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Celebrating women in the Armed Forces

Recognising their service
and sacrifice



Celebrating International Women's Day



**Celebrating the service of women in the
Armed Forces Community**

Elizabeth Taylor joined the Royal Navy when she was just 17, leaving in 2011 and later went on to join the Army and become an RAF Reserve. A mum of five and grandma of two, she is now about to run the London Marathon. "Life doesn't always go as planned, but I've had the most amazing experiences thanks to my service in the Armed Forces". Read about our inspirational women in the RBL Magazine.

[Read about inspirational women](#)



**Annual Conference Torquay 19 - 21
May 2023**

An annual highlight of Conference is the Parade of massed Standards. It is the public face of Conference, when Standard Bearers from Legion Branches, Counties and Districts lead Delegates in the one-mile march through Torquay and along the seafront on the Sunday morning of Conference.

**Registration closes at 5pm on Friday 14th
April 2023.**

[Register Today](#)



Recovery through comedy at the Grand Hotel

Last month we talked about the RBL Recovery through Comedy programme, and the success they're having in promoting resilience and mental health for recovering members of the Armed Forces community. Now, you can get to see the group in action at National Conference! On stage in the 1881 Room, Grand Hotel, Torquay at 8pm on Sat 20 May.

[Sign up to register for conference](#)



Team UK revealed ahead of 2023 Invictus Games

In partnership with the MOD, we're delivering [Team UK](#) (a selection of 59 wounded, injured and sick, serving and ex-service personnel) to the 2023 Invictus Games in Düsseldorf. Our involvement with Team UK goes back to 2016 supporting the friends and families on their journey to the Games. This is the first year we're responsible for delivering the whole team.

[Supporting Team UK](#)



Have you read your Legion Magazine yet?

It was **International Women's Day** this month, and the latest issue of the magazine is celebrating. It tells the stories of inspirational women in service and military personnel breaking boundaries today.

Read the exclusive interview with Lieutenant General Sharon Nesmith - the highest ranking women and second in command of the British Army. In addition you can find out what it was like to sketch from the front line from Linda Kitson, official war artist during the Falkands conflict..

[Read it now](#)



Today's research leads to tomorrow's care

Are you a veteran, a family member, a friend or a healthcare professional who works with veterans and families? Then you can take part in a new [short survey](#) to influence future research and help improve care for former service personnel. It asks for your input on a wide range of physical, and mental wellbeing issues. The survey closes on **31st March** and is supported by the Office for Veterans' Affairs and the [James Lind Alliance](#).



Commemorating National Service

To mark 60 years since the last serviceman, Second Lieutenant Richard Vaughan, completed his [National Service](#), we're bringing veterans and their families together to make sure the unique contribution of this generation is always remembered. Our event at the [National Memorial Arboretum](#) on **Tuesday 16 May**, will be an afternoon of stories, music and a Service of Remembrance. Spread the word to find as many National Service veterans as possible.

[Complete survey](#)



AVI-8 release
RBL Tri Service watch

This month our timepiece partner, AVI-8, is releasing the AVI-8 Flyboy Royal British Legion Tri-Service Chronograph. The limited-edition timepiece commemorates and celebrates the three branches of the British Armed Forces, with a design inspired by the no-nonsense legibility and aesthetics of 1980s era military issue timepieces. A portion of every sale is donated to RBL.

[Find out more](#)

[Register now](#)



Do you feel ready
to walk 100 miles in April?

Join us for a brand new walking challenge this spring. 100 miles sounds like a lot but you can complete the challenge any way you like, a few miles, a few steps or an epic weekend walk to clock up the miles. Sign up today and join the [Walk 100 Miles in April Facebook group](#), get your FREE t-shirt and set up your fundraising page on Facebook to raise money for our Armed Forces community.

[Sign up today](#)



BBC Car Restoration Show

Love cars and tinkering with all things mechanical? The BBC is looking for people with anything from a car to a tractor, motorbike to go kart who doesn't have the time or means to get the work done. Maybe you've always dreamt of a new paint job or fitting hand controls to the classic car you have in the garage? Filming starts soon so contact castingcars@southshore.uk with a short description of yourself, the vehicle and what it would mean to you, by the beginning of April.

[Register for the show](#)

Did you know that...



Susan Barnes, Registered Manager of the RBL Mais House care home has been awarded her MBE for services to veterans. Susan visited Buckingham Palace where she was presented her award by His Royal Highness Prince William. Susan said: "It was such an honour to receive recognition for my work. I said to Prince William that the award is for all my staff who dedicate each day their love, care and attention to ensuring our beloved veterans have the best life possible whilst at Mais House."



Pamela Sheila Twissell-Cross, District Community Support Coordinator, Royal British Legion, Spain (District North) and Alicante Branch Member has been awarded an MBE for services to British nationals overseas. After a long career in the NHS, Pamela retired to Spain, where she got involved with RBL as a welfare volunteer caseworker, then becoming District Community Support Coordinator. Coordinating all the welfare work for an area spanning the France/Spain border right down to Almeria.

Reminder: Membership Townhall 7-8pm Tues 25th April 2023. Link in next issue.

Going back in time



From the Royal British Legion Magazine March 1966

Woodmancote (Glos) Women's Section hosting a capacity crowd for a fashion show and wine tasting.

This month's poll

We would like to celebrate the service and sacrifice of women in the Armed Forces community in the e-newsletter, tell us what you would be interested to see?

1. Yes I would like to see more examples of how RBL helps women
2. Yes I would like to see more stories of women in leadership at RBL
3. Yes I would like to see more videos of women celebrating excellence in sport
4. Yes I would like to see more inspirational stories of women overcoming adversity
5. Other

Take the poll

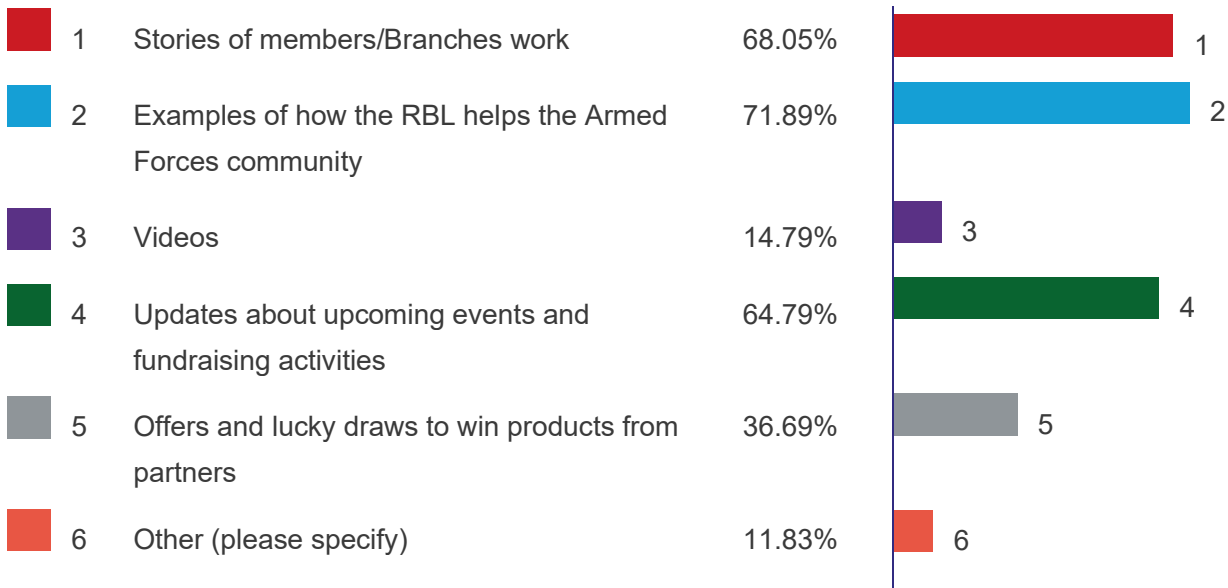
Last month's poll

What content would you like to see in the membership e-newsletter in 2023?

338 Participants

%

Graph



Encourage others to join

Our members play a vital role in ensuring that the Royal British Legion can continue to provide support to the Armed Forces community as well as upholding the importance of Remembrance. Share this email with others you think might be interested in Legion membership.

Join now

If you have any questions about your membership or want to update your contact details, please email our Membership Services team MembershipServices@britishlegion.org.uk

Best wishes,

Pete Wylie

Communications Channel Manager

internalcommunications@britishlegion.org.uk

Quick links

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Contact

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