

# BOWRA Foundation Newsletter

www.bowra-foundation.org

2023

## Welcome from our Founder!

**Welcome** to BOWRA Foundation's 2023 Christmas Newsletter.

I would first like to thank all our **benefactors**; without whose generosity we would simply be unable to function. It is your financial support that has allowed the BOWRA Foundation to increase its program of activities and provision of assistance.

This increase in output has seen the **Friday Golf initiative** added to the activity program. Golf has proven to be extremely popular, indeed we have had to expand our capacity and now deliver two sessions on a Friday at the Ferndown Forest Golf Club. Keep a close eye out in 2024 for the 200m challenge.

Cycling, kayaking, and walking remain the mainstay of our Wednesday activity program at Hamworthy Park, supported by our veterans. This program has been complemented with both **indoor and outdoor bowling** and **acoustic and clay pigeon shooting**. Variety is the spice of life, but more importantly also inspires the unrelenting pursuit of recovery. Wishing you all a very **Merry Christmas and prosperous New Year**.

**Mark Bowra MBE**

Founder | BOWRA Foundation

## 2023 - A Round Up

This year has flown by, and taking a moment to **reflect** and **acknowledge** the great people we are surrounded by, it's easy to see how we have achieved such wonderful things. From events in their third and fourth year of running to **new events** including a **Beneficiary Golf Day** and our first ever **Appreciation Event**.

Mark managed to convince a team of veterans to **swim for 15 hours in the English Channel** to raise awareness for BOWRA Foundation, and we were all thrilled when our Buddies caught the bug and ran their own **fundraising challenge** at Hamworthy Park.

We were also invited to local brain injury **awareness events** which gave us the opportunity to onboard new beneficiaries.

the number of golf balls hit at our adaptive golf sessions this year



## Achievements & Acknowledgements

Mark continues to **inspire us all** and was recently awarded the **Points of Light** award by the Prime Minister. The Swim2Recovery team were also invited to **Downing Street** for Armed Forces Day.

This year we are honoured to be the FOUNDRY's Charity of the Year and we are benefitting from the **great co-working space** they provide. We have also engaged with Satori, a new local company, to improve our **internal systems**.

Mark and the team would also like to acknowledge the **awe-inspiring groups** who have raised money for BOWRA Foundation this year.



# Our Ambassadors

Here are a few of the many things our amazing Ambassadors have achieved this year:

**Sally Orange** - awarded an **MBE** - yes, M.B.E!!!

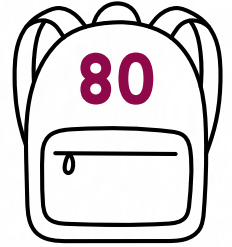
**Lee Spencer** - received a **Lifetime Achievement Award** from the British Ex-Forces in Business awards.

**Toby Gutteridge** - opened his first **BRAVERY shop**, building on his successful online clothing collection (as well as presenting at our Wellbeing Seminar!)

**Jimmy Hill** - competed in the **Veteran Games** and expanded his business; Pawseidon.



**Thank-you to all of our Ambassadors for their continued support**



number of BOWRA bags given new homes in 2023

## "What's Inside Matters"

Hear from people we have been delighted to welcome into the **BOWRA Family**...

Simply it was **amazing** to get away from the routine of hospital visits and rehab. The trip was fabulous and great for my mental health without any doubt the team simply couldn't do enough for me to ensure I had a **memorable** time. It was **inspiring** to meet others at various stages of their **recovery** from brain injuries, compare notes and encourage each other to keep going.   
Malcom - *Surf2Recovery attendee*



My (BOWRA Bag) package came late yesterday evening as we were heading to dinner. What a nice **surprise**. A great backpack full of **useful** goodies.... Many thanks for that to you all at the Bowra Foundation.   
- *BOWRA Bag recipient*

The bags are going down really well here, the staff are **excited** to hand them out and the patients feel like its **Christmas Day**.   
Laura - *Matron, Hospital Stroke Unit*

## Looking Ahead

2024 is shaping up to be a year of ground-breaking strides for our tight-knit team! Here's a **sneak peek** into the excitement ahead:

**Streamlining Success:** Get ready to witness the unveiling of our game-changing internal system in the upcoming year. Efficiency is our middle name, and this innovation is set to trim down touch time across various tasks, allowing us to turbocharge our impact.

**Boundless Collaboration:** The BOWRA Bag project is in full swing, and our partnership with Bournemouth Uni is hitting new heights. We're not just reflecting; we're progressing! Join us on this journey as we team up with more hospitals, ensuring our bags reach individuals at the earliest stages of their recovery journey.

**Empowering Onboarding:** Our commitment to supporting beneficiaries knows no bounds. Brace yourselves for an enhanced onboarding experience as we fine-tune our processes to provide unwavering assistance.

**Inclusive Challenges Await:** We've got something special in the pipeline for 2024 - brace yourselves for a wave of inclusive challenges that will not only captivate but also champion diversity and unity.

Hold onto your excitement, because **the best is yet to come!**



# Message from the Chairman

Wow – what a **fantastic year** – everyone at team Bowra should be immensely **proud** of what we have achieved – all under the inspiration of Mark.

However, as Mark so rightly said, we could not have done it without the **unwavering support** of our outstanding benefactors.

Your generosity has been amazing and has enabled the Foundation to go far beyond anything we could have imagined – **thank you**.

I think my greatest pleasure this year has come from witnessing the **progression** of our Bowra Buddies.

To see someone go from recipient of a Bowra Bag to participant in Bowra activities and then go on to become a volunteer helper in the organisation is truly **awe inspiring** and fulfils Mark's early vision of the Bowra Foundation.

I wish everyone a very **Merry Christmas** and we all look forward to Bowra going from strength to strength in our quest to inspire the **unrelenting pursuit of recovery**.

**Jim Patrick CBE**  
Chairman | Bowra Foundation

**SWIM** 6 swimmers  
**2 RECOVERY** 14 hours  
34 miles



## How can you get involved?

We are looking for people that have **received BOWRA Bags to provide case studies** on the contents of the bag. If you would like to know more, please **email [info@bowra-foundation.org](mailto:info@bowra-foundation.org)**.

If you know anyone that has experienced a brain injury and would benefit from a BOWRA bag or our local activities (Poole based), please feel free to pass on our details.

Our website is **[www.bowra-foundation.org](http://www.bowra-foundation.org)**.

Could you or your company **add value to BOWRA Foundation?** We would love to hear from you. We are a small local charity and always looking at ways to grow and improve the support we provide our beneficiaries.





Lastly, a massive THANK-YOU from everyone at BOWRA Foundation for your continued support, allowing us to deliver Mark's mission to *inspire the unrelenting pursuit of recovery*. We are grateful for each and every one of you.

🍷 To our **BOWRA Buddies** for their self run fundraiser in August

🍷 **Lester Brunt Wealth Management** Golf Day in July, and to **St. James's Place** for their support

🍷 Thanks to Ant for hosting the **Aston Service Day** in May

🍷 To **George** and **Harri** for walking Hadrian's Wall in aid of BOWRA

🍷 **Sarah Leigh**, for raising over £1,000 on her sponsored walk

🍷 To **Ellis Jones Solicitors** for hosting their Ladies Day in June

🍷 for taking us under your wing **FOUNDRY, Poole**

🍷 The **Wraith Family** for their kind gesture and donation in memory of **Jack Wraith**

🍷 donating 10 BOWRA Bags in their 10 for 10, **PRIAVO Security**

🍷 **J.P. Morgan** for their continued support, including at our Beneficiary Golf Day

🍷 To all our amazing activity venues, including **South Coast Adventures, Bournemouth Bowling Club** and **Dolphin Indoor Bowls, Ferndown Forest Golf Club** and to **Deej** for doing what he does best

🍷 Thank-you for helping us progress the BOWRA Bag, **Bournemouth Uni**

🍷 For your generosity, **Store and Secure Self Storage, Dorset Tea, Supacat, SBSA, Kitchen Elegance, Bloc Eyewear, Neptune, Solace, The Frog Fund, Sentinel Data Solutions** and **Brinde Collins** to name a few

🍷 To businesses **Satori** and **Business Image, Future Terrain** and **Ice Trikes** for their support

🍷 Trusts **RNRMC** and **BGC**, supporting us to deliver Mark's mission

🍷 To the **Swim2Recovery team**, their commitment in the build up to the challenge, the accommodation, the boat, the training space, your time!

🍷 **Former Trustees**, Martin and Stu for being a part of the charities journey

🍷 To various **Lodges** and **organisations**, and **individuals** for your generous donations and auction items

🍷 Our **Supporters** for their donations, well wishes and thoughts, we truly appreciate you all

*Merry Christmas & A Happy New Year!*

We are closing the office after our adaptive golf session on 15th December, and look forward to seeing you all back fresh and ready to go for 2024 on 3rd January.