



# Impact report

January 2020 - November 2021

We are a registered charity which raises funds for sport, challenge and adventure in the armed forces community in order to improve health, wellbeing and recovery

**We help the best get better**



“

*Although we are injured, nothing is holding us back.*

*My main driver is to raise awareness of the huge physical and mental challenges of our severely injured service personnel and the lifelong support they need and deserve. It's about people's whole lives, now and in the future.*

Veterans wounded in Afghanistan

”

“

*Thank you for the grant ... many of our WIS personnel struggled over recent months both physically and mentally as a result of the COVID restrictions. The team bonding and opportunity to be with like-minded people on the expedition were a great support to them.*

Expedition organiser

”



[team-ethos.org](http://team-ethos.org)



[teamarmy.org](http://teamarmy.org)



# ABOUT US

The Team Army Sports Foundation helps to fund sport, challenge and adventure in the armed forces community in order to improve health, wellbeing and recovery.

## What we do

We make grants to a diverse portfolio of beneficiaries across the armed forces community to meet and exceed our objectives and maximise the contribution to social value, sustainability and prosperity. Grants we make are typically to serving and veteran groups and to individuals undertaking extraordinary, unique initiatives that offer motivation and inspiration to us all.

## Our aims and objectives

- to support physical activities and challenges that serve a higher purpose and:
  - > improve mental health and wellbeing
  - > inspire others to achieve
  - > promote equality, diversity and inclusion
  - > level-up the playing field for para athletes
  - > offer adventurous and highly rewarding developmental and transformative experiences, and
  - > inspire and support vulnerable groups and the wider community
- to promote excellence and success by supporting the full breadth of armed forces representational level sports and by supporting individuals to compete at elite and international level
- to increase opportunity by supporting grass-roots activity which maximises participation and makes sport more accessible
- to enable recovery and rehabilitation by supporting wounded, injured and sick (WIS) servicemen and veterans to take part in competitive sport and challenges.



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## Our Good Causes fund

Team Army's resources are balanced across forces sport (from grass roots to the elite level) and specific initiatives where the physical activity serves a wider, greater and ultimately higher purpose.

Our **Good Causes fund** focuses on activities that inspire, support mental health and wellbeing, increase diversity and inclusivity or to help to 'level up' where inequality of opportunity may exist. For veterans who have been through a life changing injury, illness or trauma, trustees prioritise activities that can rebuild lives by providing the inspirational goals that help them move beyond their disability, regain confidence and self-esteem and recapture their zest for life.

## Social Value

For UK Government departments and their industrial partners, Social Value will underpin post-Covid recovery on an equitable basis and underpin associated sustainability and prosperity goals. In response to a national focus on Social Value and the significance it has in future Government acquisition, the positive impact Team Army is making will be assessed against associated themes and metrics to better support our funders and donors in their case to invest in worthwhile initiatives on a greater scale.

To this end a more detailed impact report that provides an objective assessment of the Earned Social Value of our 2021 activities and how they have contributed to:

- Equal opportunity
- Wellbeing
- Covid-19 recovery
- Tackling economic inequality
- Fighting climate change

Team Army will report on this for the first time in January 2022 and work with trustees, funders and donors to develop a framework for qualification of investments, initiatives and measures to sustain and scale Team Army's contribution.





## Funders & Donors

While some companies make a direct donation to the Team Army Sports Foundation, all members of Team Ethos donate to the Good Causes fund. Our thanks and appreciation goes to all our funders and donors who help us to change the lives of those we support:



For further information about what we do, check out the [Team Ethos/Team Army video](#).

# Our impact

A selection of beneficiary reports on the following pages help to illustrate our social value impact on sport, challenge and adventure within the armed forces.

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# Fran Townend



**Individual grant given to Army veteran Dr Fran Townend, England Ladies Polo Team player, to enable her to take part in the Federation International Polo (FIP) Ladies European Polo Championships in Italy.**

“

*Your support has meant that after being nominated for selection to the England Ladies Polo Team, I was able to accept a place on the team, and for the first time in England polo history, a player who qualifies to play para sport has represented the country on an able bodied team.*

Fran Townend

”



Fran joined the Army reserves whilst reading Medicine at the University of St Andrews in 2008 and remained with the reserves until her final year of study when she decided to undertake a full time military career and joined the regular army as a doctor. It was also at this point in time that she was injured while providing first aid to a civilian who was involved in a road traffic accident. She sustained multiple life and limb threatening injuries which left her with severe nerve damage, mainly affecting her right leg which is paralysed and lacks any sensation, this means she has lost the ability to balance while standing and walking and needs crutches in order to stand and move.

Faced with an initial dire prognosis it was thanks to her incredible determination, along with help from the Battle Back Programme and Help4Heroes, that carried her through the many operations and hurdles that followed and took her from having a future confined to a wheelchair to being a topflight polo player.

**As European Silver Medalists the England team has now qualified to play in the FIP Ladies World Polo Championships, to be held in Argentina in April 2022.**



# Round Britain Sailing Challenge

From 22 May to 7 Sep 2021 we helped to support the first major multi-leg Army Adventurous Training expedition to get underway this summer. Exercise DRAGON MAGELLAN – A Round-Britain Sailing Challenge was a beacon of hope for the resumption of AT in the armed forces.

“

***Highly enjoyable: a great crew conducting adventurous training in one of the most interesting sailing areas in the world. Thank you for the experience!***

Participating soldier from 32RA

”

71 participants from all ranks, both regular and reserves took part on this exciting challenge which consisted of twelve legs sailing anti-clockwise around Britain. Including a dwell period in Scotland for five weeks for sailing in the Western Isles. The exercise was co-ordinated by a small project team led by Col Chris Gent with support from the Adventurous Training Group (Army).







- Leg 1: Gosport - Harwich
- Leg 2: Harwich - Newcastle
- Leg 3: Newcastle - Arbroath
- Leg 4: Arbroath - Ullapool
- Leg 5: Ullapool - Oban
- Leg 6: (Scottish Isles)
- Leg 7: (Scottish Isles)
- Leg 8: (Scottish Isles)
- Leg 9: (Scottish Isles)
- Leg 10: Oban - Liverpool
- Leg 11: Liverpool - Padstow
- Leg 12: Padstow - Gosport



# On Course Foundation (OCF)

Thanks to funding that the On Course Foundation received from us earlier this year they were able to host a residential Golf Skills and Employment Course at the magnificent Woburn Golf Club in Bedfordshire.

“

*I am just so thankful that you put these events on for me to attend. It's really helped me to live again.*

OCF beneficiary

”



As the UK's only golf specific military charity, the On Course Foundation uses golf to aid both physical rehabilitation and psychological recovery. Golf occupies a unique position as one of the few sports where participants of all skills and physical abilities can play together on a level playing field owing to the official handicap system. It offers injured service personnel not only a sporting challenge but also an array of attractive career opportunities.

## Feedback from the event:

- 80% stated that their mental health improved on completion of the event.
- 60% stated that camaraderie and friendship were the main factors of this.
- 80% are now members of their regional OCF 'hub'.
- 62.5% now play with fellow OCF beneficiaries at least once a month.
- 100% of attendees are now members of their local golf club.





## Sam Stoddard's story

“

*Attending the events gives me back that feeling of camaraderie that I've missed since leaving the Army.*

Sam Stoddard

”

Sam Stoddard, a former Lance Corporal in the Kings Royal Hussars was discharged from the Army in 2013 after suffering from a severe ankle injury after stepping on an IED whilst on patrol in Afghanistan.

Sam was introduced to the On Course Foundation during his rehabilitation and despite persistent pain in his ankle he developed his game to a good standard. Unfortunately the pain was eventually too much, affecting him both physically and mentally, so in 2020 Sam opted for amputation and a prosthetic limb.

Since leaving his hospital bed Sam has worked diligently to re-train and, due to his determination and dedication, he recently qualified for the Simpson Cup held in New York.



For further information visit [www.oucoursefoundation.com](http://www.oucoursefoundation.com)



# Future Terrain Fennec Endeavour

**Future Terrain uses vehicular sport and expeditions to provide rehabilitation and retraining opportunities for veterans with physical and mental injuries. Our grant helped to support the charity's 'Fennec Endeavour' expedition, which saw 24 wounded, injured and sick veterans take part in a challenging week-long voyage across the Sahara Desert.**

This event of a lifetime saw participants driving 1,200km across open desert from Ait Benhaddou to Ouarzazate, combining technical tracks, huge sand dunes and off road passages and included an overnight stay out in the dunes, under the stars.



For the past few years, former Army Officer Ben Farrell MBE has led a group of like-minded veterans on a number of trans-Saharan motorcycle expeditions. Recognising the life affirming benefits of such adventures, Ben began to hatch a plan to make these expeditions more inclusive and widen their scope to include wounded, injured and sick service personnel.

Ben approached Charles Sincok and Grant White, co-founders of a small rehabilitation charity called Future Terrain to get the adventure started. Future Terrain was an ideal partner as the charity aims to provide an inclusive environment designed to inspire, stretch and support military beneficiaries, with an emphasis on disabled inclusion, through the medium of off road driving, expeditions and engineering related activities. With Ben's passion and tenacity and Future Terrain's record for delivery, the dream finally became reality in September 2021.



*Much of the funding went towards providing risk mitigation strategies:*

- *Pre-deployment training.*
- *Over 50% of attendees received first aid training nuanced for desert mobility operations.*
- *All UK based ATV pilots all received Lantra certification.*
- *WIS motorcyclists were all given desert riding skills assessments.*
- *Medical evacuation insurance.*
- *Covid-19 testing.*
- *Personnel satellite tracking and mobile phone comms.*
- *Provision of detailed admin instructions/ SOPs and risk assessments.*
- *Specialist external legal counsel to sign off risk strategies.*

***The camaraderie helps veterans to grow in confidence, while developing the skills and qualifications to succeed in civilian employment.***

Future Terrain



“

*Always trying to push the boundaries of disability this is Lamin Mennah and Spencer Bull who drove 240km across arid desert terrain together. So what, you might say, well they only had three arms between them and no functioning legs.*

*Whilst Lamin drove one handed, Spencer operated the throttle and brakes remotely, requiring amazing team work and trust.*

Future Terrain, Fennec Endeavour leader

”

**The Future Terrain Fennec Endeavour expedition included:**

- 3 Wheelchair users
- 5 limbless veterans
- 4 Spinal injuries
- 2 Head injury survivors
- 1 Impaired sight veteran
- 4 Mental health injuries

Watch the team in action on [YouTube](#)



# True Heroes Racing



We have been supporting True Heroes Racing for many years and we couldn't be prouder of the work they do to aid the recovery and rehabilitation of wounded, injured and sick (WIS) service personnel and veterans. True Heroes Racing is a truly unique organisation formed around a competitive motorcycle racing team.



*Finding True Heroes Racing was what I needed to get me out of the house and be a part of something meaningful again.*

*Being a member of True Heroes Racing gives me a sense of achievement, focus and enables me to really feel part of an extended family. It has boosted my self-confidence.*

True Heroes Racing participants



True Heroes Racing uses the world of motorsport to enthuse and refocus WIS armed forces personnel and veterans. Being a part of the team helps participants gain a renewed sense of direction, improved social skills and exposure to new experiences and technical skills amongst like-minded people. This is all done through direct, hands-on involvement and teamwork as part of a motorcycle racing team competing at the highest levels around the UK.

True Heroes Racing's mission is to engage, empower and inspire the disabled and disadvantaged community by the provision of training and mentoring as part of a team to enable them to participate in motorsport alongside able bodied persons in challenging motorsport activities. Involvement with the racing team encourages social inclusion and uses physical training and endurance activities to help boost confidence, inspire others and aid rehabilitation and recovery.

Watch an inspirational [video](#) about the team created by Influx





In 2012, the idea of creating a competitive motorcycle race team formed of WIS service personnel and veterans came to fruition when serving Royal Navy Warrant Officer, Phil Spencer, founded True Heroes Racing. Back then the team took to the race track with a single bike, a double amputee rider and a support crew formed by injured armed forces personnel entering at a club racing level. Less than a year later, True Heroes Racing burst onto the national scene competing at the British Superbike Championships in the single make Triumph Triple Challenge.

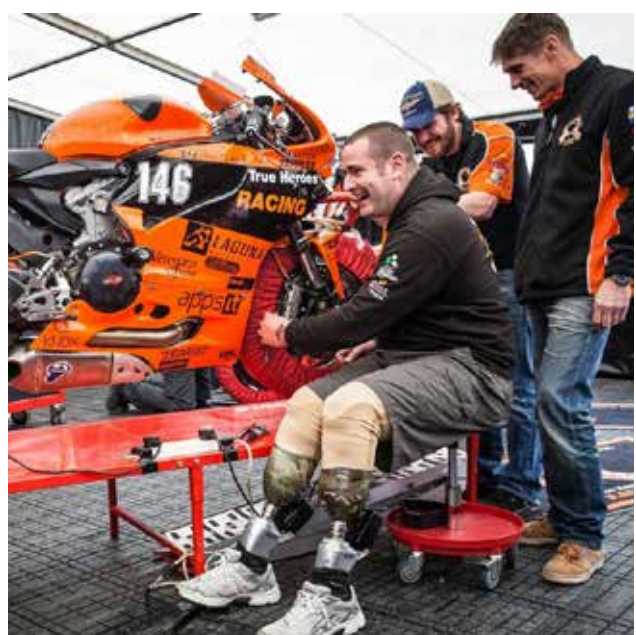
In 2020, despite the impact of the worldwide pandemic, they introduced new remote initiatives and increased contact networks to help their beneficiaries through this tough period. One of

## The story so far

these projects was the Bandit Race Bike Build, where a disabled veteran was given a barn find 1995 Suzuki GSF600 Bandit to completely strip down and rebuild and convert it into a fully fledged Formula ProStocks specification race bike.

In 2021 with the return of spectators at Superbike championships, True Heroes Racing once again offered inspirational hosted events for military personnel undergoing recovery treatment and their families. These have been proven to bring tangible benefits to those who attend and to provide the opportunity for recovery activities.

Going forward ,and in addition to their core activities, True Heroes Racing is hoping to line up on the full British Superbike grid and make history as the first military team to do so.



For further information visit [trueheroesracing.co.uk](https://trueheroesracing.co.uk)

# Nerys Pearce - TEAM BRIT

Our grant enabled Nerys to complete an intensive preseason training programme with her coach Abbie Eaton who is the test driver on the Amazon prime show 'The Grand Tour'. This will jump-start Nerys towards achieving her ultimate goal of winning races against able bodied drivers.

Joining Team BRIT in 2020, Nerys was well on her way towards achieving her dream of becoming the fastest disabled female driver in the world. However, due to the pandemic and lockdown, her accelerated training schedule had to be put on hold so she had significantly less track preparation than anticipated in the run up to the 2021 season which is where we stepped in to help.

“

*I never dreamed motorsport would be possible for me, but when I went to Team BRIT HQ and tried out the simulator and hand controls, I really believed it could happen.*

*What excites me most about what is ahead, is that we are doing this on a completely level playing field. No one will know I'm using hand controls; they'll just see me as competition and that's incredibly freeing. I want to be as fast as I can, and I want to push the boundaries of what people expect from women and from disabled people. I'm not just a disabled woman 'having a go', I'm a competitive racer.*

Nerys Pearce

”



Team BRIT aims to inspire people with disabilities, PTSD and mental health issues, by demonstrating what can be achieved through motorsport. #BelieveAndAchieve





## Nerys Pearce's story

Nerys joined the Army in 2004 as an advanced trauma medic. Her role involved moving from unit to unit, training soldiers in medical skills before they were deployed, as well as a medical attachment with special forces.

In 2008 she sustained life changing injuries as she was riding her motorbike when she was hit by a car reversing off a kerb. The months that followed left Nerys in blinding pain due to the damage caused to her nerves, which she describes as feeling like boiling oil being poured over her. She underwent a number of drug treatments and spinal blocks, until her body reacted badly, causing a spinal cord injury which left her paralysed from the chest down.

Nerys spent months struggling with the new reality she faced and experienced intense periods of depression. She suffered continued complications from drug treatments, became overweight and was bed bound for almost four years. At her lowest point, she became suicidal and it wasn't until an intervention from BLESMA

that her life changed for the better. BLESMA took her skiing in Colorado and by the end of the trip she had skied solo on a sit ski down a mountain. From then on, Nerys sought challenges and adventurous opportunities wherever she could. She took part in 'Enduroman' a 300-mile continuous triathlon from London to Paris, racing as part of a team of adaptive female athletes for Help 4 Heroes and breaking the world record.

In 2016 she competed in the Invictus Games in Orlando winning ten medals in powerlifting, rowing, track and field – the most any competitor has ever won in one Games. In 2018 she competed for Team Wales in the Commonwealth Games in Australia, coming fourth in para powerlifting and in 2019 she conquered 'Race Across America' known as the toughest cycle race in the world, on a hand bike with a team of seven adaptive sports women.

**Click here to watch Nerys's Sky Sports Silverstone interview**

# TEAM BRIT

*Team BRIT is a competitive motor racing team consisting of disabled drivers who race against able-bodied drivers on a totally level playing field. It aims to be the first ever all-disabled team to race in the Le Mans 24 hour and supports people with physical and psychological challenges in accessing motorsport through its Racing Academy.*

For further information visit [www.teambrit.co.uk](http://www.teambrit.co.uk)

# Climb2Recovery



Neil Heritage was told he would never walk again after losing both of his legs in Iraq in 2004. In 2020 he proved doctors wrong when he reached the peak of the Matterhorn (4,692ft).

Team Army was very proud to offer Neil a grant to support this amazing expedition.



***“ It was pretty amazing reaching the summit. Obviously, I have had a couple of goes at this now, so finally getting up there was an incredible experience. The whole expedition went really well. I hope it encourages others dealing with physical and mental injuries to follow their dreams and realise there is life beyond injury. ”***

Neil Heritage

On Friday 7th August 2020 **history was made** as Neil Heritage, an army veteran, became the first double above the knee amputee to summit the Matterhorn. It was his third attempt to scale the 4,478m (14,692ft) peak and conquer one of the deadliest mountains in the world. This iconic mountain was chosen by Neil due to its technical climbing nature and he had to custom design prosthetic legs to cope with the severity of the terrain. Neil's climbing team included six other wounded, injured or sick veterans.







Neil Heritage served in the British Army for eleven years serving as part of a bomb disposal team in Bosnia, Northern Ireland & Iraq. In

November 2004 Neil was in Iraq clearing a route of IEDs and was the victim of a suicide bomber who broke through the cordon and detonated.

Neil had to have both of his legs amputated above the knee and at the time was the most seriously injured soldier to survive from the wars in Iraq and Afghanistan.

Despite being told that he would never walk again, Neil endured five years of rehabilitation and remarkably was able to learn to walk, go back

## Neil Heritage's story

to work and succeed in a number of sporting and extreme challenges. He has competed in triathlons, learned to ski and qualified as a scuba diving instructor.

Neil is able to draw on his years of being in the military, experience of going through life-changing rehabilitation and his epic 51-day cross Atlantic row; part of the first disabled crew to complete this unsupported challenge.

In 2016 Neil founded Climb 2 Recovery (C2R). C2R support wounded soldiers in their rehabilitation using climbing and adventurous challenge as a springboard to recovery. C2R has helped numerous injured soldiers gain qualifications in the outdoor industry and supported them in finding new careers after service.



For further information visit [www.c2r.org](http://www.c2r.org)



# Team Endeavour Racing

“

*Joining TER has literally saved my life. I now have a job and meaning in my life.*

Team Endeavour Racing participant

”

**Team Endeavour Racing UK provides powerboat racing and participation for wounded, injured and sick service personnel and veterans. Since their inception in 2013 we have been supporting them on their mission to create a transition vehicle to support and empower their members into future employment, training or education.**

In its seventh year it is now the largest 'Thundercat' racing team in the world with eight fully race prepared boats. The team is based at MOD Southwick Park outside Portsmouth and uses the lake at HMS Excellent on Horsea Island for training. In addition to the race boats, the team now has a 5m safety boat and an 8.5m all-weather safety boat. This ensures the team can train safely on the lake or offshore. It also allows beneficiaries to gain experience following their RYA PB2 course. Team Endeavour Racing has shore support crews, this enables those who do not want to race to also take part in the sport.

A considerable number of WIS beneficiaries have complex mental health conditions. Team Endeavour has found that high speed and adrenaline activities really help, particularly as some veterans do not respond to traditional therapies. Many former service people also miss the camaraderie and security of military life. Powerboating allows beneficiaries to refocus their minds in a way that is constructive, enjoyable, exciting and with a purpose.

Following the lifting of COVID-19 restrictions, Team Endeavour Racing completed fifteen race training weekends. All new beneficiaries completed RYA PB2 training courses, VHF radio certification and Thundercat race certification and training. Five boats and crews completed in national events at Minehead, Poole, Plymouth, and the Round the Isle of Wight endurance - where one of the boats took third place.

This year Team Endeavour adapted a boat to enable a crew of amputee/Blesma beneficiaries to demonstrate their skills in national events. A team subsequently performed at the Southampton Boat show competing in mini circuit races.

Despite the restrictions at the start of the year, 2021 saw more beneficiaries taking part in the sport. By the end of the summer the team had also achieved podium positions for the first time.

[Click here to see some of the team training on the Solent](#)



“

*Makes a world of difference to my mental state being around like-minded and inspiring people. One of the new guys came for his second time this weekend. He told me that on his first visit last month, on about lap three, the noises he suffers in his head went. For the first time in seven years he had silence ... inspiring!*

Team Endeavour Racing participant

”



Team Endeavour Racing is open to wounded, injured and sick (WIS) serving personnel and veterans. It uses entry-level power boating to create an enjoyable and stimulating environment to develop, inspire and challenge while transitioning from the Armed Forces into a secure and rewarding civilian career. The project is solely managed by WIS personnel and veterans.



For further information visit [teamendeavourracing.co.uk](https://teamendeavourracing.co.uk)

# Vetans' Sub-Aqua Club



## Grant awarded to VetsSAC for an expedition to Gozo to refresh instructor diving skills after the prolonged break due to the Covid-19 Pandemic.

VetsSAC was set up in 2019 to offer a diving home for ex-Servicemen and women, their families and friends. The nucleus of the Club was based on the instructors developed and qualified through the 'Help for Heroes' Rehabilitation through Sport scheme'. The majority of instructors are WIS (wounded, injured or sick) veterans

Like many other activities, sub-aqua was badly affected by the pandemic and instructor skills had atrophied significantly by early 2021. Diving clubs rely on offering members the chance to upgrade their diving skills and without current instructors, the attraction of a diving club like VetsSAC declines. For the instructors themselves, being deprived of their principle outdoor activity had a deleterious effect on both their mental and physical health.

Five WIS instructors attended this very special training opportunity which offered so much more than just refreshing their diving skills. The first day was shore diving and the remaining five days were spent with exclusive use of the RIB to explore the best dive sites off Gozo, including the world famous Blue Hole and Coral Gardens and the Double Arch Reef.

**Due to this fantastic retraining opportunity, rusty diving skills, poor techniques and some apprehension have now been replaced by confident, capable instructors at the top of their game.**

[A video of the expedition can be viewed here](#)

“

*Diving during the pandemic has been difficult, particularly as a club. The trip was a unique chance to get back in the water to brush up on individual skills, to enjoy diving together, and invaluable to know how each other operates in the water again, improving our team cohesion as instructors before we welcome new and upgrading divers back to the club.*

VetSAC beneficiary

”



“

*I got a lot out of being back with the other instructors exchanging knowledge and skills and just refreshing old friendships. It was good to be back amongst some military minded people who better understand mine/our previous experiences, and use humour in a way that only people who have served truly understand.*

*It was good to be back rediscovering the amazing diving in Malta with some old and new sites covered, all of which will allow us to better focus on future students without feeling unsure of dive sites ourselves.*

VetSAC beneficiary

”



For further information visit [veteranssubaqua.com](http://veteranssubaqua.com)

# Kayak4Heroes

**Our first Bounceback Fund grant helped a truly inspiring group of athletes to achieve a world first by becoming the first adaptive team to kayak from Land's End to John O'Groats. Their expedition became a true 'adventure with purpose' as they also managed to raise nearly £100,00 for charity along the way.**

The Kayak 4 Heroes team, who all have life-changing injuries, took a record breaking 26 days to complete their challenge. They paddled a total of 1,400km – hitting speeds of up to 24km per hour, with their longest day seeing them cover 95km. The route featured two inland sections covering approximately 400 kilometres of the total distance. The first of these two passageways led the team inland through the Bristol Channel before heading up the River Severn and canal networks of the West Midlands. The second section passed through Scotland's famous Caledonian Canal which routes through Loch Linnhe, Loch Lochy and Loch Ness (150 kilometres).

The Kayak 4 Heroes team were: [Darren Edwards](#), from Shropshire, [Luke Wigman](#), from Nottinghamshire, [Jonny Huntington](#), from Devon, [Carl Simmons](#), from Worcestershire, and [Ben Gallagher](#), from Herefordshire.



*As we paddled across the finish line, I felt a huge sense of pride in what we had achieved. By working together, we proved that disability and injury has no bearing on the goals you can set yourself.*

Team Captain Darren Edwards



## Darren Edwards - Team Captain

Former mountaineer and Army Reservist, Darren was involved in a serious climbing accident which paralysed him from the chest down. Kayaking has been the most important part of his physical and emotional recovery and has enabled him to find strength through adversity.

**[Watch the start of the Kayak4Heroes journey on Youtube - click here](#)**







### Kayak4Heroes Team

#### **Ben Gallagher**

Whilst serving in the British Army Ben was shot numerous times and received blast/fragmentation injuries to both arms and upper torso. Prior to his injuries he had a successful military career. Ben has a passion for exploring, expeditions and endurance events whilst always striving for excellence.

#### **Carl Simmons**

Carl served in the Army as a member of the Royal Army Physical Training Corps for much of his career. Despite being on the end of a career-ending spinal injury, which has required numerous surgeries, Carl is an accomplished athlete and has gravitated towards endurance cycling in recent years.


#### **Jonny Huntington**

Former Army Officer and ultra-marathon runner, Jonny was paralysed down his left side by a brain bleed. He is now a cross country skier, climber and endurance athlete.

#### **Luke Wigman**

Former RAF Regiment Gunner was seriously wounded during operations in Afghanistan after stepping on an IED during a routine foot patrol. The determined athlete has since become a respected, international competitor, competing in some of the worlds most arduous marathons.

# Turn to Starboard



***“TTS has been a real tonic to my mental health. This experience has given me the confidence that I can deal with the challenges of daily life. Working in a small team with Veterans has proven I can lead a useful life and can look positively towards my future.”***

Turn to Starboard participant

**We were excited to support Turn to Starboard's epic three week adventure to take 50 veterans on five yachts from Land's End to John O' Groats .... and back!**

Earlier this year, Turn to Starboard offered the chance for ex-Service personnel who had been affected by military operations, or struggling with isolation during the current coronavirus pandemic, to be part of an ambitious sailing expedition from Land's End to John O' Groats.

**#LongWayUp** and **#LongWayDown** were offered to participants as a life-changing sailing adventure along the west coast of mainland Britain. The aim was for participants to experience freedom on the water, meet people facing similar challenges as their own, and gain valuable skills that apply to everyday life. Each yacht was led by a fully qualified and highly experienced skipper to safely guide the crew.

The event followed two successful Round Britain Challenges that took place in 2016 and 2017 that saw teams of injured veterans circumnavigate the British Isles onboard a traditional Tall Ship. Both of these life-changing expeditions helped many participants gain professional sailing qualifications and take positive steps forward in their lives.



Turn to Starboard was founded by RAF Squadron Leader (Rtd) Shaun Pascoe. The idea of using sail training to help Forces personnel overcome the challenges of transition to civilian life was inspired by Shaun's own personal experience.

## Turn to Starboard's mission is:

- To help serving and retired Armed Forces personnel and their families readjust after operations and assist them in meeting the unique demands placed on them by Service life.
- To focus on re-integration, re-engagement and reinforcing a sense of value and belonging for beneficiaries
- To provide Royal Yachting Association (RYA) sailing courses and career building opportunities to help make beneficiaries make 'the right turn'.

**Watch Manx Radio's moving interviews with the LongWayUp crew**



“

***Thank you SO much to everyone at TTS for what was probably the best month of my life. I loved every moment, it really helped me keep the black dog at bay. Upon getting home the difference in me was noted by the family too.***

***It feels like a pivotal point in my life and because of the trip, going forwards I feel fitter mentally and physically for my post-forces' days.***

Turn to Starboard participants

”



For further information visit [turntostarboard.co.uk](https://turntostarboard.co.uk)

# Polar Preet

*I am now in Antarctica on my solo, unsupported expedition to the South Pole. This involves me travelling 700 miles, pulling a pulk (sledge) with all of my kit, battling temperatures of -50c and wind speeds of up to 60mph.*

Captain Preet Chandi

**Polar Preet has just started her world record breaking attempt [24 November 2021] to be the first woman of colour to trek solo and unsupported to the South Pole. She is dragging all her kit in a pulk which weighs 87kg. We are so proud to be supporting Preet on this epic and dangerous challenge.**

Captain Preet Chandi is currently attempting an extraordinary expedition to trek unassisted to the South Pole. As a British born Indian Sikh, she will be the first woman of colour to undertake a solo expedition in Antarctica. Only a few female adventurers have previously completed unsupported treks in this environment and Preet is therefore aiming to make history as well as to inspire future generations by becoming as a role model to young women, particularly those from ethnic backgrounds.

Preet's journey will take approximately 45 days to complete and she will have to dig deep to endure dragging her pulk for 700 miles in hostile and dangerous terrain whilst battling wind speeds of up to 60mph and temperatures of -50C.

If Preet is successful in reaching the South Pole, she plans to return and attempt an unassisted crossing of the entire continent. This would

catapult her into the history books as one of the greatest living explorers.

## About Preet

When she's not attempting a world record Preet is normally based at a Medical Regiment in the North West of England. Her primary role is as a physiotherapist but in addition, she's the medical lead for the Army Rugby 7s team and occasionally works with the Army Engagement team.

As you can imagine, Preet's first love is adventure, and pushing mental and physical boundaries. As well as playing tennis competitively for the Army she is training to become a Nordic ski instructor. She has hiked and climbed in Kenya, Morocco, Mexico, Nepal, Bolivia, Peru, Iceland and the Alps and last year she completed the gruelling Marathon des Sables – a six-day, 251km ultra-marathon in the Saharan desert.

Watch Preet's progress and listen to her live blogs on her [tracking map](#)



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*My aim for this expedition is to inspire others to achieve anything they want and to redefine what's possible. The power of seeing someone that looks like you can change or shape how you view yourself. I want to show and tell you that the world is your oyster. There is so much you can do, let's break down those barriers!*

Captain Preet Chandi

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**TOP IMAGES** - final training on Langjokull Glacier, the “long” glacier, and the second largest in Iceland.

**CENTRE IMAGES** - packing kit and 48 days worth of food. Meals are freeze dried and her graze bag (which is what she eats from during the day) is a mixture of nuts, dried fruit and chocolate to keep up her calorie intake.

**LOWER IMAGES** - Preet being dropped off on 24 November to start her trek. Second pic is Preet and five other explorers heading out on expeditions - chances of them bumping into each other ... fairly slim!



# Antarctic Quest

[A Forces News item about the expedition can be viewed here](#)

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*As we approach the 100th anniversary of Shackleton's final Quest Expedition and his untimely death in South Georgia, it seemed fitting to make a celebration of his achievements and commemorate his passing by linking our expedition to him.*

Paul Hart (Lt Cdr RNR) - Expedition Leader

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**We are proud to be funding such an intrepid group of explorers on their extraordinary 300km challenge. The core purpose of this expedition is for the team to contribute to the scientific understanding of Antarctica's solid Earth, ice, ocean and atmosphere, and what recent and future environmental changes mean to every one of us.**

Antarctic Quest 21 is about to commence. The eight person team will soon be travelling into the untrodden regions of the Antarctic Peninsula to undertake essential science and exploration.

Operating in this region is no easy task, with considerable climatic and environmental challenge. The only mechanism of movement across the unforgiving terrain is by manually hauling all that is needed for the team's survival, as well as all the scientific equipment. 'Man-haul' is very much in the spirit of Shackleton's heroic and historic achievements, and the expedition team will hold a commemoration service in his honour on the ice on 5th January 2022. This will take place on the East Coast of the Peninsula, overlooking the Weddell Sea, and the site of Shackleton's legendary Endurance Expedition.

In the 201st Anniversary year of the discovery of Antarctica, the team will cross the Forbidden Plateau from Portal Point to Foyen Point. At Foyen Point they will put in place and start scientific

equipment that will transmit data used in climate research in real time. The team will then travel down the spine of the Peninsula and continue their data gathering for scientific research of climate

change, meteorology, geology and glaciology. Of special importance will be the team's collection of samples research into microplastics, metal and nutrient content of the snow on the Peninsula, revealing just how we are affecting the most remote areas on the planet.

The team want to inform, educate and inspire the general public on the subject of Antarctica. To these ends, a comprehensive educational outreach programme has been developed, working with schools, universities and the general public to broaden knowledge and understanding about Antarctica.



For further information visit [antarcticquest21.com](http://antarcticquest21.com)



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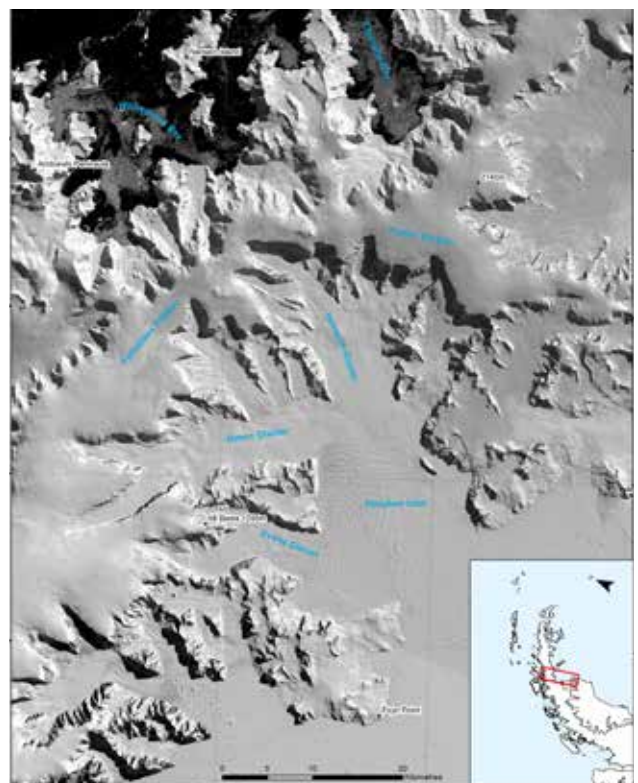
*This is a statement that the 'Heroic Age' of Polar exploration didn't end with Shackleton's demise – like him we will be going into the unknown and treading in untrodden regions, like him we will rely on only our own skills to operate safely in the environment and will haul all our kit and equipment and we will, like him, be seeking to inform, educate and inspire all ages of people about science and exploration.*

Paul Hart (Lt Cdr RNR) - Expedition Leader

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### Antarctic Quest scientific aims include:

- Gather snow samples from remote locations to measure microplastic contamination
- Measure UV Radiation levels across the Peninsula to look at Ozone depletion
- Emplace a GPS system to measure movement of the Antarctic Peninsula
- Measure snow deposition rates to look at Climatic changes on the Peninsula
- Measure metallic contamination of the snow to determine metal fall out into the Southern Ocean and its impact on bio-mass in the water column.



# GRANTS

The Team Army Sports Foundation regularly makes grants to a diverse portfolio of beneficiaries across the armed forces community to both serving and veteran groups. These include:

## UK Armed Forces Sports

- Cricket
- Equestrian
- Golf
- Military Jockeys
- Paragliding
- Point to Point Racing
- Rugby
- Rowing
- Rally Team
- Shooting
- Winter Sports

## Adventurous Training and Challenges

- Royal Artillery Sailing expedition
- Antarctic Quest 21
- Polar Preet South Pole expedition
- Infantry Sailing expedition
- 3 Division Warrior Trophy
- Force Atlantic (Army Talisker)
- Oardacious (Navy Talisker)
- Atlantic Flyers (RAF Talisker)

## Navy Sports

- Rugby League
- Polo
- Hockey
- Winter Sports







## RAF Sports

- Tennis
- Rugby League

## Army Corps and Regimental Sports

- REME
- Royal Signals
- Yorkshire Regiment

## Disabled/Adaptive Support

- Armed Forces Para-Snowsport Team
- Team Brit
- Turn To Starboard
- Adaptive Motorcycling - True Heroes Racing
- Team Endeavour Racing
- Kayak4Heroes
- Veterans Sub Aqua Club
- Golf - On Course Foundation
- Fennec Endeavour
- Polo - Fran Townend
- Mission Motorsports
- Purple Warrior
- Team UK to the Invictus Games
- Climb to Recovery





## Team Ethos & Team Army

Funding sport, challenge and adventure in the armed forces community to improve health, wellbeing and recovery. We help the best get better.

*Team Ethos/ Team Army are co-brands of a programme operated by Ethos Fundraising Ltd in collaboration with Team Army Sports Foundation. The brands are interchangeable and applicable as appropriate.*

Official fundraising partner of Team UK for the Invictus Games The Hague in 2022



[team-ethos.org](https://team-ethos.org)

Ethos Fundraising Ltd - 07455308



[teamarmy.org](https://teamarmy.org)

Registered charity - 1144004