



# Impact report

December 2021 - November 2022

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**



“

*We are really grateful for the grant from Team Forces which will help us offer invaluable support to many members of the Armed Forces. Every single penny will go to changing people's lives – providing them with the tools to manage their mental wellbeing and move their lives forward.*

Kelda Wood MBE, Founder of Climbing Out

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*I have faced many challenges in my life. I could not have overcome them without the support of my family, my friends, my colleagues and sport.*

Corie Mapp - Para Bobsleigh

”



# ABOUT US

**Team Forces/ Team Army 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.



## Our Good Causes Fund

Team Forces 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.

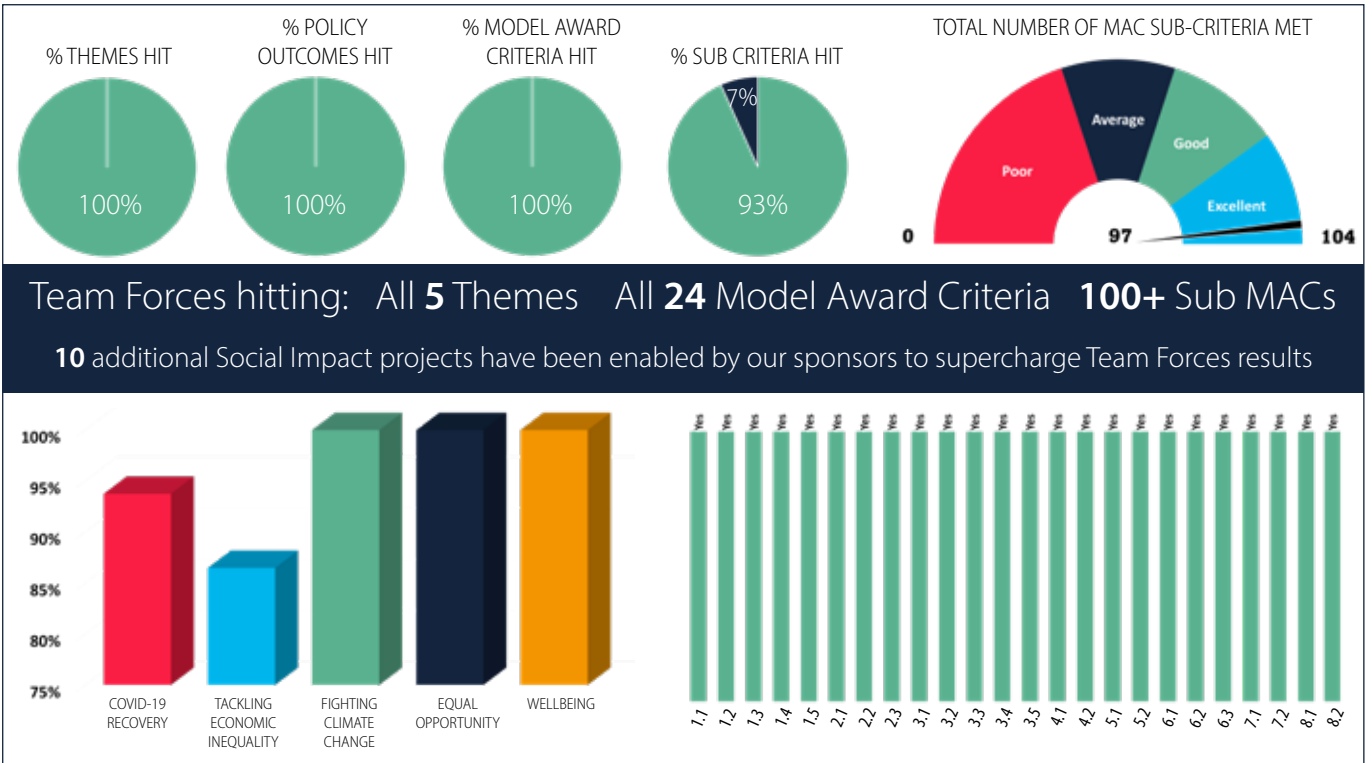
## Social Value

For UK Government departments and their industrial partners, Social Value will underpin 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/ Team Forces 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.

Reflecting on our start to this decade, the pandemic was a crisis-opportunity that has resulted in a social impact pivot that has future-proofed Team Forces whilst concurrently sustaining pre-pandemic support to forces sports. 23 Team Forces Social Impact Projects (up 43% increase year-on-year) have 'shifted the needle' on our social impact dashboard across all 5 Themes and 24 Model Award Criteria (MACs). As a result of the growth in projects supported and the increased diversity of projects, the sub-MAC percentage covered has increased from 58% to 93%. The weight of impact to all 5 social value themes has also increased in that more projects are contributing at scale to existing MACs. Team Forces have captured this critical analysis in more detail within a Social Impact Report 22, compiled by our Social Impact team, which explores each of the Impact Projects and the military sport support.







We have formalised our Day 1 relationship to enable this, making a Social Value Tool-Kit available to all sponsors to assist future tenders/ proposals enabling higher evaluation scores and in-contract performance. Team Forces fortune is predicated on successful collaboration. Hence we are fostering public, private partnerships in the delivery of outcomes that inspire and motivate us all. Our growth would not have been possible without increased support from our sponsors and pro-bono contributions from our UK SME partner, Day 1 People and the oversight that Danny Flack has provided as our Director of Social Impact. Their ideas and objectivity have provided innovation, clarity and transparency for our team, the trustees and sponsors.

Our Social Impact team has adopted our Social Value Calculator, action plan and dashboards (now available to sponsors) within our Social Value Tool-Kit to assure we meet and exceed HMG's requirements by drinking our own champagne. SVaaS propositions tested in 2022 will be rolled out on a wider basis in 2023.



## Funders & Donors

While some companies make direct donations to the foundation, all our members 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:

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For further information about what we do, check out [teamforces.org](https://teamforces.org)



# 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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# Antarctic Quest 21

## Scientific Exploration

**Team Forces is proud to have funded this scientific expedition. Its core purpose was to contribute to the understanding of Antarctica's solid earth, ice, ocean and atmosphere, and what recent and future environmental changes mean to every one of us.**

The eight strong team started off from Portal Point in December 2021, venturing into the untrodden regions of the Antarctic Peninsula data gathering for scientific research on climate change, meteorology, geology and glaciology. Operating in this region is no easy task particularly with the only mechanism of movement across the unforgiving terrain by having to manually haul all that was needed for the team's survival, as well as all the scientific equipment.

The team faced extreme weather conditions with severe storms and high winds hampering the

expedition's progress considerably. Their time on the continent was curtailed further when the vessel that had planned to collect them cancelled their sailing, forcing a collection 10-days earlier than planned by a different ship.

Even with all these unexpected setbacks it's fantastic to note that the team managed to complete the majority of their aims on the expedition. Of special importance is the team's collection of samples to research 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 data collected by the Antarctic Quest 21 team is currently being analysed and will hopefully help scientists and academics narrow the range of uncertainty in their environmental models. In turn, this will lead to more accurate forecasts and better advice for politicians and policy makers.

***“Having spent five weeks on the white continent, this amazing and unique environment has worked its way into our hearts and souls. Despite all the battles with the weather and the terrain, it's simply true that Antarctica is bewitching and gains a hold on you. It's for this very reason we came down here, to do work that will help us protect and preserve this wonderful environment and, hopefully, the wider world.”***

Lt Cdr Paul Hart RNR, Expedition Leader





# Atlantic Flyers

## Rowing across the Atlantic

**Team Forces regularly supports armed forces teams competing in this gruelling Atlantic rowing challenge. It takes true grit and incredible determination to row at speed for over 3,000 miles, travelling west from San Sebastian in La Gomera, Canary Islands, to Nelson's Dockyard English Harbour, Antigua and Barbuda.**

In December 2021 we supported four RAF Pilots to take on the challenge. The 'Atlantic Flyers' (Wing Commander Phil Holdcroft, Squadron Leader Sonny Roe, Flight Lieutenant Simon Berry, and Flight Lieutenant Chris Carrington-Smith). The team took 36 days to complete one of the toughest rowing challenges in the world finishing second which is a huge achievement!

The rowers worked in pairs for two-hour shifts to cover the distance in around 1.5 million oar strokes. They all lost around 12kg during the challenge as they were burning over 5,000 calories every day. The team also

saw waves up to 20 feet high and beautiful marine wildlife; and experienced stomach cramps, sleep deprivation, hallucinations, salt sores, and hunger!

One of the driving reasons the team took on this epic challenge was to raise funds for charity as in 2014 Wing Commander Phil Holdcroft's daughter Isla, was diagnosed with Leukaemia at just 22 months old. She is now a thriving and happy ten year old but Phil is on a mission to raise funds for charities, such as The Starlight Children's Foundation, that made life a little bit easier for his family during Isla's illness. The team raised an amazing £40,000 for Starlight on their row!



*This sort of challenge epitomises what adventure is all about; pushing physical and mental boundaries. Thanks to the many companies that support Team Forces, the charity was delighted to have been part of the journey by helping to provide much needed funding. We applaud the team's success.*

Tim Wakefield, Team Forces Chief Operations Officer





# Climbing Out

Wellbeing support for Veterans



“

*We are really grateful for the grant from Team Forces which will help us offer invaluable support to many members of the Armed Forces. Every single penny will go to changing people's lives – providing them with the tools to manage their mental wellbeing and move their lives forward.*

Kelda Wood MBE, Founder of Climbing Out

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**Climbing Out courses give military veterans the tools they need to manage their own mental wellbeing ... and help them learn how to be happy again. Team Forces is proud to be helping this inspirational organisation deliver life changing courses to our military personnel and Veterans**

Climbing Out offers outdoor activity programmes aimed at rebuilding confidence, self-esteem and motivation in people who have been through a life changing injury, illness or trauma. There are three

layers to their programmes. They combine outdoor activities with mental resilience coaching whilst building long term friendships and support. This gives participants the tools to manage themselves, helping them to deal with not just what's happened in the past or what they're going through right now, but also any challenges they may face in the future. Climbing Out is passionate about developing people to have the tools so they can manage their own mental wellbeing, take responsibility for their lives moving forwards and fulfil their potential.



For further information visit [climbingout.org.uk](https://climbingout.org.uk)



# Climb to Recovery

## Climbing Courses for WIS Veterans



**Team Forces has been supporting Climb to Recovery (C2R) since 2020. Set up by wounded veterans for other wounded, injured and sick (WIS) veterans and service personnel, C2R delivers a versatile and progressive programme of climbing and mountaineering that provides participants with a variety of options to access the outdoors, make friends, learn skills and gain qualifications.**

The C2R programme is delivered year-round through a series of residential courses. Each course consists of a teaching element, beneficiaries work in small teams under the supervision of an instructor to develop skills and independence. The programme not only develops climbing skills but also builds confidence, resilience, and self-esteem; working in teams beneficiaries also develop friendships, improve communication skills, and overcome significant challenges. Together this leads to a tremendous sense of achievement, satisfaction and enjoyment.

C2R staff, instructors, and training providers, have extensive experience working with minor to life-changing physical and psychological injuries and diagnoses. They understand the requirements of the beneficiaries and pro-actively manage risk to deliver enjoyable, safe and constructive experience; given the nature of some veteran's injuries this often requires increased instructor ratios. This approach ensures participants receive the most appropriate and thorough support possible.

Their programmes help to improve well-being, social functioning, self-confidence, and life outlook; leaving veterans more likely to take part in activities involving exploration (trying and learning new things, testing themselves), and listening to and helping others – increasing empathy and helping teamwork.

C2R's 2022 core programmes supported over 100 unique veterans on 16 residential courses. Many participated in multiple events as they developed skills and experience working towards nationally recognized outdoor instructor qualifications. Through this fully sponsored program C2R members are able to gain the necessary skills and qualifications to return to work and pursue a career in the outdoor leisure industry.

Many participants go on to use their experience and qualifications to take friends and families into the outdoors, to volunteer with scout or cadet groups, and to transition or return to employment.

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



# England Polo Team

Fran Townend



Last year we gave Army Veteran Dr Fran Townend, England Ladies Polo Team player, an individual grant to attend the Federation International Polo (FIP) European Polo Championships where the team won a Silver Medal. This enabled the team to qualify for the FIP Ladies World Polo Championships in Argentina in April 2022. Our second grant has now helped Fran to attend these Championships ... where the team won a Bronze Medal!

The England Team spent four weeks in Argentina to acclimatise, train, and compete at the championships which took place in Palermo, the home of polo. At the event, Fran was honoured to receive the tournament sportsmanship prize and was especially proud to have played against the Argentina Ladies Team, in front of packed grandstands, on their home ground and take them to a penalty shoot out to progress to the semi-finals.

“

*None of this would have been possible without the support we were given by Team Forces which enabled us to make history on two counts. Firstly to attend the inaugural World Championships and secondly, to be the first team there to include a para-qualifying athlete.*

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 her incredible determination, along with help from the Battle Back Programme and Help4Heroes, that carried her through the many operations and hurdles that followed ... taking her from having a future confined to a wheelchair, to being a topflight polo player.



# EPIC GIGability

## Cornish Pilot Gig Racing for Veterans

**EPIC GIGability provides weekly rowing sessions for all military veterans, helping them to towards a healthier, fitter lifestyle and improved physical and mental well-being. Team Forces provided a grant in 2022 to help the club purchase more equipment.**

The EPIC GIGability pilot gig rowing club champions inclusivity and promotes the ethos that everyone has equal access to opportunities who might otherwise be excluded or marginalised.

Club members support one another to take to the water regardless of their physical or mental disability demonstrating there should be no barriers to enjoying sport and that “Every Person Is Capable”.

The Club has a membership of over 60 compared with 27 in 2021 and is truly Tri Service. In 2022 club crews raced at the Cornish Pilot Gig World Championships on the Isles of Scilly. A competition that hosted 150 gigs from the UK and Holland. Epic has also taken part in a number of regattas and is planning attendance of at least one regatta per month throughout the 2023 season as well as taking part in the Great River Race.

*I mentioned my condition and the response was, ‘if you think you can do it, then we will get you on the water no matter what’ and true to their word they did. I live by the mantra that a wheelchair should not define who you are and with the support and friendship of members at the club I am able to truly ditch my chair for a few hours and enjoy the water.*

Craig - Army Veteran



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





# Ex Grand Alps

## Cycling from Geneva to Nice

Team Forces provided a grant to help support Ex Grand Alps which involved a team from the Royal Artillery Cycling Association (RACA) cycling from Geneva to Nice via the Route des Grande Alpes.

The team of eight masters (aged 40+) consisted of six cyclists and two support personnel from the Royal Artillery, many of whom were using the expedition as motivation to overcome long-term chronic injuries (including joint replacements and muscular-skeletal injuries) often as a result of their long service.

Ex Grand Alps consisted of a 6-stage route from Geneva to Menton, 624km with approximately

15,000m of ascent covering the major Cols (mountain passes) of the Alps.

Unfortunately a severe heatwave was in place during the exercise which had a negative effect on riders' performance - even with the provision of extra fluids and ice. Unfortunately, this meant that stage three had to be cut short due to the extreme heat for the safety of the participants.

*Training activities such as this allow service personnel to challenge themselves physically and mentally, and in doing so assists preparation for operational activities; both from a planning perspective and from a physical one too. The benefits should not be underestimated.*

Ex Grand Alps participant







# Flying For Freedom

## Microlight Courses for WIS Veterans



**Flying for Freedom aids Wounded Injured and Sick (WIS) recovery through microlight flying training. Microlight, open cockpit weight-shift aircraft are one of the easiest and cheapest ways to fly. They also enable WIS personnel to experience the freedom of flying at its most basic and closest to nature; the experience for the trainees has been overwhelmingly positive.**

FFF has around 25 team members and four aircraft which are positioned in three bases across England. It's vision is to become a world class microlight flying WIS recovery organisation.

There are no special dispensations made for disabled pilots. The Civil Aviation Authority syllabus and standards we follow are exactly those applied to the able bodied: Through flight training we can rebuild the self-esteem and self-worth that is lost following a life-changing incident, building a positive self-image for the future.

In 2022 we received critical support from Team Forces which enabled FFF to:

- Continue routine flying for members – aiding their ongoing recovery.
- Run two team training weekends which has helped build confidence and flying skills lost during the pandemic.
- Conduct routine maintenance and permitting (aircraft MOTs) on our aircraft.
- Qualify one new pilot who has joined the team.
- Bring one pilot up to solo standard.
- Achieve circuit flying (practice take-offs and landings) for a further two trainees who are also now close to solo.



*The best support for those with PTSD comes from those who have experienced PTSD, our club makes talking about feelings easy as pilots share a common experience*

Ed Stroud (Army ret'd WIS – FFF pilot)



# GB Biathlete

Captain Marcus Webb



Team Forces is proudly supporting elite athlete Captain Marcus Webb, currently the number one GB Biathlete, to continue his training towards qualifying for the World Championships in 2023 and the World Cup in 2024.

“

*With the next Winter Olympiad commencing in Milan in 2026, I am on a mission to become the first male biathlete to represent Great Britain since 2014 on the world's most famous sporting stage.*

Captain Marcus Webb, GB Team Biathlete

”

Captain Marcus Webb is half English and half Norwegian and has been skiing since the age of three. He joined the British Army in 2018 and first competed in biathlon in 2019 at the Army Nordic Championships where he was soon selected for the GB Development Squad. In 2021 he made his first debut at the International Biathlon Union Cup as part of the GB Team.

Marcus has since been selected by Team Blåne in Lillehammer, Norway to train full-time; Lillehammer is considered the world's capital of biathlon and has some of the best facilities and support the sport has to offer. Performance measures show that Marcus is a rising star and he's on trajectory to qualify for the Winter Olympics in 2026!





# Gwennili Trust

## Respite Sailing for Military Veterans



“

*As ex-RN, I had clearly opted for a life on the sea, but this was cut short when I lost my sight. Whilst I have sailed since, last week was an extraordinarily liberating experience. I believe we all took ourselves further than expected, learned an enormous amount and bonded as a crew, not just as veterans. I cannot thank you enough for the opportunity and please pass on my appreciation to your donors and sponsors.*

Royal Navy Veteran

”

The Gwennili Trust gives Wounded, Injured and Sick (WIS) personnel and disabled veterans the chance to sail. Though sailing, beneficiaries (re) gain; a sense of purpose and adventure, community & camaraderie, personal achievement & self confidence, freedom & responsibility, team work & physical activity, health & self reliance, learning and skills.

Team Forces provided a grant in 2022 which enabled 10 day sails and 12 cruises:

- 80 veterans and WIS were able to go day sailing and,
- 58 veterans and WIS went on 5 day cruises: BattleBack, Not Forgotten Association, Stoll, Blind Veterans UK, WIS at HMS Raleigh and HMS Drake and a RYA course for WIS and veteran returners.

The Trust provides grass roots, practical activity, an introduction to yachting leading to initial MCA/RYA qualification for capable returners.

The people who benefited were WIS and veterans whose mental and physical conditions adversely affect their lives. They took part in activities that most non-disabled people regard as exciting, demanding and difficult to access.

Becoming physically active, reconnecting with others and managing the social interaction whilst living as a crew broadens horizons. Beneficiaries became motivated to regain aspects of themselves that had been lost through injury or trauma.



For further information visit [gwennili.org.uk](http://gwennili.org.uk)

# Helping to support Team UK

As the Official fundraising partner of Team UK for the Invictus Games The Hague we were very proud to pledge our support to Team UK competitors from across the country. Involvement with the Invictus UK programme is a life changing experience and the significant mental and physical health benefits can be translated outside of sport and into everyday life.

“

*I can't explain how much the Games have helped us. Meeting people through Invictus who are in similar situations was amazing. It's given my husband and I the best support network we could have asked for.*

”

After being postponed twice due to Coronavirus, the fifth Invictus Games was held in April 2022 at The Hague in the Netherlands. The games brought together over 500 competitors and 1,000 friends and family from 18 nations to compete in a series of adaptive sports.

The Invictus UK programme uses the power of sport to inspire the recovery and rehabilitation of men and women who were wounded, injured or became sick during their service.

Family plays a hugely important role in the recovery process and is a unique strand of the wider Invictus Games programme. The selected team's family are provided with a network of support where they can meet others who are in a similar position, further understand their competitor's journey and watch them gain a sense of achievement.

Invictus UK always selects a team to represent the UK that consists of individuals who will seize the recovery opportunities presented to them, compete hard, demonstrate an Invictus Spirit and go on to become advocates for the power of sport in recovery.

Fifty nine competitors were selected to represent Team UK at the 2022 Games. They competed in nine sports: Athletics; Archery; Wheelchair Basketball; Cycling; Powerlifting; Indoor Rowing; Wheelchair Rugby; Swimming and Sitting Volleyball. Following selection, the Invictus UK programme prepared the







Team UK competitors to compete through a series of regular training camps with National Governing Body high performance coaches available across all nine sports. As well as focusing on developing their sport performance, the competitors were encouraged to set individual goals to maximise the benefits of the recovery experience. This could include identifying their wider needs for support, outside of the world of sport.

In April 2022 Team UK joined 17 other nations at the Invictus Games The Hague to participate, achieve personal bests, meet new friends and celebrate a

week of achievements with the people who love them the most.

The Invictus Games is a powerful demonstration of the dedication our men and women displayed when they served our country. It is a celebration of how they confronted hardship, but refused to be defined by their injury or illness.

**Ultimately, the Invictus UK programme empowers competitors and allows those who once served their country to proudly wear the Union Jack again.**



For further information about The Invictus Games 2023 visit [britishlegion.org.uk](https://britishlegion.org.uk)

# International Powerlifting

Petty Officer Wesley McGuinness RN

**In 2022 Team Forces supported Petty Officer Wesley McGuinness, a serving member of the Royal Navy and talented powerlifting athlete, with a grant to help him to represent Great Britain at powerlifting events around the world.**

Wesley began powerlifting in 2011 and within three years had represented England at the Four Nations Powerlifting Championships. In 2016 he joined British Powerlifting, the highest powerlifting association in the United Kingdom.

Wesley then became the first member of the Armed Forces to be selected to represent England at the 2017 Commonwealth Powerlifting Championships in South Africa where his haul of medals (2 silvers and a bronze) also earned him a nomination for Royal Navy Sportsman of the Year. In 2021 he represented Great Britain at the world powerlifting championships in Lithuania – where he was ranked 6th in the world in his weight category!

In 2022 Wesley represented GB at several international events including the World Championships in Kazakhstan and the IPF European Powerlifting Championships in Hungary. At his last international event, the Commonwealth Powerlifting Championships in New Zealand in December, Wesley achieved a silver medal in the benchpress category!

His enthusiasm, commitment, discipline and dedication to powerlifting has not gone unnoticed and he is now one of just four Service personnel on the Royal Navy's Elite Athletes Scheme. In 2023 Wesley hopes to compete in The English Powerlifting Association Championships and the IPF Commonwealth Bench Press Championships.



***The generous contribution by Team Forces has played a huge part in my success and I hope I have done you proud!***

***The benefits of your support will not only help the profile of powerlifting, but also physical development within the Armed Forces; demonstrating that we can strike a balance between protecting our nations interests as well as showing the same courage, commitment, discipline, integrity and professionalism to something outside of our core roles.***

Petty Officer Wesley McGuinness RN







# Mission Motorsport

Race - Retrain - Recover



Team Forces has been supporting Mission Motorsport since its launch in 2012 when it was created to be a force for good in recovery sport, to offer training insight and provision to those in transition and those in need, and to drive the development of pathways into relevant, sustainable employment for service leavers, veterans, and their families.

*Funding from Team Forces has made a significant difference to the support we provide, from purchasing new helmets, the most crucial piece of kit – to paying for the first aid team at track meets. Team Forces support also allows us to buy the essential car part quickly, that will get the car back on the road in time for the next track day, where one more beneficiary can enjoy that adrenalin boosting ride, alongside enjoying time chatting to others who understand their life experiences.*

Jill Baines, Fundraising Co-ordinator, Mission Motorsport

Mission Motorsport aids in the recovery and rehabilitation of those affected by military operations by engagement through sport, Mission Motorsport recognised from the outset the astonishing, inspirational and healing potential of sport.

Motorsport is unique in that the disabled compete against the able bodied on a level playing field - there is no separate category for disability. Engineering allows Mission Motorsport to adapt the vehicle, not the sport, and that leveller is a strong draw that the charity harnesses to help those who may be hard to reach - connecting them with amazing opportunities for second careers, beyond the military.

#### Mission Motorsport achievements since 2012:

- More than 2,000 WIS beneficiaries have been engaged through 900+ days of events delivered by Mission Motorsport (MM).
- 300+ wounded MM beneficiaries have successfully accessed employment through the charity's training and placement schemes.
- 2,000+ MM alumni are happily filling important roles in Formula 1, Formula E and World Rally Championship teams as well as at leading automotive manufacturers.

For further information visit [missionmotorsport.org](https://missionmotorsport.org)

# On Course Foundation (OCF)

Using golf to aid physical and psychological recovery

Thanks to funding that the OCF received from Team Forces earlier this year they were able to organise an epic 1,453km fundraising relay challenge!



## On Course to the Open

This was a beneficiary led 1,453km relay, carrying the 150th Open Championship pin flag from Royal St Georges Golf Club in Kent (the venue of the 149th Championship) to the Home of Golf in St Andrews, Fife using non-motorised transport only.

Over the 17 day period, 55 beneficiaries walked, ran, cycled, swam and rowed their way up the UK, visiting over 60 golf clubs on their route.

On the final leg, Laura O'Neill and Ian Bishop (two of our beneficiaries) were joined by Ryder Cup star Tommy Fleetwood, walking the famous 17th and 18th holes before handing the pin flag over to the Royal and Ancient Golf Club of St Andrews. As well as raising awareness of the Foundation, this challenge has raised almost £50,000 through donations and auctioning off the 50+ four-balls vouchers collected from golf clubs on the way.

**Beneficiary Scott Robertson** served as a Sergeant in the Royal Signals for almost 14 years but was medically discharged after being diagnosed with PTSD from tours of Afghanistan. He was very new to golf when he joined On Course Foundation in 2015. He was part of the Support Team for the relay and as well as all of the planning that was involved, Scott was there every step of the way to support his fellow beneficiaries and even take on some of the legs himself.

“

*It was an honour and a privilege to be asked to help organise and participate in the OCF's biggest ever fundraising event. The six months leading up to it helped give me a purpose and sense of responsibility that I haven't had since being in the Army. Doing the event itself was one of the best experiences of my life.*

OCF beneficiary Scott Robertson

”



**ABOUT ON COURSE** - 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.

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



# Para Bobsleigh

## Corie Mapp



*I have faced many challenges in my life. I could not have overcome them without the support of my family, my friends, my colleagues and sport.*

Corie Mapp



**A grant from Team Forces helped ex-Guardsman Corie Mapp - a multiple World Cup, World Championship and European Para Bobsleigh Championship medalist - compete on the international stage in 2022.**

Corie Mapp was born in Barbados 1978. He served with the Royal Barbados Police Force and the Barbados Defence Force Reserves. In 2005, he joined the Household Cavalry and from 2006-2008 he served in London with the Household Cavalry Mounted Regiment, becoming the first ever Barbadian to ride on The Queen's Birthday Parade.

In 2009, he was posted with the Household Cavalry Regiment to Afghanistan and in early 2010 he lost both legs when, his armoured vehicle ran over an IED. During his time in recovery and rehabilitation, he competed successfully in athletics and sitting volleyball for Team GB in the 2013 Warrior Games, and the first two Invictus Games. In 2013 Corie was introduced to para bobsleigh.

Initially reluctant to participate in this very dangerous sport, he quickly discovered that he was a natural mono bobsled pilot, winning the first ever Para Bobsleigh World Cup in 2018.

In his 2021/22 ISBF season he won the bronze medal in the World Cup, the silver medal in the European Championship and was placed 4th in the World Championships!

Corie ended his 22/23 season on the winners podium again with an overall silver at the para sport world cup in February 2023. Looking forward, and assuming para bobsleigh is admitted to the Winter Paralympics, he is aiming to win Gold for the United Kingdom in 2026.



# Para Snowsports

Armed Forces Para Snowsport Team



**The Armed Forces Para Snowsports Team is an independent service charity, AFPST exists to support the recovery of our wounded, injured and sick military personnel and veterans.**

AFPST last season continued to navigate COVID and find innovative ways of training and competing. Remaining agile meant they were able to react quickly to changes and maximise opportunities in a season that would culminate in two major events; the Paralympics and the AFPST International Competition.

March saw the first ever AFPST Competition with their largest ever team boarding a plane to the USA; 50 Athletes, 8 Wheelchairs, 6 Visually impaired Athletes, 10 sit ski's, 3 weapons, and 90 excess bags, but they made it and it could not have been more successful; reigniting the competitive spirit for all and reconnecting their snow family after so long!

March also saw six AFPST Athletes selected for a Paralympics like no other, and despite restrictions and challenges, the world was watching as the inspirational athletes of AFPST showcased their hard work, resilience and passion on the snow in Beijing. Many congratulations to; Steve Arnold, Shona Brownlee, Scott Meenagh, Dan Sheen, Alex Slegg and Owen Pick! A massive congratulations also to both Simon Allanson and Nikki Jordan as Head Coaches of these programme their leadership in navigating through all the challenges was incredible.

***For over a decade we have been supported through Team Forces and this recent and challenging year has been no exception. From supporting our Gala Dinners to seeking lead sponsors for our first ever AFPST competition their support has been invaluable and made a significant impact. This year we have also seen direct support to many of our challenge events that inspire beyond the charity and demonstrate just what is possible after injury. These endeavours have generated the critical funds we require and have captured the hearts of all our supporters.***

Elizabeth Winfield, Chief Operating Officer AFPST



AFPST specialise in providing adaptive Snowboarding, Nordic and Alpine skiing instruction to those with a physical or psychological condition, where tangible success can be achieved in a competitive sporting environment. By motivating, engaging and inspiring their athletes, they can help restore their physical and mental health.







# Polar Preet

## Antarctic Expedition Phase One

“

*Feeling so many emotions right now, I knew nothing about the polar world three years ago and it feels so surreal to finally be here. It was tough getting here and I want to thank everybody for their support.*

Captain Preet Chandi

”

### **A World record for Polar Preet as she reaches the South Pole on 3rd January 2022 after her gruelling trek from the Hercules Inlet which took 40 days and 7 hours!**

Already creating history as the first woman of colour to complete a solo crossing on the continent, Preet narrowly missed out on another milestone, the time set by Johanna Davidsson of Sweden who finished in 38 days, 23 hours and 55 minutes in 2016. She is now the third fastest female solo skier for this expedition behind Davidsson and Britain's Hannah McKeand who recorded a time of 39 days, 9 hours and 33 minutes in 2006.

Preet is also the first person to reach the South Pole on foot in two years due to the COVID-19 pandemic!

This record breaking 700 mile solo journey over hostile and dangerous terrain is an extraordinary feat for Preet to have accomplished – or anyone for that matter. With a strength of character that most of us can only dream of, Preet had the determination and sheer grit to keep going through all the tribulations she faced on this epic uphill skiing expedition, traversing exhausting sastrugi (large waves formed by erosion of snow by wind) whilst battling wind speeds of up to 60mph and temperatures of -50C. Preet also suffered from exhaustion towards the end of the journey, as well as a persistent cough and sickness.







*Preet being dropped off on 24 November 2021 at the start her trek and arriving at the South Pole after 40 days on the ice.*



*Packing her kit and 48 days worth of food. Meals were freeze dried and her graze bag (which is what she ate from during the day) was a mixture of nuts, dried fruit and chocolate to keep up her calorie intake.*

*This expedition was always about so much more than me, I want to encourage people to push their boundaries and to believe in themselves and I want you to be able to do it without being labelled a rebel. I've been told 'no' on many occasions, and told to 'just do the normal things', but we create our own normal. You are capable of anything you want, no matter where you are from or where your start line is – everybody starts somewhere.*

Captain Preet Chandi

## About Preet

In January 2022, British Army Medical Officer Captain Preet Chandi became the first woman of colour to ski solo to the South Pole. Preet joined the Territorial Army in 2007 and became a Regular army officer seven years later, she has served in Nepal, Kenya and South Sudan. In 2019 Preet completed the Marathon des Sables, a 156-mile (251 km) ultramarathon across the Sahara.

Preet was appointed Member of the Order of the British Empire (MBE) in the 2022 Birthday Honours.

Another huge honour was that on 26 October 2022 HRH Catherine, The Princess of Wales became Preet's expedition Patron.

*Team Forces is excited to be supporting Preet on Phase Two of her Antarctic expedition - a record-breaking attempt to become the first woman to complete a solo, unsupported crossing of Antarctica! More on this in next year's edition.*

visit Polar Preet's website for further information [polarpreet.com](https://polarpreet.com)

# Royal Naval Sailing Association

Offering sailing opportunities to service personnel

**The RNSA was founded in 1935 to deliver sailing and associated activities for service personnel. The RNSA passionately believes that sailing is an ideal vehicle for improving personal skills and military efficiency.**



The RNSA organise sailing in the core disciplines of yachting (both racing and cruising), dinghy sailing and windsurfing. Their boat, JACKAROO, has participated in a range of major regattas and the success of the 2022 campaign has been helped by the purchase of a new sail, a replacement outboard motor and significantly, a robust maintenance programme. With the help of the Team Army/Team Forces grant, RNSA was able to ensure that their boat could participate, they had the right equipment and that the team were well prepared.

The crews, consisting of both serving personnel and veterans, have benefitted hugely from the experience of sailing that JACKAROO has provided. The boat was launched after her winter lay-up at Easter with the aim of achieving one training night and one racing night each week. There was so much interest that a second racing series had to be added and they ended up with a routine of at least three nights a week on the water. This baseline was then built on with successful participation in the high profile Falmouth, Fowey and Dart regattas.

Not just benefiting from the racing, the passages to the events were also used for participant training and to build up the necessary miles to achieve national qualifications.

In total, the RNSA achieved 214 'people days' of sailing over 48 outings! As the nights drew in, the new navigation lights became more important but they still managed to get out at least two nights each week and also to compete in weekend races.

Although she is not the fastest or newest yacht on the circuit, the RNSA has competed well this season with Fowey Week Regatta a particular highlight, seeing a third overall, second in passage race and first in the tribute race. This is a fantastic achievement for the team and shows that the extra time afloat on JACKAROO whilst in Plymouth has been worth it.

The RNSA hope to make JACKAROO more competitive for next season and to find ways to sustain the momentum and enthusiasm for sailing in the Plymouth area.

“

*The crews consisting of both serving personnel and veterans have benefitted hugely from the experience of sailing that Jackaroo has provided. To be clear, your generous sponsorship has covered the annual costs to run the boat and deliver this sporting output for the RNSA during 2022, which is totally amazing.*

Philip Warwick, CEO RNSA

”





# True Heroes Racing

Engage - Empower - Inspire

**As a unique organisation, with a proven track record of providing peer group therapy and beneficiary activity opportunities in the world of high adrenaline motorsport it's been a pleasure to continue to support True Heroes Racing in 2022.**

True Heroes Racing's mission is to provide training, mentoring and assistance as part of a team of able bodied and Wounded, Injured and Sick (WIS) UK service personnel and veterans to enable them to participate in all aspects of motorcycle racing, alongside able bodied persons in challenging motorsport activities.

2022 was a key year to celebrate as it was True Heroes Racing's 10th anniversary since the organisation was formed by a serving Royal Navy Warrant Officer back in 2012. It was also a momentous year of high-profile achievements both on and off the racetrack.

Continuing their mantle of challenging the norm and championing disability involvement in all aspects of competitive motorcycle racing. In 2022, True Heroes Racing fielded the first ever upper body amputee to compete at a National level in motorcycle racing, potentially also a world first at this level!

Additionally, as the world of therapy practises changes and UK Military veterans have been at the forefront of this. True Heroes Racing became the first competitor organisation to be permitted to include a PTSD Assistance Dog within the working areas of a live motorsport race paddock, at both a Club and National level. This not only challenged the norm, but also ensured inclusion of a beneficiary whose medical needs included a support animal.

Add to this their ongoing work in advising event organisers and circuit owners on potential improvements to facilities within the working areas to enhance disability inclusion within the actual sport, and you can see that their impact has been huge.

We are extremely proud to be able to support such a force for good which also encourages social inclusion and uses physical training and endurance activities to help boost confidence, inspire others and aid recovery.



*True Heroes Racing has really helped me, I was in a very dark place when I first got involved with them. My life could have gone either way at that point, but now I have a new focus and the bikes, whether riding or spannering, give me new light in my life.*

True Heroes Racing Beneficiary



# Target Shooting Championships

## Military Adaptive Target Rifle Shooting

**Team Forces has been supporting the Military Adaptive Championship since 2019. It is jointly hosted annually by the National Rifle Association (NRA) and Army Rifle Association (ARA) and is open to any serving or veteran military personnel.**

The 2022 Championship competition was attended by 27 veterans and three serving competitors. It comprised of three gallery rifle shooting elements: Advancing Targets, Snaps and Rapids and Mini McQueen (a sniper style shoot).

This competition is always approached with a hearty competitive spirit combined with camaraderie that is

inspirational. Positive encouragement is freely offered between competitors on range throughout the day and each and every one wants the others to shoot well. Top tips are at the ready too!

Muzzle Loading rifles are also available for competitors to fire between the three shooting elements of the competition.

*Team Forces' sponsorship of this event is a perfect fit, aligning with its ethos to encourage participation and to ensure sport is inclusive and enhances the recovery journey and wellbeing of our gallant friends. Sponsorship allows us to offer this event free of charge to all who enter and it is evident on the day that the benefits are immeasurable. As one competitor said, and this was echoed wholeheartedly by those around him, ... 'You have no idea! On our journey we are given every tablet and type of medication you have heard of but this day, and experience, does more for us than any medication you could ever give us!'*

Sally Wilson, National Rifle Association





# The Ulysses Trust

## UK Cadet Force Adventurous Expeditions

**Team Forces is proud to be working in partnership with The Ulysses Trust, a charity which provides funding assistance to challenging expeditions and activities involving members of the Volunteer Reserve Forces and Cadet Forces of the UK.**

The Ulysses Trust enables Cadet Forces around the UK to undertake challenging and adventurous expeditions. Young people from very different backgrounds and geographies sharing challenges and hardship together means these expeditions are among the most effective vehicles to help social mobility, cohesion, inclusion and the levelling up agenda.

The UK's Cadet Forces are highly regarded youth organisations involving over 130,000 young people in the UK. Since 1992 the Ulysses Trust has provided over £3.5 million, to help over 40,000 young people from all backgrounds to participate in over 2,980 expeditions around the world.

Team Forces is keen to support the Ulysses Trust's commitment to help address the limits that social exclusion and deprivation place on the lives of young people, particularly those from disadvantaged backgrounds. Of the overall secondary school population, more than 12% is in receipt of Free School Meals; in 2019 over 21% of Cadets participating in Ulysses Trust supported expeditions – almost double the national average – received Free School Meals.

The Ulysses Trust, and Team Forces are now on a joint mission to generate more financial support for Cadet units to help revitalise the available opportunities for young people to attend challenging and exciting expeditions.

*The Trust is delighted to be working with Team Forces, as we have so much common ground. I see great opportunity for both organisations that will undoubtedly benefit a range of young people – particularly those from disadvantaged backgrounds.*

Air Vice Marshal Nick Kurth, Chairman of the Ulysses Trust





# Turn to Starboard

## The Tudor Run Challenge



**We were excited to support Turn to Starboard's three week adventure to sail 48 military veterans from Falmouth to London Bridge ... and back!**

Each year, Turn to Starboard sets a sailing challenge and in 2022, it was to sail from Falmouth, around the South Coast and up the Thames, to St Katherine's Dock at London Bridge. This challenge, called the Tudor Run, enabled 48 veterans from all services to participate; some were significantly affected by mental health issues gained through their military experiences.

Four yachts and a Tall Ship, 'The Spirit of Falmouth', were involved and apart from a mechanical failure in the Thames requiring an exciting RNLI call-out, the boats remained serviceable throughout. Many of the veterans were new to sailing but the voyage proved incredibly successful and provided a unique experience which all found hugely beneficial.

Since the expedition many participants have gone on to take the RYA Day Skipper and Yachtmaster programme. For those undertaking their Yachtmaster programme, the voyage of around 800 nautical miles, allowed them to gain distance and experience that contributed towards the pre-requisite 2,500 nautical miles needed towards Yachtmaster qualification.

### About Turn to Starboard

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'.





*Thanks to the funding support from Team Forces, the benefits of this expedition have been incredible and can be drawn from the stories of two veterans from very different backgrounds but whose lives have been hugely and positively changed by this experience.*

Steve Richards Turn to Starboard Bids & Grants Officer

### Case Study – Jamie

Jamie was brought up in a 'Service' family, therefore the military environment had always been a part of his early life and upbringing. In the late 80's, Jamie joined the Army Air Corps as a driver and served three years before he left. Initially, he didn't miss the environment, admitting that he was immature at the time. However, he gradually realised that he missed and needed the sense of belonging, discipline, and sense of camaraderie that the service had given him, but which he had taken for granted.

Without that familiar sense of belonging, Jamie drifted and after losing his mother relatively soon after leaving the AAC, he became involved in significant and long-term substance abuse. In 2015, Jamie lost his long-term partner which further exacerbated the spiral of drugs, homelessness (sofa surfing), and "loads of trouble" to feed his addiction: this inevitably led to a term in prison. On release, Jamie was recommended trying sailing with T2S.

At the start of May 22, Jamie was accommodated on one of our boats and offered further support through our links with SSAFA and our own T2S RBL Case Worker while he did some initial sail training. Jamie then embarked on the return trip of the 'Tudor Run', a 4-week T2S challenge sailing veterans to London Tower Bridge from Falmouth and then returning to Falmouth. During this period, he continued with T2S closely supporting him on a 6-week period of detox: an incredible personal achievement by Jamie and testament to the power of the Tudor Run experience.

Since returning from the Tudor Run, Jamie continues his sailing as volunteer crew on our yachts and tall ship Schooner and helping with boat maintenance tasks and their husbandry. To date, Jamie has accrued well over 1,000 sea miles now and has completed his RYA Competent Crew and Power Boat 1 and 2 qualifications: he is now gaining experience towards getting his Day Skipper. Jamie commented that he has gained more qualifications at T2S since leaving school over 30 years ago. Jamie has a clear aim now to gain his Yachtmaster Ocean but also to help give back by volunteering his skills with T2S, given his experiences with mental health issues.

### Case Study – Jim

Jim served in the Royal Engineers for 6 years and left the army while serving in Germany he then drove lorries as his job but became involved in substance abuse which, over a period of time led him to become suicidal. Jim was eventually Sectioned and was in a secure hospital unit until his release in Feb 22.

After leaving hospital, Jim was supported by the organisation 'Forgotten Veterans' and was supported through their Buddy Scheme. Whilst Jim had been talking about a dinghy sailing experience he had when young, pursuing sailing was suggested. Jim contacted Helen the Operations Manager and he was booked in on the 'Tudor Run' initial training week leading to a 4-week sail challenge from Falmouth to the Tower of London and return.

When Jim arrived at T2S in Falmouth, he had difficulty initially introducing himself and, experiencing high levels of anxiety in the reception, sat outside in the Marina until Helen and one of our skippers went out and chatted with him, convincing him to give it a try.

Jim did give it a try, and from then never looked back. Following the training week, he started to feel things changing. In his words, "Turn to Starboard gives you a base and a sense of belonging. When you're here, you don't feel alone, and just being around good people, meant I didn't need to go out drinking. You have a purpose on the boat, you're trusted, and you just want to do a good job for the people you are with". Jim feels comfortable in the marine environment and his anxiety has reduced.

The Tudor Run experience changed Jim's life as he stayed on with T2S and continued his sailing to the extent he gained his RYA qualifications of Competent Crew, Day Skipper, and Power Boat Level 1 and 2. He has found his niche, is relishing his new responsibility in looking out for his colleagues at sea and having done over 2,370 miles crewing at sea, is now volunteering as crew with T2S. Jim is now the First Mate on our Tall Ship Spirit of Falmouth and has his sights set on becoming an Offshore Yachtmaster by next year. Jim has now been offered employment and is planning to earn his living through delivering boats and become a T2S Tall Ship Skipper.

# Volleyball Report

## UK Armed Forces Sports Team

Team forces provided a grant to UK Armed Forces Volleyball who are keen to stimulate the development of volleyball from the grass roots up.



*This is the first year that TeamForces has supported UKAF Volleyball, and we are very grateful for this generous support. Having been a member of the ladies team since the inception of UKAF Volleyball, I know first-hand the difference that this grant will make to our teams, allowing us to compete with elite teams in the civilian Volleyball England National Volleyball League (VE NVL).*

Major Karen Tait MBE RAMC



Our coaching staff have an excellent ethos that looks at our team holistically which has enabled us to explore additional features to our training. For example, introducing yoga (delivered by an external civilian) has demonstrated what I think we all knew, flexibility is key to high performance as well as taking the time to relax our minds and body. Additionally, securing a therapist to treat players post training proved both painful and extremely worthwhile, ensuring that they got the most out of their players who are training and playing hard.

The men's team having been promoted pre-COVID competed in Men's Division 2 South and finished a respectable 7th. The Ladies team moved to Ladies Division 3 South East having previously competed in the Central division and completed their season with a win pushing them to 6th place. Whilst these results were not division winning/promotion performances, what I consider is the whole picture. A tumultuous and

unprecedented time in our lives that not just impacted on player availability but undoubtedly our ability to remain engaged and return to training together slower than our civilian counterparts.

Other individual achievements came from Cpl Yasmin Kaashoek (RAF) who continues to be selected and represent the England National Senior team. This clearly impacts her ability to commit to UKAF fixtures, however UKAF support her aspirations to play at the highest level possible and she is quite simply an outstanding player and asset to the Forces.

Both men's and women's UKAF teams progressed to the second round of the Volleyball England National Shield Competition. The teams will continue to train and develop for the rest of the season with a view to a final training camp/competition which without the support from TeamForces we would be unable to achieve.





# 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
- Mil Jockeys
- Paragliding
- P2P
- Rugby Union
- Rowing
- Rally Team
- Shooting
- Winter sports
- Cycling
- Fencing
- Hockey
- Martial arts
- Netball
- Rugby League
- Volleyball
- Squash
- Football
- Ski Mountaineering

## Royal Navy Sports

- Rugby League
- Polo
- Hockey
- American Football
- Sailing
- Winter sports

## Army, Corps and Commands

- REME
- Royal Signals
- Yorkshire Regt
- Infantry Sailing
- AFC Harrogate
- RMAS
- 3(UK)Div shooting and Warrior Games

## RAF Sports

- Tennis
- Rugby League
- Squash
- Tennis
- Motorsport
- American Football

## Adventure/Challenge Pursuits/Expeditions

### Royal Artillery

- Sailing Expedition
- Alps Cycling

### Antarctic

- Antarctic Quest
- Polar Preet 1
- Inspire 22

### Talisker Atlantic Rowing Challenge

- Entries from all three services and veterans

### Cadets

- Ulysses Trust

## Disabled/Adaptive Support

### Winter Sports

- Armed Forces para snowsport team
- Bobsleigh, Corrie Mapp

### Sailing

- Turn to Starboard
- Gwenilli Trust

### Motorsport

- True Heroes Racing
- Mission Motorsport

### Microlight

- Flying for Freedom

### Golf

- On Course Foundation

### Equestrian

- Polo, Fran Townend

### Shooting

- Adaptive Shooting Championships, Bisley

### Climbing

- Climbing Out
- Climb to Recovery

### Water Sports

- Team Endeavour Racing

### Gig Rowing

- Epic Gigability



## Team Forces & Team Army

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



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

Team Forces Funding Ltd - 07455308



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

Registered charity - 1144004

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