

Alan Bryon  
Exsel Pumps Limited  
Unit G5  
Fort Wallington  
Industrial Estate  
Military Road  
Fareham  
PO16 8TT

Wednesday 21<sup>st</sup> June 2023

Dear Alan,

**On behalf of our beneficiaries, thank you!**

Some 750,000 people are estimated to belong to the UK's naval family and are at the heart of everything we do. We are enormously grateful to you for demonstrating a shared interest in their welfare by supporting the Royal Navy and Royal Marines Charity with your recent generous donation of £500.00, for which I can confirm safe receipt.

Thanks to your generosity, we work with a wide range of partners to offer life changing support to people in the Royal Navy community. The RNRMC has worked closely with Veterans Aid for several years, providing vital funding to offer a lifeline to those in crisis.

After eight years of service in the Royal Navy, Mary returned to civilian life. Aspects of her life began to unravel, and she became dependent on drugs to cope. Mary tells us in her own words how she turned her life around. "I contacted Veterans Aid at the very lowest point of my life. Social services had intervened and removed my daughter from my care. At this point I overdosed deliberately and ended up in hospital. At the time I quite honestly wanted my life to end.

My time in treatment, in one word, was lifesaving. The most valuable thing I took from it was that addiction is not a quick 'fix'. Recovery takes ongoing work and is something I do have to work on every day. The help I have received from Veterans Aid has quite simply given me back my life! I wake up every single day free from guilt and shame. My daughter is living with me again and our relationship is better than it has been for years and years! For the first time in years my family can trust me and rely on me. There is laughter and happiness in our house again. I now work a programme daily, and it has impacted all areas of my life in such a positive way."

None of what we do is possible without like-minded supporters like you by our side helping us to ensure that every sailor, marine and Royal Navy family are valued and supported, for life.

Yours most sincerely,



**Dawn Ingram**  
**Director of Fundraising**

If you'd like to be kept up to date with the latest news from the RNRMC, you can subscribe here  
<https://www.rnrmc.org.uk/forms/opt-in>

**Patron:** HRH The Princess Royal  
**Senior Vice Patron:** Honorary Captain The Lord Hintze Kt.AM RNR  
**Vice Patrons:** Honorary Captain Lance Batchelor RNR, James Pitt  
**President:** Admiral Sir Jonathon Band GCB DL  
**Vice Presidents:** General Sir Gordon Messenger KCB DSO\* OBE,  
Vice Admiral Sir Tim Laurence KCVO CB ADC(P),  
Honorary Commodore The Hon Stephen Watson RNR

**Chairman:** Dr Brian Gilvary

**The Royal Navy and Royal Marines Charity**  
Building 37  
HMS EXCELLENT  
Whale Island  
Portsmouth  
Hampshire  
PO2 8ER

**E** fundraising@rnrmc.org.uk  
**T** 02393 871532  
**W** www.rnrmc.org.uk