

Felix Fund Newsletter

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



Felix Festival 2019

We will be holding another roaring night of live music in a marquee at Brickeledons Farm, Silchester to raise money for Felix Fund. Bands have been confirmed and as in previous years, **all attendees must be over 18.**

6.00pm: Jonny Marvel's Blues Groove Band | 7.45pm: Prime Soul

9.30pm: The Chilli Fighters | 11pm: Nashville & Jay P

Thanks to your generosity, we have raised £45k from the last two events and so this time we really want to break records.

Tickets can be purchased from:

<https://www.eventbrite.co.uk/e/felix-festival-2019-tickets-52838239597?aff=eac2>

Anyone in or near Didcot can contact melanie@felixfund.org.uk or call 07713 752901 as we have stocks of tickets for sale at the Felix Fund office. For £25 you get free camping and parking and reasonably priced drinks.

Don't miss this major event!

Buy a Coffee for Felix

For just £2.89 a month you can buy a coffee for Felix and help support the men and women of the wider EOD and Search communities who keep us all safe.

Visit

www.felixfund.org.uk
to find out more



Amazonsmile

When you shop on Amazon you can now choose to make a donation to Felix Fund.

Amazonsmile is a program that donates 0.5 % of your eligible purchases. Visit <https://smile.amazon.co.uk>



Gift Aid

Remember to use Gift Aid and increase your donation by 25p for every £1 you give

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Cycling with the Tour de Troops: The Castles

An intrepid team of cyclists departed from Edinburgh Castle on a 4 day, 570 mile tour that would also see them take in Windsor Castle and Cardiff Castle.

It would be pretty tough going for any hardened cyclist but factor in some appalling June weather and the this years Tour de Troops proved to be a real challenge. A few casualties along the way included a hospital visit with fluid on the lung, an accident which resulted in a broken collarbone and two riders suffering hypothermia on the last day.

A huge thank you goes out to the team and of course to the support crew and L3-TRL for once again sponsoring this event. You can still make donations at <https://testificandum/fundraising/tourdetroops-the castles>



ACS Pacesetter Lunch

Felix Fund was thrilled to be chosen as the benefiting charity for this year's ACS Pacesetter Security Awards Lunch at Windsor Racecourse. Each year this event raises funds for charity whilst honouring the brave men and women who work hard in demanding roles in the security sector.

The event raised over £1,800 for Felix Fund which was the most ever reached from this event. A massive thank you to FM Contract Watch for choosing Felix Fund and for hosting us on such a wonderful day.

Felix Fund is thrilled to have received a grant of £20,000 from the Veteran's Foundation. The money will be used to send veterans from across EOD and Search on our Dashboard program; teaching mindfulness techniques and stress recognition tools.



Are you eod serving and EOD or Search? This could be for you? Contact melanie@felixfund.org.uk for more information.

You can support the Veteran's Foundation or play the Veteran's Lottery <https://www.veteransfoundation.org.uk/lottery/join> All funds raised from this go towards helping charities and other organisations to help those who have served their country.

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>



Give your time

Volunteers are vital to charities, but for one as small as Felix Fund they are even more important. Get in touch if you would like to volunteer to raise funds and awareness in your local area



Fundraise

You can raise money for Felix Fund in so many ways. From a raffle or jumble sale to a black tie dinner or even a personal challenge that you've wanted to do for ages ...

Every Penny Counts ☺



Mindfulness and Awareness

Did you know ...



The time it takes on average, for a Veteran to ask for mental health support

Of Veterans with psychological wounds say they have never reached out for support

Of Veterans say that the reason they delay seeking help is because they fear being treated differently by friends

Of Veterans are unsure as to the support that is available

Of Veterans say they have mistrust in civilian services

Within the wider Explosive Ordnance Disposal and Search community the levels of stress and other mental health issues are particularly high. Not just following their experiences in Iraq and Afghanistan but the day to day nature of the roles they carry out have a big impact on those serving and their family members. Many keep quiet suffering in silence.

Felix Fund's Dashboard programme provides individuals with tools and techniques which will enable them to recognise warning signs of stress and other mental health illnesses and to allow them to develop their ability to relax, clear their minds and focus on the positive aspects of their life. This will then feedback into a more productive and stress reduced work and home environment.

Running since early 2016 the Dashboard courses have proved very effective with over 300 people having attended. The key is a totally relaxed environment away from work and home stresses, where individuals can focus on themselves. The two civilian trainers are totally committed to helping this unique group of men and women and we are now looking at rolling out this programme to the whole reach of Felix Fund, that means all three services plus the Metropolitan Police's Counter Terror Unit.

The course is not stand alone, it can be used as a signposting mechanism for additional help from Welfare Officers, medical practitioners or other charity programmes where necessary. Aimed at all ranks, ages and regardless of where they are in their military career it has helped to break down barriers, formed tighter working relationships and enabled many people to realise what effects their personal lives and work environment can have on their own mental health.

If you are interested in attending or just for more information about the programme please contact melanie@felixfund.org.uk.



Residential training courses focusing on mindfulness and awareness

Felix Fund Videos

Directly from the mouths of people we have helped, these two short films will help raise awareness of the work of Felix Fund

<https://www.youtube.com/watch?v=KvDhA4ewoq4>

<https://www.youtube.com/watch?v=9YksN26Dltc>



Felix Fund Shop

What better way to show your support of Felix Fund than with something from our online shop. We also have a 'sale' section so why not bag yourself a bargain before it's gone!





£1.2 million

paid out in grants since 2011

Charity Rowers along the Thames

A carefully selected team of maturing oars people rowed the 1895 double skiff 'Tara' from Cookham to Oxford and back to Henley – a distance of 110 miles with 33 locks to navigate in aid of Felix Fund back in early June. The challenge lasted 8 days and CEO, Melanie Moughton met them in Oxford before they headed back down stream where they met with an unfortunate incident at Sandford Lock, the boat capsized in the lock. All were safe and well other than some minor damage to the 'Tara' and some lost personal belongings. Final totals are not yet in, but it is looking like they have raised over £6,000. A big thank you to Robin Hope, all the oarsmen and women and everyone who supported their efforts.

8 years

of supporting the EOD and search community



300



people attending the Dashboard Course

Felix Football

Earlier this year Felix Fund made a contribution towards a new football kit for 35 Engr Regt. As part of the agreement Felix Fund's logo would be included so now at every match, we get awareness for the charity. Teams like this encourage team building and provide a release to the pressures of work and daily life.

Defence Engagement in the US

Felix Fund and the EOD Warrior Foundation were represented at a Defence Reception at the UK Ambassador's residence in Washington DC recently. A display of EOD and Search equipment, along with charity branding, generated a lot of interest from the dignitaries as they alighted from their vehicles. The event demonstrated the strong relationship that exists between the UK and US at many levels.



32,000

wristbands sold in support of Felix Fund

Thank you to Lt Col Darren Fisher for organising the charity's involvement.

Victory Swim

Looking for a swimming challenge this year?

Then why not take part in our Victory Swim the Lake event on 5th September at Cotswold Water Park, Gloucestershire. Perfect for novices looking to get into open water swimming and experienced swimmers alike. You can choose your distance and join us for a BBQ afterwards.



Only £20 Book here your place here
<https://helmtickets.com/events/3168/zone3-victory-swim-the-lake>

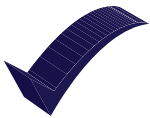
MAKE YOUR DONATIONS GO FURTHER!

Each year many gift aid forms cannot be used because they have been filled in incorrectly or are illegible.

To help your donation go even further we do need your house number and full postcode otherwise we cannot make a claim. Gift Aid increases a charitable donation by 25p for every £1 which can add up to £1,000's over the year for Felix Fund.

If you are a UK taxpayer, we can claim Gift Aid on your donations but please complete your form with care. All information will only be used for gift aid purposes. Forms can be downloaded at

<http://www.felixfund.org.uk/support-us/make-a-donation/>



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RECEIVING HELP FROM FELIX FUND

It can often be difficult to talk about how Felix Fund has helped people; many stories are highly confidential and others whilst they make a massive difference to individuals might not lend themselves to 'a good story'.

Some examples of how we have helped over recent months are:

Specialist counselling for a former soldier with PTSD and anger management issues.

A riser recliner chair for a former soldier to aid his comfort at home as he recovers from surgery.

Assistance for a soldier to fly home unexpectedly to attend his father's funeral after he had died very suddenly.

Help towards travel costs and parking fees for a young soldier's family visiting their young daughter who was in hospital for long periods.

100



Felix Fund shop orders this year

3,683

Facebook likes



1,640

Twitter followers



719

Instagram followers



Garden of Remembrance

A garden of remembrance has opened in the grounds of the Defence Explosive Ordnance Disposal, Munitions and Search (DEMS) Training Regiment based in Bicester. It is the first memorial in the UK dedicated to both Explosive Ordnance Disposal (EOD) and Search.

The two distinct services have worked together for over 70 years, allied together in their efforts to locate, secure and save lives.

826 EOD and Search personnel have lost their lives performing their duty, protecting others from enemy explosives and hundreds more have been wounded, forced to live with life-changing injuries as a result of their work.

The garden of remembrance offers a place to remember and reflect and was officially opened in front of specially invited guests from all three branches of the forces, and by the man whose idea it was, Major (Retired) Carl Tomlinson from the Royal Engineers;

"I'd like families to take advantage of it. I know it's behind the wire, but it's nothing a simple phone call can't resolve. It also gives the regiment their own private garden. For the instructors here who are still serving, it's somewhere for them to come and take five minutes out."

Felix Fund was pleased to support this venture in order to ensure those who gave their lives are remembered for many years to come.



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**Thank
you**



**from
Felix**

**THE BOMB DISPOSAL CHARITY FOR THE
ENTIRE EOD & SEARCH COMMUNITY**



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 April, May and June

- Sgt O'Docherty who died on 6 May 1953 in Great Britain
- Cpl Kenneth Braddock who died on 6 May 1953 in Great Britain
- WO2 (SSM) Ian Donald who died on 24 May 1973 in Northern Ireland
- 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
- SSgt James Prescott CGM who died on 23 May 1982 in the Falklands
- Cpl Jeremy Gaulder who died on 5 April 2000 in Northern Ireland
- Spr Joel Naivalurua who died on 5 April 2000 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
- Spr Connor Ray who died on 18 April 2012 in Afghanistan
- Cpl Andrew Roberts who died on 4 May 2012 in Afghanistan
- Pte Ratu Silibaravi who died on 4 May 2012 in Afghanistan

Gone but never forgotten

Thank you for your support

FELIX  FUND
THE BOMB DISPOSAL CHARITY

Registered Charity No. 1142494

Diary Dates

1 Sept
Debden Cycle Ride
Essex

5 Sept
Victory Swim
Cotswold Water Park,
Glos

7 Sept
Felix Festival
Silchester, Reading

10-13 Sept
DSEI
ExCel, London

13-19 Sept
Channel Swim

24-27 Sept
Dashboard Course

12 Oct
Soldiers Pass Run
Didcot

22-25 Oct
Dashboard Course

9 Nov
Raft Race
Wimbish, Essex

19-22 Nov
Dashboard Course

Dec/Jan
Felix 5 Atlantic Row