



# Newsletter - July 2020



www.helpourwounded.co.uk - Charity number: 1150893



HOW Official Face-mask at only £5 each. Three designs! Available from our on-line shop at:

[www.helpourwounded.co.uk/ourshop](http://www.helpourwounded.co.uk/ourshop)



## A FEW FACTS ABOUT THE VIETNAM WALL

There are 58,267 names on the wall.  
 39,996 were just 22 or younger.  
 8,283 were 19. 33,103 were 18.  
 12 were 17 years old.  
 5 soldiers were 16.

There are 3 sets of fathers and sons on the wall.  
 31 sets of parents lost 2 of their sons.  
 997 were killed their first day.  
 1,448 were killed on their last day.  
 8 women were on the wall, nurses.  
 244 soldiers were awarded the Medal of Honor during the war and 153 of them are on the wall.

★ ★ ★ ★ ★

## THANK YOU

The trustees and admins would like to thank the following companies for their kind donations to Help our Wounded Royal Marines and Supporting Arms.

Buddies in boats

[www.maslins.co.uk](http://www.maslins.co.uk)  
**Maslins**  
 Chartered Accountants

[www.sapphiresigns.co.uk](http://www.sapphiresigns.co.uk)  
**Sapphire**  
 Creative Signmaking

We would also like to pass on our heartfelt thanks to all the individuals that have donated through events and other donations (Standing Orders).

## Storage Mart

On behalf of Help our Wounded Royal Marines and Supporting Arms, we would like to extend our heartfelt thanks to **StorageMart** for donating a storage unit in Brighton for another year to help store and secure much needed provisions for our Homeless and our Wounded.

[www.StorageMart.com](http://www.StorageMart.com)

**Charity Trustee - Jean MacPherson.**

*Jean MacPherson is a trustee of HOWRM&SA and has been involved with the charity for five years and has been a trustee for the past three years. Jean lives on the west coast of Scotland with her husband David, three children and granddaughters. Jean became involved with Help Our Wounded to help families of fallen Royal Marines due to her experience of losing her brother in law during the Falklands conflict.*




## BREAKING NEWS

Great news from our Just Giving pages. Between us (The Yompers) we have raised **£1587** with monies still coming in. Great effort by everyone and thank you all for your support.

We have just released funds to help a young Royal Marine and his partner to help with the treatment of their baby who is very sick and needs long term treatment in hospital.

Your support will help us to support them with accommodation.



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## A few of our amazing supporters that have given their time and facilities

### Storage Mart

**StorageMart** have donated valuable storage space to our charity for over a year and we are now happy to announce that they have donated another year (2020/2021). With this storage space we have been able to store our much needed stock that we use for our Homeless (Clothes, sleeping bags and provisions) and also our stock that we use on events. Storage Mart have given us the chance to build our charity, which in turn allows us to help the more vulnerable. We would like to thank StorageMart for believing in our work and for their support.



Billy  
White  
RM



**Billy White** is a former Royal Marine who has supported Help our Wounded for over 8 years and donates a lot of his time and effort with amazing donations towards our sleigh pull. Billy not only donated some amazing raffle prizes for our Sleigh Pull fund raiser but also donates £1000.00 to help buy gifts for the children of our service family and supports the feeding of our homeless servicemen and women.

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**SERV Sussex** is a UK registered charity that provides transportation of blood products and other urgent medical items for NHS Hospitals across Sussex. The service is provided free of charge to the NHS between the hours of 7pm and 6am, 365 days of the year via a committed team of volunteer riders and drivers often using their own vehicles. Riders from the SERV volunteers give up their time to give safety support for the team on some of our ongoing events.

### GATWICK GROUP

Contract Lifting & Logistical Solutions



The **Gatwick Group** has over 30 years of experience in the Haulage and Logistics industry. Offering specialist lifting, transportation and logistics solutions, they provide integrated services across many different sectors. they have stored our sleigh at their facilities for the last four years.



**Surrey and Sussex Drum and Bugle Corps**, was officially formed on 7th October 2013. The band supports the team by leading them from Crawley Fire Station up the High street to the White Hart and again by drumming the team onto Brighton pier at the end of their Sleigh pull. Special thanks to Ray and all the band members for their support.



**Concierge camping** is a multi award winning park. The touring park accommodates anything from small motorhomes and caravans to large units such as American RV's. On-site facilities have been described as 'a class act' offering luxury and comfort. Concierge have given our Yompers a 5 star and warm welcome stay during our stop off on our Worthing to Havant Yomp.

### Stones Aquamassage Academy

Bringing massage into the twenty-first century

**Aquamassage Ltd** we felt that the stresses of modern living has brought about a need for further development and flexibility in the use of massage as a general therapy. With this in mind we have devised a unique and exciting range of massage training courses, which are fully accredited for use in the health and beauty industry and addresses all age groups. One of the innovative tools we use in Aquamassage is a warm water therapy cushion. The client lies face up, (supine); muscles instantly relax feeling the warm water supporting their body. Rick and Anna have provided amazing support to the team. Thank you.



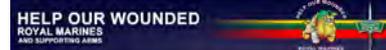
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## Royal Marines - A brief history



The Corps of Royal Marines is the amphibious light infantry arm of the Royal Navy and the United Kingdom's Commando Force. The modern Corps provides a unique capability and is held in high readiness for worldwide rapid response and is capable of meeting a wide variety of threats and security challenges.

The Corps' current structure and operational approach has been forged by a rich and varied history. The Royal Marines can trace their origins to the formation of the Duke of York and Albany's Maritime Regiment of Foot in 1664 at the outbreak of the Second Anglo-Dutch War. Since then they have assumed many roles, their history being one of constant adaptation to meet the contemporary security challenges and the demands of the harsh environments in which they operate.

### 1. EARLY SEA SOLDIERS

The early Marines, primarily stationed at sea, played a critical role in raiding, boarding and maintaining discipline in the sailing Navy, serving with distinction at a number of now notorious naval engagements - more than one tenth of Nelson's fighting men at the Battle of Trafalgar were Royal Marines.

They played a significant part in anti-slaving operations, served during the Seven Years War, the American War of Independence, the Boxer Rebellion, the Crimean War and the Boer War.

### 2. THE WORLD WARS

During the First World War they served around the globe, at sea in turrets and on land in trenches. They carried-out raiding during the Dardanelles Campaign, fought afloat at Heligoland and the Battle of Jutland and distinguished themselves during the audacious Zeebrugge Raid in 1918.

At the outbreak of the Second World War, Royal Marines were again serving their traditional role at sea but from 1942 they played a critical role in maintaining the allied initiative as Commandos, the identity for which they are known and respected today. Taking part initially in the disastrous Dieppe Raid, Royal Marine Commandos went on to fight throughout Europe and in the Far East. Notable achievements include the seminal Cockleshell Heroes raid and the Walcheren Assault in 1944. Royal Marines also fought in the skies as aviators over Norway, at the Battle of Britain, Taranto, Sicily, Matapan, the Pacific theatre and on D-Day.



### 3. POST WAR COMMANDOS

Post 1945 the Royal Marines have maintained their global role through operations in Suez, Malaysia, Aden, Borneo, Northern Ireland, the Falklands, Kosovo, Sierra Leone, Iraq and Afghanistan and they have played a significant role in humanitarian relief efforts.

The Corps has ten Victoria Crosses dating from the Crimean, and among countless other gallantry awards are held in the Royal Marines Museum collection.

### 4. THE ROYAL MARINES BAND SERVICE

The Royal Marine Band Service, whose formation also dates to the 1664 Convening Order, are one of most recognizable military bands in the world and are considered one of the most versatile military musical organizations.

The Band Service has also played a critical function on the front line often suffering casualties disproportionate to their scale. During the Second World War they lost a quarter of their complement, purportedly the highest percentage of any arm of any service.

### 5. THE COMMANDO SPIRIT

Every prospective Royal Marine is required to face the world famous and uniquely arduous thirty-two week Commando training course which if successfully completed, earns recruits the coveted Green Beret. Marines find significant physical and mental challenges in this service; many will suffer setbacks through training; work in hugely demanding environments and some will sustain life-changing injuries and arduous rehabilitation.

There is a great deal in the Royal Marines story to admire and inspire. Royal Marines must consistently display the Corps values of excellence, integrity, self-discipline and humility and the qualities of courage, determination, unselfishness and cheerfulness in the face of adversity.





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## Help our Wounded Royal Marines and Supporting Arms London to Brighton Sleigh Pull

### **Ladies and gentlemen...**

Please could I ask you to read about our annual event and what it means for the children of our Royals and supporting arms... Each year (this being the 10th) a team of Royals, Former Royal's, Mums, wife's, daughters of Royal's and civvie supporters take on a challenge to help bring in much needed gifts for our children. The challenge is an 1/2 ton sleigh that we pull all the way from London to Brighton, which is a total of 66 miles.

This is by no means an easy challenge and all of the team get up at 2am in the morning to head off down to the start point in London. The challenge is over two days and we stop halfway at Crawley, West Sussex, where we have a fundraiser to help boost our funds for our wounded. The second day of the challenge sees the same team starting at 7am in the morning and head towards Brighton, to our final stop at Brighton Pier.

### **THAT IS WHAT WE DO, HERE IS WHAT YOU CAN DO!**

All we ask is that you buy a small gift for our children and I will get these (on your behalf) to the Units in time for the Christmas parties - You should see the smiles on the kid's faces when they receive these, it's so warming... If you can help in supplying a gift or dropping a few quid on our just giving page then the team will be so grateful (The link is below on the picture). All of the team and volunteers pay their own expenses (travel, hotel) and ask for nothing but the kind support of our supporters. Please help the team make this the best year yet. Thank you all.



On track for the last weekend of November





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## This month's poetry page

Each month we will publish a new poem for you to enjoy. The Youtube links below are ones that have been made into song.

Thank you for listening and reading.

Dear Mom: [www.youtube.com/watch?v=9-TBuhMsYig](http://www.youtube.com/watch?v=9-TBuhMsYig)

Hero: [www.youtube.com/watch?v=VeFfdrzmdz8](http://www.youtube.com/watch?v=VeFfdrzmdz8)

Santa: [www.youtube.com/watch?v=pu\\_0029AU0E](http://www.youtube.com/watch?v=pu_0029AU0E)

## My son joined the Royal Marines

When my son joined the Royal Marines,  
It was such a proud day.  
He went from a boy to a man,  
The old fashioned Royal Marine way.

The King Squad marched up past the stand,  
A tear in every parents eyes.  
He looked straight ahead and never swayed,  
As his parents looked toward the sky.

His parents asked the Lord above,  
To protect his son the teen.  
The Lord told his proud parents,  
Yes, I'll protect your Royal Marine.

The Royal Marines is a way of life,  
It's not just a little boy's game.  
He joined to serve his country,  
not for money, girls or fame.

Honour, Courage and Commitment,  
These aren't just words to say.  
These are the Royal Marine values,  
That the Marines use every day.

As my son prepares to leave training,  
To go to a distant shore,  
Our family will keep praying ,  
For my son who joined the Corps.

UK Homes 4 Heroes team feeding the homeless in Brighton. Every Thursday evening a dedicated team hit the shores of Brighton to feed our homeless service men and women in aid of our sister charity, Help our Wounded.



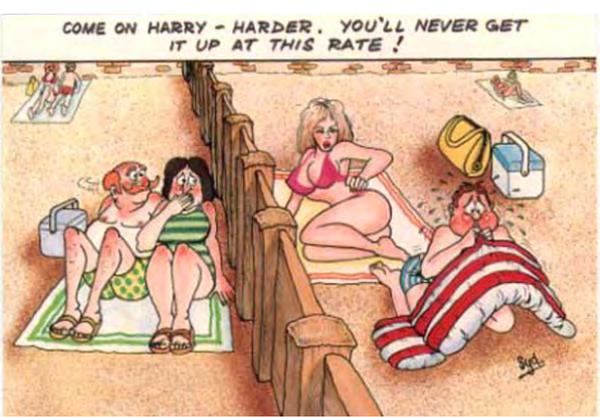


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## Fun Stuff



**Wife:** Look at that drunk guy. **Husband;** who is he?  
**Wife:** 10 yrs back he proposed to me & I rejected him.  
**Husband:** Oh My God He's still celebrating...

I walked up to a bloke in the pub last night and said, "My wife is due to give birth any day now."  
"That's great." he smiled, "What are you having?"  
"A pint of Guinness."

😬😬  
So i was flying a kite and and this guy actually asks me, "So ya flying a kite?" I replied, "nope, fishing for birds."

**A police recruit was asked during an exam, "What would you do if you had to arrest your own mother?" The reply, " Call for backup".**

Summer 2019      Summer 2020



## FIRST WOMAN ON THE MOON



Houston, we have a problem  
What...?  
Never mind  
What's the problem...?  
Nothing  
Please tell us  
I'm fine

## Social Distancing before it became trendy



Bootnecks social distancing since 1664





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## Roz Kitchen artist - Oils and Watercolours

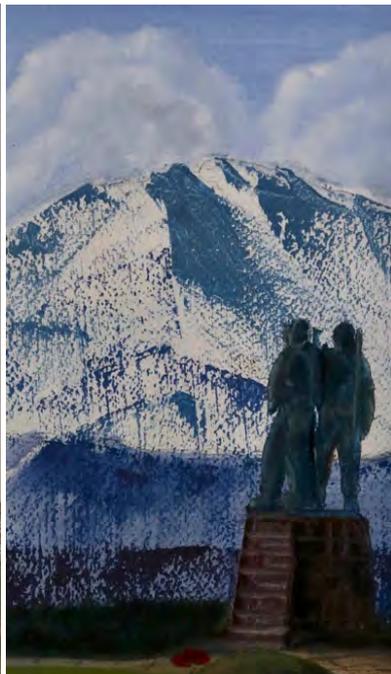


Half English and half Canadian and born in Helensburgh, Scotland.

Roz moved to Sussex some 29 years ago. Currently living in East Brighton, she adores Brighton and all things associated with Sussex and loves to travel, especially to Canada and Thailand where she has family.

Roz's passion for art and crafts began with her association with landscape photography and a keen interest in interior design. Her passion was somewhat thwarted due to the caring requirements of a homebound and disabled son resulting in an inability to take full advantage of the great outdoors so she sought a new avenue for her creative side by painting initially watercolours, then moving on to oils.

Roz is a keen charity volunteer, involved in Help Our Wounded Royal Marines and the Sussex branch of UK Homes 4 Heroes cooking for some 80 homeless persons per week at the Peace Statue in Hove.



WEBSITE: [WWW.ROZKITCHEN.COM](http://WWW.ROZKITCHEN.COM)



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## USEFUL LINKS



Charity

Helplines



**SSAFA**  
[www.ssafa.org.uk](http://www.ssafa.org.uk)  
0800 731 4880  
[volunteer.support@ssafa.org.uk](mailto:volunteer.support@ssafa.org.uk)



**Combat Stress**  
[www.combatstress.org.uk](http://www.combatstress.org.uk)  
0800 138 1619  
[helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)



**Veterans in Action**  
[www.veteransinaction.org.uk](http://www.veteransinaction.org.uk)  
01264771658  
[info@veteransinaction.org.uk](mailto:info@veteransinaction.org.uk)



**Veterans Charity**  
[www.veteranscharity.org.uk](http://www.veteranscharity.org.uk)  
01271 371001  
[contact@veteranscharity.org.uk](mailto:contact@veteranscharity.org.uk)



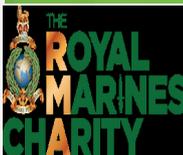
**Mind UK**  
[www.mind.org.uk](http://www.mind.org.uk)  
020 8519 2122  
[supporterrelations@mind.org.uk](mailto:supporterrelations@mind.org.uk)



**Blesma**  
[www.blesma.org](http://www.blesma.org)  
020 8590 1124  
[info@blesma.org](mailto:info@blesma.org)



**Samaritans**  
[www.samaritans.org](http://www.samaritans.org)  
116 123  
[jo@samaritans.org](mailto:jo@samaritans.org)



**Royal Marines Charity**  
[www.rma-trmc.org](http://www.rma-trmc.org)  
01392 346424  
[welfareteam@rma-trmc.org](mailto:welfareteam@rma-trmc.org)



**The Bridge Charity**  
[www.thebridgecharity.co.uk](http://www.thebridgecharity.co.uk)  
07881 944 249  
[info@thebridgecharity.co.uk](mailto:info@thebridgecharity.co.uk)