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THE ULYSSES TRUST

Summer 2018 Newsletter

SINCE 1992 WE HAVE SUPPORTED OVER 34,000 CADETS AND RESERVISTS TO UNDERTAKE EXPEDITIONS AND ADVENTUROUS TRAINING THROUGHOUT THE WORLD.



25th Anniversary Celebration

The Ulysses Trust launched its 25th Anniversary Appeal at Lancaster House on Thursday 15th February 2018. The event was a celebration of the Trust's 25-year history of supporting Cadets and Reservists to take part in adventurous activities.

The packed itinerary included a series of presentations from a selection of expeditions supported by the Trust in 2017. Although unable to be present at the reception, our Patron, HRH The Prince of Wales, recorded a special video message in which he formally launched the Trust's 25th Anniversary Appeal.

The Prince of Wales's Expedition Awards 2017 were presented and this was followed by an informal Q&A session between Cadets and Ulysses Trust Ambassador Levison Wood. A finale display of drumming from 114 (Ruislip) Sqn ATC concluded the event.

The Trust was delighted to celebrate the long term support of Founder, Ian Hannam, at the event by presenting a much deserved award.

The evening was hosted by the Vice Chief of the Defence Staff, General Sir Gordon Messenger KCB DSO* OBE ADC, who was himself a Mountain Leader with the Royal Marines, and a keen rock climber.

Sir Gordon said, "I was delighted to be invited to join the Ulysses Trust to celebrate its 25th Anniversary. The Trust plays a vital and unique role. It is the only organisation of its kind that is dedicated to providing financial assistance to our Volunteer Reserve and Cadet Forces for challenging expeditions and adventurous activities."



Chairman's Comment

Well, what a great period for the Ulysses Trust; I think we acknowledged the 25th Anniversary in a manner that reflects the broad nature of the Trust. We had a fantastic reception at Lancaster House to acknowledge 25 years of operations. The event was hosted by the Vice Chief of the Defence Staff and I was delighted that Trust Ambassador, Lev Wood, could attend. Indeed, amongst a number of activities during the evening was an unscripted Q&A session involving Lev and a number of cadets. The final question caught people's attention. "We have heard of your successes, but I want to ask about your failures – what was your worst?" Lev brought the house down with his reply: "Being turned down for a grant by the Ulysses Trust for my Walking the Nile expedition!" All told, it was a tremendous evening and showed all that is good about the expedition environment we support.

Meanwhile, our other Trust Ambassador, Tania Noakes, was celebrating our Anniversary in a different but equally important manner. She was completing the particularly challenging Norway End-to-End ski journey and raising funds for the Trust. In doing so, she became the first British woman to complete the route. Further details of this fantastic achievement can be found on the page opposite.

Additionally, at the Reception, our 25th Anniversary Appeal was launched with the aim of increasing significantly the amount of support we can give to Cadet expeditions. We wish to ensure that no Cadet is excluded from participating in expeditions on the grounds of cost.

Many thanks to all those who have supported the Charity – thank you for your engagement and generous donations. Please do continue supporting us. To those thinking of running a Volunteer Reserve or Cadet expedition, do it! The potential benefit to the UK's young people could be significant.



The Chairman getting some training miles in on home turf – in the Chilterns; please do support his charity ride.

Meanwhile, I need to get back on my bike to get some more training miles in for my forthcoming RideLondon 100 challenge. Please do consider sponsoring me – it is for the 25th Anniversary Appeal (details can be found on page 7 of this Newsletter). My current early morning training means that whilst the temperature is comfortable to cycle in and there is minimal traffic, it is though a very lonely experience!

Anyway, it is only a few days to go and hopefully the event will be fine.

AVM Nick Kurth CBE FRGS
Chairman of Trustees

Grant Applications

We welcome applications from all Reserve, UOTC and Cadet units seeking to undertake adventurous training. Guidance notes and our online grant application form are available on our website (www.ulyssesrust.co.uk) which contains information relating to our grant eligibility criteria. While we try to keep the admin to a minimum, there are some points of which you should be aware before you submit your application. For those of you familiar with our grant application process, it would be worth revisiting this section of our site, as our criteria have recently changed.

Expedition Reports

If your unit has been on an expedition that has been supported by the Ulysses Trust, it is important to remember to send us your expedition report. The report should be between 750 and 1000 words long, should be written in a journalistic style, and include enough high resolution photographs to illustrate what you have been doing. Not only will your report be published on our website, but if your report is good enough you could be featured in our newsletter or within other Trust publications.

Outcome Surveys

Alongside the expedition reports we are asking all units we support to complete a short outcome survey. Your responses to the survey will be considered as part of our regular review of performance measures and will assist us in the planning of our continued development.

Social Media

You could help us considerably by encouraging all members of your unit to follow us on social media. Help us to spread the message about our support for adventurous training. We're on Twitter @ulyssesrust and you can find us on Facebook by searching for the Ulysses Trust.

Thank you.

To those thinking of running a Volunteer Reserve or Cadet expedition, do it! The potential benefit to the UK's young people could be significant.



25th Anniversary Expedition

Adventurer and Ulysses Trust Ambassador, Tania Noakes, takes on the Arctic Circle to raise funds for the Ulysses Trust by skiing the length of Norway from bottom to top.



Tania Noakes has become the first British woman to complete the classic Norge På Langs, to raise funds for our 25th Anniversary Appeal.

On becoming an Ambassador for the Ulysses Trust in 2017, Tania decided to help raise money for the charity by undertaking a challenging solo expedition to coincide with the launch of our Anniversary Appeal. Her choice of route embraced the spirit of adventure which is at the heart of everything we do – supporting adventurous activities for the UK's Volunteer Reserve and Cadet Forces.

CHALLENGING CONDITIONS

Tania began her 2,533km journey from the southern tip of Norway, Lindesnes, on 14th January 2018 and completed it 82 days later. During her journey she endured one of the coldest winters Norway has experienced with temperatures sinking below -40 degrees C.

The low temperatures meant Tania could safely cross the dozens of frozen rivers and lakes on her route as the ice was frozen up to 2m thick. In addition to the extreme cold, the lack of snow in some parts made skiing very difficult. At Abisko, about two thirds of the way through her journey, she encountered ruthless sugar snow which ripped her boots apart.

As well as the challenges, Tania's journey had many highlights. During her adventure she met herds of reindeer, watched the Northern lights, saw traditional ice fishing and stumbled across a dog sled race as she tracked her way through the Arctic wilderness. An added bonus to the first part of her expedition was her companion Joker, a Greenland Husky who accompanied Tania for 190km, and helped keep her spirits high.

Tania's route took her through some of Norway's most remote mountains and its borderlands with Sweden and Finland. For accommodation she mainly used mountain cabins and the occasional snow hole. During her journey she collected pre-placed resupplies of food, maps and other essential items at nine locations along the route.

The physical and mental challenge of such an ambitious journey is not for the faint-hearted. As an experienced adventurer and qualified IFMGA international mountain guide, Tania's day job meant she already had a good level of physical fitness. Her plan was to increase her daily distance as the daylight lengthened each day. This allowed her body to strengthen as the workload steadily increased. During the journey Tania posted regular updates on Instagram (see right) and was encouraged by a community of followers who posted messages of support and pledged generous donations towards our Appeal.

Having successfully crossed the finishing line Tania hopes her achievement will encourage more donations so that she can finally reach her fundraising target of £10,000. To date Tania has raised an amazing £8,263! Thank you to Tania and all those who have supported this memorable expedition. Huge congratulations on this superb feat!

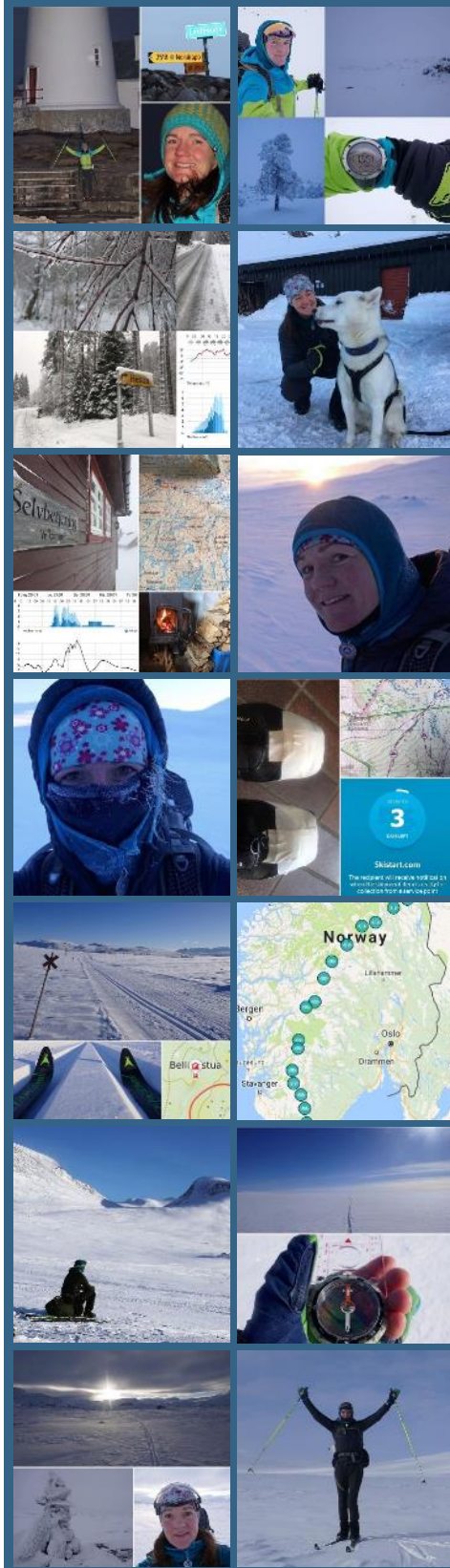
If you would like to find out more about Tania's epic journey and help her to reach her fundraising target, please visit our website at: www.ulyssesrust.co.uk



"All day the wind drove snow and ice crystals into my face. I had to keep melting the ice from my eyelashes to stop my eyelids freezing together so that I could properly see the compass."

25th Anniversary Expedition

A selection of snapshots from Tania's epic journey from start to finish



Exercise COCKNEY VENTURER NOVICE 9 2018

*Developing confidence, discipline, courage, self-reliance, teamwork and leadership skills.
A group of cadets who rarely leave the inner-city take on a new challenge "the countryside."*



Major Simon Johnson said, "The cadets loved the coasteering which is so different from anything else they experience, it produced a buzz of excitement in every group taking part. Some cadets found the outdoor experience beyond their comfort zone and found it difficult being outdoors all-day especially if undertaking demanding activities e.g. mountain walking. But they were amazed with the views, clean air, rugged scenery during mountain walking, and enjoyed applying their map reading to the physical environment of Snowdonia. The cadets also gained a real sense of achievement after returning from climbing quite challenging mountains – some thought they would never be able to get the top!"

Read the full report at: www.ulyssesstrust.co.uk

Forty-three cadets aged between 13 and 17 from South East London Army Cadet Force spent their Spring half-term break in Snowdonia, North Wales as part of an adventurous training package aimed at pushing young people out of their inner-city comfort zone to try new experiences.

The unit leader estimated around two-thirds of the cadets were in receipt of free school meals, which is an important observation as it indicates the impact of the Ulysses Trust grant. Without our support these cadets would probably not have been able to afford to take part in the expedition.

NEW SKILLS

As part of the action-packed week, the cadets undertook a series of different adrenalin-filled activities which included: mountain walking, kayaking in magical lakes, coasteering, mine exploration, rock climbing and a new bush craft adventure.

This enabled the cadets to learn about building camp fires, making improvised shelters, using tools, cooking fish and other foods from scratch and learning what vegetation in the wild is safe to eat (so watch out Bear Grylls, the next generation is on its way!)

The young people came from some of the most deprived areas of SE London including the boroughs of Southwark, Lambeth, Greenwich, Lewisham, Bexley and Bromley. The camp was an opportunity for cadets to learn outdoor skills and stretch comfort zones in a safe environment. It also strengthened their teamwork, confidence and communication skills as well as many other inter-personal skills.

CADET FEEDBACK

Cadet Maya Southward, 14, from 101 Cadet Detachment, Penge said; "It's been a fantastic week, where we have all been challenged far beyond what we normally would do in our everyday life. Out of all the memories that I have made over the week one that will stay with me must be abseiling and climbing in the mines, something I never thought I could imagine doing, it was extraordinary."

Other notable quotes from cadets were:

"I thought the mountain would be impossible to climb, but I gained the confidence to do it!"

"Wales is so pretty, it was great seeing proper mountains"

"The camp was the best thing I have ever done in cadets!"

EXTRA SUPPORT FOR CADET EXPEDITIONS



- 14% of the cadets we fund are from disadvantaged backgrounds.
- We will continue to increase the level of support provided to Cadet expeditions so that no Cadet is excluded on the grounds of cost.
- In 2017 the value of our grants made to Cadets hit a record and exceeded the previous year's by £2,000.
- Our contribution to the overall cost of Cadet expeditions increased by 4% last year, with cadet's personal contributions reducing to 50%.
- Our Anniversary Appeal aims to increase the amount of support we give cadet expeditions and reach out to those from more disadvantaged backgrounds or environments.
- We welcome applications from all units.

"At camp I enjoyed participating in activities I had never done before like kayaking and navigation. I enjoyed coasteering the most as it was the most 'extreme' activity"

Cadet Belchior, 74 Det RRF

Exercise ICE MAIDEN

Reservist Sophie Montagne, shares her experiences of stage one of this ground-breaking expedition across Antarctica. A truly inspirational adventure!



As we touched down on the blue ice runway of Union Glacier base camp and the Ilyushin plane's doors opened, we braced ourselves for that first blast of the Antarctic chill. But it wasn't the cold, it was the blinding light that shocked me, the fierce, frozen sun that reflected off the ice, the snow and everything it touched. Here we were, after 2 years of training, team selection, dragging a tyre across London for my daily commute and jumping into Swiss crevasses to practice enabling a rescue. The Ice Maidens were finally in Antarctica.

THE TEAM

A six-woman team, we were hoping to become the first female team to complete a trans-Antarctic crossing - skiing 1,704km coast-to-coast using muscle power alone. Only 20 people had ever recorded this feat and we were hoping to write the women of the British Army, and especially the Army Reserves, into the record books. The team was led by Maj Nics Wetherill who dreamed up the idea, and she was joined by Maj Nat Taylor, Capt Zanna Baker, Lt Jenni Stephenson and the two Reservists Maj Sandy Hennis and myself, LSgt Sophie Montagne, flying the flag for the ranks, the Reserves and for the HAC.

DELAYS, DELAYS, DELAYS

We planned to stay at Union Glacier base camp a couple of days to test kit, acclimatise and then get on our way. We were one of the first expedition teams to arrive in Antarctica, but it turned out we were the last to leave. We had a 6hr Twin Otter flight to our start point on the other side of the continent, but winter was lingering longer than usual and we couldn't get the weather patterns to match up. So we waited. And waited. The Antarctic summer is just 3 months long and we needed 75 days to complete our Antarctic crossing, so every day spent in base camp was another day lost on the ice.

THE ADVENTURE BEGINS

In the end the Norwegians were offered the first flight slot, but storms pinned them down in their tent for six days - a delay that eventually cost them their expedition. We ended up waiting 15 days in base camp with despair creeping in until, at last, on 19th November we took down our tents, packed up our pulks and set off for the start. At our first refuel point we and the Twin Otter camped overnight to wait for the weather to clear, so it wasn't until lunchtime on the 20th January that we touched down on the Ross Ice Shelf and took the first steps on our journey. Waving goodbye to the plane, we had that awesome feeling that we were completely on our own, thousands of miles from a living soul and the adventure was about to begin.



We skied 16km that first day, crossing the invisible line from the ice shelf onto land which marked the start of our continental crossing. The weather was a balmy -10C and as we pitched camp for the first time, we were so excited to finally be on our way. And then the storm hit.

BATTEN DOWN THE HATCHES

We woke up the next day to white-out conditions and a furious wind. After a couple of hours the wind was so strong that I could hardly stay on my feet and Nics made the call to pitch tents. The weather report from base camp said "Batten down the hatches, it's about to get worse". So there we were, trapped in our tents for two days, and this was when our military training kicked in. The visibility was so bad that we couldn't see from one tent to the next, so we set up a comms cord to follow. Unlike in a harbour area, if somebody wandered by even a couple of metres they would be lost like Titus Oates. We also set up a stag rota to go out and check the tents every hour to make sure they were properly secured and not getting buried in snow. During the storm the wind reached 100kph which is far more than our polar tents had been tested to, so losing them was potentially life-threatening.

Eventually the storm passed and we were back on our way, but it had been another expensive delay. When we had set off we had just 68 days of Antarctic summer to complete a continental crossing that we expected to take 75 days. Now we'd just lost another two days and were seriously doubting that we'd have time to complete the expedition.

As we passed through the mountains we had our first experience of the raging katabatic winds, and started to climb the Leverett Glacier taking us from sea level up to the polar plateau at 3,000m. With full pulks, the altitude, the gradient and the crevasse risk, this was the section we'd all dreaded. The climb was relentless but our extensive training in the mountains of Norway had paid off as it wasn't as steep as we'd feared. Nevertheless, another hurdle was thrown in our path. Sandy went down with, in her words, "man-flu" - you know, the lethal kind. Devoid of energy it took every ounce of strength to keep moving, but we didn't have time to stop and let her recover. We took all of the weight out of her pulk and divided it between the rest of us while she fought the mental demons that were telling her to quit. We'd all agreed that it wasn't about a team getting to the finish, it was about the whole team, every single one of us making it to the end, so there was no way we were going to call in a cas-evac or leave her behind. After a week Sandy pulled through in an absolute triumph of mental strength, and we trekked on towards the South Pole.

Finally, on 16th December we arrived at 90 degrees South and, as the temperature hovered in the minus 30s, gathered around the silver globe for the mandatory South Pole photo. Although it was mind-blowing to be standing at the bottom of the earth, I was aware that for most expeditions this is the end of their journey, whereas we were less than one third of the way through. We still had 1,200km to ski...

Read what happened next in the full report at: www.ulyssesrust.co.uk



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Exercise Lanzarote Landfall

In March 2018, eight Cambridge University Air Squadron (CUAS) students, plunged into the depths of the Atlantic Ocean for an underwater expedition around the island of Lanzarote.



Recent events in Thailand and the discovery of a WW2 bomb in the Thames earlier this year have highlighted the importance of sub-aqua skills. With this in mind it seems fitting to highlight CUAS's expedition to Lanzarote. Diving expeditions are quite different to other expeditions. Instead of travelling from point A to B, they involve a number of days diving from a single location. A report written in diary format helps tell the story. Here are a few extracts from the expedition's log.

DAY 4

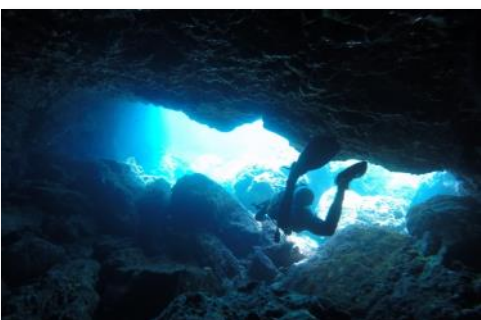
Morning brief was at 0930, and then we had our morning dive at around 1030 and second at 1300. The novices went through the SEEDS brief and BAR checks and in the water performed the mask clearance and Alternate Supply drill. This was their first proper dive and they got to explore some rocks and marine life, including an octopus!

DAY 5

The more experienced divers went diving off the boat where they saw a sting ray and huge sea urchins! Robin and Vinny completed their first dive lead and so had done all the practical requirements and then passed their exam later that afternoon to become qualified Ocean Divers.

DAY 6

Paul, Finn and Barley dived with Misty in the morning and saw an angel shark. The three remaining novices split up now that Sam was free to help instruct, and they completed their practical training. Robin and Vinny went with the Boss on the boat to explore a different boat wreck.



DAY 7

Due to having done four days of continuous diving we had to have a 24-hour period of no diving so our first dive wasn't until 1300. Everyone buddied up and went to their respective depths, some buddies even explored a cool cave underneath the pier. Leon passed his retake exam and became a qualified Ocean Diver. After that, time was our own until the night dive! All the students buddied up and explored the marine life at night, there were a few more fish and Barley and Robin saw a large octopus. Night diving was an amazing experience that we all, especially the novices, really appreciated our training and skills – when you can only see what is in your torch beam, whilst being underwater really concentrates the mind.

DAY 8

Everyone got the chance to go on the boat and explore the wreck beneath. Everyone also saw huge sting rays and a few sharks! The second dive was brilliant too, most people went into the cavern underneath the pier.

DAY 10

Our last day of diving. We unanimously decided to do three dives today to maximise our training. The first dive was at the wrecks; Vinny and Robin got ridiculously close to a couple of huge Rough-tail Stingrays! On the second boat dive along the reef there were loads of small round sting rays and a couple of angel sharks. The third dive was back along the shore; most pairs saw a barracuda and octopus.

This expedition was excellent. The students learned so much and are all extremely grateful to the staff and instructors. We all gained excellent experience of leadership, fellowship, team working, communication skills, coupled with tests to our ability to formulate and organise plans with continually changing parameters.

The full report and a fantastic expedition video can be found on our website at www.ulyssesstrust.co.uk

LANZAROTE LANDFALL A LEARNING EXPERIENCE

Officer Cadet Alex Warner

"I have been a member of CUAS for only 5 months and I had no idea I would get the opportunity to experience an overseas diving expedition when I joined and did not expect to be in such a position so early into my membership. I certainly had no clue what I would gain from such an expedition. I am a reasonable swimmer but had never attempted any sub-aqua activity before. The surreal environment became rapidly clear to me on day 1 when part of my training was to just place my head underwater with a mask on and my regulator in my mouth and take 3 breaths. I panicked and could only manage 1 breath. It took a short while to get used to this unusual feeling but with the excellent teaching, guidance and direction of the instructors I was able to progress well. By the end of the first week I was leading my buddy diver to a depth of 20 metres for around 30 minutes underwater.

"When I look back now I am absolutely amazed at how much I have learned. Not only about myself and being able to push my comfort zone boundaries but how to manage and lead others in a rather unique environment. In summary, the skills I have learned have given me the confidence, ability and enthusiasm to strive to better myself in whatever I do. I am extremely grateful for everything the UAS organisation has given me and undoubtedly I am a better individual for it."



"When I look back now I am absolutely amazed at how much I have learned. Not only about myself and being able to push my comfort zone boundaries but how to manage and lead others in a rather unique environment."

Officer Cadet Alex Warner

News

RETIRING TRUSTEES



We say a fond farewell to two of our long-standing trustees; Colonel Bernard Cazenove TD (left) and Colonel Rex Stephenson CBE (below left) who have served as trustees since 2011 & 2003 respectively.



Although Bernard and Rex are retiring from the Board, we are delighted they have agreed to continue to use their unique experience, talents and knowledge to support specific areas of the charity.

On behalf of all those involved in the Ulysses Trust and all our beneficiaries - Thank you for everything you have done for us!

NEW TRUSTEES

We are delighted to welcome two new recruits to the Ulysses Trust who have been appointed as trustees.



James Wilson (left) is a corporate partner at the law firm Holman Fenwick Willan in London. As well as a corporate portfolio, James has a pro bono charity interest. He has

undertaken Volunteer Reserve service with The 4th Battalion The Parachute Regiment and is a legal adviser to The Parachute Regiment Charity, The Clocktower Foundation, The Institute for Statecraft and The Scars of War Foundation. James said, "I am delighted to become a trustee of the Ulysses Trust. I benefited so much from the adventure training I undertook all the way through the system from being a cadet, a member of an OTC and finally as a reservist. It's great to put something back in and hopefully the beneficiaries of the charity will get as much out of it as I did."



Andy Robertson (left) is an experienced capital investor, non-exec Director and CEO. He is passionate about mountain sports, and his three children have

benefitted significantly from their Combined Cadet Force adventure training experiences. Andy said, "I was looking for something to allow me to combine two things: my interest in helping young people develop and achieve their potential, and my passion for the great outdoors. The Ulysses Trust is perfect."

PRINCE OF WALES'S AWARDS

Each year the Ulysses Trust presents awards for outstanding expeditions - to highlight the very best in leadership, challenge, courage and planning. The 2017 awards were presented at our 25th Anniversary event earlier this year.

Here are the winners:



CADET CATEGORY

STIRLING VENTURER 17 | TS Stirling Sea Cadets

Sea Cadets from TS Stirling and Birmingham's Tile Cross Academy's Combined Cadet Force attended a five-day Junior Cadet Leadership Challenge at Fort Devens, USA. Presented by our Ambassador Levison Wood (above right).



RESERVIST CATEGORY

SPEAR 17 | British Army Reserves

Six Reservists succeeded in a 1,100 mile crossing of the Antarctic Ice Cap. This is rarely attempted, due to the physical endurance required in this extreme climate. Presented by VCDS, Sir Gordon Messenger (above right).



UNIVERSITY CATEGORY

ARCTIC EXPRESS 2017 | London UOTC

16 cadets undertook a sailing adventure from Scotland to Iceland, facing North Atlantic storms in challenging sea and weather conditions. Presented by VCDS, Sir Gordon Messenger (above right).

FUNDRAISING BIKE RIDE



Our Chairman Nick Kurth is raising funds for the Trust by attempting the Prudential Ride London - Surrey 100 on 29th July 2018.

Nick said, "Whilst I have undertaken lots of cycling I have never ridden 100 miles in one day. I am hoping that the probability of success is fairly high, although I am not taking things for granted!"

Nick has paid for entry and expenses out of his own pocket, so all monies raised will go straight to the Ulysses Trust. You can support Nick's attempt by making a donation via his BT MyDonate page. Further details on our website www.ulyssesstrust.co.uk

25TH ANNIVERSARY APPEAL



THE ULYSSES TRUST

Our 25th Anniversary Appeal was launched in February 2018 with the target of raising £1.5m by the end of 2021. The money raised will enable us to:

- Double cadet participation and fund more expeditions
- Increase the support we give to expeditions in order to reduce each cadet's contribution
- Reach out to disadvantaged young people and ensure that cost does not prevent any cadet from taking part in an expedition

This is an ambitious target and we hope our supporters will rise to the challenge!

Support the Ulysses Trust

The 25th Anniversary Appeal is underway, and it got off to a fantastic start with a significant gift from Ian Hannam. Ian is a long-standing supporter of The Ulysses Trust – indeed it was thanks to a previous significant gift from him that The Ulysses Trust was founded in 1992. We are so grateful to Ian for his generosity and also to other significant benefactors such as the Nuffield Trust for the Forces of the Crown; the RAF Charitable Trust; the MacRobert Trust; Army Sports Control Board; BAE Systems; The Clive & Sylvia Richards Charity Limited; Greater London RFCA, Wessex RFCA; Lord Faringdon Charitable Trust; Brigadier Paul Orchard-Lisle; Colonel Julian Radcliffe; The Worshipful Company of Armourers & Braziers; and The Worshipful Company of Dyers, all of whom have supported us for a number of years.

HOW YOU CAN HELP

There are many ways in which you could contribute to our Appeal. You could join our growing list of financial supporters by making a one-off gift or, better still, pledging a gift for a number of years. Or you might decide to set up a standing order for a small (or large!) monthly amount. Whichever you choose, please remember to Gift Aid your donation if you can – this will cost you nothing but will increase your gift by 25%.

You will have read elsewhere in this newsletter about the fundraising efforts of our Ambassador, Tania Noakes, and our Chairman, Nick Kurth. Could you take on a sponsored challenge for The Ulysses Trust? Skiing the length of Norway may be beyond the capabilities of most of us but a sponsored bike ride, (half) marathon, abseil or similar activity would not only add to the Appeal target but also be in keeping with the ethos of The Ulysses Trust.



Or you might come up with an imaginative way to support us. Why not follow in the footsteps of Colonel David Benest, for example, who, for a number of years has been pounding the pavements of Pewsey, delivering newspapers and generously donating his hard-earned cash to The Ulysses Trust. As if that were not effort enough I heard from David recently that he is currently covering someone's else's round while she is off sick. Thank you, David, from all of us at The Ulysses Trust!

Finally, here are two further, and very different ways in which you could support us. Firstly, you could sign up to the Give as you Live scheme and when you shop online The Ulysses Trust will receive a commission on your purchase. Secondly, do you have a Will (if not, you should)? Please think about including a gift to The Ulysses Trust when you make or review (which you should do every four to five years) a Will. It's a wonderful way to continue your support for us long into the future.

If you would like to help us in any of these ways, please contact me on 07967 481 877 or email brenda.allanson@ulyssesrust.co.uk – I'd love to hear from you!

Brenda Allanson | Development Director

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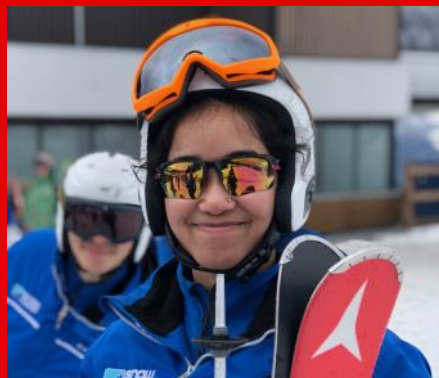
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SUPPORT US TODAY!



- ✓ Make a one-off gift
- ✓ Take out a standing order/direct debit
- ✓ Pledge an annual gift
- ✓ Join the Give As You Live Scheme

GIFT IN WILLS



Have you thought of including a gift to the Ulysses Trust in your will? Legacies are the single biggest source of voluntary income to charities and non-profit organisations in the UK, where they account for over £2bn each year. They are a wonderful way of helping to ensure that the work of a charity you love is able to continue.

GRANT-MAKING TRUSTS



Trusts and foundations are a major source of funding for the Ulysses Trust and we would love to hear from you if you have any connections with grant-making trusts.