

A large, stylized flame logo composed of several overlapping, curved, yellow and orange shapes that resemble fire. The logo is centered on the page and serves as a background for the main title.

**Spirit  
of Fire  
Awards  
2018**

Official  
Programme

# A word from the Chair

Andrew Lynch, Chair, The Fire Fighters Charity



**Welcome to One Great George Street and to the Spirit of Fire Awards 2018.**

It has been three years since we last held a Spirit of Fire Awards ceremony and so it seems apt that we come together again today, mid-way through the Charity's 75th anniversary year, to recognise the incredible hard work and dedication of our supporters and beneficiaries.

Anniversaries inevitably bring with them the opportunity to reflect on past achievements and to look ahead to future ambitions. This year we have done exactly that, honouring the work undertaken by our predecessors as we mark our anniversary, as well as the kindness of the generations of supporters who went before us. Today, I am delighted to continue this theme of celebration by joining you, our 2018 Spirit of Fire nominees, to reflect

upon and recognise your incredible achievements over the past three years.

I was honoured to sit on the judging panel earlier this year as we made our decisions in regards to today's nominees and winners. It was a tough day of decision making, however, as the number and standard of nominations was exceptionally high. I would like to extend my gratitude to the other judges on the panel, as well as to everyone who took the time to nominate someone for an award. We had hundreds of nominations across our ten award categories, all deserved in their own rite, and the scale of the task that the judging panel faced was a powerful reminder of just how hard working, dedicated and loyal our supporters are, as well as how highly they regard and value The Fire Fighters Charity.

Whether you win an award today or not, your nomination is an incredible achievement of which you should be incredibly proud. As you know, The Fire Fighters Charity relies upon the generosity and support of its beneficiaries and supporters in order to provide its services. We simply couldn't do what we do without people like you going the extra mile to raise funds and create awareness for us.

Of course no one knows what the future holds, but as we mark the past 75 years I am confident that The Fire Fighters Charity will continue to diversify and evolve to meet the changing needs of the fire community over the next 75. Indeed, I urge you today to take a moment to look at the display boards regarding the development of our new Harcombe House Recovery Centre. We want

Harcombe to become a centre for excellence for mental health and social wellbeing, meeting the increase in demand for such services that we have been seeing over recent years. The money you have raised and, I hope will continue to raise for us, will therefore help us to realise this ambition and to further develop our other services too.

Congratulations once again on your nomination and I look forward to meeting you over the course of the day.

Kindest regards,

**Andrew Lynch,**  
Chair

## Your day in detail Thursday 21 June, 2018

**10.30:** Arrival and registration

**11.00:** Spirit of Fire Awards 2018

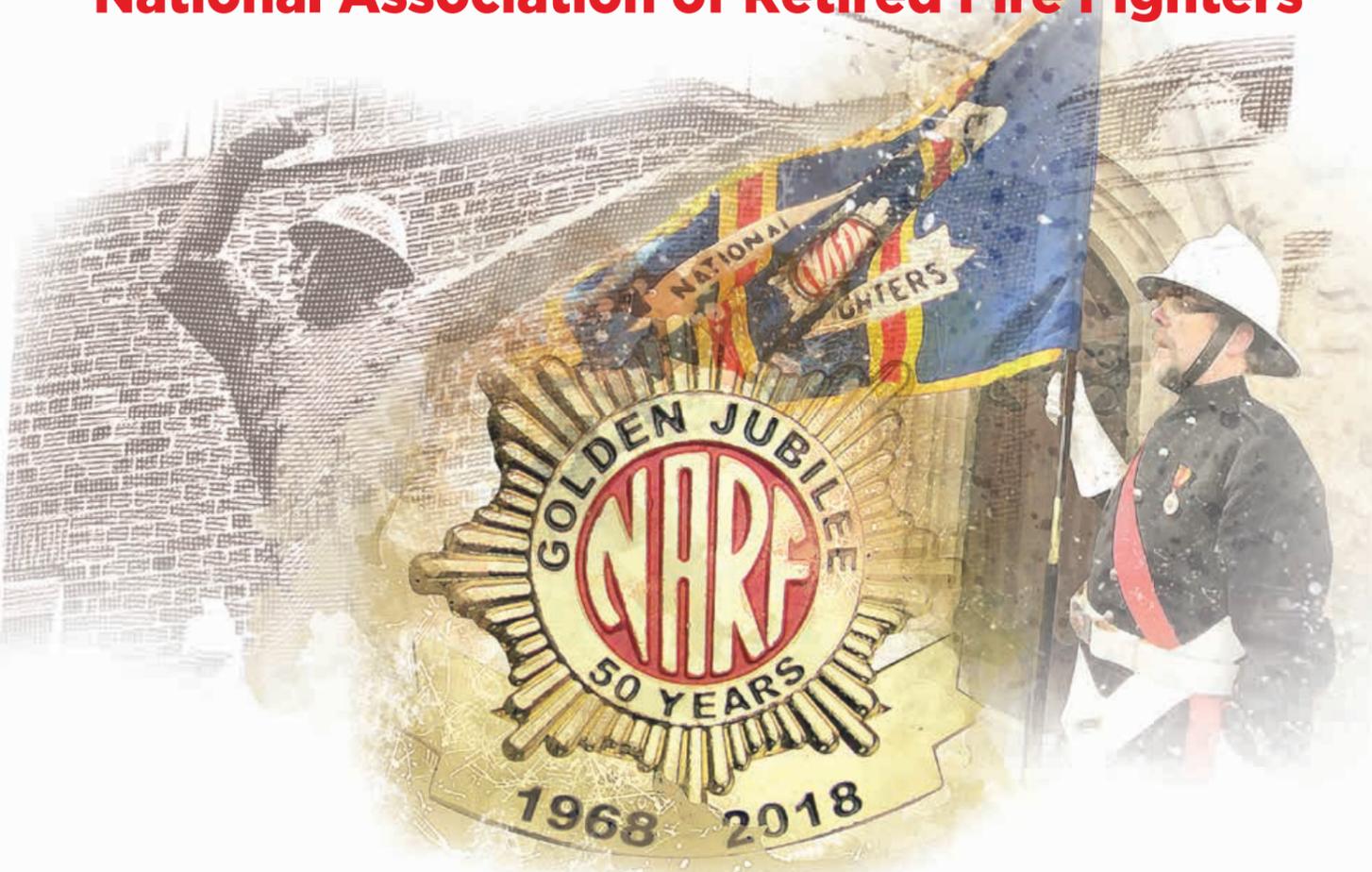
**12.30:** Refreshments

**13.30:** Depart for Downing Street

**13.40:** Photographs outside No.10 Downing Street

**14.00:** Reception at Downing Street

**15.30:** Our day ends



The National Association of Retired Fire fighters was instigated fifty years ago in Manchester. The Association has quite a few aims which include, promotion of the members welfare, safeguarding the interest of its members & their dependants, maintaining links with the Fire Service, maintaining local based branches so members can meet. Representation of the members in other important bodies including the Fire Service Charity and finally set a system of Branch and District committees. The organisation spread and grew, with branches throughout the four provinces of the United Kingdom with today's membership standing at just over 8000. Branch meetings vary from branch to branch with some members just meeting occasionally for a short meeting whilst others meet very regularly and as well as having a deep interest in the politics of the organisation have a very healthy social life. For anyone who cannot or does not want

to be attached a branch, they can join as an "Individual Member". Individual Members still have a Secretary who looks after their interest and is their first port of call for any assistance they may require. NARF News is a periodical which goes to all members four times a year. This contains items of interest, letters, pension information and finally the Obituary column. Individual Members also receive twice a year "Direct News" which contains information regarding the two National Council Meetings and the National A G M. When approach by The Fire Service Charity to sponsor "Spirit of Fire" there was no hesitation for any of the National Council Members who had to give their approval. It was felt that the awards not only highlighted the risks taken by members of the public but the hazards faced daily by members of the Fire Service.

**Alex Jeffrey -  
National President & Individual  
Membership Secretary**

## The Judging Panel

Earlier this year our judging panel met to read through an incredible number of nominations and decide upon the nominees and winners across today's ten Spirit of Fire categories. Here are the members of the judging panel.



**Andrew  
Lynch**

*Chair, The Fire Fighters  
Charity and Editor,  
Fire Magazine*

Andrew was appointed Chair of The Fire Fighters Charity's Board of Trustees in November 2016, having previously been Deputy Chair and having first joined the Board in 2011. Andrew has been involved in the fire sector since 1998 when he joined the Fire Group of publications and events at DMG World Media. Andrew has been Editor of FIRE magazine since 2000 and is the Managing Editor of the Fire Group at Pavilion Publishing. He is also Editor of International Fire Professional on behalf of the Institution of Fire Engineers and is the founder and organiser of events such as the Fire Congresses and the Excellence in Fire & Emergency Awards. His other volunteer roles include being Vice Chair of the Fire Sector Federation and Parliamentary Liaison Officer for the All Party Parliamentary Fire Safety and Rescue Group. Through his work on FIRE magazine and the wider fire sector, Andrew has had close links with The Fire Fighters Charity since 1998.



**Dr Jill  
Tolfrey**

*Chief Executive,  
The Fire Fighters Charity*

Jill started work at The Fire Fighters Charity in 2010 as Director of Operations, leading the development of the Charity's services, and was subsequently appointed as Chief Executive in June 2014. During her time with the Charity, Jill has sought to understand both the ways of working and the culture of the UKFRS, visiting services, shadowing CFOs and spending time with brigades up and down the UK. She has a deep rooted understanding and appreciation of the people of the UKFRS, their commitment to their service and their commitment to supporting The Fire Fighters Charity. Jill said of the judging experience: "Reading all the nominations for Spirit of Fire was both uplifting and humbling, with so many of our supporters giving so much to our Charity; we had some difficult decisions to make."



**Tom  
Capeling**

*Former Chief Fire Officer  
and Chief Executive of  
Tyne and Wear Fire and  
Rescue Service*

Tom joined The Fire Fighters Charity's Board of Trustees in 2016 while serving as Chief Fire Officer and Chief Executive of Tyne and Wear Fire and Rescue Service. Tom retired from service in 2017, having dedicated almost 30 years to Tyne and Wear Fire and Rescue Service. During his career Tom worked across areas including Learning and Development and Corporate Support, becoming ACO Community Safety in 2009 and then CFO in 2012. Tom has also been awarded the Queen's Fire Service Medal.



**Sir Ian  
Johnston**

*Independent judge.  
Former Chief Constable of  
British Transport Police.*

Taking his place on the panel as our nominated independent judge, Sir Ian Johnston served 44 years as a police officer, starting his career with the Metropolitan Police in 1965, moving to Kent County Constabulary in 1989 where he served as an Assistant Chief Constable in Operations. He returned to the Metropolitan Police in August 1992 as Deputy Assistant Commissioner. In March 1994 he was appointed Assistant Commissioner for South East London, and led the MPS's re-opening of the investigation into the murder of Stephen Lawrence.

In January 1999 Sir Ian took over as Assistant Commissioner for Central London and in 2001 he was appointed Chief Constable of British Transport Police. Sir Ian's appreciation of the work of the Fire and Rescue Service, alongside his experiences with a wide range of voluntary organisations makes him well-placed to act as the independent, non-FRS member of the selection panel for the Spirit of Fire Awards 2018.

After the panel met, Sir Ian said: "It was a real pleasure and a genuine honour to be involved in such a worthy process."

# Our Sponsors

Today's Spirit of Fire Awards are supported by our sponsors, all of whom have a close affinity to our nominees and winners. We are grateful to them all for their support and involvement in today's ceremony.



## Bristol Uniforms

Bristol Uniforms is a global leader in the design and manufacture of protective clothing for firefighters, and has been a pioneer in this field for more than 60 years.

Its world-class design team works closely with leading international fibre and fabric manufacturers, using the very latest technology to create quality, hard-wearing garments that provide maximum protection and comfort. All of Bristol Uniforms' garments are independently tested and comply with internationally recognised performance and safety standards.

Bristol supplies the majority of Fire and Rescue Services in the UK and is the only PPE manufacturer offering in-house managed services across the country for regular PPE cleaning, inspection and repair. Last year, it was awarded the contract to supply firefighting PPE for a new Collaborative Procurement Framework, accessible to all Local Authority Fire and Rescue Services across the UK.

Overseas, Bristol has customers in more than 110 countries, serviced by a network of over 70 experienced local distributors located in its major international markets.

Minimising health risks and helping firefighters do their job effectively and safely is at the heart of everything Bristol Uniforms does. As such, the company told us that it was: "delighted to be sponsoring the Spirit of Fire Awards in the 75th Anniversary year of The Fire Fighters Charity. The Charity provides essential services to firefighters and their families, from general advice, to health and wellbeing, to rehabilitation and recuperation. We're proud to be supporting it in this vital work, and to be recognising the achievements of firefighting individuals and crews that show exceptional bravery and commitment to their peers."



## Fire Service College

The Fire Service College is the Home of Firefighter Development, with one of the world's largest operational fire and rescue training facilities.

The College specialises in equipping the firefighters of today and the future and other emergency responders with the best possible skills and training to learn the latest techniques and procedures. The College has 40 years' experience within the national and international fire response industry and supports the UK Fire and Rescue Service and international services globally to improve firefighter and community safety. The College ensures that learners are safely trained to national and international standards.

The College's unique incident ground, coupled with its team of expert instructors and sector professionals, provides the ideal opportunity for learners to train and exercise in a realistic and challenging environment for a learning experience that is second to none.

Speaking to us ahead of today's Awards, the College told us that it was "delighted to be supporting the Spirit of Fire Awards 2018, particularly as this year marks the 75th anniversary of The Fire Fighters Charity. It is important to recognise those who have dedicated their time and energy to raising vital funds that allow the Charity to support those in need from the fire service community."



## National Association of Retired Firefighters (NARF)

2018 is a very special year for many organisations connected with the Fire Service; The Fire Fighters Charity is celebrating 75 years of dedicated service to all members of the fire and rescue service and their families; The Fire Brigades Union is celebrating its centenary year and NARF is proud to be marking its Golden Jubilee year in 2018 also.

Since the formation of NARF in 1968, the organisation has worked closely with The Fire Fighters Charity to forge links between the organisations in order to enable the two to work collaboratively together in support of each other's work.

Speaking ahead of today's Awards ceremony, NARF said: "We felt it would be very appropriate if we were to sponsor the 'Supporter of The Year - Retired' Award at the Spirit of Fire awards and we are very proud and happy to be associated with this event to honour those people who have dedicated so much time and effort towards forwarding such good causes."



## This morning's host: Nicholas Owen

A regular at Spirit of Fire, Nicholas Owen is a journalist and presenter with BBC News, who previously hosted all ITN's major bulletins, including Channel Four News and News at Ten, having started his career in Fleet Street.

He was ITV's Royal Correspondent for 6 years when he covered many important stories. He has met every Prime Minister since Harold Macmillan and interviewed every Prime Minister since Harold Wilson and he has covered many topics including budgets and the Gulf War.

He has also appeared in a wide range of other TV and radio programmes, including being a contestant in BBC1's Strictly Come Dancing and he now presents his own show on Classic FM on Saturday afternoons.

## With thanks...

Our thanks also goes to every fire and rescue service in the United Kingdom, as well as every firefighter, member of support or control – serving or retired – as well as to the many thousands of supporters, fundraisers and volunteers across the fire community who come together every year to raise the money needed to run The Fire Fighters Charity and to raise awareness of our services.

The Awards being presented tonight deservedly highlight the incredible achievements of individuals and teams who have gone to extraordinary lengths in their support of the Charity. However, just as we owe so much to them, we also owe a huge debt of gratitude to every person and fire station who has held a bake sale or open day, organised a raffle, hosted a quiz, recycled some old clothes, left us a legacy in their will or donated their pocket money. We rely just as much on these everyday acts of support as we do on the ultra-marathon runners and extreme mountain climbers.

It may be a cliché, but every penny really does count. So, if you're nominated for an award today, please pass our thanks and gratitude on to all your colleagues, peers, friends and family when you get home or back to work.



*From our beginnings in the Second World War, to our establishment as the UK's leading provider of life enhancing health and wellbeing services for the fire community, we are this year celebrating our 75th anniversary. Here we take a look at the history of The Fire Fighters Charity and the services we provide today.*

In the autumn of 1940 German bombers devastated large swathes of London and the Thames estuary, as well as other major cities and strategic points across the country as the Blitz brought the Second World War to our shores. It was a dark time for the country and the most challenging time ever in the history of the fire service.

From September 1940, London was bombed on 57 consecutive nights, with 100,000 incendiary bombs falling within the square mile of the City of London on 29 December alone. In all, 997 men and women from the fire services lost their lives during the Second World War in their valiant attempts to minimise the devastating impact of the German bombardment of our towns and cities.

It was during these dark years that The Fire Fighters Charity first emerged, originally in the form of the London Fire Service

Benevolent Fund, set up by District Officer Ronnie Greene MBE, the man widely regarded as the father of the modern day Charity. Formed from an initial donation of £24 to support the bereaved families of firefighters killed during the Blitz, the fund became a focal point for members of the public wanting to show their gratitude for the work of the fire service during the war and to help firefighting families affected by it.

Eventually, in 1943, the fund was nationalised and became the Fire Service National Benevolent Fund (FSNBF). This move meant that by 1944 the Fund had extended its support to cover the fire service itself, providing much needed support to injured firefighters, such as through the provision of motorised wheelchairs for those who had been disabled as a result of their war-time injuries.

By the end of the war almost 1,400 fire service orphans were

also being cared for by the Fund, supported by grants and allowances. As peace time came, the work of the Fund continued to diversify and this dedication to the fire service was recognised in 1953 when Her Majesty Queen Elizabeth II became the Fund's Royal Patron, a position she holds to this day.

1965, meanwhile, marked another milestone for the Fund as its first recuperation centre, Marine Court in Littlehampton, opened its doors to beneficiaries. Harcombe House in Devon followed in 1981 and in 1995, two years after the fund marked its Golden Jubilee with a reception at London's Guildhall, attended by the Queen, Jubilee House in Cumbria opened, offering rehabilitation and nursing services to beneficiaries.

The Fund continued to evolve its services into the new Millennium

and launched a child and family programme at Jubilee House in 2004 that, for the first time, allowed families with one or more children with special care needs to come together with others in a safe and supportive environment. This hugely successful programme continues today at Harcombe House in Devon and provides a broad range of activities for the whole family to enjoy.

The noughties also saw the Fund launch rehabilitation services at Harcombe House in 2006. The move continued its commitment to expanding the Fund's rehabilitation support services, allowing it to actively help more fire and rescue service personnel in their recovery from illness or injury, through the delivery of specialist exercise and physical therapy. Two years later, in 2008, the decision was taken to rename the Fund, relaunching it as The Fire Fighters Charity, the charity we know today.

2013, meanwhile, proved to be a memorable year as the newly renamed charity celebrated its 70th anniversary and also re-opened Marine Court – following a major refurbishment – as a third centre for rehabilitation. This meant that the Charity was now able to accommodate beneficiaries from across the UK in need of rehabilitation, providing a residential programme for them in either Devon, Cumbria or West Sussex.

Today, in our 75th year, we remain dedicated to the UK fire community, building on our long history to provide a broad range of health and wellbeing services to over 5,000 beneficiaries a year. From residential rehabilitation programmes to community-based support and psychological therapy, we launched a new Strategic Plan in 2017 that aims to support more people, over the coming three years, with more relevant and appropriate services, in new and innovative ways.

One key area of activity for us that is outlined in our Strategic Plan and which is already bearing fruit, is a pledge to increase our mental health support services. In the wake of last year's tragedy at Grenfell Tower and the terror attacks in Manchester and London, awareness of the need for mental health support for our fire and rescue service personnel – and all our

**“The dedication to the fire service was recognised in 1953 when Her Majesty Queen Elizabeth II became the Fund's Royal Patron”**

emergency services – has been heightened. However, we have seen an increasing demand for our mental health services for some time and enhancing the psychological therapy services that our beneficiaries are eligible to access has been central to our onward plans for some time.

Earlier this year we were successful in a bid for LIBOR funding to support the first stage of the redevelopment of Harcombe House as a centre of excellence for mental health and social being. Today, plans are well underway to ensure that this money is invested in the right way in order to benefit as many members of the fire community as possible.

Chief Executive, Dr Jill Tolfrey, said of the plans: “Our aspiration is that the Harcombe House Recovery

Centre will support individuals, couples and families, working together to improve mental health and, equally as important – social being. We want to work with beneficiaries to enable them to cope with everyday stresses as well as enabling them to be able to make a positive contribution to the community – whether that is about returning to operational duties, living better with the experiences of a career in the fire and rescue service, or just simply 'being in a better place' as an individual, couple or family.

“This aspiration for Harcombe House extends well beyond this initial funding award, as we are seeking to develop a 'centre of excellence', providing research and evidence based support and innovative approaches to improve the health and wellbeing of the fire community.”

As well as further enhancing our existing physical activity and

rehabilitation programmes, we are also pledging to increase access to our advice, information and support services, as well as reaching out to all members of the fire community and encouraging people to connect with us through a range of new online services.

However, our ambitious plans for the future, and indeed for the next 75 years, are dependent on the continued support and generosity of our donors. With annual costs currently sitting at around £8.5m a year, and as the vast majority of the income needed to meet these costs comes from the regular donations of individuals, we are looking to remind people throughout this special 75th anniversary year of the importance of becoming a regular donor and of the many other ways they can donate to help those who we support each day.



# Supporter of The Year **Firefighter**

Sponsored by Bristol Uniforms



The *Supporter of The Year – Firefighter* award is awarded to the firefighter who has demonstrated the most outstanding support of The Fire Fighters Charity from October 2015 – December 2017. This is someone who has gone over and above the call of duty in the name of The Fire Fighters Charity, who has done something truly exceptional and who has shown incredible dedication in the process. The award was open to both serving wholetime and serving retained firefighters. The judging panel took into account support demonstrated through fundraising or voluntary activity, as well as through organisational development.

**Mr Andy Hunter**  
*Scottish Fire and Rescue Service*

Andy first joined the service in 1990 and became a Station Representative for the Charity soon after. He enthusiastically threw himself into fundraising opportunities from his first day in the Service, since when he has gone on to organise and support fundraising drives across Scotland – including Christmas collections, open days, car washes, dances, sponsored events and driving challenges – that have raised in excess of £150,000 over the years.

Today Andy is a Company Member and Regional Coordinator for Scotland, selflessly giving up his free time to support the work of other volunteers and reaching out to local businesses and corporate partners to secure backing for the tireless efforts of his region's volunteers. An outstanding advocate for the Charity, Andy's enthusiasm and dedication has won the respect of senior figures across Scottish Fire and Rescue Service, as well as The Fire Fighters Charity.

**Mr Richard Woodward**  
*Oxfordshire Fire and Rescue Service*

Watch Manager for Oxfordshire Fire and Rescue Service, Richard is a dedicated Service Coordinator and member of The Fire Fighters Charity Committee for whom organising cross-brigade fundraising events and activities is a way of life. Inspiring

others across the Service to take part in an admirable variety of fundraising activities, Richard has helped Oxfordshire to become one of the most successful services in the country in regards to the amount raised per person.

Richard also helped to coordinate the successful launch of The Fire Fighters Charity wristband, that has since sold in the thousands, raising vital income for the Charity. Always keen to do what he can to help others too, Richard has helped to support the service's outreach programme to reintegrate retired firefighters, visiting dozens of families to offer advice and assistance with completing forms for support. A committed rugby player to boot, Richard also plays for and organises the Oxfordshire Fire and Rescue Rugby Team.

**Mr Scott Butler**  
*Royal Berkshire Fire and Rescue Service*

Guinness World Record breaker, Scott Butler has made a habit of raising money for charity while simultaneously securing his place in the record books. Amongst his impressive list of physical challenges and feats, Scott can lay claim to the first ever row across the Black Sea in just 29 days, as well as a climb up Mount Elbrus in Russia and the daunting 154-mile long Marathon des Sables across the Sahara.

If this impressive list wasn't enough, Scott has also cycled a 100-mile

off-road national trail across the South Downs Way and tandem-biked between three of the longest lochs in Scotland. Furthermore he was also part of the team that set a new world record for running a half marathon in breathing apparatus under air, and he completed the Three Peaks Challenge last year. Scott has raised money for The Fire Fighters Charity during every one of his many expeditions and adventures.

**Mr Martin Pritchard**  
*Kent Fire and Rescue Service*

Variety is the spice of life for County Coordinator Martin Pritchard whose astonishing array of fundraising events across Kent includes everything from an annual Greek Taverna evening to a stand at a tattoo show and annual Christmas present delivery runs. A dedicated and tireless fundraiser, Martin has been awarded the Dick Mason Memorial Shield for outstanding contribution to the Charity in Kent in recognition of the role he has played over many years in raising money and awareness for the Charity.

Amongst Martin's regular events he organises and runs a perennially popular annual golf tournament and is always at the heart of the Service's National Car Wash and textile recycling drives. Further to his fundraising work, however, Martin is also proactive in ensuring the wellbeing of serving and retired members alike. He works hard to raise awareness of the Charity amongst

serving and retired colleagues and has formed strong links with the National Association of Retired Firefighters (NARF). Somehow he also manages to squeeze in his day job as a firefighter at Margate Fire Station and life as a dad to his young family.

**Mr Rob Henwood**  
*Isle of Man Fire and Rescue Service*

Douglas Fire Station firefighter Rob Henwood has almost single-handedly established a thriving culture of fundraising across the Isle of Man. In a little over three years Rob has turned the small service from one that raised little across its eight retained and one wholetime fire stations, to one that can rightly claim its place as the fourth highest fundraiser in the North West.

Now annually outperforming far bigger Services in terms of event income, Rob has embraced his role as Service Coordinator, growing the island's fundraising totals year on year. Central to this turnaround has been Rob's ability to rejuvenate and reenergise stations, raising awareness of the Charity amongst his colleagues, setting up fundraising events, organising car washes, and running a very popular charity shop. He has also helped to recruit Station Representatives across all the stations and established a dedicated fundraising committee to maximise the amount of activity that takes place across the Isle to support the Charity.

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We know how important the performance of PPE is, so all our garments are designed and developed by our own experts to meet your exacting specifications.

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## Supporter of The Year Control Staff



The *Supporter of The Year – Control Staff* award is awarded to the member of control staff who has demonstrated the most outstanding support of The Fire Fighters Charity from October 2015 – December 2017. This is someone who has gone over and above the call of duty in the name of The Fire Fighters Charity, who has done something truly exceptional and who has shown incredible dedication in the process. The judging panel took into account support demonstrated through fundraising or voluntary activity, as well as through organisational development.

### **Sarah Goodall**

*West Yorkshire Fire and Rescue Service*

Crew Commander Control, Sarah Goodall, combines her demanding day job with a busy schedule of Charity commitments as West Yorkshire's Service Coordinator, a company member and a home visitor. Central to the Service's impressive annual fundraising contributions, Sarah coordinates an annual summer gala at Headquarters and a perennially successful fireworks display, as well as a host of other events throughout the year.

Raising awareness and helping colleagues across the Service to access the Charity's support services, Sarah dedicates huge chunks of her free time to either raising funds, supporting others to raise funds or helping those in need to get the support they require. A true inspiration, Sarah can be credited with much of West Yorkshire's enviable fundraising success.

### **Amanda Applegate**

*Hertfordshire Fire and Rescue Service*

Senior Fire Control Operator, Amanda Applegate, has been Hertfordshire's Service Coordinator for the Charity for over a decade. Over that time she has worked tirelessly to promote the Charity amongst the service and to encourage others to follow suit, recruiting and working side by side with station representatives and fundraisers.

A regular at local and regional meetings, Amanda has built up a reputation for going over and beyond the call of duty, answering phone calls and emails concerning the charity when off duty at weekends and in the evenings. Always encouraging others to run and support as many events as they can, Amanda also regularly throws herself into events such as car washes and ladder climbs.

### **Caili Beckham**

*Surrey Fire and Rescue Service*

Working in the control centre at Surrey Fire and Rescue Service, Caili Beckham, has taken on the role of Service Coordinator and literally run with it, helping the service to boost its fundraising income significantly over recent years and contributing £2,355 to its total herself by competing the London Marathon in 2017.

A role model for others in the Service, Caili is a valued member of the South East Regional Committee and always offers support and encouragement to fellow volunteers, devoting countless hours of her spare time to supporting the Charity and her colleagues. Since taking on her own voluntary role Caili has helped Surrey to increase its fundraising event income from £81,500 in 2015/16 to over £95,000 in 2016/17 and is on target again for another bumper year in 2017/18.

### **Tessa Tracey**

*North West Fire Control*

An inspirational fundraiser and team leader, Tessa Tracey is Senior Operations Manager for North West Fire Control. Ever since the establishment of the newly amalgamated Control centre in 2014 Tracey has taken it upon herself to lead from the front in regards to fundraising work in support of the Charity. Organising events and open days, Tessa has formed a small team of fellow supporters who together set up a small shop on site to raise income for the Charity, as well as selling Christmas raffle tickets and calendars.

Enthusiastic, affable and passionate about the Charity, Tessa also ensures that all staff and visitors are updated with Charity news and that all events and fundraising activities are suitably promoted across North West Fire Control.

## Supporter of The Year Non-Uniform Staff



The *Supporter of The Year – Non-Uniform Staff* award is awarded to the member of non-uniformed staff who has demonstrated the most outstanding support of The Fire Fighters Charity from October 2015 – December 2017. This is someone who has gone over and above the call of duty in the name of The Fire Fighters Charity, who has done something truly exceptional and who has shown incredible dedication in the process. The judging panel took into account support demonstrated through fundraising or voluntary activity, as well as through organisational development.

### **Christine Vanderhoeven**

*Northamptonshire Fire and Rescue Service*

Variety is the spice of life for Service Information Manager Christine Vanderhoeven as she has helped Northamptonshire Fire and Rescue Service to run everything from Christmas raffles, cake sales and coffee mornings to open day tombolas and handbag sales over the past 20 years. Now a Service Coordinator, Christine has become the go to person across Northamptonshire in regards to the Charity.

As a volunteer Christine has been a mentor to local level reps and has also supported several different service level champions at senior management level. Ensuring that the service is structured in the best possible way to support the Charity, recruiting the support of family, friends and colleagues and giving up countless hours and days of her own time along the way, she is an inspiration to others across the Service.

### **Clive Durbin**

*Oxfordshire Fire and Rescue Service*

Pedalling his way to some incredible personal fundraising achievements, Clive Durbin, Training Resources Officer, has been central to Oxfordshire Fire and Rescue Service's incredible fundraising efforts since 2005, helping the Service to annually contribute between £70,000 and £100,000 to the Charity's coffers.

A keen cyclist, Clive raised more than £14,000 for the Charity in 2013 when he organised a 463-mile bike ride in memory of a colleague. However, in 2016 he topped this feat by organising and taking part in a John O'Groats to Land's End team ride that raised a staggering £80,212.15. An achievement that was all the more remarkable considering that he had to overcome a health scare to take part.

A regular at car washes and other fundraising events, Clive has demonstrated his commitment to the Charity with enthusiasm and passion throughout his career.

### **Dave Clegg**

*Lancashire Fire and Rescue Service*

Keen runner and Head of Administration for Lancashire Fire and Rescue Service, Dave Clegg has quite literally run the extra mile for The Fire Fighters Charity over recent years. After completing the London Marathon in 2015 and raising funds for the Charity he set about developing a 'Fire Services 10KM' series of running events to raise awareness and further funds. Dave worked tirelessly with a local running club and an events management company to get the running events set up and his hard work is bearing fruit. Since holding an initial event in Burnley, in which 150 runners took part, Dave has gone on to hold four further 10KM events.

On top of his running commitments Dave has also taken part in a team challenge to kayak from Preston to Lancaster and back, as well as organising a car wash event that raised well over £1,000. In addition to fundraising, Dave is a station rep at Service HQ, in which capacity he has supported colleagues in arranging car washes, cake sales and sponsored walks, as well as making others aware of the Charity's services and helping them to access them when needed.

## Supporter of The Year Retired

Sponsored by National Association of Retired Firefighters



The *Supporter of The Year – Retired* award is awarded to the retired member of fire and rescue service personnel who has demonstrated the most outstanding support of The Fire Fighters Charity from October 2015 – December 2017. This is a retired individual who has done something truly exceptional and shown incredible dedication to The Fire Fighters Charity in the process. The judging panel took into account support demonstrated through fundraising or voluntary activity, as well as through peer or community support.

### Harold Binyon

County Durham and Darlington Fire and Rescue Service

Since retiring from his operational position within County Durham and Darlington Fire and Rescue Service in 2004, Harold Binyon has thrown his considerable energy into volunteering and supporting the Charity over 10 days every month. A key person behind the scenes at countless fundraising events, Harry is always the first at open days to set up and the last to drive off the field after packing up. He also coordinates merchandise, orders regular 'shop in a box' supplies for the open days and banks the money raised.

Known throughout the service for going the extra mile, Harry attends every service and regional meeting, giving debriefs and contributing invaluable ideas. A 'go to' person for service coordinators in the region, his experience and advice often makes the difference between a good event and a great event. The Charity always comes first for Harry and his hard work is a proven inspiration for many others across Durham and Darlington.

### Kevin (Jasper) Taylor

Hampshire Fire and Rescue Service

Widely recognised and awarded for his three decades of fundraising for charity, retired firefighter Kevin 'Jasper' Taylor has undertaken a staggering array of personal challenges and helped across countless car washes,

open days, collections and Christmas sleigh collections, raising thousands of pounds for The Fire Fighters Charity over the past 25 years.

Jasper goes above and beyond the call of duty to help others and his fundraising efforts were celebrated at Hampshire Fire and Rescue Service's 'Celebrating Success' event with the Chairman's Award accolade. The 60-year-old has also previously won the Sports and Social Award and the Hampshire Fire Fighters Charity Award. Committed to the Charity throughout his career, in his last event before he retired in October 2017, Jasper cycled 200 static miles, raising even more money for the cause he has done so much for over the years.

### Ludwig Macaulay

Wiltshire Fire and Rescue Service

Retired Sub Officer Ludwig (Ludo) Macaulay worked for both the fire service and The Fire Fighters Charity over the course of a career that has seen him undertake some incredible feats, raising huge amounts of money to help others. Serving in Wiltshire Fire Brigade between 1974-2005 and working as a fundraiser for the Charity between 2005-12, Ludo has been a central figure in Salisbury, attending all but one Christmas Crib City Centre Collections since 1975 (and that was due to an operational flooding incident).

In November 2016, Ludo and another fire officer, successfully completed

an Everest Base Camp Trek in aid of the Charity, raising £6,593.26. When not taking part in challenges himself, Ludo also supports others with their events. He has helped to deliver over 100 running races and walks and has established the Salisbury 54321 as a widely acclaimed event that attracts runners and teams from around the world, all helping to raise the profile of The Fire Fighters Charity. As Challenge Director of the Fire Service Three Peaks Challenge, Ludo has also overseen 18,000 participants attempting the 24-hour climb of the UK's highest peaks and masterminded an event that has raised over £4m for charities – including The Fire Fighters Charity – over the past 25 years.

### Cath Palmer BEM

Greater Manchester Fire and Rescue Service

Retired control operator for Greater Manchester Fire and Rescue Service, Cath Palmer has been a dedicated volunteer for the Charity for many years. A stalwart at fire station open days, recruit pass out days and charity car washes, Cath's enthusiasm and energy never wanes, and her hard work has helped the Service to raise a substantial amount of money for the Charity over the years.

Recognised in the Queen's Birthday Honours List in 2017, Cath became a Medallist of the Order of the British Empire (BEM) in recognition of her charitable services to the The Fire Fighters Charity in the North West.

### Stuart Wilson MBE

West Yorkshire Fire and Rescue Service

Awarded an MBE in 2010 when he was a firefighter with West Yorkshire Fire and Rescue Service, Stuart Wilson went on to become Command Trainer before he retired from the Service. A long term fundraiser for the Charity he has been nominated for this award in recognition of his unerring support of the Charity, but also for the selfless support he has given to one family in particular.

Stuart has supported Shona Mellon and her family ever since Shona's daughter Isla was born with complex needs. Helping the family through tough times, during Isla's many surgeries and hospital admissions, as well as when the family's house was lost to the Boxing Day floods in Otley in 2015. Stuart helped the family to access support through The Fire Fighters Charity and is now working with them again to arrange a black tie fundraising event, as well as other fundraising ventures.

## Supporter of The Year Non-Beneficiary



The *Supporter of The Year – Non-Beneficiary* award is awarded to someone who has shown exceptional support to The Fire Fighters Charity, despite not being eligible for support themselves. This is a member of the public, corporate partner or public figure who has selflessly demonstrated the most outstanding support of The Fire Fighters Charity from October 2015 – December 2017. The judging panel took into account support demonstrated through fundraising or voluntary activity, as well as through peer or community support.

### Hazel Waddingham

The embodiment of courage and determination, Hazel Waddingham has climbed to the top of the UK's highest peaks, raised huge sums for The Fire Fighters Charity and done so while taking on the toughest of personal battles.

Hazel sustained hip, spine and pelvis injuries and was diagnosed with an aggressive form of cancer in July 2014. Needing immediate treatment she pledged that she would climb Mount Snowdon within a year. Sure enough, a year later, in July 2015, Hazel attempted Snowdon on crutches, only beaten 300m from the summit by the weather. Undeterred, however, she returned in September 2015 and – joined by Martin Lown of Hereford and Worcester Fire and Rescue Service in full fire kit and the Flame – she reached the summit, raising £1,400 for the Charity. Since then Hazel has also completed a 10KM run and is taking on the Charity's #My75Miles challenge this year by walking the length of Hadrian's Wall.

### Kresse Wesling MBE and James Henrit

Founders, Elvis & Kresse

Founders of Elvis & Kresse – designers of luxury bags and accessories, upcycled from reclaimed fire hose and other materials – Kresse Wesling and James Henrit have been donating 50% of the company's profits from its fire hose range to

The Fire Fighters Charity for the past 12 years. Stalwart supporters of the Charity, Elvis & Kresse donated nearly £28,000 in 2017 alone.

The company was founded in 2005 following a chance encounter with London Fire Brigade and the discovery of the fact that London's damaged and decommissioned fire hoses were headed to landfill. Realising the potential of the material and the volume that would otherwise be thrown away, Kresse and James set about reclaiming the fire hose and exploring how they could turn it into sustainable, handmade, luxury lifestyle accessories. Since then the company has reclaimed well over 175 tons of material and gone from strength to strength, always ensuring that half of its profits go back to supporting the men and women who once used the fire hoses to save lives and property.

### Shaun Scott

Running a marathon is hard enough, but running it with a bike on your back out of respect for the resilience of the UK's fire fighters and the burdens they and their families bear takes a certain kind of person, someone like Shaun Scott.

An anaesthetist by day, Shaun is awaiting confirmation from Guinness that he now holds the World Record for the fastest marathon carrying a bicycle after completing the Gloucester Marathon in 4:51:30. From Gloucester, Shaun ran and carried his way to the Virgin Money

London marathon – via a string of half marathons and 10Ks – and has to date raised almost £6,500 for the Charity through his incredible feats of endurance.

### Andrew Impey

Twelve-year-old Andrew Impey has taken his passion for the fire service to a whole new level by taking on a mission to visit all 2,330 fire stations in the UK, whilst raising money and awareness for The Fire Fighters Charity along the way.

Andrew, who has autism, launched 'One Lad's Challenge' to promote his epic fire station challenge and has already managed to clock up 1,050 fire stations in the UK, as well as 51 in New York, two in France and 15 in Denmark. His travels have brought him to the attention of local and national press and he has used these opportunities to explain how he is raising awareness of autism and of the work of both the fire and rescue service and The Fire Fighters Charity.

Andrew has flown past his fundraising target of £2,000 and has broadened his challenge to encompass a three-day cycle ride from Havant in Hampshire to Barnet in London. Enviably full of energy and enthusiasm, Andrew's dedication and passion for all things fire has made him an inspiration to his friends, family and all who meet him along the route of his One Lad's Challenge.

### Andrew Loyden

Andy Loyden has no connection to the fire and rescue service but, driven by a determination to support firefighters and members of the fire community who ultimately support him and his family, he has bravely taken on a number of challenging events to raise funds for the Charity over the past few years.

A football fan, Andy took part in a 24-hour football match in 2016 at the FA's St George's Park and signed up for the challenge despite freely admitting to not being as match fit as he might ideally like to be. Regardless, Andy completed the match, even scoring the last goal in the game that raised over £10,000 for the Charity. Since then he has also signed up for and completed a tough 50KM Trek Fest, raising yet more funds for members of the fire community he will never meet. Generous and committed to the core, Andy is the embodiment of community spirit.

## Supporter of The Year

# Dependant



The *Supporter of The Year – Dependant* award is awarded to the spouse, child or other dependant of an eligible beneficiary who has done something truly exceptional and shown incredible dedication to The Fire Fighters Charity from October 2015 – December 2017. This award is open to all those beneficiaries who are not themselves employed in any capacity within the fire community, but who are dependent on a spouse, parent or child who is. The judging panel took into account support demonstrated through fundraising or voluntary activity, as well as through peer or community support.

### Cameron Moore

*Bedfordshire Fire and Rescue Service*

Thirteen-year-old Cameron has the fire service in his genes with his mum working as a Home Safety Advisor and his grandmother as a Station Manager with Bedfordshire's Protection team. He is also driven by a passion for fundraising and over the last four years has completed a staggering number of different events to raise money for The Fire Fighters Charity.

Amongst Cameron's fundraising feats he can proudly say that he has set up and run a Charity stall at a Fun Day in Kempston; completed a gruelling trio of running and obstacle races that raised £768; sourced the prizes and run a raffle for the Charity; organised a grid square search across Bedfordshire and planned and completed a sponsored walk up Mount Snowdon. In August 2017, however, entrepreneurial Cameron came up with the idea for a virtual run, with competitors tackling different distances to raise funds and claim a medal. Cameron did all the hard work for his event, from sourcing medals to setting up entry forms, marketing, arranging race numbers and corresponding with all the participants. A huge success, Cameron raised £500 from his first virtual run, taking his fundraising total to £2,000.

### Philippa Reece

*Greater Manchester Fire and Rescue Service*

As the wife of a serving firefighter in Greater Manchester Fire and Rescue Service, Philippa made use of the Charity's service after sustaining a broken ankle. Once fully recovered, however, she was keen to give something back and in 2016 took on the Inca Trail in Peru to raise funds for the Charity.

Battling altitude sickness and fatigue over the course of the 10-day trek, Philippa raised a staggering £5,119 plus a further £787 in GiftAid, through different fundraising events and car washes. Since returning from her Peruvian adventure, she has gone on to join the Charity's Party on the Peak event and has committed to take on the Ulswater Trek in the coming months too. Elsewhere, Philippa is a passionate advocate of the Charity's mental health work and is keen to do what she can to support in this area by volunteering for the Charity.

### Lynn Bow

*West Midlands Fire and Rescue Service*

Lynn Bow tragically lost her husband Graham in 2013. The couple had been long time supporters of The Fire Fighters Charity and after Graham's untimely death Lynn continued to honour this commitment, launching and running the annual Bows and Belles charity ball. Since 2014 this incredible event has seen a trusted committee of volunteers – pulled together by Lynn – working together to make it an annual fixture, combing great entertainment at an affordable price with an opportunity to raise thousands of pounds for The Fire Fighters Charity.

Since 2015 the Bows and Belles ball has raised over £15,000 for the Charity and become a firm favourite with attendees. Further to her hard work with the annual ball, Lynn sits on the West Midlands Fire and Rescue Service Charity Committee, a group that has been set up to explore all ways in which the Service, its employees and local community can support and raise money for the Charity. Lynn also co-manages the West Midlands Shop at Sutton Coldfield Fire Station which supports open days with merchandise and has raised around £6,140 since 2015.

An outstanding supporter and advocate of the Charity, Lynn is as committed to bucket collections in the rain as she is to the glitz and glamour of Bows and Belles.

## Supporter of The Year

# Beneficiary of Courage



The *Beneficiary of Courage* award is awarded to a member of the fire and rescue service community who has shown bravery and strength of character in the face of adversity. Whether in their personal or professional lives, this award recognises the obstacles and challenges that this individual has had to overcome, or is in the process of overcoming.

### Karen Land

*Nottinghamshire Fire and Rescue Service*

Karen completed her training and passed out as a retained firefighter on 9 November 2017. However, shortly after she received the devastating news that she had been diagnosed with breast cancer and had only three months to live.

Redefining bravery, Karen has set about looking to raise money to help her fund life extending treatment and to relieve her symptoms. A mother, a fiancée and a firefighter, Karen's colleagues, friends and family have come together to support her, reaching out across the county to raise awareness and to bring the fire community together to allow her to spend as much time with her family as possible.

### Christopher Mepham

*East Sussex Fire and Rescue Service*

Firefighter Chris Mepham, 37, has been based at Bohemia Road Fire Station for 14 years. In March 2017 he was diagnosed with two primary cancers and told that the seriousness of his condition meant that he could only be offered palliative chemotherapy treatment. However, determined to keep fighting, Chris sought a second opinion and underwent surgery to tackle his two cancers, followed by chemotherapy and months of gruelling treatment.

Despite the physical and mental strain of his condition, however, Chris was determined that he would not be beaten

and that he would finish renovating his home in time for the birth of his second child. Chris' determination was infectious and he received lots of help and support from friends and colleagues at Bohemia Road station to achieve his goal. On 8 September Chris' wife Sarah gave birth to their second daughter Connie, a sister for three-year-old Esmae. Further tough surgery and treatment followed for Chris, but he has remained positive throughout, committed to his family, friends and community. An inspiration to all he meets, Chris has shown great courage in his fight to overcome his cancer, care for his family and continue life as normal.

### Roger Moore

*West Midlands Fire and Rescue Service*

Roger became the face of the Charity's mental health awareness campaign in 2017, bravely volunteering to share the story of his battle with PTSD in order to raise awareness of the issue and of the support offered by the Charity. Following his retirement from the fire service, Roger experienced difficulty coping with everyday life, experiencing flashbacks, poor sleep and other symptoms of PTSD. This debilitating psychological condition led him to consider self-harm and suicide.

The demons he had faced had a huge impact on his life and the lives of his family members. Despite this, he bravely volunteered to be featured in the Charity's campaign video and subsequently in numerous live and pre-recorded TV, radio and press interviews. In each, he spoke openly and

honestly about his condition and the psychological support he received from the Charity, which included working closely with a psychological therapist and attending a dedicated mindfulness week at Harcombe House.

Roger's involvement in the campaign undoubtedly contributed hugely to its success, securing nationwide coverage for the Charity and initiating a broad debate on the subject of firefighters' mental health. This, in turn, saw an increase in one-off donations to the Charity during the campaign and undoubtedly helped to raise awareness amongst the fire community of the support that is available to anyone suffering from similar mental health issues.

### Jason Bragg

*Cornwall Fire and Rescue Service*

Passionate about supporting his local community, Jason joined Cornwall Fire and Rescue Service as an on-call firefighter in November 2016, based at St Austell Fire Station. A few months later, however, he reluctantly took time off after feeling unwell and attended hospital where tests revealed that he had cancer across his bowel, liver, peritoneum and lymph glands. It was a devastating blow to the 26 year-old father of three and his partner Lizzy.

Despite this shocking news and the exhausting treatment that followed, Jason was determined for life to remain as normal as possible and he returned to duties and call outs, supporting his

retained colleagues with his usual energy and enthusiasm. Displaying incredible strength of character and determination ever since his diagnosis, Jason, his young family and close friends were able to take advantage of a recuperation break at Harcombe House in August 2017. Today, he continues his fight with his trademark good humour, strength and the unerring support of Cornwall Fire and Rescue Service, The Fire Fighters Charity and the medical profession.

### Steve Holder

*Hampshire Fire and Rescue Service*

Steve Holder tragically lost his wife Sharon to breast cancer in February 2015. The couple had been married for 20 years and, following Sharon's death, Steve decided to mark this and to pay back the support that had been given to them both by The Fire Fighters Charity, by running 20 marathons in a year.

When Sharon was diagnosed in 2007, The Fire Fighters Charity supported the couple during her first journey through chemotherapy, providing a much needed recuperation break at Harcombe House. Then, in 2015, the staff at Marine Court in Littlehampton provided invaluable support to Steve.

Having decided to take on the marathon challenge, Steve's long distance fundraiser saw him tackle marathons across the UK, in France, Norway and the US. He ran to support two charities that had been there during the toughest of times and raised a staggering £5,165 for The Fire Fighters Charity.

# Make a difference with a monthly donation



We make a life changing difference to thousands of people in the fire service community every year. This wouldn't be possible without the people who give regular monthly donations.

Please consider setting up a regular monthly donation so we can continue to be there for those that are in need within our fire and rescue community.

Set up your monthly donation today at [www.firefighterscharity.org.uk/regulargiving](http://www.firefighterscharity.org.uk/regulargiving)

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Royal Patron Her Majesty The Queen



# Team of The Year



The *Team of The Year* award is awarded to the team that has done something truly outstanding and gone over and above the call of duty in the name of The Fire Fighters Charity. The award is open to any team, with two or more members, that works within or represents any element of the fire services community. The judging panel took into consideration support demonstrated can be through fundraising or voluntary activity, as well as through peer or community support.

## Egremont Fire Station Cumbria Fire and Rescue Service

Egremont Fire Station is a small, rural retained station in Cumbria but, despite its size, has become one of the most successful stations in the UK for fundraising, especially when it comes to textile recycling. Having twice won the Charity's annual January recycling competition – collecting 11 tonnes in January 2017 alone – the Egremont team has put much larger stations to shame. Working tirelessly with the local community to gather as much clothing and textiles as it can throughout January, the team has demonstrated extraordinary dedication and tenacity to rightly claim its crown as the UK's most successful textile recycling station.

Outside of the January textile competition, meanwhile, the Egremont team routinely puts on car washes every March and September, as well as a popular Santa's Grotto every December. Last year, it also lent its support to the firefighters and fire personnel affected by the Grenfell Tower fire by climbing Scafell Pike, the highest peak in England, in full fire kit and raising a further £1,000 for the Charity.

## Crook Community Fire and Rescue Station County Durham and Darlington Fire and Rescue Service

The team at Crook Community Fire and Rescue Station organised a year's worth of fundraising in 2017 to raise as much money as it could for The Fire Fighters Charity. The 12 month fundraise-a-thon began in December 2016 when the Station supported the turning on of Crook Christmas lights, selling glow sticks and offering advice on home safety. In January it took part in the Charity's 'Bag it

and Bank It' recycling competition, collecting almost 3,500KG of clothing and raising £735. March, meanwhile, was national car wash month and saw the station raise a further £460 as the much publicised event saw cars queuing up for a hose down.

In April, a raffle raised £80 and in May the Great Station Bake Off cooked up another £110. June saw the Crook Community Fire and Rescue Station Open Day with fire and rescue displays, YFA children's entertainers, catering and ALP rides. The sun shone, people came out in the hundreds and the event raised a total of £1,700. In July members of the team took on individual challenges including fun runs, obstacle races and park runs. Further events followed throughout the autumn months and the year was rounded off when firefighter Gay Lawes took part in the Great North Run. To date, the team's hard work has raised £5,361 for the Charity.

## JOGLE 2016 Oxfordshire Fire and Rescue Service

On 13 May 2016 a team of 18 cyclists from Oxfordshire Fire and Rescue Service, along with a support team of four set off to cycle 1,006 miles from John O'Groats to Land's End, fundraising for The Fire Fighters Charity. The team had three core aims: to promote health and wellbeing, to raise £100,000 and to make it to Land's End safe and sound. The team was also riding in memory of colleague Joe Wilkins who died in a collision with a car while cycling in May 2012.

The challenge took 14 days to complete, covering up to 80 miles a day and taking in eight different fire and rescue services en route. The team partnered with Oxford Brookes University (OBU) and Oxfordshire

County Council (OCC) Public Health to promote its health and wellbeing messages. Each team member also gave up their own time to undertake the ride, train, fundraise and promote health and wellbeing, along with assistance from colleagues across OFRS and their families.

After completing the ride, the team just missed its fundraising target so duly organised more fundraising activities, including supermarket collections, a ball, raffles, auctions, Christmas fair sales, cookie jar sales, corporate sponsorship and donations. In August 2016 their incredible total sat at over £102,000.

## The Fire Fighters Charity Rugby Team All areas

Breaking a Guinness World Record is not an easy task and attempting to break the record for the longest continuous rugby match requires a team of dedicated and tireless players, which is exactly what The Fire Fighters Charity Rugby Team consisted of when it gathered to attempt the feat in 2017. Bringing together firefighters, people who had been supported by the fire and rescue services, and keen rugby players who wanted to support the fire service, the 23 player team attempted to play for 32 hours.

Up against a team from armed forces charity, Scotty's Little Soldiers, the match took place at The Sixways Stadium, home of Worcester Warriors. The players managed to play for the full duration and The Fire Fighters Charity claimed the victory, although the real success came off the pitch as the team also managed to raise £20,698 and secured a huge amount of public and press interest, raising valuable awareness of the Charity. Unfortunately

an administration error meant that the team – which featured representatives from 12 different fire and rescue services – weren't able to claim the world record on a technicality but, in true firefighting spirit, they attempted it again in May this year and at the time of going to press they are awaiting confirmation from Guinness of their new world record. Keep an eye on The Fire Fighters Charity website for more details.

## Leighton Buzzard Fire Cadets Bedfordshire Fire and Rescue Service

The Leighton Buzzard Fire Cadets have worked together for a number of years, raising awareness and funds for The Fire Fighters Charity. With cadets coming and going during this time, the group has maintained an ethos of making better citizens and has always encouraged the cadets to take part in social action. Consequently they have taken part in a vast array of different activities, including open days, fireworks displays, sleep overs, special services, car washes, fayres and carnivals.

Since they formed, the Leighton Buzzard Fire Cadets have raised money themselves, supported the Leighton Buzzard Fire Station personnel, and supported personnel from other stations within the county. In doing so, they have raised approximately £4,000 for The Fire Fighters Charity. In recognition of their fantastic fundraising achievement, the group was awarded a certificate of achievement by Bedfordshire Fire and Rescue Service during its Awards Evening last September. The cadets are now working towards raising funds to purchase a number of Blaze Bears which will be given to children on the children's ward at the Luton and Dunstable Hospital at Christmas time.



# Fire Service College

## Home of Firefighter Development



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Spirit of Fire Awards 2018

# Supporter of The Year Fire and Rescue Service

Sponsored by Fire Service College



The *Supporter of The Year – Fire and Rescue Service* award is awarded to the fire and rescue service that has contributed the most in regards to its dedication and support of The Fire Fighters Charity from October 2015 – December 2017. The judging panel took into consideration fundraising performance, how a service's support may have changed or evolved over this period and the different contributions made by teams within each service.

### Royal Berkshire Fire and Rescue Service

Royal Berkshire Fire and Rescue Service has sustained a high level of support for The Fire Fighters Charity for years, promoting the charity widely to all its teams, regularly organising an array of fundraising events and energetically competing in organised events such as the National Car Wash League. Indeed, Slough Fire Station has twice won the National Car Wash League crown and Berkshire can boast a number of other stations that regularly feature in the League's top ten.

Crews and volunteers also regularly attend Royal Ascot and use the opportunity to raise awareness and collect donations, with an impressive £10,000 being raised in 2016 and £12,500 in 2017. The Service has also been supporting the Mayor of Bracknell over the last year as she chose The Fire Fighters Charity as her charity of the year. Other fundraising activities undertaken by teams across the service have included open days, engine pulls and new recruit challenge, as well as a whole host of individual challenges, including Scott Butler who undertook a mammoth challenge to cycle across Europe, row single-handedly across the Dead Sea and climb Mount Elbrus in Russia.

Overall, the Service raised £83,151 in 2015/16; £97,214 in 2016/17; and is on target to raise over £100k in 2017/18.

### Mid and West Wales Fire and Rescue Service

A mostly on-call and rural fire and rescue service covering two thirds of the land mass of Wales, Mid and West Wales has a proud tradition of supporting the Charity and over the past 15 years has seen its fundraising skyrocket from around £20,000 per year to consistently raising over £140,000. The Service supports the Charity through a variety of events, from open days to recycling, fundraising events and regular giving. Also dedicated to ensuring that its personnel are fully aware of the services offered by the Charity, the Service provides its staff with all transport and assistance when visiting the Charity's centres, making treatment accessible to everyone.

Being a mainly on-call service, the Service relies on the excellent goodwill of staff giving up their own time to hold open days, car washes and numerous other events, and every station throughout the region holds an open day event or car wash each year. The Service is also proud of its fundraising history, particularly of two annual events; The Tenby Firefighter Carnival, which has been running for 99 years and The Swansea Christmas Donkey collection which has also been running for over 30 years.

The Service was also the first in Wales to facilitate textile recycling banks. These have now been in place for a number of years and continually raise over £10,000 per annum. Holding its own awards night once a year, Mid and West Wales personnel also hotly compete for The Fire Fighters Charity Award, celebrating the incredible achievement of individuals and teams across this hugely committed Service.

### Lancashire Fire and Rescue Service

From April 2015 until December 2017, Lancashire Fire and Rescue Service raised close to £400,000 from events, recycling, 'shop in a box', regular giving, lottery and more. Actively fundraising in some of the most deprived communities in the country, staff from across the Service enthusiastically organise a varied array of events throughout the year. These included a sponsored 75 mile walk in 24 hours, from Jubilee House in Penrith to the Service HQ in Preston, which raised over £2,500. Staff also kayaked 84 miles along the Preston to Lancaster canal in July 2017, raising over £10,000; with regular 10km road races also raising in excess of £10,000 in two years.

Other events across the county include twice yearly car washes, station open days and even Breakfast with Santa. The Service has also supported a charity camping weekend at Jubilee House for the last two years. An annual fireworks display organised by training centre staff is also brilliantly attended and raises valuable income as one of the best displays in Lancashire. The Service has also worked closely with the Charity over recent years to ensure that recycling collection points are installed at every station that the public passes by, and it has worked equally as hard internally to raise awareness of the Charity amongst staff teams.

### Lincolnshire Fire and Rescue Service

Every fire station within Lincolnshire Fire and Rescue Service now plays some part in the Service's burgeoning annual fundraising activities. Reflecting the Service's commitment to the Charity, the development of a Charity-centric culture across every station and office has seen Lincolnshire's annual fundraising escalate from around £25,000 in 2012 to over £70,000 today.

This dedication is no more evident than over the Christmas period. In 2017, 14 fire stations and Headquarters staff raised around £24,000 for the Charity. Lincolnshire has a Charity Working Group that is made up of personnel from all levels of the Service. The group meets every two months to discuss how the service can support fundraising across the county, as well as how it can help to raise awareness in regards to the Charity's services and how they can be accessed. The Service has also formed strong bonds with other groups and organisations in support of the Charity. It allows 'Betsy' (a vintage fire appliance), for example, to enjoy her retirement at Louth Fire Station, from where she ventures out to help raise money at village fetes and other events. The Service also supports the local Preservation Support Services group, which repays this support by helping to raise further funds for the charity each year.

### West Midlands Fire Service

The top performing fire and rescue service in the UK in 2016/17, West Midlands Fire Service embraced the set up of a new fundraising committee to encourage fire stations across the region, as well as Fire Control and Headquarters employees to raise funds for the Charity in as many varied ways as possible.

The entire Service rose to the challenge, with departments across Headquarters competing across different months to raise funds in different ways, while fire stations held car washes and open days and individuals took on an array of personal challenges. The band of the West Midlands Fire Service also played its part, raising money by holding its own events, as well as supporting those of the Service.

The year's fundraising was a great success and helped to highlight the incredible difference that a dedicated fundraising committee can make, an example that is now being rolled out across other fire and rescue services.

# callout Shout!tv Email Updates



Join our Call Out and Shout!TV mailing list and we'll send you regular updates, news and offers from across the Charity, including:

- Stories about the people we've helped
- The latest Charity news
- Upcoming fundraising events
- Special offers for our holiday breaks
- New products added to our shop
- Upcoming Shout!TV video updates

You can sign-up for Call Out and Shout!TV email updates online. Visit [www.firefighterscharity.org.uk/callout](http://www.firefighterscharity.org.uk/callout) or call 01256 366 566.

# Lifetime Achievement

Our *Lifetime Achievement* award is awarded to an exceptional individual or unsung hero who has committed over 30 years to supporting The Fire Fighters Charity and has undertaken outstanding dedication by way of fundraising and/or volunteering.

The winner of the Lifetime Achievement award at today's Spirit of Fire Awards will be announced during the ceremony.

## Previous winner: Anthony 'Tony' Dale

Anthony 'Tony' Dale won the Lifetime Achievement award at our last Spirit of Fire Awards ceremony in 2015. A dedicated supporter of the Charity since 1963, Tony has helped raise funds throughout his career and taken on numerous volunteer roles in support of the Charity and its beneficiaries across Norfolk.

Tony has been a Brigade Secretary, Member of the National Council, Company Member, Service Coordinator, Home Visitor and a dedicated fundraiser. During this time, he has also had a quadruple heart bypass which never slowed him down and he continued to support the Charity despite his health. As one of our most loyal supporters, Tony is dedicated to helping those in need and it was this commitment, coupled with his inspirational can-do attitude, that led the judging panel in 2015 to deem him a worthy winner of the Spirit of Fire Lifetime Achievement award.

Although unable to attend on the night of the Awards ceremony due to poor health, Tony was delighted to accept the award in the days that followed.





# The Fire Fighters Charity 75th Anniversary Gifts

To commemorate our 75th anniversary we have new special edition gifts available to purchase from our shop.

A black 6oz stainless steel hipflask with filler funnel and two thimble cups.

**Black:** HF02-75TH  
**£25.38** (+£10 p&p)



**Black Hipflask Set**



**Boxed Hipflask Set**

A 6oz stainless steel hipflask, available in Royal Blue or Red. Includes a filler funnel and two matching thimble cups in a wooden presentation box.

**Blue:** HF03-75TH **£31.86** (+£10 p&p)

**Red:** HF04-75TH **£31.86** (+£10 p&p)

Order online at [www.firefighterscharity.org.uk/shop](http://www.firefighterscharity.org.uk/shop) or call **01256 366 566**



## Where will #My75Miles take you?

Spirit of Fire 2018 marks the half way point in our year-long #My75Miles challenge. Our supporters have already run, walked, cycled and even skied thousands of miles, raising thousands of pounds for us, but you've still got plenty of time to get involved and make 2018 a year to remember.

Run, walk, swim, cycle, row, scoot or pogo-stick your way to 75 miles. You can take on our #My75Miles anniversary challenge any way you wish. What's more, you can take part by yourself or as part of a team and, as long as the distance is completed before 31 December, 2018, you can take however long you want to complete it. All we ask is that you raise a minimum of £75 to support heroes of the fire community along the way.

Every mile you manage and every pound you raise throughout our anniversary year will help us to support members of the fire services community recovering from illness, injury or psychological trauma. So, whether you fancy running the 75 miles in one go, or joining a group of friends to swim it over the course of the next six months, the options are endless and entirely up to you.

They're your 75 miles, go out there and smash them.

### Why take on 75 miles?

Your 75 miles will be a personal journey, but by undertaking it you will be helping thousands of others on their journey of recovery from injury, illness or psychological trauma.

We exist to support the everyday heroes of the UK fire community through the provision of life enhancing health and wellbeing services. Operating from three centres, throughout local communities and via online services, we positively impact over 5,000 people a year.

### How your 75 miles will help

The sponsorship money you raise as you tackle your 75 miles will make a huge difference to our beneficiaries, here's how:

£75 in sponsorship money will:

- Allow 15 beneficiaries to attend an exercise therapy session or
- Allow us to deliver five one-to-one hydrotherapy sessions or
- Allow us to keep our Services Access Line open for five hours
- Every £20 you raise, meanwhile, will:
- Pay for a firefighter with mental health issues to attend a face to face psychological support session or
- Provide a one-to-one physiotherapy session for a firefighter recovering from knee surgery

**How you can sign up today**  
To register for #My75Miles head to [www.firefighterscharity.org](http://www.firefighterscharity.org).

[uk/my75miles](http://uk/my75miles) or just Google '#My75Miles'. You'll find plenty of links on the website to register and doing so will take no more than a couple of minutes. You'll be guided through the process of setting up your fundraising page too, so there's no need to worry about setting up a separate JustGiving page, you can do it all on our website.

### Recruit your friends

If your friends haven't yet signed up, why not give them a little nudge to do so. Share your fundraising page on your social media pages and tag your friends and colleagues with a little prompt to our website. The more people we can recruit to #My75Miles, the more money we can hopefully raise to support fire fighters in need and make our 75th year one to really remember.

**Good luck and get going!**



# Meet our #My75Milers

Here are a few of the people across the UK who have taken on their own 75 mile challenges this year, helping to raise thousands of pounds for us and having fun along the way.



## Cheshire Trainee Firefighters

Cheshire Fire and Rescue Service

A group of trainee firefighters from Cheshire Fire and Rescue Service ran 75 miles in 75 minutes back in April, in full fire kit.

The team of 10 trainees took part in the challenge as part of their training programme to become firefighters, and used bikes and rowing machines, as well as running to cover the distance.

Trainee firefighter Sam Woodcock said: "My dad received one week of intensive physiotherapy, courtesy of The Fire Fighters Charity, after he underwent a hip replacement following his retirement following 30 years of service, ending his career in Norfolk Fire and Rescue Service as a rider station officer. His recovery before the visit was painful and protracted; the visit greatly helped my dad. The service was second to none and I want to support other firefighters who may need to utilise the Charity and benefit from the unrivalled service provided."

## Karla Stevenson

Watch Manager, Marionville Fire Station, Edinburgh

"I'm taking part to raise funds for the Charity because without them I wouldn't be doing the job I have now. I received their help back in 2004 after major knee surgery and this is my way of saying thank you.

"I had my cruciate ligament in my knee reconstructed after an accident. I spent two weeks at Jubilee House in Penrith where they not only helped me physically, but mentally too as I'd lost confidence in my knee's ability to withstand activities such as firefighting.

"I'm planning on running my 75 miles, which will include the Isle of Skye half marathon in June."

## Craig Horton

Firefighter, London Fire Brigade

"I decided to help raise funds for The Fire Fighters Charity by taking part in the #My75miles challenge because as a serving firefighter I feel it's only right that I help raise funds for my fellow colleagues and their families.

"The way in which I am completing my 75 miles is by what I call 'Tower Runs.' One tower run comprises of running up the internal stairs case in the drill tower which is six flights of stairs and back down again, followed by either 10 press ups or 25 sit ups. I then run a circuit of the drill yard. I repeat this whole process 20 times in one session. It usually takes about 40 minutes to complete and covers three miles. I do this every day shift as part of my keeping fit program once all work has been carried out. I need to complete 26 sessions in order to complete my 75 miles."

## Kelcie Enever

11 years-old from Nottinghamshire

Eleven-year-old Kelcie from Nottinghamshire is supporting her firefighting father and Charity volunteer, Arron Enever, by taking part in her first solo fundraising challenge.

"I am swimming 75 miles which is around 121,000 meters. I'm finding it pretty easy as I usually swim 4-6 times per week as part of my training with my swimming clubs. I have always loved swimming since I started my first lesson aged 18 months and am keeping count of my lengths and distance by using my Fitbit.

"I always help my dad when he is involved in money raising. I've helped him at car washes, on stalls at Nottingham Goose Fair, supermarkets, cake sales and much more. I really wanted to do something on my own to help raise money so I decided to take on this challenge."



# HOW WILL YOU GET THERE?



**RUN IT, WALK IT, CYCLE IT or SWIM IT;** this year we're challenging you to take on 75 miles, any way you wish.

Join our 75th anniversary fundraising journey and help us support the fire service community for another 75 years.

Participate with friends, family and colleagues across the UK and help us to mark our 75th anniversary by signing up to **#My75Miles**.

A year-long challenge that's accessible for all, whatever your fitness level.

Register today at: [www.firefighterscharity.org.uk/my75miles](http://www.firefighterscharity.org.uk/my75miles)





Registered Office: The Fire Fighters Charity, Level 6, Belvedere, Basing View, Basingstoke, Hampshire, RG21 4HG.  
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