



# ARMED FORCES DAY

## Activity Pack



# SUPPORTING OUR ARMED FORCES

## What is Armed Forces Day?

Armed Forces Day takes place on the last Saturday of June. However, celebrations begin on Monday 22 June when the Armed Forces Day flag is raised on buildings and famous landmarks around the country.

The week surrounding Armed Forces Day is a chance to show your support for the men and women who make up the Armed Forces community: from currently serving troops to service families, veterans and cadets. Reserves Day (Wednesday 24 June) will also provide an opportunity for us all to recognise our Reserve Forces.

## Why should you get involved?

Showing support for the Armed Forces provides a much-valued morale boost for the troops and their families. It also gives the public a chance to show their support and appreciation for the Armed Forces.

## Who does the Armed Forces week celebrate?

### The Armed Forces

The UK Armed Forces defend the UK and its interests. They are busy working around the world, promoting peace, delivering aid, tackling drug smugglers, providing security and fighting terrorism.

### Veterans

A veteran is anyone who has served in the HM Armed Forces at any time (including National Servicemen, Regulars and Reserves). Armed Forces Day celebrates their continued role within the military community. You can find out more information about the support we provide for veterans by visiting [www.combatstress.org.uk](http://www.combatstress.org.uk)

### Reservists

Reservists give up their spare time to serve in the Reserve Forces, balancing their civilian life with a military career to ensure that should their country require them, they would be ready to serve. An annual Reserves Day celebrates their contribution to the Armed Forces. Reserves Day is the Wednesday ahead of Armed Forces Day – 24 June.

### Cadets

The Cadet Forces (Sea Cadets, Army Cadets, Air Cadets and the Combined Cadet Force) currently support over 130,000 young people in more than 3,000 locations across the UK. Cadets learn life and career building skills as well as gaining vocational qualifications.

### Families

Our Armed Forces couldn't do their job without the incredible support of their family and friends. We know that families are often impacted by the job their loved one does, protecting our country – so it's important we recognise the role they play too.

**24-hour Helpline: 0800 138 1619**

# SUPPORTING OUR ARMED FORCES

## Your Armed Forces Week Pack

Firstly, we want to thank you for joining us in supporting our British Armed Forces this week. This pack has been specifically designed to help you celebrate Armed Forces Week wherever you are, from your homes.

We hope you'll use the activities in this pack to stay connected to family, friends and colleagues while having fun and raising awareness of the huge sacrifices made by the whole Armed Forces community across the UK.

In this pack, you'll find lots of ways to support the week - whether it be raising vital funds to support our life-saving treatment programmes or spreading awareness about the week and how we help veterans.

No matter what you decide to do this week, we hope you enjoy it and find this pack a useful tool to share our collective pride of this incredible group of men and women.



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# SUPPORTING OUR ARMED FORCES

## Over 100 Years of History and Experience

Shortly after the end of the First World War, our founders saw how servicemen returning with shell shock received little sympathy from the public. Struggling with what we now call post-traumatic stress disorder (PTSD), veterans were either locked away in mental hospitals or suffered in silence at home.

Our founders believed that with the right support, veterans could be helped to lead fulfilling lives despite their mental health problems. So, on 12 May 1919, Combat Stress was founded.

Taking a stand against the contempt and misunderstanding around mental health at the time, our founders began fundraising to introduce recuperative homes for veterans, where they could take part in occupational activities to help them rebuild their lives.



Over time, we've developed our services and now offer evidence-based clinical programmes, treatment and support alongside our 24-hour Helpline and occupational therapy.

The way everyone talks about mental health has changed too. This, as well as challenges surrounding recent conflicts, means that demand for our services is at an all-time high.



However, although much has changed over the last century, we are still here for all former servicemen and women who need our help - because the mental health problems they face are the same as they were in 1919. And we know that invisible illnesses can be just as hard to cope with as physical ones.

With your support, we can help every former serviceman and woman who needs our unique mental health treatment – today, tomorrow, and in the years to come.

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# SUPPORTING OUR ARMED FORCES

## Our Support for Veterans and Corporate Partners

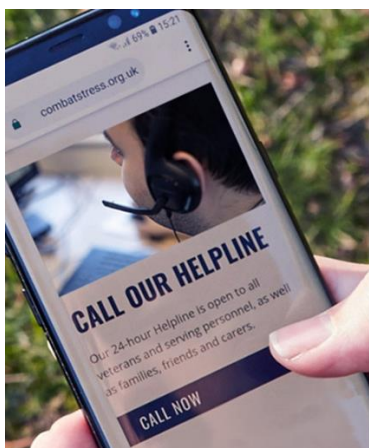
### COVID-19 Mental Health Resources for Veterans



Alongside our expert clinicians and veteran representative, we've been developing online resources to help support the mental health of veterans and the general public during COVID-19.

From managing low mood and anxiety to how you can support your veteran network. Find out more at [www.combatstress.org.uk/mental-health-support-during-covid-19](http://www.combatstress.org.uk/mental-health-support-during-covid-19)

### Our Free Helpline for Veterans



**COMBATSTRESS**  
FOR VETERANS' MENTAL HEALTH

**CALL**  
0800 138 1619

**TEXT**  
07537 404 719

**EMAIL**  
[helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)

Our 24/7 free Helpline remains open, so please do not hesitate to call if you or someone you know needs someone to talk to during this difficult time.

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# HOW WE SPEND YOUR DONATION

Donations from our supporters help fund our life-changing mental health treatment for former servicemen and women. Every year more than 2,000 veterans take the first step to seeking help by reaching out to us. Our specialist treatment helps rebuild lives, brings families back together and gives veterans a future again.

Here's a breakdown of how we spend the money raised by our generous supporters.

For each £1 spent:

**81p**

supports veteran treatment

**16p**

is invested in fundraising

**3p**

raises awareness



**£1 = £5.67**

For every £1 we spend on fundraising, we raise £5.67

\*All statistics relate to our last financial year (1 April 2018 to 31 March 2019)



01372 587 151

[fundraising@combatstress.org.uk](mailto:fundraising@combatstress.org.uk)

[combatstress.org.uk/support-us](http://combatstress.org.uk/support-us)

Registered with



FUNDRAISING  
REGULATOR



**COMBAT  
STRESS**  
FOR VETERANS' MENTAL HEALTH

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# SUPPORTING OUR ARMED FORCES

## Stories from Veterans we Support

### Rich, former Intelligence Corps Operator

*"It takes a second for something to enter your head but a lifetime for it to leave. At my darkest time, the little light at the end of the tunnel was Combat Stress."*

Former Intelligence Corps Operator Rich spent many years working in conflict zones across the world. Several years after retiring from active service, his life took a downward turn and he considered taking his own life. But, after contacting us, he got the help he so needed to get his life back on track.



### Rebecca, former Ward Master

As a ward master in Afghanistan, Rebecca saw countless soldiers, civilians and children who were critically injured or dying. But it wasn't until years later that she noticed how much these experiences had affected her.

*"I was battling with suicidal thoughts. I felt like there was no way out of what I was feeling..... sometimes I used to imagine crashing my car into a wall just to escape."*

Rebecca's doctor suggested that she get in touch with us. Shortly after calling our Helpline, she was diagnosed with PTSD.

*"The treatment I've had at Combat Stress has been amazing. It completely changed my life."*



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# ARMED FORCES WEEK: QUIZ

## Fundraising for Combat Stress

When you host your virtual quiz, you'll give friends and family an opportunity to come together and have some fun while at home. You'll also help raise vital funds for Combat Stress, helping us continue to provide life-saving support to veterans from every service and conflict.

Before your quiz, don't forget to set up a [Give Penny](#) or [JustGiving](#) page and send the link to your guests so that they can make their donation for taking part.



**Quick tip:** Why not set up a quiz playlist on GivePenny to feature in the background. You can then ask guests to donate if they'd like to add a song to your Spotify playlist.

**Set a date and time** for your quiz and invite your mates and family to join the fun. Make sure you're all well stocked with snacks and drinks!

**Get your guests emails** if you've not got them so you can send them all the link to the quiz on your chosen platform.

**Quiz teams** should only consist of members of a household, in line with the governments social distancing guidelines. If you have any solo players or teams of two, you could give them bonus points to even the playing field

**Do a test call** with a friend the day before your quiz to check how the platform works so that you don't have to worry on the day.

**Choose the winner's prize** it could be the promise of a future night out, a home-cooked meal or even a trip to the theatre!

If you have any questions, please don't hesitate to call us on 01372 587 140 or email [fundraising@combatstress.org.uk](mailto:fundraising@combatstress.org.uk)

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# ARMED FORCES WEEK: QUIZ

## Round 1: Military Round

This round has 14 questions. Award one point for each correct answer, with a maximum of 14 points to be given in this round.

### QUESTIONS

1. What is the senior service of the UK armed forces?
2. Who commands the Army according to the Bill of Rights of 1689?
3. Who is commander in chief for the UK's Armed Forces?
4. What is the highest military rank in the Royal Air Force?
5. What do the acronym SBS stand for?
6. Which is the higher rank, Staff Sergeant or Colour Sergeant?
7. The Royal Air Force's ground defence unit is called what?
8. Which famous American singer/songwriter said "draft beer, not people"?
9. Who wrote the book 'Bravo Two Zero'?
10. Griffin, Apache and Merlin are all what?
11. What does the Royal Marine acronym YOMP stand for?
12. Which naval port city was the largest industrial complex in the world in the 19th century?
13. What British County regiment was also known as 'The Buffs'?
14. The regular army of the British Army is listed according to an order of precedence for the purposes of parading. This is the order in which the various corps of the army parade, from right to left, with the unit at the extreme right being highest. Under ordinary circumstances, the Household Cavalry parades at the furthest right of the line. Under what circumstances would another regiment become senior to the Household Cavalry, and which regiment?

### ANSWERS

1. Royal Navy
2. Parliament (Government)
3. The reigning Monarch (at present Queen Elizabeth II)
4. Marshall of the Royal Air Force
5. Special Boat Service
6. Both the same rank
7. RAF Regiment
8. Bob Dylan
9. Andy McNab
10. Helicopter
11. Your Own Marching Pace
12. The Royal Navy dockyard in Portsmouth
13. The East Kent Regiment
14. When the Royal Artillery is on parade with its guns, it becomes the senior regiment and will replace the Household Cavalry at the extreme right of the line

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# ARMED FORCES WEEK: QUIZ

## Round 2: General Knowledge

This 20-question round has a bonus question. The first letters of each correct answer spell out a famous saying. Award one point for each correct question, with a maximum of 21 points to score in this round.

### QUESTIONS

1. Into which sea does the Nile flow?
2. Three continents lie on the Tropic of Capricorn, South America is one, name the other two?
3. In American currency 10 cents make a what?
4. Afrikaans was developed from which European language?
5. An Ortanique is a cross between a tangerine and what other fruit?
6. What Italian word for 'Scratched Drawing' can be found on walls all over the world?
7. What musical features 'Some Enchanted Evening' and 'There Is Nothing Like A Dame'?
8. What was the name of the first manned lunar landing mission in 1969?
9. Which boxer was nicknamed 'The Dark Destroyer'?
10. What was the name of Ritchie Valens' girlfriend?
11. What is the procedure called where an anaesthetic is injected close to the spinal cord?
12. What poisonous oily liquid occurs naturally in tobacco leaves?
13. Who had his first UK Top 10 hit with 'Wichita Lineman'?
14. Which sign of the Zodiac is represented by the Scales?
15. In which country was Rudyard Kipling born?
16. What is the gemstone for September?
17. What instrument has been nicknamed the 'Mississippi Saxophone'?
18. One and a half litres of champagne is known as a what?
19. Name the three particles that make up an atom?
20. By what other name is the 'Aurora Borealis' known?
21. **Bonus Question – what does the first letter of each answer spell out?**

### ANSWERS

1. Mediterranean
2. Australia and Africa
3. Dime
4. Dutch
5. Orange
6. Graffiti
7. South Pacific
8. Apollo XI
9. Nigel Benn
10. Donna
11. Epidural
12. Nicotine
13. Glen Campbell
14. Libra
15. India
16. Sapphire
17. Harmonica
18. Magnum
19. Electron, Neutron, Proton
20. Northern Lights
21. **Bonus Answer – Mad Dogs and Englishmen**













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# ARMED FORCES WEEK: QUIZ

## Round 3: Logo Round

There are 12 logos below, can you name the company or brand that matches the logo?

You'll get one point per correct answer, with a maximum of 12 points to be won.

1. 	2. 	3. 	4. 
5. 	6. 	7. 	8. 
9. 	10. 	11. 	12. 

### ANSWERS

1. Thales
2. Unilever
3. BP
4. BAE Systems
5. Pallex
6. Fruit of the Loom
7. Adidas
8. Army Cadets
9. Beats Electronics
10. Veolia
11. Huawei
12. DreamWorks Animation

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# ARMED FORCES WEEK: QUIZ

## Round 4: Food and Drink

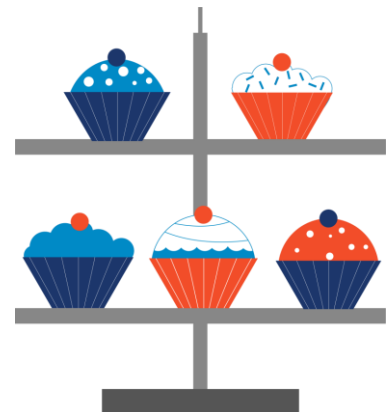
All the answers in this round feature a drink in the title. Award one point for each correct answer. There's a maximum of 15 points to be won in this round.

### QUESTIONS

1. Who were Wham's female backing singers that went on to have a solo career?
2. What line follows '15 men on a dead man's chest'?
3. In which film did Sylvester Stallone play Kurt Russel's cop partner?
4. Which song gave Alannah Myles a UK Top 10 Chart hit in 1990?
5. Which UK act won the Eurovision Song Contest in 1981?
6. Which movie saw Brooke Shields deserted on a desert island with Christopher Atkins?
7. Which hit song by The Wurzels had the same tune as 'Una Paloma Blanca'?
8. Written by Neil Diamond, which song was UB40's first UK Number 1?
9. Which drink translated into English means Aunt Mary?
10. Which ex-English Rugby Union Captain is rumoured to have had an affair with Princess Diana?
11. What is the four-letter name given to a horse's ankle?
12. Which novel by Laurie Lee, set in Gloucestershire, was on the approved list of books for secondary schools in England and Wales in the 1980's and 90's?
13. What name was given to the Japanese suicide pilots of WWII?
14. Phillips, London and Ratchet are all types of what?
15. What is James Bond's favourite drink?

### ANSWERS

1. Pepsi and Shirley
2. Yo ho ho and a bottle of rum
3. Tango and Cash
4. Black Velvet
5. Bucks Fizz
6. Blue Lagoon
7. I am a cider drinker
8. Red, Red Wine
9. Tia Maria
10. Will Carling
11. Hock
12. Cider with Rosie
13. Kamikaze
14. Screwdriver
15. Martini – shaken, not stirred



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# ARMED FORCES WEEK: QUIZ

## Round 5: Music

For this round, the quiz master will read the first lines of a famous song and teams must give the correct song title and artist to score the maximum points per question.

Teams will receive one point for the correct title and one point for the correct artist – giving a maximum of two points per question, and 30 points available in this round.

### QUESTIONS

1. I got my first real six string. Bought it at the 5 and dime.
2. It's 9 o'clock on a Saturday, the regular crowd shuffles in.
3. Hello darkness my old friend, I've come to talk with you again.
4. Sitting in the morning sun, I'll be sitting when the evening comes.
5. Young teacher, the subject of schoolgirl fantasy.
6. The sirens are screaming and the fires are howling way down in the valley tonight.
7. I work all night, I work all day to pay the bills I have to pay. Ain't it sad.
8. Is this the real life, or is this just fantasy?
9. Turn around. Every now and then I get a little bit lonely.
10. And he drove the fastest milk cart in the West.
11. People try to put us down, just because we get around.
12. On a dark desert highway, cool wind in my hair.
13. I've got sunshine on a cloudy day.
14. All the leaves are brown and the sky is grey.
15. Start spreading the news, I'm leaving today.

### ANSWERS

1. Bryan Adams - Summer of 69
2. Billy Joel - Piano Man
3. Simon and Garfunkel - Sound of Silence
4. Otis Redding - Dock of the Bay
5. The Police - Don't Stand so Close to Me
6. Meatloaf - Bat out of Hell
7. ABBA – Money, Money, Money
8. Queen - Bohemian Rhapsody
9. Bonnie Tyler - Total Eclipse of the Heart
10. Benny Hill - Ernie
11. The Who - My Generation
12. The Eagles - Hotel California
13. The Temptations - My Girl
14. The Mamas and the Papas - California Dreamin'
15. Frank Sinatra - New York, New York



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# ARMED FORCES WEEK: QUIZ

## Round 6: Film and TV Round

This round features 15 questions based on famous bars from the film and TV world. Award one point for each question, with a maximum of 15 points to be scored in this round.

### QUESTIONS

1. Which bar did Sam Malone run?
2. The Nag's Head was the pub in which classic British comedy series?
3. What is the name of the pub in Coronation Street?
4. Which cartoon has a bar called 'Moe's'?
5. Which chief medical officer and coroner could be found drinking in 'Danny's Bar'?
6. What TV show featured Dave, the landlord of the Winchester Club?
7. Which Sci-Fi TV show starred Whoopi Goldberg as 'Guinan', who ran the bar the 'Ten-Forward'?
8. The strip bar 'Bada Bing' was run by Tony in which TV show?
9. Which Scottish comedy about two older men featured 'The Clansmen' run by 'That Bawbag'?
10. Where could you get a pint in 'Heartbeat'?
11. What were the first names of the likely lads that drank in 'The Fat Ox' and 'The Black Horse'?
12. Which club had Peter Kay and Paddy McGuinness as doormen?
13. 'The Slaughtered Lamb' features in which movie?
14. Where did Luke Skywalker first meet Han Solo?
15. Where could you find Isaac the Bartender giving out drinks and advice on the Lido deck?

### ANSWERS

1. Cheers
2. Only Fools and Horses
3. The Rovers Return
4. The Simpsons
5. Quincy
6. Minder
7. Star Trek - The Next Generation
8. The Sopranos
9. Still Game
10. Aidensfield Arms
11. Bob and Terry
12. The Phoenix
13. An American Werewolf in London
14. Mos Eisley Cantina
15. The Love Boat



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## ARMED FORCES WEEK: RIDE TO VICTORY

Fundraising for Combat Stress



**To celebrate the 75th anniversary of VJ Day, we challenge you to create your own 75-mile cycle event**

**Take on the #RideToVictory for Combat Stress**

Take on a personal challenge by clocking up 75 miles by VJ Day on Saturday 15 August. Don't want to go it alone? You could create a team with family and friends to take on the distance together. Feeling creative? A cycle in fancy dress or combat gear could work too!

It's easy to take part - simply register, decide on your cycle challenge and start fundraising. There isn't a fundraising target - all we ask is that you raise as much as you can to help us provide life-changing mental health treatment for veterans.

Your entry fee includes a medal, plus there are fundraising rewards up for grabs if you raise £75, £150, £375 or £750.

**Sign up at: [www.combatstress.org.uk/ride-to-victory-corporate](http://www.combatstress.org.uk/ride-to-victory-corporate)**

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# ARMED FORCES WEEK: FOR CHILDREN

## Bake up a Storm

This basic cupcake recipe is simple to make, whether you're a Bonafede baker or a beginner.  
Makes 24 cupcakes.

### Ingredients:

250g unsalted butter, softened

250g caster sugar

250g self-raising flour

Pinch of salt

4 medium eggs

4 tablespoons milk

Ice-cream scoop (optional)

\*Combat Stress cake toppers



### You'll Need:

2 x 12-hole muffin tins

x24 paper cases

### Method:

- Set the oven to 190C, gas 5.
- Tip the butter into a bowl and beat it until softened. Then add the sugar, flour, salt, eggs and milk and whisk until the mixture is smooth.
- Use an ice-cream scoop, or spoon, to divide the mixture between all the paper cases.
- Place both muffin tins in the oven and bake for 15 minutes, then swap over the position of the tins over and bake for a further 3-7 minutes, until both trays of cupcakes are a light golden colour.
- Remove the tins from the oven. Leave the cupcakes to cool in the tins for a few minutes. Then transfer them to a wire rack to cool.

### Top tip for making Basic cupcake:

Using a traditional-style ice-cream scoop is a quick way of filling the paper cases when you're making lots of cakes and means you will get a batch of identical cupcakes.

### Decorating your cupcakes:

These cupcakes are ideal for making with children and can be decorated with icing, buttercream or drizzled in chocolate. Have fun and be creative!

\*If you'd like to recreate the cakes in the picture, it's easy to do. Click [here](#) to buy our cake toppers and donate to our work while creating a delicious treat to share with family and friends.

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# ARMED FORCES WEEK: FOR CHILDREN

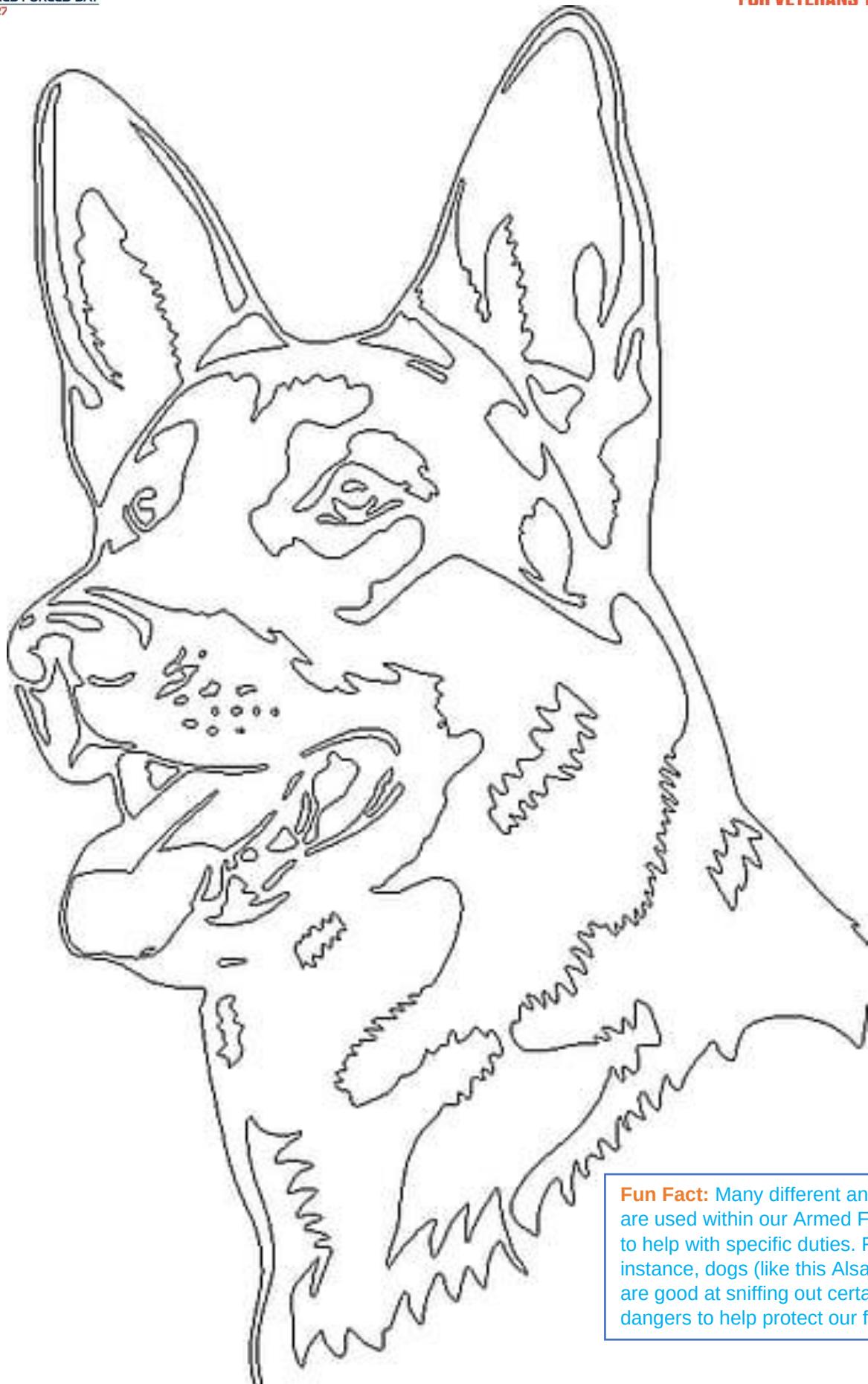
## Colouring for Kids

Want to get the whole family involved in Armed Forces Week? We have fun colouring in templates that you can print for your children to enjoy. Once finished, you can stick them up in your windows to help raise awareness of the week and show your support for our Armed Forces.



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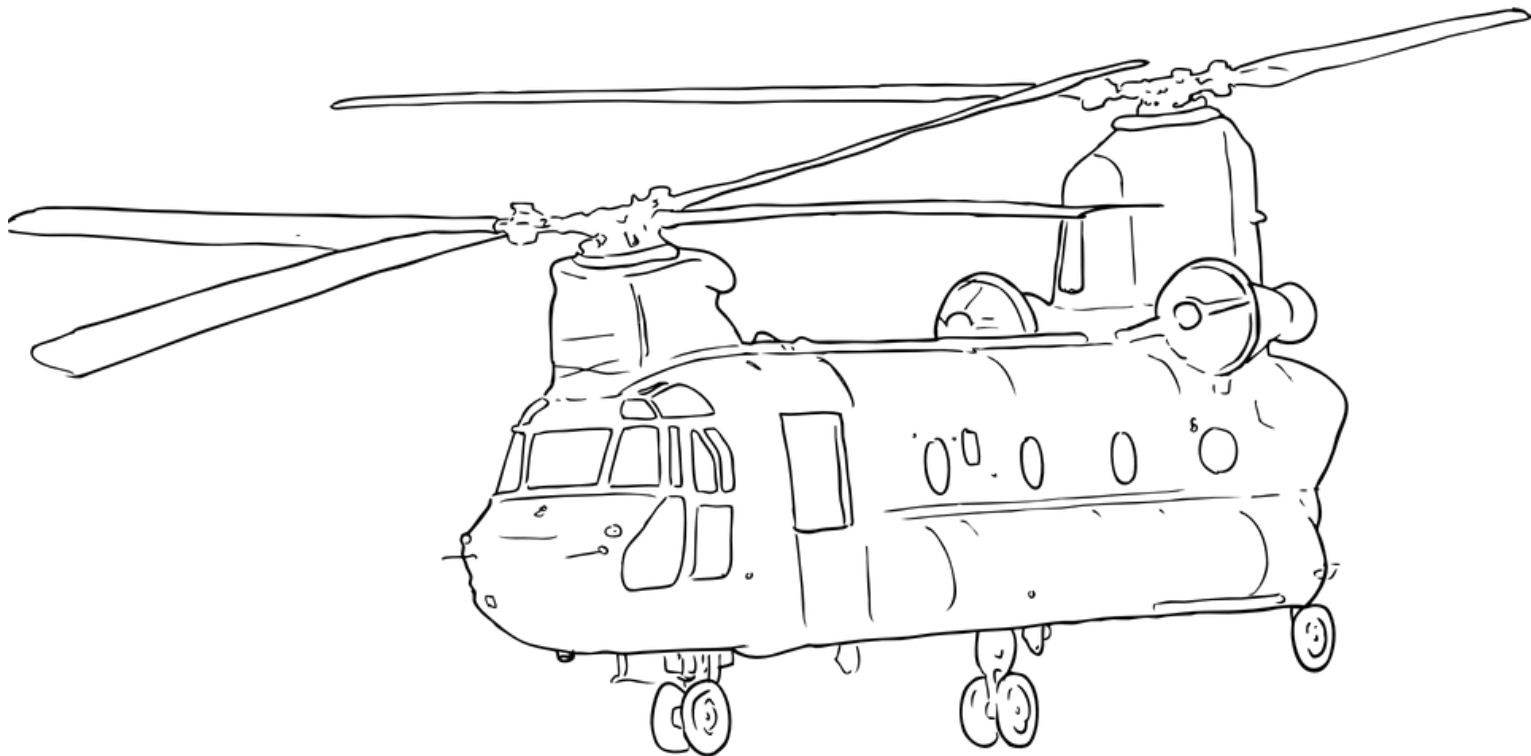
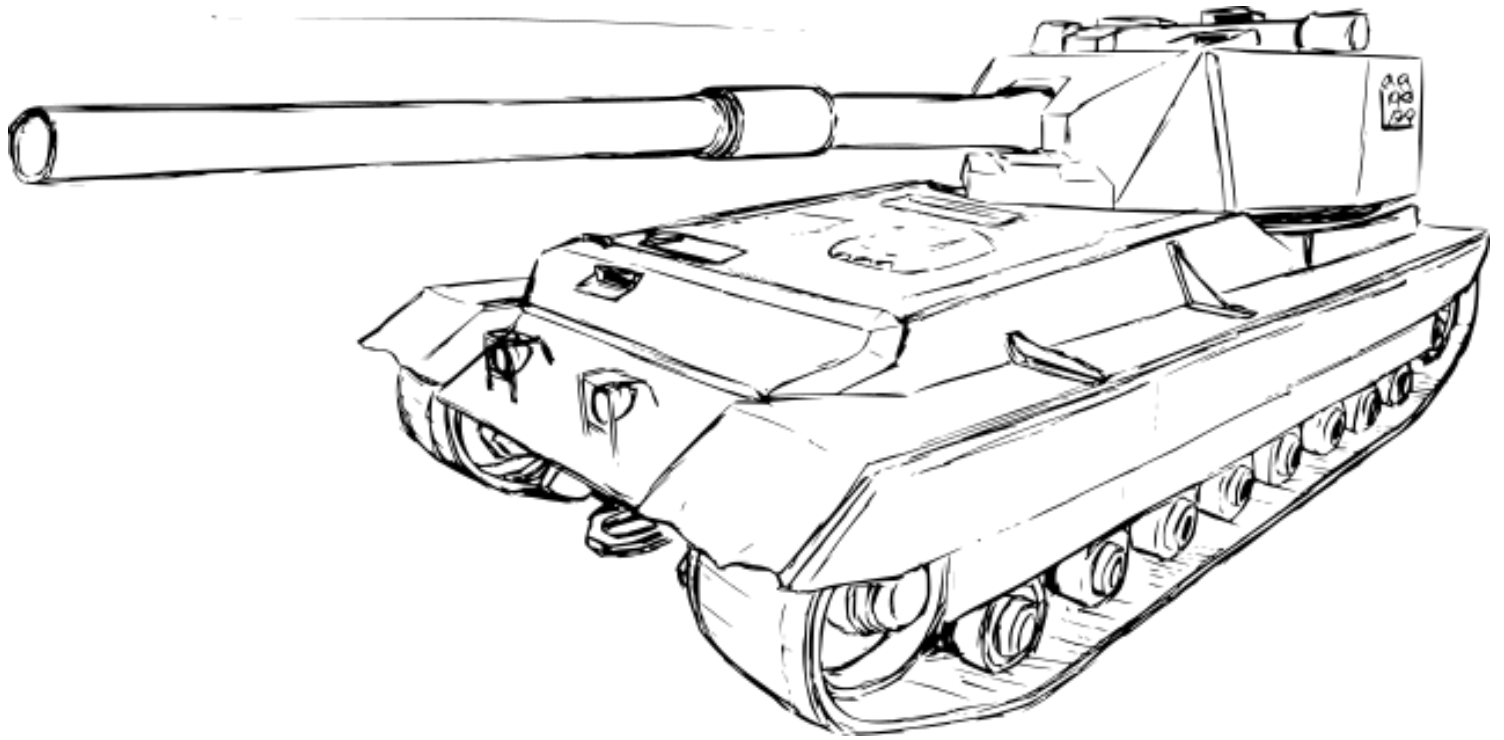
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**Fun Fact:** Many different animals are used within our Armed Forces to help with specific duties. For instance, dogs (like this Alsatian) are good at sniffing out certain dangers to help protect our forces.

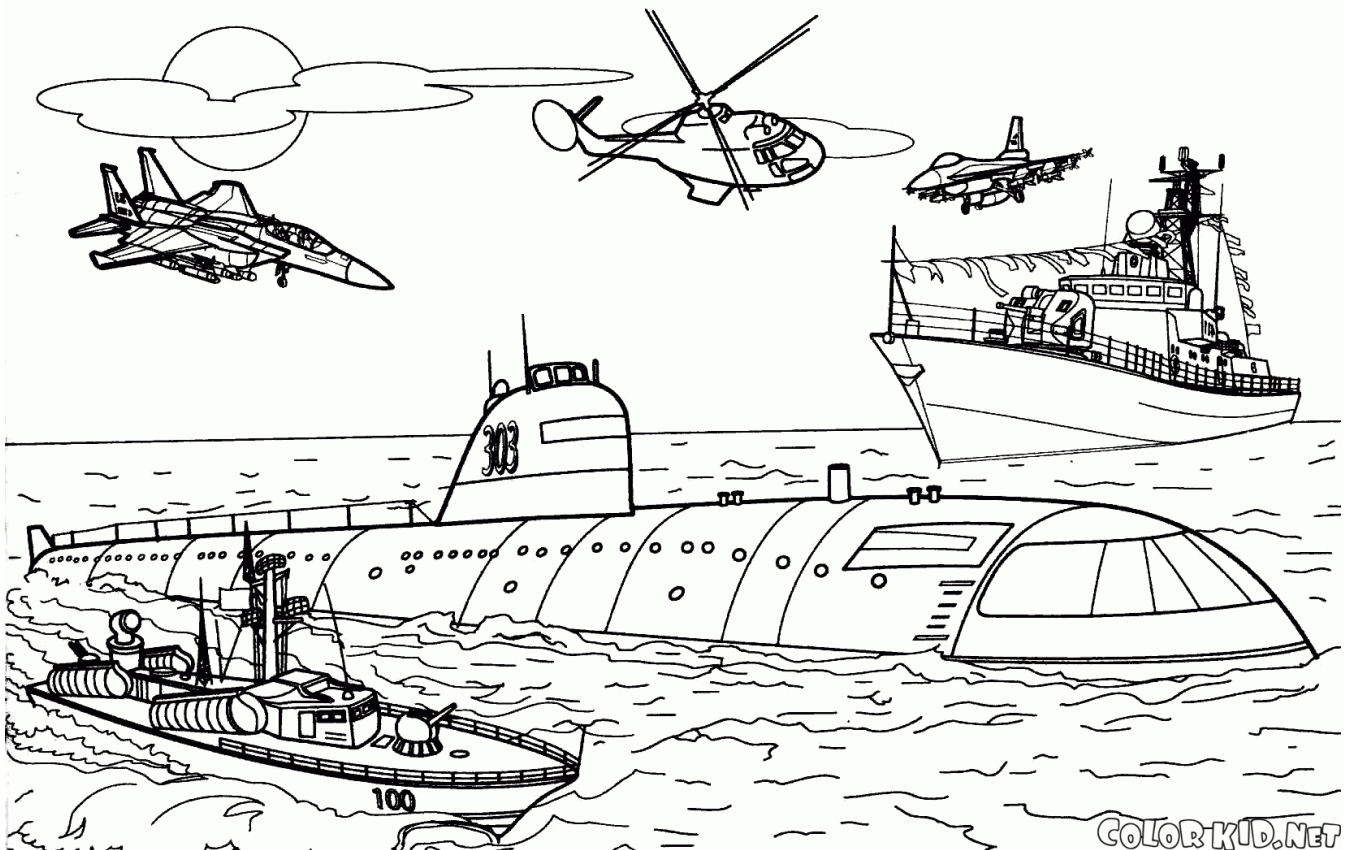
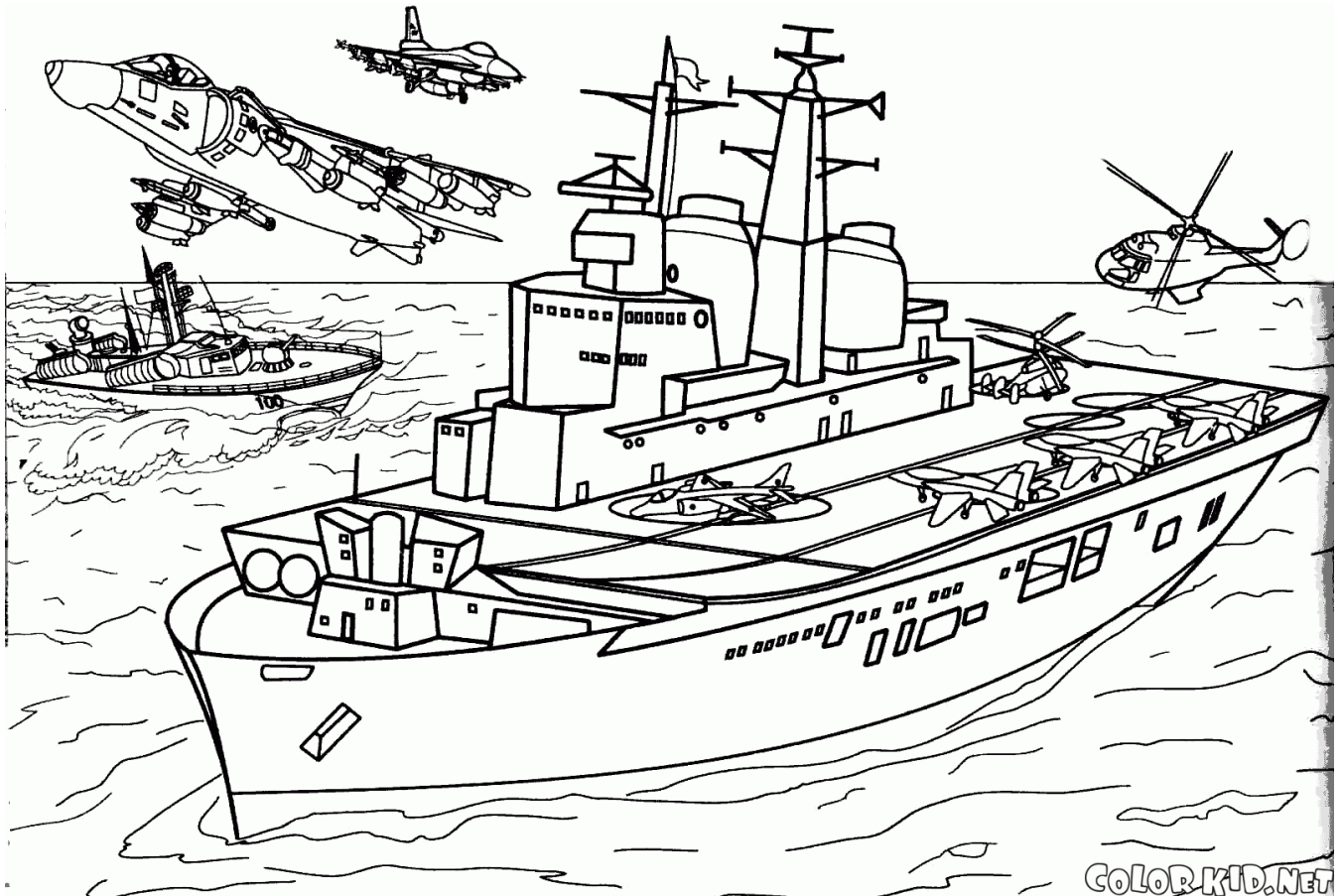
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Credit to: [colorkid.net](http://colorkid.net)

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