

SW Update

April 24



Quiz Night

On the 25th of April the Fist Icon K2B team are holding a quiz night at the Beeches to support their challenge and raise funds for ABF.

Come along and join us!

More information on the K2B challenge [here](#).

Are you one of a million swingers?

For those keen golfers out there we will be hosting multiple Golf days, the first of which is taking place in Bristol on the 23rd May (more info on next page).

From the Team

Introducing the South West team. (L-R) Helen, Susanne, Diane, Philip and Tilly (front). We have an exciting year coming up celebrating the Charity's 80th anniversary with heaps of events and activities to enjoy!

From quizzing to driving, yomps to concerts - even a few cheeky vinos at wine tasting events - there's something for everyone! Please let us know if you would like to join us at any events, or if we can support any activities you may be organising!

Operation Fund-Racer

Calling all speed demons, an exciting new event at Truxton race track!

<https://register.enthuse.com/ps/event/OperationFundRacer>

Are you a General Knowledge Ninja?

Taking place at the Beeches Community Centre, our brand new quiz night is on 25th April 2024. Come test your knowledge and support the Army Benevolent Fund.

If you are unable to attend, perhaps you could help us share news of the event with family and friends - Poster (opposite) available!

Or if you want a free pack to host your very own quiz then get in touch with Diane at Dweir@armybenevolentfund.org



Where you can find us in May

- 1st - Cheering on the Army Channel Swim Team during one of their training sessions at Poole Beach [Lance Morris is fundraising for Army Benevolent Fund](#)
- 2nd - Skidding around at Truxton Circuit <https://register.enthuse.com/ps/event/OperationFundRacer>
- 16-18th - Getting down and dirty at the Devon County Show
- 23rd - Practising our swing at the Bristol Golf Day <https://register.enthuse.com/ps/event/BristolGolfDay2024>

Grant Update

We are delighted to award a £275,000 grant to [Combat Stress: The UK's Leading Charity for Veterans' Mental Health](#).

Our grant will go towards their core operating costs and enable them to further develop and roll out their specialist intensive treatment service (VICTOR).

Find out more on [our website](#).

