



The Army's National Charity

PRINCIPAL SPONSOR



## 2021 VIRTUAL PROGRAMME

THE BEST OF THE LORD MAYOR'S BIG CURRY LUNCH – IN THE COMFORT OF YOUR OWN HOME





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FOR 2021 WE HAVE GONE VIRTUAL!  
WE HOPE YOU ENJOY THE PROGRAMME.

PLEASE PUT THE DATE IN YOUR DIARY FOR  
THE NEXT LORD MAYOR'S BIG CURRY LUNCH -  
THURSDAY 7 APRIL 2022 AT GUILDHALL, LONDON.



WE LOOK FORWARD TO SEEING YOU THERE!

[WWW.SOLDIERSCHARITY.ORG/LORDMAYORS](http://WWW.SOLDIERSCHARITY.ORG/LORDMAYORS)

for more details email: [lmbc@soldierscharity.org](mailto:lmbc@soldierscharity.org)





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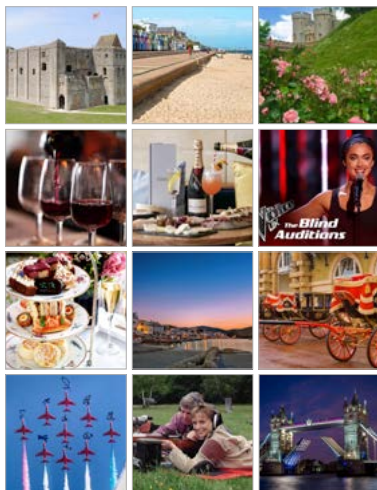
## A SERIES OF INCREDIBLE ONLINE EXPERIENCES

Starting as all good events should, with a glass of Pol Roger champagne on 17 March, the next eight weeks will take us on an adventure through books, wine, and delicious home-cooked curries with some of the nation's best-loved personalities.

Hear tales of travel and adventure with Sir Michael Palin, be transported to the vineyards of Bordeaux with Edouard Moueix direct from his chateau and impress your family by cooking up an Indian feast with Prue Leith. All while raising funds to support our veterans and their families.

Everything you need to join in the occasion will be delivered to your door and leading figures from food and wine will be there to talk and walk you through every step to provide the best of Lord Mayor's Big Curry Lunch in the comfort of your own home.

## ONLINE SILENT AUCTION AND PRIZE DRAW



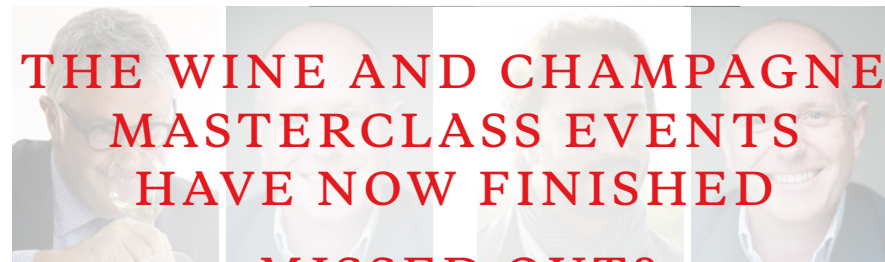
**Opens 22 February Prize Draw  
Winners announced on 21 May by  
the Lady Mayoress**

The Online Silent Auction has a wonderful range of 56 prizes from holidays to once-in-a-lifetime experiences. Many of these will make a superb birthday or anniversary present. All the money raised will go to support members of Her Majesty's Armed Forces. Start bidding on your favourite lot number now and please be generous!

For the Prize Draw, we have twelve amazing prizes up for grabs, all for only £10 a draw ticket! Treat yourself or a loved one for a chance to win in our fabulous online Prize Draw!

## WINE AND CHAMPAGNE MASTERCLASS

£65.00 per event for wine and champagne for two people including home delivery  
(or £20.00 per household – online attendance only)



**THE WINE AND CHAMPAGNE  
MASTERCLASS EVENTS  
HAVE NOW FINISHED**

**WEDNESDAY 17 MARCH | 6.30pm - 7.45pm**

Get ready to relax into an evening learning about champagne, its history and the making of the wine of Pol Roger by James Simpson MW. You will be guided through several champagnes by James, and be able to taste Pol Roger, with the opportunity to ask questions with an interactive Q&A, hosted by Jonathan Ray, Wine Editor of The Spectator.

Enjoy an evening in Bordeaux with Edouard Moueix on the history, terroir, and the character of the wines of Moueix. Make sure your glass is ready to be filled as Edouard talks you through Moueix wines; get prepared with your questions with an interactive Q&A, hosted by Jonathan Ray, Wine Editor of The Spectator.

## AUTHORS SERIES

£20.00 per event  
(or £90.00 for all five events)



**TUESDAY 23 MARCH | 6.30pm - 7.45pm**  
Join Sir Michael Palin as he and international explorer Levison Wood, share 'Travellers' Tales'. A great opportunity to hear from two of the nation's most admired personalities, followed by an interactive Q&A.

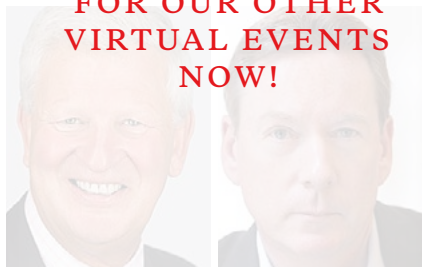
## AUTHORS SERIES CONTINUED



**Tuesday 20 April | 6.30pm - 7.45pm**

Join Tim Gosling; a great opportunity to hear from one of Britain's leading furniture designers and experts on architecture, as he reads from and talks about his latest book, 'The Secrets'. Followed by an interactive Q&A, hosted by art expert and TV presenter, Philip Gould.

**COMPLETED  
MISSED OUT?  
SIGN UP  
FOR OUR OTHER  
VIRTUAL EVENTS  
NOW!**



**Tuesday 27 April | 6.30pm - 7.45pm**

Join Lieutenant General (Ret'd) Sir Simon Mayall, as he reads from his latest book, 'Soldier In The Sand.' Listen to stories from the former British Army officer and Middle East

Adviser at the Ministry of Defence, followed by our interactive Q&A, hosted by the BBC's inspirational Security Correspondent, Frank Gardner.



**Tuesday 4 May | 6.30pm - 7.45pm**

Join Professor Saul David, Professor of Military History at the University of Buckingham, as he reads from and talks about his latest book, 'Crucible of Hell: Okinawa - The Last Great Battle of the Second World War'. A fantastic opportunity to listen to one of Britain's top military historians, followed by an interactive Q&A, hosted by General (Ret'd) Sir Mike Jackson.

**We're still busy making our virtual events even better.**

**Click on these links to jump online and get the latest information on each event!**

## CELEBRITY COOK-ALONG

**Full package at £95.00 for two people including all the ingredients you need to create your curry feast and two bottles of paired wine to enjoy. (Alternately you can opt for; Masterclass and Ingredients only: £70.00, Masterclass and wine only: £55.00, Masterclass attendance only: £30.00)**



**Matt Tebbutt**

**Tuesday 6 April | 6.30 - 8.00pm**

Get your tastebuds ready to indulge in an evening of scrumptious curry with our favourite BBC's Sunday Night Takeaway, Matt Tebbutt. He will 'cook-along' with you step by step and guide you to make a delicious vegetarian curry; accompanied by multi award-winning wine expert Oily Smith, who will pair the ideal wines with your meal. A very special opportunity hosted by leading food and wine critic, Tom Parker Bowles.

**COMPLETED  
MISSED OUT?  
SIGN UP  
FOR OUR OTHER  
VIRTUAL EVENTS  
NOW!**



**Prue Leith**

**Thursday 22 April | 6.30pm - 8.00pm**

Get your tastebuds ready to indulge in an evening of tasty curry with our famous

chef, television presenter, cookery writer and novelist, Prue Leith CBE. Prue will 'cook-along' with you step by step and guide you to make a delicious vegetarian curry; accompanied by our wine expert, Jane MacQuitty, who will pair the ideal wines with your meal. A very special opportunity hosted by leading food and wine critic, Tom Parker Bowles.



**Cyrus Todiwala**

**Thursday 6 May | 6.30pm - 8.00pm**

Get your tastebuds ready to indulge in an evening of delicious curry with one of Britain's most characterful chefs, Cyrus Todiwala OBE! Cyrus will 'cook-along' with you step by step and guide you to make a tasty chicken curry. There will be words of wisdom by our wine expert, Nicola Arcedeckne-Butler MW, who will pair the perfect wines with your meal. A truly unique opportunity followed by an interactive Q&A hosted by world renowned wine writer, Matthew Jukes.





WINDSOR CASTLE

General Sir James Everard KCB CBE,  
President,  
ABF The Soldiers' Charity.

Please convey my warm thanks to the Co-Chairmen and  
Members of the Lord Mayor's Big Curry Lunch Committee for their  
message of loyal greetings, sent on the occasion of the Fourteenth Big  
Curry programme.

As your Patron, I was interested to learn that this year you will  
be holding a series of virtual events, due to the ongoing COVID-19  
pandemic.

Your kind words are much appreciated and, in return, I send  
my best wishes to all those who are participating in this year's  
programme.

ELIZABETH R.

24th February, 2021.

KENSINGTON PALACE  
LONDON W8 4PU

## MESSAGE FROM

## THEIR ROYAL HIGHNESSES THE DUKE AND DUCHESS OF GLOUCESTER

We were very much looking forward to joining you all for the Lord Mayor's  
Big Curry Lunch 2020, in aid of Armed Forces veterans at the Guildhall last year. We  
had the pleasure of attending the lunch in 2014 and it was wonderful to hear the  
stories of beneficiaries, volunteers and supporters involved in the event.

Although we were unable to meet in person for the occasion last year, we  
have been delighted and impressed to learn that sponsors and supporters have  
rallied around and overcome the challenges presented by the pandemic to  
continue their charitable efforts. It is this dedication that has helped the 2020  
event meet its target of supporting eighteen veterans through the Pain  
Management Programme at the King Edward VII Hospital, which is more vital than  
ever in helping veterans suffering from chronic pain to feel able and confident to  
seek employment.

We were also heartened to hear that the Lord Mayor's Big Curry will be  
taking place virtually this year, through a series of events starting in March. We  
send our very best wishes to everyone involved in this year's varied programme of  
activities and thank you all for your steadfast support in helping to transform the  
lives of veterans and families.

HRH The Duke of Gloucester HRH The Duchess of Gloucester







THE RIGHT HONOURABLE LORD MAYOR  
ALDERMAN WILLIAM RUSSELL

THE MANSION HOUSE, LONDON EC4N 8BH  
TELEPHONE 020-7626 2500

It gives me great pleasure to welcome you all to the fourteenth event programme under the banner of the Lord Mayor's Big Curry. The Covid-19 pandemic has forced upon us a very different approach this year but nonetheless we remain true to our long-term objective to support the veterans of Her Majesty's Armed Forces. As the 692nd Lord Mayor of the City of London, I stand in a long tradition of the strongest links between the Crown, its Armed Forces and the City's institutions.

From the 2018 Lunch onwards, the Committee decided to extend its support to include all members of the Armed Forces of The Crown who have served in Iraq and Afghanistan and their families.

For 2019, 2020 and 2021, we have also decided to provide specific and targeted financial support so that individual veterans can take part in the Pain Management Programme at the Centre for Veterans' Health at the King Edward VII Hospital. This programme helps veterans manage their pain and allows them to move on to seek employment. This initiative resonates strongly with one of the strands of the Mayoral and Civic strategy, that of 'employment and employability'.

The Committee's commitment to contribute up to £120,000 a year to the Pain Management Programme for these three years is, of course, in addition to the Big Curry supporting other veterans who have served in the conflicts in Iraq and Afghanistan in every possible way.

My fellow Chairman and I are grateful to our generous sponsors as we are to the Livery Companies and Ward Clubs that support us so well and in a variety of ways.

The first thirteen Lunches have contributed over £2.3 million to the three national service charities. Can the Lady Mayoress and I encourage you all to be very generous indeed and ensure our fourteenth Virtual Big Curry takes us ever closer to our third million pounds?

We hope you enjoy this year's virtual programme of events and activities.

The Rt Hon The Lord Mayor of the City of London  
Alderman William Russell



ALDERMAN WILLIAM RUSSELL  
THE RT HON THE LORD MAYOR  
OF THE CITY OF LONDON 2019-21



Alderman William Russell took office as the 692nd Lord Mayor of the City of London on 8th November 2019. He served as a Sheriff of the City of London in 2016-17 and, in that capacity, supported the then Lord Mayor, undertaking numerous visits and official functions.

With over thirty years' experience in the financial and business City, including holding senior positions in the national and international Banking sector, William started his career with First Boston before joining Merrill Lynch as an Investment Banker. He is currently Chair of CDAM, a London based Asset Management business and Senior Advisor to STJ Advisors.

William served on the Board of Innovate Finance, the industry body for the UK based Fintech community and is also an educational entrepreneur, as the co-Founder and Chair of Knightsbridge School and a Director of Knightsbridge School International (KSI). William is also a member of the Campaign Board for Durham Inspired.

Alderman Russell has a number of charitable interests: he has served as Chair of the

Development Board of the Royal Court Theatre; he is a Board Member of the Guildhall School of Music and Drama; he is also on the Council of the Royal Theatrical Support Trust. He is immediate past Chair of Prostate Cancer UK and is currently Deputy Chair of Place2Be, a children's mental health charity. As of July 2019 he is a member of the Barbican Centre Board.

William was elected Alderman for the Ward of Bread Street in March 2013 and has since served on a number of the City of London Corporation Committees including the Policy & Resources Committee and the Education Board. William is also a Governor of the City of London School for Girls and is a past Governor of the Haberdashers' Aske's School for Girls, Adams Grammar School and Abraham Darby Academy. William is a Court Assistant to both the Haberdashers' and the Feltmakers' Livery Companies, as well as an Honorary Liveryman of the Paviers' Company.

William will be the fifth member of his family to be Lord Mayor in the past 110 years. His grandfather, Sir Ian Bowater, was Lord Mayor from 1969 - 1970 and his great grandfather, Sir Frank Bowater, from 1938 - 1939.





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PHOENIX GROUP

## MESSAGE FROM THE CO-CHAIRMAN

Welcome to the fourteenth Lord Mayor's Big Curry in support of members of the Armed Forces of The Crown who have served in Iraq and Afghanistan and their families.

This year the entirely-virtual Lord Mayor's Big Curry has been forced on us by the Covid-19 pandemic. Nevertheless, we hope you will want to join in the imaginative programme of activities and events that the Committee has planned for 2021.

I would like to thank the Lord Mayor of the City of London, Alderman William Russell and the Lady Mayoress, Mrs Hilary Russell for their enthusiastic commitment to the Big Curry. The Lord Mayor and I are fortunate in the support we have been given to put on this Lunch.

We have a great number of people and organisations to thank. You will find them all listed in this programme.

I would also like to thank our hardworking Committee members, many of whom have been involved since the Lunch's inception in 2008. They all contribute in different ways to ensure the success of the Lunch.

As we have broken new ground in putting on an entirely virtual Big Curry, we have been most ably supported by members of ABF The Soldiers' Charity's staff team. I would in particular single out Steve Oatley, Katy Wildman and Georgia Cantwell.

May I echo the Lord Mayor's invitation to join and support as many of the virtual events and activities as possible.

A particular focus of our fundraising from 2019 to 2021 is the provision of financial support for veterans so that they can take part in the King Edward VII Hospital's

Pain Management Programme. We have funded up to 18 veterans each year on the Programme at a cost of £6,500 per veteran. It is fantastic that five Livery Companies - the Bakers, the Barbers Surgeons, the Vinters, and the Goldsmiths/Fishmongers are funding four veterans through the PMP.

Your generosity over the coming weeks will fund further veterans through the PMP and help make such a difference to their lives and to the lives of their families.

Have a very good time enjoying our 2021 Virtual Lord Mayor's Big Curry.

*Michael Hockney*

Michael Hockney MBE  
Co-Chairman and Founder  
The Lord Mayor's Big Curry Lunch



## COMMITTEE MEMBERSHIP 2020-21

### 2020-21 COMMITTEE CHAIRMEN

The Rt Hon The Lord Mayor Alderman William Russell  
Mr Michael Hockney

### VICE PATRONS

Sir David Lewis	Alderman Sir Roger Gifford	Alderman Sir Andrew Parmley
Alderman Nick Anstee	Alderman Dame Fiona Woolf	Alderman Sir Charles Bowman
Sir Michael Bear	Alderman Sir Alan Yarrow	Alderman Sir Peter Estlin
Alderman Sir David Wootton	Alderman the Lord Mountevans	

### 2020-21 LORD MAYOR'S LUNCH COMMITTEE

The Lady Mayoress Mrs Hilary Russell	Alderman Emma Edhem	Alderman Robert Hughes- Penney	Mr Tim Orchard
Alderman and Sheriff Professor Michael Mainelli	Lady Everard	The Very Reverend Dr David Ison	Mr Denis Petropoulos
Sheriff Christopher Hayward	Mr Richard Fox	Lady Jackson	Mr Jeremy Quin MP
Mr Doug Adam	Mrs Susie Freeman	Mrs Denise Jones	Mr Paul Rochford
Mrs Fiona Adler	Mr Christopher Freeman	Alderman Gregory Jones	Mr Michael Bradley- Russell
Mr Johnny Aisher	Lady French	Alderman Vincent Keaveny	Ms Victoria Russell
Mr Jeremy Archer	Alderman John Garbutt	Lady Kent Noon	The Rt Hon the Baroness Patricia Scotland of Asthall
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The Lady Bilimoria	Mr Andrew Gordon	Alderman Susan Langley	Mrs Laura Taylor
Lady Bradshaw	Alderman Alison Gowman	Lieutenant General David Leakey	Mr Cyrus Todiwala
Mr James Bromiley-Davis	Alderman Prem Goyal	Mrs Susannah Lovis	Lieutenant Colonel Michael Vernon
Lady Catherine Carleton-Smith	Alderman David Graves	Alderman Nicholas Lyons	Mr Adrian Waddingham
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Field Marshal Sir John Chapple	Brigadier Tim Gregson	Mr Simon Martin	
Sir Trevor Chinn	Mr Ian Grundy	Alderman Bronek Masojada	Mr Johnny Mercer MP
Mr Peter Cooper	Field Marshal The Lord Guthrie	Mr Brian Mooney	Mr Adrian Morgan
Sir Michael Craig-Cooper	Alderman Timothy Hailes	The Right Reverend & Rt Hon. Dame Sarah Elisabeth Mullally	Mr John Nichols
Mr Tim Cramp	Mr James Heappy MP	Sir Kenneth Olisa	
Mr Christopher Davey	Mr Paul Herbage		
Colonel Jane Davis	Mr Stan Hodges		
Mr Vladislav Dobrokhotov	Lady Houghton		
	Alderman Robert Howard		
	Lord Howard of Rising		



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### ASSOCIATE SPONSOR



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MAJOR DONOR: **SIR TREVOR CHINN**

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**COUNTRY LIFE**

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## SUPPORTERS PRIZES

The Rt Hon The Lord Mayor  
Alderman William Russell & The  
Lady Mayoress Mrs Hilary Russell

Alderman and Sheriff Professor  
Michael Mainelli and Sheriff  
Christopher Hayward

ABF The Soldiers Charity

Mr Tony Alston, Past Master  
Farmer

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Mr Jeremy Archer

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Mr Nicholas "Quiz Master"  
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Coq d'Argent Restaurant

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of Vintners'

Professor Saul David

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London Police

Mr Chris Earlie, Head of Tower  
Bridge

Mr Alex Edwards, Natural High  
Safaris

The Hon. Annabel Elton, Director  
of Commissions for the Royal  
Society of Portrait Painters

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Travel

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Mr Jack Fuller

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Mr Sean Gavin, Senior General  
Manager of D&D

Mr Andrew Gordon, MD of  
Private Cellar Ltd.

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Mr Nicholas and Mrs Anne  
Somers

Mr Hew Stevenson

The City Livery Club

The National Bakery School

The Sandhurst Trust

The Royal Air Force Benevolent  
Fund

The Royal Navy and Royal  
Marines Charity

The Worshipful Company  
of Bakers

The Worshipful Company  
of Goldsmiths

The Worshipful Company  
of Gunmakers

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Brigadier Simon Young



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Barbers



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Company of  
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### GARDEN IN GUILDHALL



The Worshipful  
Company of  
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The Worshipful  
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### DONATED PRIZES TO THE AUCTION



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Company of  
Bakers



The Worshipful  
Company of  
Goldsmiths



The Worshipful  
Company of  
Gunmakers



The Worshipful  
Company of  
Turners



The Worshipful  
Company of  
Vinters



The Worshipful  
Company of  
Woolmen



The City  
Livery Club

### AWARD WINNING MUSICIANS

### LIVERY COMPANY DONATIONS



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Bowyers



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Company of  
Broderers



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Carpenters



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Accountants



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The Worshipful  
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Leathersellers



The Worshipful  
Company of  
Lightmongers



The Worshipful  
Company of  
Marketors



The Worshipful  
Company of  
Mercers



The Worshipful  
Company of  
Merchant  
Taylors



The Worshipful  
Company of  
Musicians



The Worshipful  
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Paviers



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Advisors



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Workers



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Tobacco Pipe  
Makers



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Company of  
Tylers and  
Bricklayers



The Worshipful  
Company of  
World Traders

### WARD CLUB DONATIONS



Aldersgate  
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Ward Club



## KING EDWARD VII'S HOSPITAL CENTRE FOR VETERANS' HEALTH: THE PAIN MANAGEMENT PROGRAMME



### Persistent pain destroys lives...

Pain is complex, having a negative effect on mood and physical health; as a result pain affects relationships, both personal and related to work; pain has a significant effect on the economy as well as the individual's day to day life. Chronic pain is common in veterans and the King Edward VII's Hospital Pain Management Programme (PMP) accommodates the specific needs of the veteran population such as combat experience and level of training. PTSD related to service is well established as a factor likely to make the pain experience worse.

### What is a PMP?

The programme consists of two residential phases and two outpatient days, including a follow up day, nine months after the start of the programme. Family and friends will be invited to Day 5. The programme runs over nine months.

### How PMPs make a difference and why 'Pain? I manage it'

The main objectives of the Veteran PMP are to help veterans to develop a better understanding of their pain, improve mood, confidence and to increase meaningful activity, self-management and quality of life.

The PMP helps veterans improve relationships at home and in the work community:

- Employability (paid and unpaid) becomes more realistic.
- Relationships and family life improve.
- Reducing medication, where appropriate is central to the PMP.
- A reduction in the intensity of the pain over time is not uncommon.

### Who is in the PMP Team?

A PMP is run by an interdisciplinary team of experienced clinicians who are specialists in Pain management. Further to a veteran applying to attend the PMP they are invited to an interdisciplinary assessment. All patients assessed are provided with a personalised management plan, even if not selected for the PMP.

### Is it successful?

The outcome data demonstrates statistically positive changes from assessment to the final day of the programme. 94% of veterans who completed the PMP rated it with 5 out of 5, 6% rated it as 4 out of 5.



## GRADUATES OF THE PAIN MANAGEMENT PROGRAMME

### Kerry

Formerly of The Royal Navy

Ten years after leaving the service she was suffering from chronic back pain and CPTSD and life was becoming unbearable. Civilian GPs were happy to prescribe a growing list of painkillers but there was no real help and no hope of any change.

After hearing about the Pain Management Programme for Veterans in King Edward VII's Hospital, London, from a fellow veteran she decided to try it as a last ditch attempt at improving her situation. This turned out to be the best decision she had made in a long time. All the staff were friendly, accommodating and understood the needs of veterans. The programme took place in a safe environment and being with fellow veterans suffering similar problems

enabled her to connect and engage fully with the ideas and ethos of the programme.

Two years later she is managing her pain a lot better, takes far fewer painkillers and has learnt to respect her limitations. She still does the stretching she was taught on the programme and has found the psychological interventions and mindfulness theories incredibly useful.

She would thoroughly recommend the Pain Management Programme to anybody who is struggling with physical pain and is sure that she owes her current physical capabilities to putting into practice the knowledge she gained on the programme.

*"Don't fight alone; let the amazing team at King Edward VII Hospital, help you make the most of what you have".*

### Morgan Dally

Formerly of The Royal Air Force

My name is Morgan Dally and I served in the RAF from 2004 until 2014 when I was medically discharged with multiple back injuries and nerve damage caused by routine training in 2012.

I spent 8 years dependant on pain medication which was having a drastic effect on my memory, home life and work life leaving me struggling on a daily basis. The NHS offered no help for me at all as I was not taking over my prescribed dose and I felt desperate and unable to cope with the effects any longer.

I was referred to the King Edward VII's Pain Management Programme through another charity (SWV) and can honestly say it is the best thing to happen to me in a long time. With the support and understanding of the pain team I managed to wean myself off all my medication over a 6 month period, as my medication reduced I started to feel like

myself again for the first time in 8 years, my memory came back as did my confidence. I have since moved to a more demanding job and my career is going from strength to strength, I am also a better partner and father and feel that life has hope again. This would not have been possible without the help of the amazing team at King Edward VII's hospital.





# FOR SOLDIERS FOR VETERANS FOR FAMILIES FOR LIFE

As the Army's national charity, we're here for the Army family when they need us.

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70,000

INDIVIDUALS &amp;

89

ORGANISATIONS

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## THE PEOPLE WE HELP

ABF THE SOLDIERS' CHARITY

### Lee Harris-Hamer

Formerly of The Royal Artillery

Lee joined the Royal Artillery at 17 years old. He deployed to Afghanistan in 2010 and again in 2012, serving a total of eight years before a back injury ended his Army career.

Lee struggled to adapt to his injury and developed anxiety and depression. He entered the Personal Recovery Unit (PRU) and worked with staff who helped to transform his outlook. With a wife and young child at home, Lee decided to use the skills he'd developed in the Army to start his own carpet-cleaning business.

ABF The Soldiers' Charity supported Lee with a grant towards his new venture, helping him to attend training courses and purchase specialist cleaning equipment. Three years on, White Horse Cleaning Services, is thriving and employs 28 members of staff. Lee has received a Bronze Award from the Armed Forces Covenant Employer Recognition Scheme, and is close to launching a business franchise supporting military spouses. He and his wife Brogan recently welcomed their second child.



"The Soldiers' Charity gave me a lifeline and was there for me when I felt nobody else was."

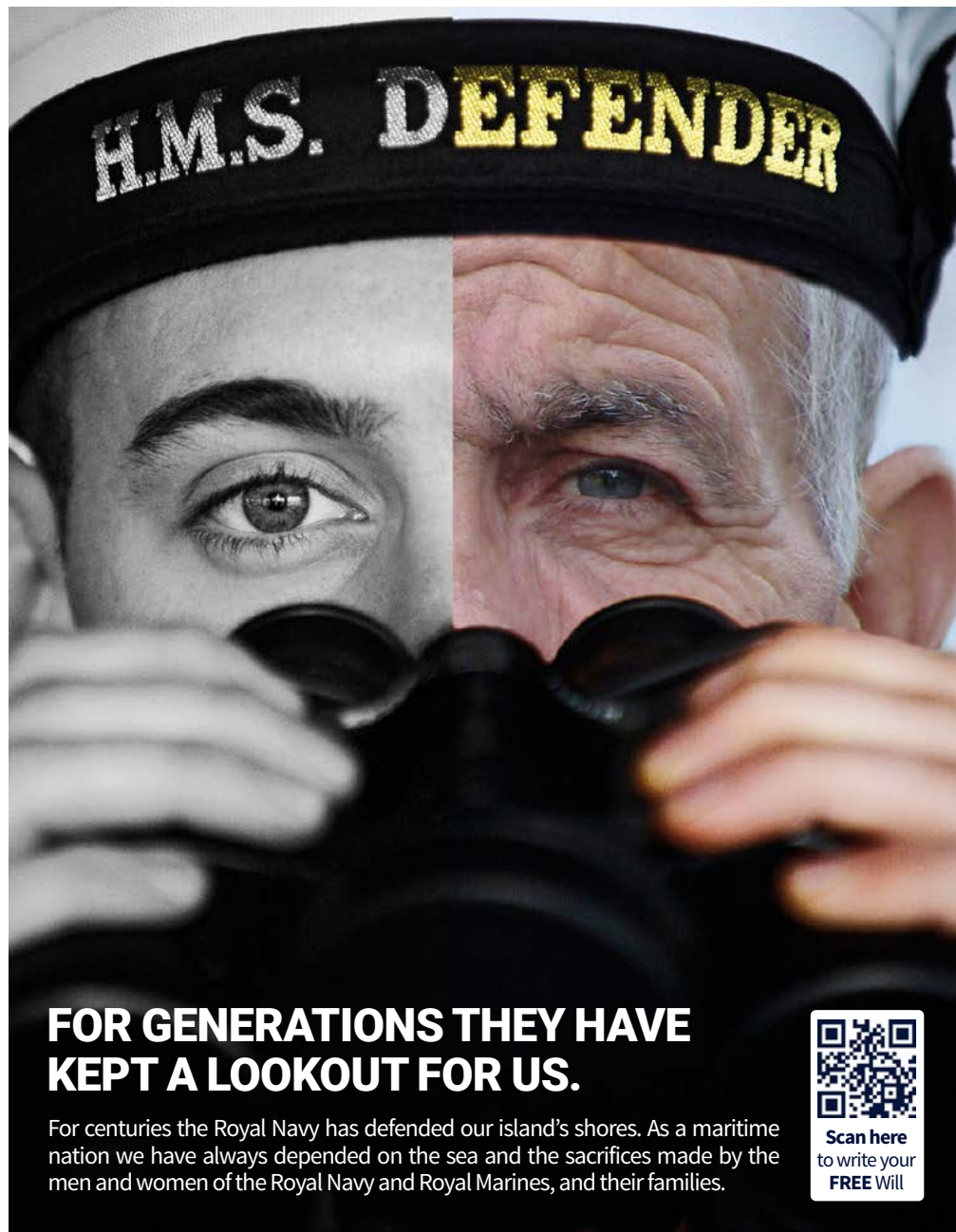
FROM THE PAIN  
MANAGEMENT  
PROGRAMME

**"A truly life changing programme. Over the course of the Pain Management Programme I have learnt that it is possible to manage chronic pain by incorporating techniques into my daily routine.**

**I now have a greater understanding of how and why my pain manifests itself and affects my mood etc., also I am not alone in suffering chronic pain and sharing ideas and experiences with other has been invaluable."**


ANONYMOUS PMP VETERAN





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## THE PEOPLE WE HELP



### Tony Bruce

Formerly of The Royal Marines

Tony served in the Royal Marines for five years. His time as a Marine saw active service in Sierra Leone, Northern Ireland and Iraq. Tony left the military in 2004 and went on to work for a company in Tewkesbury supplying surveillance equipment to the MOD. However, as the COVID-19 pandemic took hold Tony was made redundant and found himself unemployed for the first time since leaving the Royal Marines.

With rent and bills to pay Tony was anxious to get back to work, but he decided to take the opportunity to re-train for a new career in electronics. He looked into Government retraining schemes, but found he was not eligible for these. It was at this point that Tony contacted the Royal Navy and Royal Marines Charity's Support Line. Following this call, Tony was put in touch with the Royal British Legion and subsequently the RFEA Ex-Forces Programme, which is part funded by the RNRMC. The total cost of Tony's re-training course was £3500, of which RBL agreed to pay £1000. With further support from two additional Naval charities (The Royal Marines Charity and the Royal Naval Benevolent Trust) the remainder of the course cost was covered. This was a lifeline for Tony who was without an income as a result of the redundancy.

Tony has now undertaken an intensive course which provided him with vital qualifications and is working as a domestic electrician, as well as getting into electrical work on television and film sets.



"2021 is looking bright. Doors have opened for me I have recently been accepted on a big movie that will keep me employed until the spring. I would like to take this opportunity to thank all the charities that helped me from start to finish."

FROM THE PAIN  
MANAGEMENT  
PROGRAMME

**"This programme has been amazing. I have learnt so much. Really didn't think I could be taught anything new after over 35 years of chronic pain. I couldn't have been more wrong. If offered it DO THIS COURSE!!"**

ANONYMOUS PMP VETERAN



# STANDING SIDE BY SIDE WITH THE RAF FAMILY FOR OVER 100 YEARS

The Royal Air Force Benevolent Fund is the leading welfare charity supporting current and former members of the RAF, their partners and families, providing practical, emotional and financial support, whenever they need us.

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✓ INDEPENDENT LIVING  
✓ TRANSITION

## THE PEOPLE WE HELP



### Luke Wigman

Formerly of The Royal Air Force

Since being medically discharged, former RAF Regiment airman Luke Wigman has gone on to achieve great things. Most recently becoming the first Brit to complete the World Marathon Challenge twice, taking on seven marathons in seven days on seven continents.

In 2011 Luke was struck by an IED while mentoring Afghan soldiers on patrol in Afghanistan. The blast damaged soft tissues in his lower left leg and he required an intense 12 months of hospital treatment and clinical rehabilitation to regain the strength needed to walk and, ultimately, run.

In 2018 Luke returned to hospital to have the skin grafts on his leg removed and re-grafted and part of his leg re-built. Each surgery has its risks and, on this occasion, the treatment did not have the desired effect. Luke's leg became so infected it was on the verge of becoming septic and he required intravenous antibiotics for three weeks. The setback meant what should have taken six weeks resulted in close to six months of treatment and rehabilitation.



Throughout it all the Fund has been by Luke's side; to provide a grant for training to support his new career with the East Midlands Ambulance Service and more recently to help him cover the costs of an extended hospital stay.

FROM THE PAIN  
MANAGEMENT  
PROGRAMME

**"This has completely changed the way I am dealing with my long time chronic pain. This is one of the best Pain Management courses I have been on and has had a real beneficial change of life for me.**

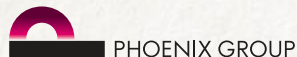
**The staff have all been fantastic and nothing has been too much trouble. I have come off crutches and vastly reduced my medication intake all due to the great work from the team. I am very grateful to have all the help."**

ANONYMOUS PMP VETERAN





PRINCIPAL SPONSOR



## THE VIRTUAL LORD MAYOR'S BIG CURRY 2021

IN ASSOCIATION WITH

### THE WORSHIPFUL COMPANY OF GARDENERS



The Worshipful Company of Gardeners has been supporting The Lord Mayor's Big Curry Lunch for the last six years by installing a themed garden display for the annual Lunch. The Lunch is a major fundraiser for the members of the Armed Forces who have served in Iraq and Afghanistan. All three armed services of the Crown will benefit.

This year's Garden has a celebratory theme and was inspired by Georgia Cantwell's marvellous idea of 'The Phoenix rising from the ashes.' The idea is to symbolise the empowerment the veterans feel having completed the Pain Management Programme.

Beautifully carved wooden eggs simultaneously represent fragility and resurrection, Red and yellow Cornus point their brightly coloured stems upwards in flames of glory as the Phoenix prepares to rise from the grey foliage representing the dying embers of pain whilst emerging Primula and fluffy pink flowering cherries proclaim rebirth and new beginnings. This year has been extra challenging for everybody and hopefully the garden paves the way to help us to focus on a brighter future.



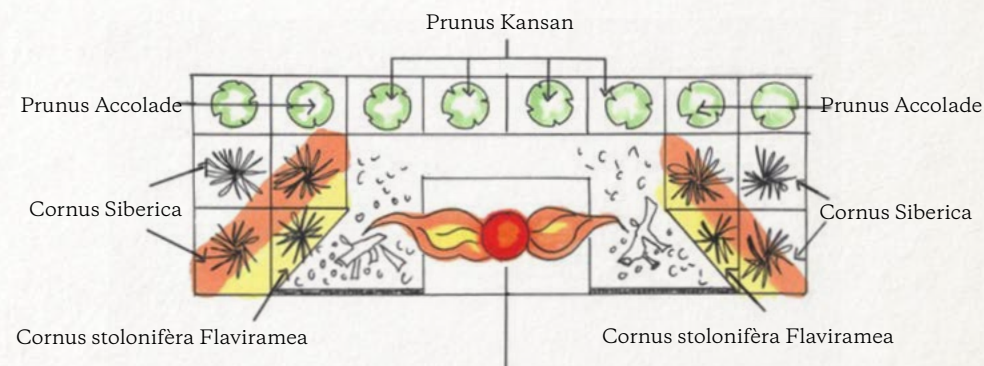
### THE PHOENIX GARDEN

#### Feature Plants

Cornus siberica  
Cornus stolonifera Flaviramea  
Choisya Sundance  
Prunus Accolade  
Cornus Midwinter Fire

#### Infill Planting

Carex evergold  
Heuchera Peach Flambe  
Heuchera Delta Dawn  
Brachyglotis Sunshine  
Calocephalus Brownii  
Cineraria Silverdust  
Polyanthus red, yellow and orange  
Luzula sylvatica  
Chaeonomeles Hot Fire



Black painted burnt looking logs on grey clippings, some painted red to look like embers.  
Pockets allowed for red and yellow primula in black pots disguised with black logs.





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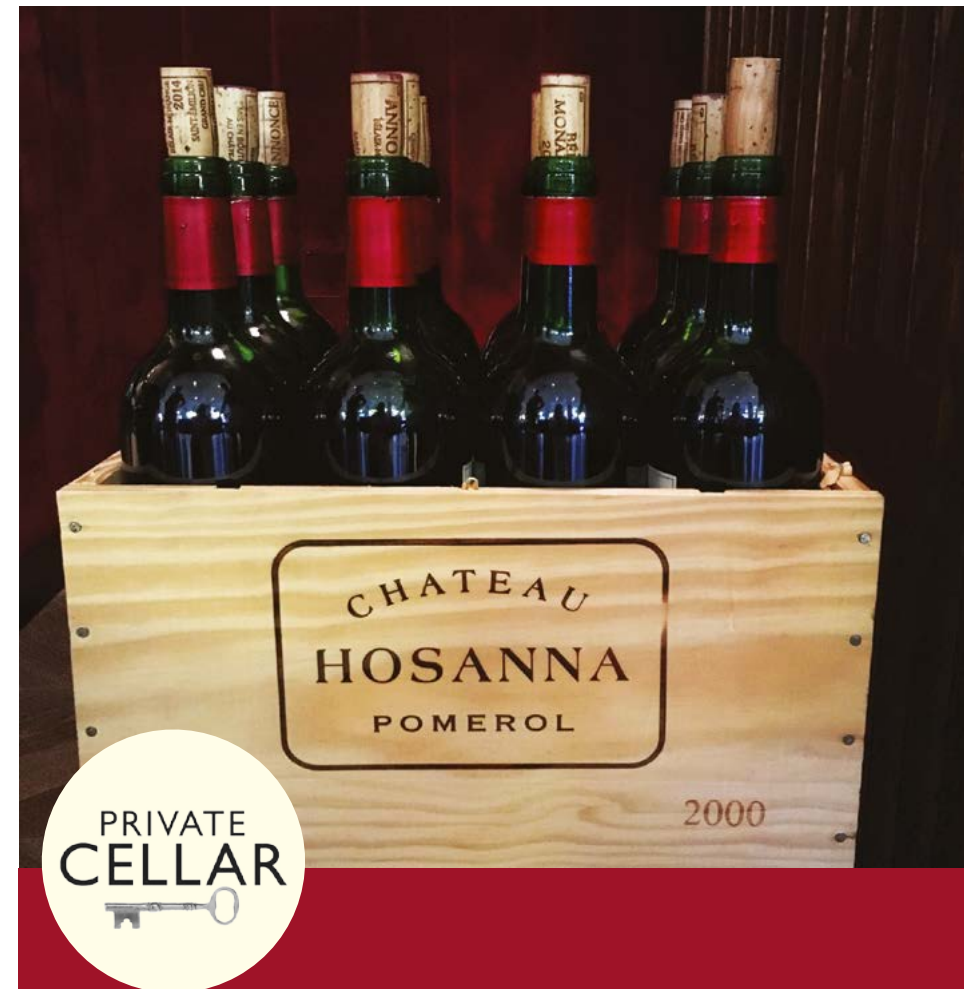
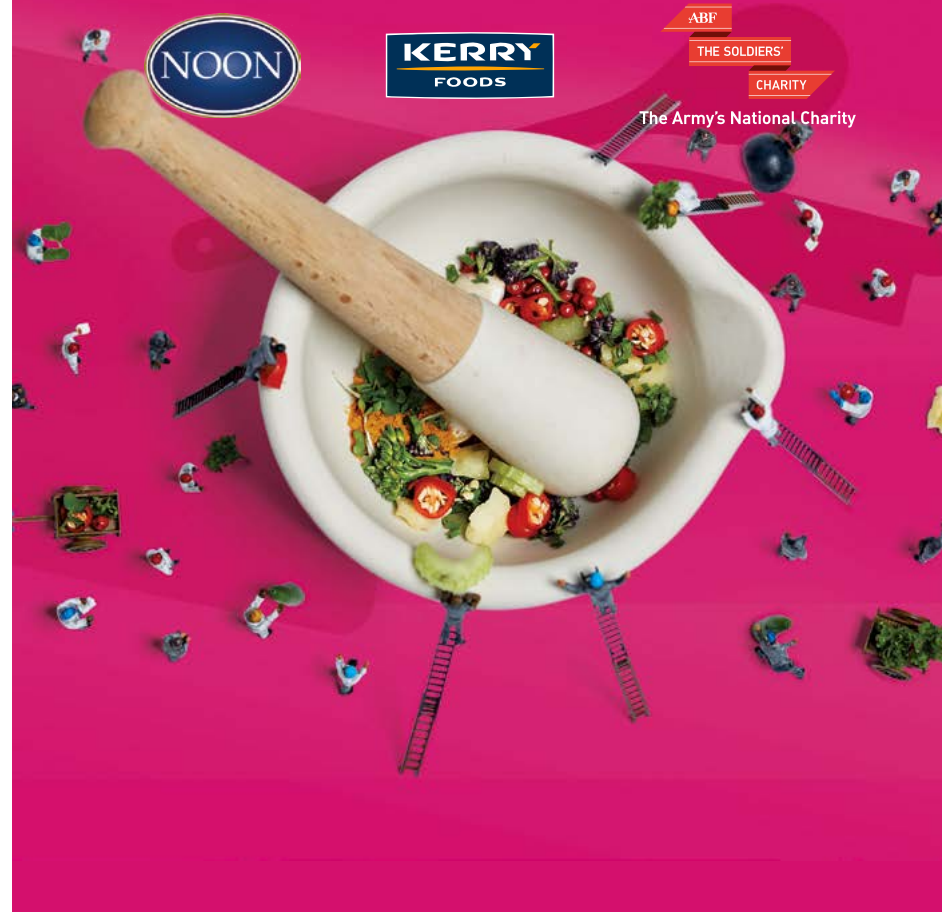
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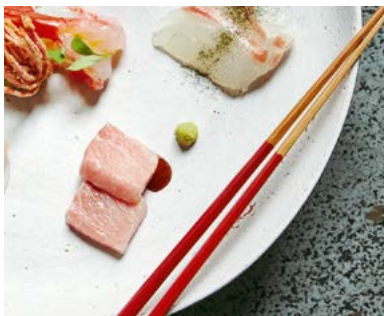
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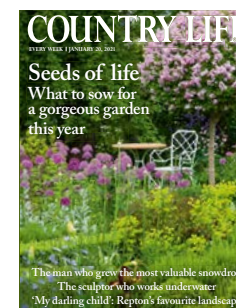


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## THE 2022 LUNCH

### Where

Guildhall, City of London

### When

Thursday 7th April 2022

### Who's going to be there?

Hosted by the Lord Mayor of the City of London and attended by a Royal Guest of Honour each year, The Lord Mayor's Big Curry Lunch brings together over 1,300 key decision makers and influential leaders from organisations across the various business sectors of the City of London and beyond.

### Where does the money go?

All the money we raise helps military veterans who have served in Iraq and Afghanistan and their families. At the moment one particular focus of the Lunch is to help veterans make a successful transition into civilian employment. This aligns with the Civic and Mayoral theme of the City as a place of good employment practice and a good place to work.

### How much are tickets?

£100 including lunch, wines and beer. Group ticket packages available.

### Register your interest

email: [lmhc@soldierscharity.org](mailto:lmhc@soldierscharity.org)

### To find out more

[www.soldierscharity.org/lordmayors](http://www.soldierscharity.org/lordmayors)



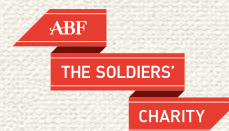


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