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# ROYAL ANGLIAN FAMILY

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**IMPACT REPORT 2025**

# INTRODUCTION FROM THE COLONEL OF THE REGIMENT



This has been a busy first year for the Royal Anglian Regiment Family as we strive to preserve all that is positive about our Regimental Association and Charity, while also seeking to broaden and deepen our connections with veterans—particularly those from the younger generations. This report highlights key areas of activity and the progress we have made, while recognising that there remains much more to do.

The global context in which our warfighters operate and serve their county remains turbulent, to say the least. As we mark the fourth anniversary of Russia's invasion of Ukraine insecurity persists in many global regions. The conventional and hybrid threats to the UK and our allies continue to escalate. Our soldiers are persistently deployed in defence of the nation, undertaking missions that differ markedly from the counter-insurgency operations of the early part of this century, and instead focusing on deterring and responding to the threat of a general war in Europe. Over the next 12 months Royal Anglian soldiers will deploy to Poland, Germany, Denmark, and further afield to Iraq and Kenya. As has always been the case, their families will endure the loneliness, isolation, and uncertainty that accompany such deployments, supported throughout by the Royal Anglian Family.

Our number one priority is to improve the quality of life of those who have given so much in defence of our nation—our veteran community. Our work in this area includes the provision of traditional benevolence grants, the organisation of activities that reconnect veterans with the Regiment and each other, and, from next year, the introduction of a dedicated telephone support network. My thanks to all of you who have supported our Regimental Family.



# ABOUT US

## MISSION

To connect our serving soldiers, veterans, cadets, family members, friends, supporters and Regimental Charity. Inspiring everyone to be and remain involved, in any way they can, as little or as often as they like with the aim of improving the service provided to the Royal Anglian Family.

## GUIDING PRINCIPLES

**Attractive** - for what it means and offers to members of the family.

**Connected** - to each other through a variety of networks both virtual and physical.

**Inspired** - to stay connected take part in activities, volunteer to organise or help.

**Informed** - about the family to which we belong, what it means and what it offers.

**Supported** - Everyone should understand what support is available and how to access it.

**Bonded** - around a common purpose and sense of belonging to something bigger than the individual.

**Friendship** - help members maintain existing friendships and form new with like-minded individuals who share values and are connected by the Regiment.

**Wellbeing Support** - serving and former members of the Regiment and their families in hardship, need or distress can access direct financial grants. Serving and former members of the Regiment can access free online wellbeing support.

**Opportunity for all** - Including to volunteer and give back to the Regimental Family; the opportunity to benefit from the experience, advice and support of those who have transitioned into civilian life: and the opportunity to build new support networks.

## Lines of Operation

Charity Operations

Veteran Operations

Communications & Engagement

Serving Soldier Operations

Heritage & Museum Operations



# CHARITY OPERATIONS

The Royal Anglian Regiment charity provides assistance to members and former members of the Regiment and their dependants who are in need, hardship or distress. It makes grants to individuals, units, veteran's groups and families to promote military efficiency, maintain cohesion, sense of belonging and esprit de corps. It supports the upkeep of Regimental memorials and chapels and maintains the Regimental chattels. It provides support and assistance to service leavers, veterans and families as they transition into civilian life. In practical terms we help with the following:

- Grants during times of crisis, illness or family emergencies. These grants include support towards unexpected expenses, travel costs or around homelessness.
- Grants towards mobility aids and equipment. Including those required for work, health and wellbeing and social activities. Enabling individuals to maintain their independence, contribute to society and live as full a life as possible.
- Grants to assist with household adaptations that enable individuals to live safely at home, in the best possible environment for them and their family.
- We promote well-being, improved work performance and mental resilience by providing free access to the mental wellbeing App leafyard for all serving soldiers and veterans of the Regiment.
- We provide activities and equipment for a serving families to help combat the loneliness and isolation that many service families' experience.
- We provide opportunities for rest and recreational activities for our serving soldiers particularly during overseas deployments.
- We support sport and social activities designed to maintain health, wellbeing and a sense of belonging.
- As a registered charity and member of COBSEO we always try to work in partnership with the other service charities but maintain the ability to act independently and at pace when required.



# EXAMPLES OF SUPPORT

For over 60 years, Royal Anglian soldiers have served in defence of our country on operations ranging from the Aden Emergency of the 1960s, through Northern Ireland, to the more recent campaigns in Iraq and Afghanistan, and now in response to the challenges of an increasingly unstable Europe. Significant numbers leave service with physical or mental injuries, while many more develop such conditions after they have transitioned to civilian life.

We seek to intervene early to help prevent mental health issues by providing activities and support that build resilience and foster strong support networks within our veteran community. For those who do experience hardship, distress, or physical or mental illness, we provide financial grants to lessen the impact of these challenges and to ensure that they and their families are able to enjoy the best possible quality of life.

## NATIONAL BIG BREAKFASTS HOSTED 26



The Big Breakfast is an annual, charity-funded event that brings the Royal Anglian Family together at venues as far afield as Grimsby, Dubai, and Sydney, Australia. Nearly 1,000 Royal Anglians gather to share breakfast, renew old friendships, and strengthen the support networks that are vital to sustaining good mental health and wellbeing. Members of other regiments also join these events, and many locations go on to host repeat breakfasts throughout the year.



## SPORTING EVENTS

BOXING, CRICKET, SKIING, CYCLING  
GOLF, RUGBY AND FOOTBALL

Sporting events and physical challenges provide a powerful medium for connection and mutual support. They promote both physical health and mental wellbeing, helping to reduce stress, anxiety, and depression, while also offering valuable opportunities to raise funds for the Regimental Charity. The Charity supports these activities through both financial assistance and organisational backing.



# MENTAL HEALTH SUPPORT TO THE REGIMENTAL FAMILY

100% free for our Regiment and veterans or request a free giftcard

 **Leafyard**

Mental Fitness



A key element of the support we provide focuses on prevention and early intervention in mental health. The Royal Anglian Charity funds access for all serving personnel and veterans to the digital mental fitness platform Leafyard. Leafyard provides practical tools and personalised coaching to help build mental resilience and improve wellbeing, and is often described as a “gym for the mind”.

The Charity also works in partnership with other organisations, such as Combat2Coffee, whose teams attend many of the events funded by the Charity and provide informal, peer-led support to those in attendance.

## REGIMENTAL GATHERING



Each year, the Royal Anglian Family holds its annual Regimental Gathering. Funded by the Charity, this open-air reunion brings together serving soldiers, veterans, and their families. The event includes a formal church service and march past, alongside opportunities to share food and drink with old friends and new. Children’s activities, stalls, and displays of modern military equipment further enhance the day.

The Gathering plays an important role in connecting the Family and fostering a sense of belonging and esprit de corps—qualities that many veterans feel are lost after leaving service.



# GRANTS TO INDIVIDUALS

For individuals and families experiencing hardship, need, or distress, the Charity provides financial grants to offer timely and practical support. Applications for assistance may be made directly to the Charity, via Regimental Welfare Officers, or through partner organisations such as the Royal British Legion and the Army Benevolent Fund.

The Charity operates with highly flexible grant-making arrangements, enabling funds to be released immediately where urgent need exists. Trustees receive a wide range of applications for support and have recently authorised the RHQ team to apply increased flexibility in both the reasons for awarding grants and the levels of financial assistance provided. In all cases, individual circumstances and assessed need remain the overriding considerations.

During the past year, grants have been awarded for a broad range of purposes, including home modifications, mobility support, travel assistance, housing support (including the provision of white and brown goods and removal costs), mental health and wellbeing support, assistance with training and work-related tools, and debt support.

MS lives independently on a boat as an alternative lifestyle choice. Due to essential repairs being required, he was at risk of homelessness. The Regimental Charity was able to provide an immediate grant, enabling the necessary repair work to be carried out and ensuring that MS could remain in his home, avoiding the need for rehousing by the local authority.

Having reconnected with the Regimental Family, MS has since secured local employment at a boatyard, helping to restore both stability and independence.





MA served for 13 years in the Regiment, including two operational tours of Northern Ireland, and has a diagnosis of PTSD linked to his service. Following a major stroke, he was placed on life support and diagnosed with locked-in syndrome. He lost the use of both legs and his right arm, with limited function in his left arm—sufficient only to use a spelling board to communicate, as he is unable to speak. MA retains full cognitive capacity and memory but has experienced a profound loss of identity and self-worth.

Following discharge from hospital, MA was placed in an elderly care home. During this period, the physical progress he had made in hospital began to regress, and he spent each day isolated in his room, with only the television for company. Concern grew that both his physical recovery and mental health would continue to deteriorate.

To support MA's ongoing recovery and wellbeing, the Regimental Charity awarded a significant grant to fund essential adaptations to his home. As a result, MA has now been able to return home, where he is better supported, more engaged, and in an environment conducive to both physical rehabilitation and improved mental wellbeing.





SG was severely wounded on active service in West Belfast, Northern Ireland. The incident resulted in life-changing injuries that continue to affect every aspect of his daily life.

To support SG's ongoing physical and mental wellbeing, the Regimental Charity awarded a grant towards the purchase of fishing equipment. Spending time fishing has proven therapeutic, helping to reduce stress, improve focus, and foster patience, self-esteem, and a sense of connection with nature.

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A veteran recently released from prison received support from the Regimental Charity to purchase tools to restart their business. After successfully completing probation and demonstrating rehabilitation, they were awarded a second grant to furnish their new home—helping them rebuild their life, regain independence, and thrive post-service. These grants provided practical assistance while restoring confidence, stability, and self-reliance.



# COMMS AND ENGAGEMENT

## ROYAL ANGLIAN CONNECT APP

The Royal Anglian CONNECT App is free to use for serving personnel, veterans, partners, and family members. The app provides group spaces, messaging, chat notifications, and search and connect functions, enabling members to engage easily with others across the Regimental Family. It also includes a calendar feature to host, share, and track upcoming events.

The CONNECT App is available on desktop, as well as on both Apple and Android devices.



**ROYAL ANGLIAN CONNECT**

**DOWNLOAD NOW**

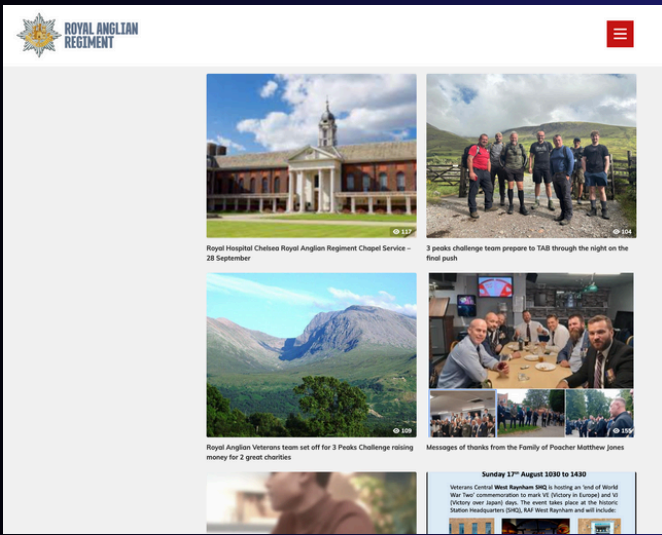
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GET IT ON Google Play [royalanglianregiment.com/android](https://royalanglianregiment.com/android)

**ROYALANGLIANREGIMENT.COM/APP**

**2384 ACTIVE USERS ON CONNECT  
IN 12 MONTHS**



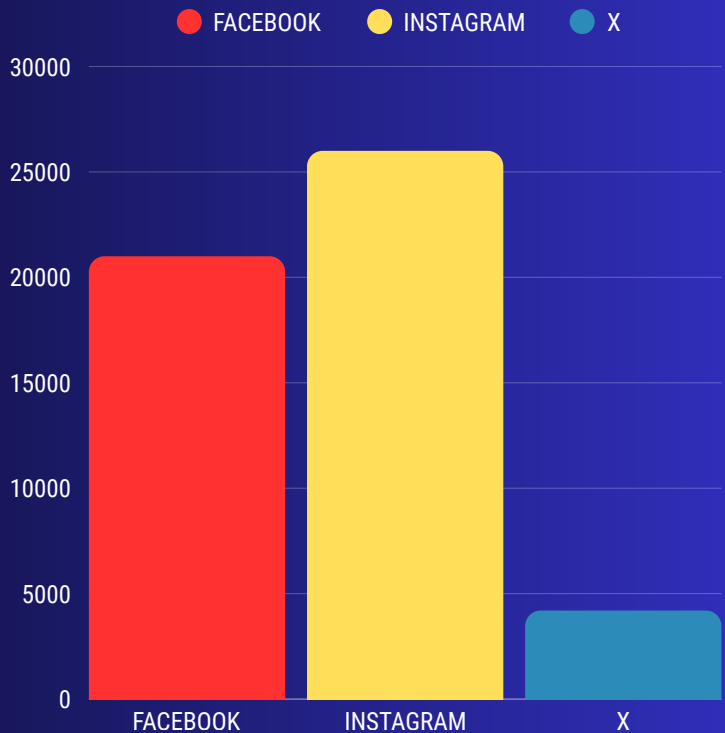


OVER 350 NEWS  
ARTICLES POSTED  
ON CONNECT

650K HITS ON  
THE REGIMENTAL  
WEBSITE



OVER 53,000  
ACTIVE FOLLOWERS  
ON SOCIAL MEDIA



# CONTINUED EVENT SUPPORT



The Communications Team plays a vital role in supporting the work of the Royal Anglian Family, particularly in promoting Regimental events and driving fundraising activity. Throughout the year, members of the Regimental Family have taken part in numerous fundraising challenges, supported by the Comms Team's efforts to raise awareness and maximise engagement.

Notable highlights included Andy Olby's solo Land's End to John O'Groats cycle ride; A Company, The Poachers' IMPS Pilgrimage—a 41-mile march carrying 35 lbs of equipment in 24 hours; C Company, The Poachers' 48-mile challenge carrying 48 lbs; Andy Rainey's Camino challenge; Operation Remembrance, which comprised three marathons in three days; and the Veterans' National Three Peaks Challenge, which also raised funds for Addenbrooke's Hospital.

All of these initiatives benefited significantly from the Communications Team's work in spreading the word and amplifying support across the Regimental Family and beyond.



# MUSEUM AND HERITAGE

Our Regimental Museum and Heritage encompasses the collection of artefacts, sites, and cultural material preserved and presented to the public. It reflects the history and traditions of the Regiment, as well as the stories of the places and people connected to its service, and is managed and conserved by heritage professionals. Heritage sites and museums play a vital role in education and cultural understanding, celebrating the service and sacrifice of our forebears. In doing so, they inspire and empower the current generation of Royal Anglian soldiers to strive to achieve as much as those who have gone before them.



Our Regimental Museum has recently closed following the sale of the Land Warfare Hall at the Imperial War Museum Duxford and has been relocated to a temporary display within the AirSpace hangar while a new museum is constructed. The temporary exhibition will feature a rotating selection of artefacts, ensuring continued public engagement during this transitional period.

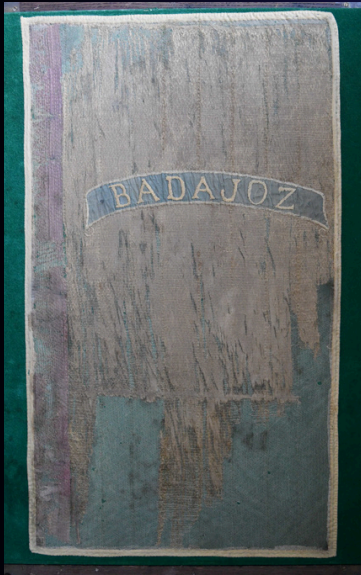


## MAINTENANCE OF OUR REGIMENTAL MEMORIAL SIGHTED AT THE IMPERIAL WAR MUSEUM DUXFORD

The Regimental Memorial at the Imperial War Museum Duxford remains free to visit for serving soldiers and veterans of the Regiment. Located at the rear of the museum grounds, it stands proudly with Regimental flags flying on either side. The memorial wall bears the names of those from the Regiment who lost their lives while on active service.

Each year, the memorial hosts the Regimental Remembrance Day service, which can attract up to 400 attendees, providing an important focal point for reflection, remembrance, and Regimental pride.





One of the Regiment's historic artefacts—the Gandamak Colour, dating back to the 1800s and bearing the battle honour of Badajoz—underwent specialist conservation work to address mould damage. Permanently displayed in Warley Chapel in Essex, the Colour required delicate cleaning, mould removal, and remounting by conservation specialists. Following this work, the Colour will be proudly returned to display as an artefact of national importance, preserving an important part of the Regiment's heritage for future generations.



## CONSERVATION OF ARTEFACTS OF REGIMENTAL AND NATIONAL IMPORTANCE

## SILVER PROJECT RECORDING THE 1262 ITEMS OF SILVER HELD BY THE REGIMENT



# BATTLEFIELD STUDY

Each year, the Regimental Family undertakes an annual battlefield study to a site of significance to the Regiment. This year, thirty members of the Royal Anglian Family—including serving soldiers from all three battalions and veterans—travelled to Gallipoli.

The visit delivered a range of benefits, including professional military education for serving soldiers, the strengthening of connections between serving and veteran communities, the opportunity to pay respects to the fallen of previous generations, and the reinforcement of a shared sense of belonging and esprit de corps across the Regimental Family.



# ACKNOWLEDGEMENT

# WE THANK YOU FOR YOUR CONTINUED SUPPORT IN OUR MISSION

The Royal Anglian Family would like to thank all those who have contributed to a successful year. We rely heavily on the dedication of volunteers who give their time to organise and run events for others to enjoy; without their commitment, many members of the Regimental Family would experience increased loneliness and isolation.

Our sincere thanks also go to the many individuals who have undertaken challenges and organised events to raise funds for the Charity. Your selfless commitment is an example to us all. We are equally grateful to the individuals and businesses who have supported us both morally and financially, and we hope this report demonstrates that your generosity is making a real and lasting difference.

Above all, our deepest thanks go to the men, women, and children of our serving community—those who carry the heaviest burden of service and sacrifice, and who accept an unlimited liability in defence of the nation. You have our gratitude, our respect, and our continued support.

Strength From Within

**STRENGTH**  
FROM WITHIN



# SOME OF OUR SUPPORTERS

Oakley Capital partners with ambitious founders and management teams to build companies that can succeed in a changing world. They back outstanding mid-market businesses across their core sectors of technology, consumer, education and business services.



Formed in 2018, Phenna has rapidly emerged as one of the fastest growing TICC groups globally, with revenue growth of c.100% CAGR over the last three years. Today the group comprises 31 independent businesses which provide specialist TICC services across infrastructure, built environment, niche industrial, pharmaceutical and certification and compliance divisions.



**Howden** is a global insurance group with employee ownership at its heart. We're experts helping clients adapt and thrive in a changing world.



IntelliPen is a multi-award-winning pensions administration system purpose-built for the Pensions and Bulk Purchase Annuities market.

Trusted across the industry, IntelliPen is widely recognised as the most comprehensive and feature-rich digital administration platform for modern pensions management—combining deep functionality with intuitive design.

With offices in the UK and North America, we support some of the largest pension schemes, insurers, and retirement plans across both the public and private sectors.



Houlihan Lokey is a leading global investment bank with expertise in mergers and acquisitions, capital solutions, financial restructuring, and financial and valuation advisory.



**Blue Owl** is a leading asset management firm offering alternative investment solutions in private credit, GP stakes, and real assets.

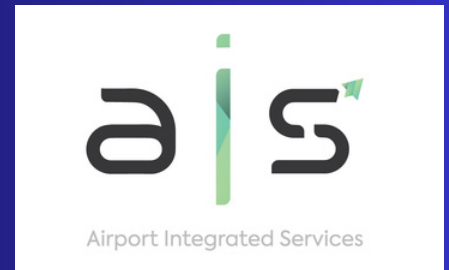


Drawing on over 50 years experience in the industry, we're proud to offer a full range of new vehicles from KIA, BYD, Mazda and MG and handpicked used models



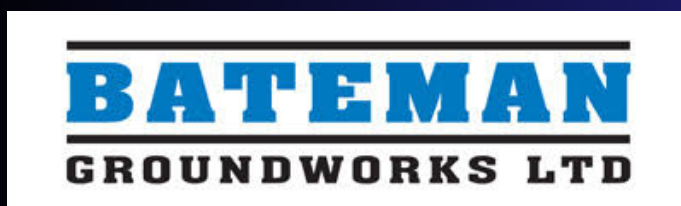
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The Airport Sector carries a large expectation and responsibility in assisting the growth and prosperity of the UK. As an electrical contractor within the Airport sector, Airfield, HV and Building Services it is up to ourselves and our supply chain to support our clients in their aspirations, by delivering consistently safe, high quality value for money, innovative projects.



**BT Lerson** is a precision engineering and fabrication company serving aerospace, medical, defence, food and construction industries throughout the UK.

We specialise in **sustainable solutions for crop protection and natural pollination**. Our biological products and services help growers around the world.



We are a leading **groundworks** company in East Anglia, trusted by top-tier developers for our expertise in delivering significant housing and civil engineering



# OUR 2026 GOALS

The current geopolitical situation means that our serving community will remain engaged in operations around the world throughout 2026. We anticipate that requests for support to both serving personnel and our veteran community will continue to grow. In response, we will build on the work carried out in previous years while also launching new initiatives, as outlined below.

## 1

### Welfare Network

A peer-led telephone support network for Royal Anglian veterans, delivered by trained volunteers with a basic level of signposting knowledge. The service provides a listening ear, moral encouragement, and practical guidance to members of the veteran community.

## 2

### Transition support

We will expand support for those leaving the Army by working with transition organisations and partnering with businesses that recruit service leavers and spouses, providing early guidance, signposting, and pathways into civilian employment and support.

## 3

### Sustainable funding

Continue to develop diverse and sustainable funding lines that enable all members of the Royal Anglian Family to contribute to our fundraising efforts. This will include partnerships with business, direct donations from our soldiers and veterans and a wide range of fundraising events and activities.

## 4

### Better connect the Family

Expand our events programme to create more opportunities for the Royal Anglian Family to meet and connect, with a particular focus on bringing serving personnel and veterans together.

## 5

### Heritage funding

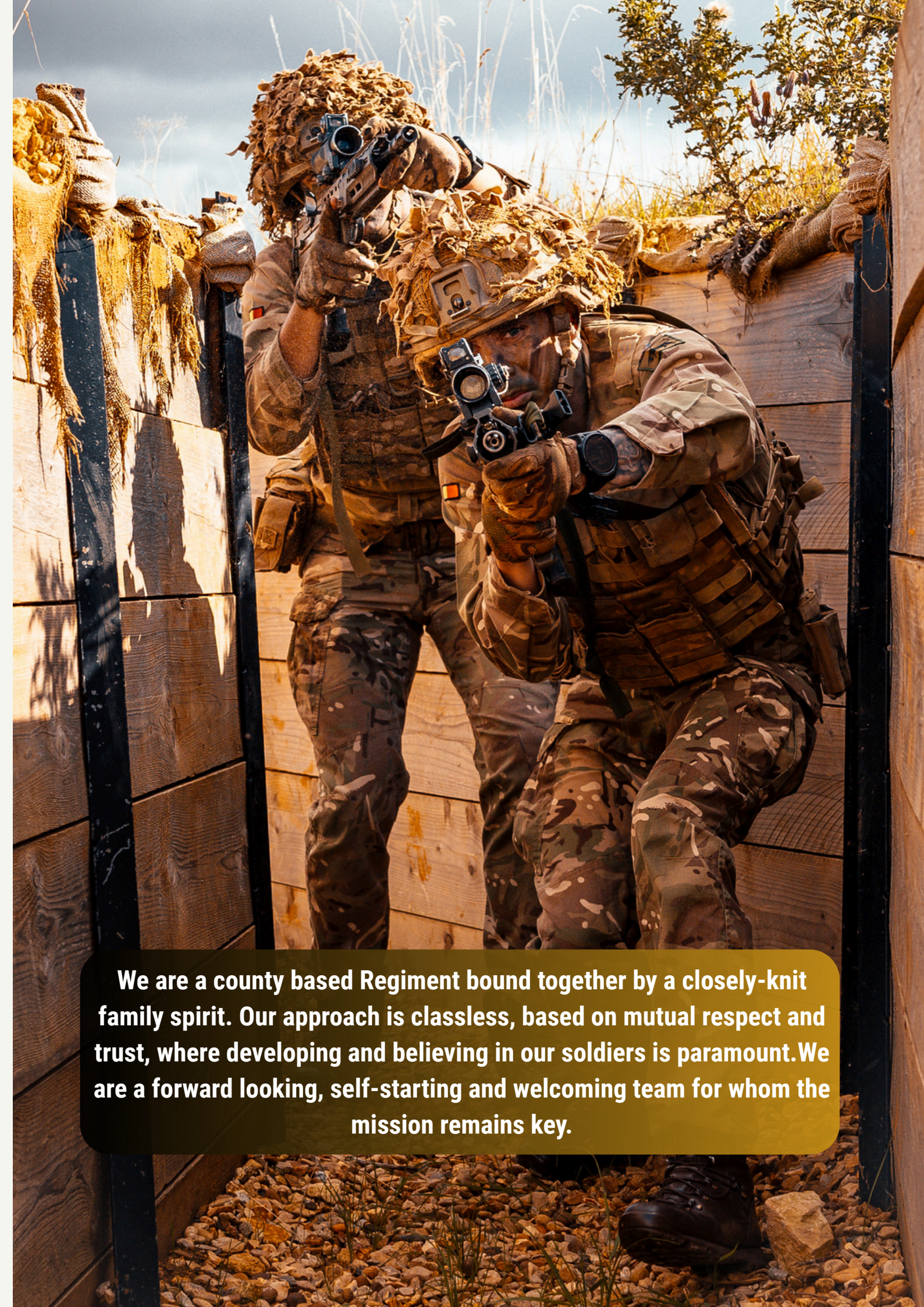
Develop a long-term, sustainable plan to protect our heritage and preserve its place in the nation's history.

## 6

### Learning and understanding

Build a stronger understanding of the Royal Anglian Family's needs so we can provide the right support, whether directly or through partnerships.



A photograph of two soldiers in full combat gear, including ghillie suits, aiming rifles from a wooden trench. The soldier in the foreground is crouching and aiming a rifle with a scope. The soldier behind him is also aiming a rifle. The trench is made of wooden planks and has sandbags on top. The background shows some dry grass and a clear sky.

**We are a county based Regiment bound together by a closely-knit family spirit. Our approach is classless, based on mutual respect and trust, where developing and believing in our soldiers is paramount. We are a forward looking, self-starting and welcoming team for whom the mission remains key.**



**ROYAL  
ANGLIAN**



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