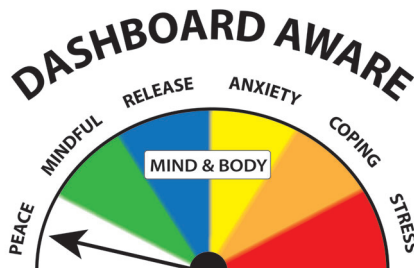
I cannot sit here and tell you exactly what to expect, for all the reasons stated above. But I can tell you that it will be transformative. Maybe it will be the first step you take onto a happier, healthier path. At the very least, you get a week away from work, home and any of the problems you are facing. What's more, you will be well-fed and get to stay somewhere beautiful.

We cannot look after our partners, our children, or our duties when we are not caring for ourselves as a priority. So, take that week to learn, grow and nourish yourself...

And never forget to honour the Circle of Trust.

Get Dashboard Aware.

If you or anyone you know needs help, please contact Felix Fund on 07713 752901 or email enquiries@felixfund.org.uk. All enquiries are dealt with in strict confidence.



Dashboard Dates



Residential Dashboard

22 - 26 April
13 - 17 May
17 - 21 June
15 - 19 July

Onsite Dashboard

25 - 26 March, CBW
24 - 25 June, CBW

Partners or Spouses Dashboard

10 - 12 May
5 - 7 July



The Long Walk Continues: An Anthology by EOD & Search Veterans



Last year Felix Fund launched Felix Fund Publishing with the first publication being an anthology of short stories and poems from EOD & Search veterans.

There are so many good stories out there we are going to produce another version, so we need a new series of your stories and poems.

The deadline date for submissions is the 1st September 2024 with the book going to print by early October just in time for Christmas shopping season!

"They call it the long walk. It's like I'm in a bubble. Like the world went away and it's just me... focussed... concentrating. You get used to it – it becomes normal."

Men and women who have worked in bomb disposal tell their stories, as they saw them, as they lived them.

Submissions should be emailed to melanie@felixfund.org.uk. Anonymity can be maintained if required but we might ask for an alias.

You can still purchase the first version of this paperback or Kindle versions from:

Amazon UK <https://www.amazon.com/dp/B0CNKJV8FC>

Barnes & Noble

<https://www.barnesandnoble.com/w/the-long-walk-lord-ashcroft-kcmg/1144380740>

Kobo <https://www.kobo.com/gb/en/ebook/the-long-walk-20>

All proceeds from Felix Fund Publishing go towards supporting the men and women across all aspects of EOD & Search.

Interview with new Trustee – Matt Duckering

What does Felix Fund mean to you?

For me it is about the serving personnel, veterans, and their dependants we support, they live and work in a unique environment. Not only do they spend prolonged periods of time away from their families, they are often held at extreme levels of readiness waiting to be called out to highly intense and high-pressure situations in which they are expected to execute highly skilled procedures where failure can result in catastrophic effects.

Felix Fund to me reflects the sense of community for those that work and live within this environment.



Why did you want to become a Trustee?

I guess the 2 main reasons are firstly to help, to provide assistance to those from within the EOD and Search community when they really need it, and the second is to continue to raise awareness of these amazing people and their families and sacrifices they have, and will continue to make.

When did you join the Army and what led you to choose this career?

I joined the Army in January 1993, and my first experience within EOD and Search wasn't until around 1998 when I requested a posting with 11 EOD Regiment, RLC as an ECM Operator. I then returned as a Sergeant Instructing at the Army School of Ammunition with my final tour as the Operations Warrant Officer at 660 Signal Troop.

The initial attraction was that the role was very different to the previous jobs I had been doing in the Signals and looking both exciting and challenging.

What is your current role?

I am currently a business development manager within the defence and aerospace industry.

Where do you see the charity going in the future?

Hopefully we can continue to grow financially raising more so we can provide assistance and support to those within the EOD and Search community whilst continuing to raise awareness.

We would also like to grow our dashboard course to help more people to develop skills for preventing stress and anxiety. The course is great as it helps understand and identify what creates stress, as well as developing the tools for dealing with it. We provide training for veterans as well as serving soldiers as well as a course for partners and spouses.

How can people support Felix Fund?

Get in touch! Our website has lots of ways to support us from events, donations, or simply buying a mug from the shop.

If you can't find the answer there but you would like to help just speak to one of the team, we will be more than happy to tell you a bit more about the Felix Fund or the people we support.

Diary Dates

7 April
London Landmarks
Half Marathon

14 April
Saffron Charity
Slam

13 -19 May
Felix Fund
Awareness Week

22 May
321 Charity Slam

22 May
ACS Pacesetters
Lunch

25 -27 May
Bournemouth
Rugby 7's

1 June
999 Charity Day

15 June
Race to the Kings

26 June
Reserves Day

29 June
Armed Forces Day

6 July
Dragon Boat Race

ADMIT ONE

Place your bids for 2 weekend tickets to the Bournemouth7's Festival !! 24 – 26 May 2024

ADMIT ONE

This festival is for sporting people and party goers. With sporting competitions and headline acts:

Wilkinson**Rudimental****Joel Corry****30,000 People****100 Live Acts & DJs****12 Festival Arenas**

Tickets are almost sold out, but Felix Fund has been gifted 6 tickets. We have 3 sets of 2 tickets on offer. Bids close midday 2nd April 2024. The highest 3 bids will win a set of tickets. Place your bids on Felix Fund's Facebook page. All proceeds to Felix Fund

For more information visit www.bournemouth7s.com

PAYMENT PLANS AVAILABLE

BU SPORTS CAMPUS | NEXT TO AIRPORT

BOURNEMOUTH7s FESTIVAL

WILKINSON RUDIMENTAL^{DJ}

★ JOEL CORRY ★

30,000 PEOPLE | 100 ACTS & DJs | 12 ARENAS

SILENT DISCO ★ B7s BINGO ★ FOAM PARTY ★ KARAOKE

HIDDEN PARTIES ★ VIP & V.VIP ARENAS ★ FANCY DRESS

FUNFAIR ★ PARACHUTE STUNT TEAM ★ PHOTO OPS ★ STREETFOOD

★ TICKETS ON SALE | BOURNEMOUTH7s.COM ★

FRI 24, SAT 25 & SUN 26 MAY

Interview with new Trustee – Andy Pettitt

What does Felix Fund mean to you?

Quite simply, as I see it, the Felix Fund brings value and uniqueness, in that it is very much a focused organisation, through which, dedicated support and assistance can be delivered to those that need it. This is aimed specifically at those within the EOD community, along with their families, and who maybe perhaps experiencing some challenges in their lives which, with some small amount of help, or a caring ear, can be offered support in any one of many forms, not always financial. This capability can often be life changing. Being part of that delivery mechanism gives me great pride and satisfaction.



Why did you want to become a Trustee?

Having worked very closely with those in the EOD community for some 30 years, and being very familiar with the impact IEDs have had on lives as a result of operations in Northern Ireland, Iraq and Afghanistan, for example, I wanted to be able to offer and use what skills I have acquired elsewhere, and put them to good use. As a Trustee myself now, I hope my experiences outside the military bring some value to the overall goals of the Felix Fund in supporting those that need help.

When did you first start working with the military and what led you to choose this career?

This goes back some years. I was a Vice President of the Institute of Explosives Engineers and the other VP was my friend, the late Lt Col Mike Watkins. Mike had asked me to do a few small tasks for him while he was at DLSA and the rest literally followed. On the back of helping and learning from Mike, I found myself working for the larger RAOC community and other affiliated organisations on all matters related to explosives. After studying for my MSc in Explosives Ordnance Engineering, related work in a wide field of applications followed. I joined the board of trustees very much with the intention of participating in Mikes memory, knowing he would be delighted of my involvement.

What is your current role?

I work as a specialist in the area of Ordnance, Munitions and Explosives, and having studied about IEDs for my doctorate I tend to be involved in this field a lot. As a self-employed contractor I am lucky to participate in a wide range of areas including the use of explosives underwater. I suppose a mixed bag, and I get to travel to some interesting locations, and some not. My most recent task has been related to the specific use of explosives at high temperature in Australia. Life is never dull, and I am pleased to say and it is a job that has not only provided constant variety but some of my closest and lifelong friends.

Where do you see the charity going in the future?

As a new Trustee, it would be fair to say that my insight is focused on the near future, but as with any such charitable organisation, the responsibilities of a Trustee are clearly defined so we all work with common goals and objectives. We must of course ensure that the Felix Fund remains financially viable by raising adequate funds, to ensure that it can provide support in the longer term for those that need help, so raising funds for continued support is effectively business critical.

I think as with many entities, business strength and stability can be achieved with strategic alliances. As such, close cooperation with other like-minded entities always creates opportunities, and this I would see as a big positive in helping and supporting our community, therefore might be seen as a strategic goal, who knows.

I am also of the opinion that not all help required is financial. Often the ability to sit and discuss ones' challenges or problems can be immensely rewarding. As such, Felix Fund in developing a network of partners, covering different disciplines, will allow trustees to 'signpost' people to those who can help.

continued ...

This is already being done but I feel there is more that could be done here. The current initiative regarding bladder cancer within the EOD community is a great example of this. We are striving to understand the background to this and are very much hoping that people will get in touch to participate in our efforts to find out more, and thus support those who are affected to seek professional help, and screen those who will want to know if they are affected.

How can people support Felix Fund?

As the requests for help increase within the charitable sector as a whole, any help is valued. I think most people understand the importance of the work done by those in the EOD world. Participating in any of the events organized by Felix Fund, no matter how small, contributes to the wider campaign which is to support those of our community that need help.

Welcome to our new Ambassador



Mike Gallacher spent most of his military service as an ATO, serving in 11 EOD Regt, 321 EOD Squadron and latterly seconded as an EOD operator to UKSF. He served in UK, the Gulf and Northern Ireland.

On leaving the Army in 1996 Mike spent almost 20 years with Mars Inc, becoming Managing Director of Mars UK, before taking on subsequent CEO roles including CEO of the UK's largest Dairy Cooperative, First Milk.

His business career has involved living and working in Asia and Europe. Following his return to the UK we are thrilled to welcome him to Felix Fund as our latest Ambassador

Play the Veterans Lottery and you could win Big!



For just £10 a month you can now win a tax free **£50,000!** 43 cash prizes are up-for-grabs every draw - from **£5,000** - plus a new rollover pot of **£45,000**.

As one of the largest charitable lotteries in the UK, the Veterans' Lottery is raising millions of pounds to help our Armed Forces veterans in need, while offering players the chance to win a huge **£50,000** rollover jackpot every month!

Felix Fund has become an affiliate partner of the Veterans' Lottery. This means that for every ticket purchased using the unique link below we will receive £25.

You can support UK veterans' and Felix Fund as well as potentially winning yourself some extra cash.

Please use this link to ensure Felix Fund gets the support <https://veteransfoundation.org.uk/AFFU>

Good luck!



THE BOMB DISPOSAL CHARITY FOR THE ENTIRE EOD & SEARCH COMMUNITY

Payroll Giving



Did you know you can support your favourite charity through Payroll Giving?

Why not consider making a regular monthly donation to Felix Fund using this scheme. Once it's set up you don't have to worry about it, and you will continue to support those in need across EOD & Search.



**PAYROLL
GIVING**

make a difference
every pay day.

February was Payroll Giving Month but that doesn't mean you can't sign up at any time.

What is Payroll Giving?

Payroll Giving is a scheme run by the government, which lets people make regular, tax-free charity donations through their workplace. How it works is that the charity donation is taken out of your wage BEFORE tax is applied, so essentially you can give more to charity without it costing you anything extra. For most taxpayers, this means a donation of £1 would only cost you 80p, for a higher rate taxpayer it would be only 60p.

How is Payroll Giving different to Gift Aid?

Usually, when you make a direct charity donation, you can tick a box that allows the charity to apply for Gift Aid. They can then claim back the tax from the government that you have already paid on the amount. So, for a standard £10 donation, the cost to you is still £10, but the charity receives £12.80 after Gift Aid. With a Payroll Giving donation, the amount that would usually be taxed still goes to the charity, but because the scheme is set up through your employer, the charity itself does not have the added administration of claiming back the Gift Aid. For higher rate taxpayers it also the only way to pass on their 40-45% tax to charities, as Gift Aid is set at 25%.

Who can use Payroll Giving for charity donations?

Any UK taxpayer can use Payroll Giving if they are paid a weekly or monthly wage through PAYE, or if a pension holder has tax deducted by their provider through PAYE. Your workplace or pension provider also needs to run a Payroll Giving Scheme. If they don't have one yet, it is worth asking if they will soon be setting one up - they can find out more from HMRC.

Can you choose the charity you want the donation to go to?

Yes, you can make your own charity choice, and you don't have to tell your employers which charity it is.

How do I get started with Payroll Giving?

To start making Payroll Giving donations, ask your employer or pension provider to deduct the amount of your choice from your regular income. You will then need to fill in a form for the Payroll Giving Agency your company uses, specifying which charity you want to support, and whether or not you wish to remain anonymous. After this, your workplace can pass on your regular donations to the agency, which then gives the money to your charity choice.

[Click here to find out more about the Payroll Giving Scheme on the HMRC website.](#)



Time to remember

In each quarterly newsletter, we commemorate and sustain the memories of the sacrifices made by EOD and Search Personnel who have lost their lives in the line of duty.

This time we remember those who died during January, February and March.

● Cpl Leslie H Morton	30 March 1949	Libya
● Spr Eric T R Robinson	30 March 1949	Libya
● AB John C Brinkley	21 January 1953	Great Britain
● CD3 Keith Chipperfield	15 March 1956	Gibraltar
● SSgt Christopher R Cracknell	15 March 1972	Northern Ireland
● Sgt Anthony Butcher	15 March 1972	Northern Ireland
● Maj Bernard C Calladene	30 March 1972	Northern Ireland
● SSgt Allan N Brammah	18 February 1974	Northern Ireland
● SSgt James G Crawshaw	22 January 1975	Great Britain
● Sgt Martin E Walsh	9 January 1977	Northern Ireland
● AB(D) Gavin Richie	7 March 1986	Great Britain
● Cpl Barry Warburton	19 March 1994	Bosnia
● Sgt Stefan Roberts	11 January 2000	Great Britain
● Spr Luke Allsopp	23 March 2003	Iraq
● SSgt Simon Cullingworth	23 March 2003	Iraq
● SSgt Christopher D Muir	31 March 2003	Iraq
● LS(D) George Walters	21 February 2004	Great Britain
● Capt Daniel Read	11 January 2010	Afghanistan
● WO2 David Markland	8 February 2010	Afghanistan
● Spr Guy Mellors	15 February 2010	Afghanistan



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Thank you for your support