



THE PARACHUTE REGIMENTAL ASSOCIATION



NEWSLETTER - September 2025

The Association for all
Airborne Forces

Summer Events 2025

As we come to the end of summer we would like to highlight the outstanding work that the branches and its members do. This year has seen some great initiatives that have put The Parachute Regiment and Airborne Forces out among the general public, especially during high profile events for VE and VJ Day. Well done to all.

In this issue:

- . Arnhem 81
- . Warrenpoint
- . Norfolk & Waveney
- . Cyprus Emergency
- . Grampian Branch
- . The Not Forgotten
- . Gloucester & NESPR
- . Gloucester Branch
- . Eastbourne Branch
- . Bolton Branch
- . Leicester Branch
- . Isle of Wight
- . FOTT
- . ABF Day Scotland 2026
- . Grampian Branch
- . Southeast Essex
- . Other News

What's On:

Month	Date	Event	Location
September	13	Friends of the Tenth Memorial Day	Burrough on the Hill
September	14	Leicester Branch Arnhem Service	Somerby
September	18-21	Arnhem 81	Netherlands
October	3	Pass Out Parade	ITC Catterick
October	8-9	Para Reg Golf Annual Championship	Bradford-on-Avon
October	23	Veterans Day	MOD St Athan
October	25	WO & Sgts Mess P & P	MOD St Athan
October	31	Pass Out Parade	ITC Catterick
November	7	St Lawrence Jewry	London
November	9	Remembrance Day	Whitehall
December	TBC	Pass Out Parade	ITC Catterick

**FOR MORE INFORMATION PLEASE SEE THE
EVENTS PAGE ON THE WEBSITE**

Ad Unum Omnes

Registered Charity Number 214015

Arnhem 81—Commemorations Weekend (19-21 September 2025)

Plans are now in place for **Arnhem 81**, marking the 81st anniversary of the Battle of Arnhem. The full schedule is available on the [Parachute Regiment Association website](#), but here's a quick overview of the key events:

Schedule of Events

Friday 19 September

0930 – *Stone of Friendship*, Hartenstein Museum, Oosterbeek

1100 – *21st Independent Parachute Company Memorial*, Oosterbeek

1500 – *Remember September 1944 Memorial*, Nassaustraat, West Arnhem (Lombok), 6812

1800 – *John Frost Bridge Parade & Service of Remembrance*, Airborne Plein (Bear Pit), Arnhem

Saturday 20 September

1000 – *Parachute Drop*, Ginkel Heath

1130 – *Memorial Service*, Ginkel Heath

1500 – *Polish Service*, Driel

1700 – *Royal Engineers Memorial Service*, Driel

Sunday 21 September

0900 – *Memorial Service*, Old Kirk

1100 – *CWGC Memorial Service*, Oosterbeek

1600 – *Air Despatch Memorial Service*



*Please note: All times indicate the **start** of events. Attendees should plan ahead, accounting for travel times, traffic conditions, and limited parking at various locations.*

Calling All Standard Bearers

Will your Branch be attending Arnhem this year?

Would your **Standard Bearer** like to participate in the **Airborne Memorial Service at Oosterbeek on Sunday 21 September**?

If so, please register in advance by emailing the PRA Secretary at:

For more information and updates, visit:

[Arnhem 81st Commemorations 2025 • The Parachute Regimental Association](#)

Warrenpoint Memorial Services

On Wednesday 27 August 2025 we remembered all those that had lost their lives at Warrenpoint. On that day the IRA carried out a despicable act of violence, murdering sixteen men from 2 Para and two from the Queens Own Highlanders.

Following an original idea by Vic Thorn, a member of the Executive Committee, there was an aspiration to cover all 18 locations on that day and branches were asked to sponsor them. The response was outstanding but unfortunately, due to time, availability and location three of the 18 were not represented.

Attendance at the graves ranged from large numbers of families of the victims, members, with a padre and bugler, to individuals who answered the call and took the time to pay their respects and lay a wreath on behalf of the association.

Here are a selection of photographs that we have been sent.



Warrenpoint Continued



Warrenpoint Continued



Our sincere thanks to all branches and individuals that took part in remembering this historic moment in our regimental history. We Will Remember Them

Norfolk & Waveney Branch—VJ80 Parade and Service “The Not So Forgotten”

On Friday 15 August, branch members joined other military organisations in Norwich to mark VJ80, standing in solidarity and remembrance for Norfolk and East Anglian veterans who suffered so greatly after the fall of Singapore and during the Far East campaign.

East Anglian service personnel and civilians formed a significant part of the force at the time, making the day especially meaningful for our counties and communities. Although the Parachute Regiment received no battle honours in the Far East, the PRA was determined to ensure that sacrifices made during what has often been termed “*The Forgotten War*” were not overlooked.



Around a dozen men paraded in the hot summer sun – conditions which brought to mind the extreme hardships endured by prisoners of war under Japanese captivity.

Guests of honour included Their Royal Highnesses The Duke and Duchess of Gloucester, The Lord Lieutenant of Norfolk, Lady Dannatt, and General The Lord Dannatt, who took the salute.

It was also a privilege to welcome our National Standard Bearer, Tom Brown, and his wife May, who serves as the Royal British Legion County Standard Bearer for Cambridgeshire.



Despite being a working day, the branch fielded a strong turnout, and after the parade some members enjoyed a well-deserved drink at the Wig and Pen!



Shropshire Branch

Shropshire Branch – Arnhem 81st Anniversary Lunch

The Shropshire Branch will be holding an Arnhem 81st Anniversary Lunch on Sunday 14th September at The Shropshire Golf Centre, Telford.

A choice of a 2- or 3-course meal is available at £20 per person. If you're in the area and would like to join us, please get in touch with Peter Bedford at peterbedford906@gmail.com for further details.

Cyprus Emergency Veterans' Memorial Service – National Memorial Arboretum

On Sunday 24 August 2025, a Memorial Service was held at the National Memorial Arboretum to mark the 70th anniversary of the Cyprus Emergency (1955–1959). The service paid tribute to the 371 British servicemen and 21 British police officers who gave their lives during the campaign, including 13 members of The Parachute Regiment—11 from 1 PARA and 2 from 3 PARA, all in tragic accidents.

The Regiment was proudly represented by members of the Parachute Regimental Association. The Swindon Branch was represented by Danny Gibbon (1 PARA), with the Branch Standard carried by Chairman Tony Ellis (ex-Royal Signals). The Aldershot Branch also supported the event, with their Standard carried by ex-Drum Major Jon Cook (3 PARA), who also laid a wreath.

A number of other veterans attended to pay their respects, including Major George Brown (1 PARA, Rtd), John Rind (2 PARA), Richard Joyce, Jan Clout, Mick Watkiss, and Keith Ogden, son of Fred Ogden (Guards Para, deceased). Together with other Paras and supporters present, this made for a proud and fitting Regimental presence.

The service took place at the Cyprus Memorial, a four-ton stone from the Troodos Mountains—a simple but powerful tribute to those who never returned home. With Standards raised and wreaths laid, it was a dignified farewell to those lost, particularly poignant as this was confirmed to be the final official memorial service for the campaign.



Thanks to the commitment of the PRA and its members, the fallen of the Cyprus Emergency were honoured with respect and dignity, and the enduring bond of the Regiment was once again evident.

Grampian Branch

Plaque Presentations – 07.08.2025

On 7 August 2025, the Grampian Branch PRA Chairman, Gary Haughton, and Vice Chairman, Bob Crocker, carried out a hat-trick of plaque presentations to Tesco, ASDA, and Morrisons supermarkets. These plaques were given in recognition of the in-store charity collections recently hosted in their stores. Thanks to the generosity of Tesco, ASDA, and Morrisons customers, a considerable sum was raised. Well done Aberdeen!

Artwork

When first established, the Grampian Branch developed a branch logo featuring the Regimental cap badge surrounded by the four battalion DZ flash colours. This logo has since been successfully used on stationery and on embroidered apparel for members, produced by Absticht Aberdeen, whose founder served with 10 Para in the 1970s. More recently, Military Marketing supplied the branch with bespoke wall plaques, which have been used both for formal presentations and purchased by branch members.



Above: Left to right Gary Haughton, Erin Flockhart ASDA Bridge of Dee superstore duty manager and Bob Crocker.

Right: Gary Haughton, Amand Flett Morrisons King street superstore duty manager, Amand Duncan Morrisons King street superstore manager and Bob Crocker.



Above: Bob Crocker (GPRA Vice chairman), Kyle Johanneson Tesco Extra Danestone Superstore manager, Gary Haughton (GPRA Chairman)



The Not Forgotten



THE NOT FORGOTTEN

The Not Forgotten – Summer Garden Party Drive-In Tour 2025

The Not Forgotten are delighted to announce the return of their Summer Garden Party Drive-In Tour, bringing music, entertainment, and camaraderie to veterans across the country. This year's tour will visit five spectacular venues, each in partnership with local Freemasons:

- Monday 15 September – Lulworth Castle, Dorset
- Tuesday 16 September – Brinsop Court Manor House, Hereford
- Wednesday 17 September – Syon Park, Middlesex
- Thursday 18 September – Idlerocks Farm, Staffordshire
- Friday 19 September – Grimsthorpe Castle, Lincolnshire

Events run from 12.30 pm to 4.30 pm, whatever the weather. Guests will be welcomed with a glass of Pimm's (or non-alcoholic alternative), followed by a delicious pulled pork or salmon & cream cheese bagel with chips and salad, finished with tea, coffee, and cake. Dietary requirements can be catered for.

This year's show will feature Britain's Got Talent Golden Buzzer act Max Fox, the ever-popular Freddie Mercury Tribute Act, songs from musicals, *Singo Bingo*, and much more, hosted by the wonderful Annie Riley. There will also be a fun game of *Kings and Queens* and a raffle for those who wish to take part.

The event is complimentary for veterans and their guests, though attendees are asked to make their own travel arrangements. Veterans should bring picnic chairs, blankets, and any additional refreshments as needed. Dress code is smart casual, weather dependent.

To register, please use the links provided in the attached flyer and complete the short Microsoft form. Final details will be sent closer to the date. For queries, please contact Karlie at The Not Forgotten on 0207 730 2400.

THE NOT FORGOTTEN RUN A LARGE NUMBER OF EVENTS AROUND THE COUNTRY. TO SEE WHAT IS GOING ON PLEASE CHECK OUT THE EVENTS PAGE ON THEIR WEBSITE:

<https://thenotforgotten.org/events/>

Gloucester and NE Somerset Branches Honour WWII Veteran Gordon Burt

The PRA Gloucester and Northeast Somerset Branches had the sad honour of attending the funeral of Mr Gordon Burt on 14 August 2025. Gordon came into contact with the Branches only during the final year of his life, when he was already suffering with dementia. As his daughter Sue movingly remarked, “you did not see the best of, and the true man that was my father.”

Gordon joined the Home Guard at just 16 during the Second World War, later serving four years with the Parachute Regiment. Selected for officer training, he worked at the War Office and led a trials platoon testing airborne equipment. His service was cut short following a severe injury during a test jump, which led to his medical discharge.

For many years, Gordon declined his medals, believing his injury meant he had not earned them. Thanks to his grandson, a serving member of REME and supporter of Support Our Paras, Gordon was finally presented with his medals by Lt Col Liam Cradden—a proud moment for both him and his family.

With the help of Jean-Marc Bazzoni, the new PRA Administrative Assistant, who secured a bugler to ensure the honours due to a WWII veteran, we were able to give Gordon a fitting farewell. An excellent turnout of members, family, and friends reflected the deep respect in which he was held. Sue, Gordon’s daughter, later said:

“What can I say other than a huge thank you for everything you and the PRA did to give Dad such a wonderful send-off. Our whole family felt so honoured.”

The Branch extends thanks to Paul Walkden, our Standard Bearer, and Jimmy Gilbert, Standard Bearer of the Northeast Somerset Branch, for their support. The Parachute Regiment was represented by Col (Rtd) Andy Jackson OBE, Colin H Snowball, Paul Bradley, Adrian Logan, and Pete Lygo, with the Last Post and Reveille played with great dignity by Thomas Pugh-Webb of the Welsh Guards.



Gloucester Branch

Gloucester Branch—Encouraging the Next Generation



The Gloucestershire Branch is proud to have played a small part in inspiring a future Paratrooper. Our newest member, Paul Bradley, together with Colin Snowball, arranged for Harry (pictured, the tall chap in white with a pack on his chest) to join them—along with Paul’s partner Kate—for a tab up Pen-y-Fan.

Paul, who knew Harry locally, was surprised he hadn’t considered the Paras when preparing to enlist in the infantry. With some classic airborne logic—“aim high: if you achieve the standard you join the Paras, and if not, at least you’ll know you gave it your best”—Paul persuaded him to give it a go. Perhaps not a poster-line for the rest of the infantry, but it worked wonders here!

The very next day, Harry passed the fitness standards for the Paras and, all being well with the recruitment process, looks set to become one of the Regiment’s next generation.

Utrunque Paratus!



Eastbourne Branch

Fundraising at “The Gather”

Earlier this year, following the Record of Decisions appeal from PRAHQ regarding the loss of government funding for a full-time administrator, the Eastbourne Branch discussed how best to support Headquarters. At our February meeting, then Chairman Dave Walker proposed exploring the possibility of a collection in Eastbourne. The task was handed to our Treasurer, Standard Bearer, and top negotiator, Stewart Henderson, who soon identified “The Gather” at the Beacon shopping centre—a large, centrally located, empty outlet available free of charge as a platform for community groups. Stewart did the hard work; all that was left was to book it!

The date secured was 9–10 August, and cometh the day, the usual Branch suspects were on site by 0930, arms laden with PRA banners, insignia, and the trusty 12x12 tent frame and cam net. In no time at all, the outlet had been transformed into a Regimental masterpiece. Special thanks go to Paul Benson and Paul Leach (QM) for setting up the large-screen monitor provided within The Gather, which ran a loop of P Coy films and other airborne footage throughout the weekend.

Dressed in our smart Branch-logoed polo shirts—making us surely one of the best-looking Branches in the country—we soon attracted shoppers of all ages, many stopping to chat, browse our display, and reminisce with that familiar “if only” look. The rattle of collection tins was well rewarded, and over the course of two enjoyable days, £200 was raised for PRAHQ, along with the prospect of one or two new recruits.

A huge thank you to all who gave up their weekend to make this initiative such a success.

Utrinque Paratus!



L/R Frank Holland, Paul Benson, Dave Walker, Paul Leach (QM), Ray Hinds, Ken Walker

Bolton Branch

VJ Day Commemoration

Bolton Branch marked VJ Day with the people of Bolton, including the Mayor, Councillor David Chadwick. There was an excellent turnout from all services and the local community. Fourteen branch members, joined by Regional Secretary Mike Farrington, attended the service in Victoria Square on Friday 15 August. The remembrance was observed with the Bolton Standard, carried by Roy Taylor.

Following the service, the Branch was invited to the Bolton Food Hall, though a slight mix-up meant members instead enjoyed some time together at Wetherspoon's. It was wonderful to see both familiar and new faces on parade, and the Regiment was well represented. Special mention goes to Mr Tom Beck (ex 1 PARA), who was featured in the *Bolton News* and did us all proud.



Leicester Branch

Leicester Branch to Host 81st Annual Arnhem Commemoration Parade

The Leicester Branch of the Parachute Regimental Association will proudly host the 81st Annual Arnhem Commemoration Parade on Sunday 14th September at The Church of All Saints, Somerby, Leicestershire.

The parade will form up at 10:15am outside the Memorial Hall on Main Street, Somerby, ready to step off at 10:30am for the march through the village to the church. This year's parade will be led in fine style by the Regimental Mascot and accompanied by the stirring music of the Seaforth Highlanders Pipe Band.

Following the church service, the parade will reassemble outside where it will be inspected by the Saluting Officer, Corporal Alan Staff of 2 PARA, the branch's oldest member. He will be accompanied by Jennifer, The Lady Gretton, lending further honour to the occasion.

The event will conclude with a return march to the Memorial Hall, where refreshments will be served. Full details are available on the website.

All past and present members of the Regiment are warmly invited to attend and join us in remembering and honouring the bravery and sacrifice of those who fought at Arnhem.

Isle of Wight Branch

The Isle of Wight Branch mustered at St George's Church, Arreton, at 1400hrs on Friday 15th August for the Burma Star and VJ Day commemoration. A photo from the occasion is included with this newsletter.



Friends of the Tenth Memorial Day 2025

At The 10th Parachute Battalion Memorial and Matt Hampson's 'Get Busy Living Centre',
Twyford Road, Burrough on the Hill, Leics. LE14 2QS

Saturday 13th September (81st Anniversary of the Battle of Arnhem)

- 12:30** Reception in the 'GBLC' building, marquee and grounds with coffee, tea and soft drinks
- 13:45** Assemble at the 10th Battalion Memorial for service of remembrance
- 14:00** Service of Remembrance and dedication of the new 'Memorial Pathway', led by The Reverend Jane Walker
- 14:45** Service ends and return to the GBLC: bar open and hot food available all afternoon
- 15:00** Afternoon live background music & FoTT sales table
- 16:30*** **WW2 Tribute act trio- 'The Ladedahs'**
- 17:10** Afternoon Live music. Address by the Chairman
- 17:40*** **WW2 Tribute act trio- 'The Ladedahs'**
- 18:20** Afternoon Live music
- 19:00** Event finishes



**start time subject to fluctuation*

No admission charges - but donations requested on the day

Carparking on site

Questions or enquiries? please email: alec@friendsofthetenth.co.uk

Airborne Forces Day 2026 - Scotland

Save the Date: Saturday 18 July 2026



We are pleased to announce that *Airborne Forces Day Scotland 2026* will be hosted by the Tayside Branch PRA in Dundee on Saturday 18 July 2026.

A Welcome Reception will be held at St David's Veterans' Hub on the evening of Friday 17 July 2026.

Further details will be shared as plans progress, but in the meantime, we warmly encourage members and their families to join us and take the opportunity to enjoy the many attractions that Dundee has to offer.

For enquiries, please contact the branch by email. To register for the event, please visit our page via the following link: [Airborne Forces Day 2026 Scotland - Save the Date](#)

Grampian Branch

Grampian Branch Presentation – Tayside Meeting

At the Tayside Branch monthly meeting on Sunday 31 August, held at the St David's Veterans Hub in Dundee, Grampian Branch Vice Chairman, Bob Crocker presented Tayside Chairman Ewan Fleming with a GPRA plaque on behalf of the Grampian Branch. The plaque was warmly received and now joins Tayside's impressive collection of Para memorabilia.

Bob Crocker (GPRA Vice Chairman) and Ewan Flemming (Tayside Chairman).



Tyneside Branch

August was a quiet month for the Branch, though members did attend the VJ Day Remembrance Service organised by North Tyneside Council at Whitley Bay Cenotaph on 15 August. The event was well attended by veterans and civic dignitaries, with the Branch Standard proudly on parade.

Looking ahead, the Branch Standard will travel to Arnhem on 19 September with several members, and we hope to catch up with many of you there.

We would also like to remind everyone of the upcoming Arnhem Tree Remembrance:

Save the Date – Saturday 27 September 2025 at 1400hrs

The Branch will hold its annual remembrance of the Battle of Arnhem at the Arnhem Tree, Hebburn Drill Hall, Victoria Rd W, Hebburn NE31 1BX.

The Arnhem Tree, planted in 2023, was grown from a seed collected at the Old Church in Oosterbeek and stands as a lasting symbol of remembrance. All veterans are warmly invited to attend. The ceremony will be followed by refreshments and a buffet.

Tile 1: Branch Members attending the VJ Day Remembrance at Whitley Bay.



L/R; Jim Davey, John Osborne, Jim Manual and John Fergus.

The Lariam Tab—A Veteran's Memorial Walk

Supporting the Bereaved and the National Memorial Arboretum

On 29 August, I will begin a 420-mile memorial walk from the Scottish Borders to the Cenotaph in Whitehall, London. This long-distance tab is in memory of all Armed Forces and veteran suicides, with a particular focus on those linked to the anti-malarial drug Mefloquine (Lariam). ("Tab," of course, is Army slang for a forced march.)

The journey will start at West Linton, south-west of Edinburgh, where former Army Major Cameron Quinn tragically took his own life. Along the route I will visit other sites connected with Lariam-related deaths, in County Durham and Northampton, as well as the UK headquarters of Roche, the pharmaceutical company that marketed the drug. Covering roughly 20 miles a day, I plan to reach Westminster on 19 September, leaving a specially designed *Lariam Poppy* at the Cenotaph in a moment of quiet remembrance.

Why undertake this walk?

I, too, encountered suicide during my service. Like Cameron, I was required to take Lariam—almost daily for a year in Sierra Leone. Its side effects were devastating: suicidal thoughts, memory loss, anger management problems, and chronic sleep disturbance—hardly conditions conducive to effective soldiering. Tragically, many never realised that the drug was to blame.

Together with a small group of campaigners, including Cameron's courageous widow Jane Quinn, we fought to have Lariam downgraded to a drug of last resort. Eventually, Roche abandoned it altogether. I remain convinced it should never have been licensed in the first place. Its reckless use by the Ministry of Defence stands alongside other national scandals such as Thalidomide, Infected Blood, the Nuclear Test Veterans, and the Post Office.

Cameron died almost twenty years ago—not the first, and sadly not the last. But it is time we brought these men and women in from no-man's land. They, and their families, have been left there too long. They deserve far better.

This memorial walk is also a fundraiser for the National Memorial Arboretum. While the NMA cannot, of course, involve itself in campaigning, it will benefit directly from the physical effort of the challenge. To learn more, or to support the fundraising effort, please visit the campaign website: [The Lariam Tab – Miles in Memory of Military Suicide](#)

This is the link to Andrew's JustGiving page:

[Andrew Marriott is fundraising for The National Memorial Arboretum](#)



George W Munro - Thalathah

George W Munro was born in Chichester to an English father and Armenian mother, George spent his early childhood exploring Egypt, Cyprus, Malaya and Libya. He wrapped up his education at a private school in Sussex before joining the British Army.



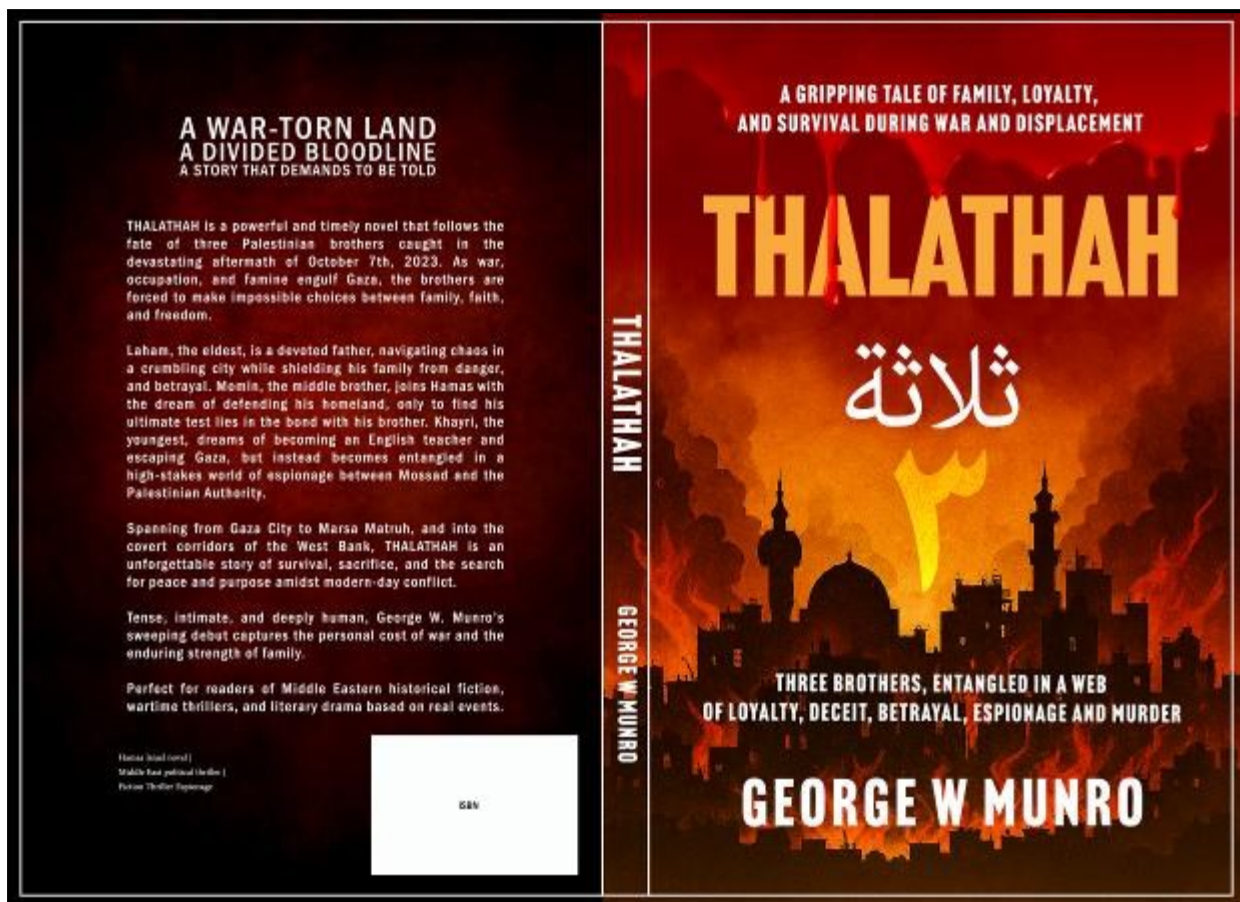
George is now a retired 80 year old who has just discovered writing books. A former 3 Para veteran, George joined the Army at 18 and saw action in the Radfan. During his military career, he was involved in several operations in the Middle East, the Far East, Cyprus and Northern Ireland.

As a youngster, he steered away from academia, wanting a more adventurous life. This was to be a rollercoaster of adventure, scuba instructor, yacht skipper, part-qualified marine archaeologist and others.

The one thing that does stand out for him is that as a member of D Patrol Company, 3 Para living with a recently discovered tribe in the early 60s, for six months, the Punan Busan of central Borneo.

His first book is called Thalathah, a story of three brothers entangled in a web of loyalty, deceit, betrayal, espionage, and murder, was published in July 2025. George is married and the proud father of two sons and four grandchildren.

For more information and purchase details: [CLICK HERE](#)





Parachute Regimental
Association
Gloucestershire Branch

Lt Col (Retd) Phil Neame "Leadership Under Fire"

At the
Victory Club,
Cheltenham,
GL50 2SY

7pm, Weds
17 September
2025

£20 per person
Includes talk
and curry buffet

On 1st April 1982 the Argentinian junta invaded the Falklands Islands, while the 2nd Battalion the Parachute Regiment was on leave

Recalled to barracks, it joined the hastily assembled task force to recover the Islands. No parachutes – instead a journey of 8,000 miles on a North Sea Ferry to deliver the battalion into battle.

Phillip Neame commanded D Company, one of the battalion's three 100-strong rifle companies, and in this compelling book he tells their story.



For further information and payment please contact the
PRA Gloucestershire Secretary on Paul_walkden@hotmail.com

South-East Essex Branch at Parliament



Members of the South-East Essex Branch attended the lobby of Parliament at Whitehall, London, in support of the petition calling for the protection of veterans of Operation Banner and other deployments from prosecution. A photo of the Branch standing by the Cenotaph during the visit is included.

L/R: Ian Maguire (Dep Chair), Paul Carrigher, Andy Darke, Jess Nichols and John Roe at the Cenotaph.

Support Our Paras Online Shop

Support Our Paras now have their own online shop. Please find attached to this newsletter the details on how to access their products. The new St Michael collection is now available.

The shop is run from here in Colchester and provides a number of items not available from other suppliers.

So if you would like to support the charity directly please take a look. They have an ever growing range of items and even Valentines cards for that special person in your life.

For more details please click on the link: <https://supportourparas.org/shop/>



Affiliation Fees 2025 - Overdue

These are now overdue and branches will be notified individually if they have not paid. The annual Affiliation Fee is £60.

Payment can be made by cheque payable to: The Parachute Regimental Association or by BACS transfer to: Sort Code 16-19- 26, Acct No 19954846. Please ensure you use your Branch name as a payment reference so that we can track payments. **A Reminder of the Benefits**

- Intellectual Property Rights (IPR) permission to use the Regimental Logo on Branch Standards and letterheads.
- Full Public Liability Insurance and Branch Standard Insurance (new certificate issued in Apr 25 to all that have paid).
- Access to Regimental support for organised functions, i.e. Pony Mascot and associated Regimental assets (subject to availability).
- Support from the National Executive Committee and RHQ PRA on constitutional and branch management and membership matters.
- The ability to fundraise in support of the Branch, its members and branch activities.
- Receive Monthly Branch Newsletters and other correspondence.


The Parachute Regiment Warrant Officers & SNCOs Dinner Club

The annual dinner will be held on Saturday 25 October 2025 at the WOs & SNCOs' MOD St Athan. The RSM is trying to reach out to past members in order to boost attendance.

Details of this years event are below so please register your interest now.


If you have any issues with the form or becoming a member, please contact the Dinner Club secretary: Jennie Pitt MBE – Hon Secretary. Email: jennie.pitt163@mod.gov.uk or by post to:


The Parachute Regiment Warrant Officers and Sergeant's Mess (Past & Present) Dinner Club.
J1 Office, Churchill Lines, MOD St Athan, BARRY, CF62 4NX





**The Parachute Regiment
Warrant Officers' and SNCOs'
Past and Present 65th Dinner**

 **DATE**
SAT 25 OCT 2025

 **ACTIVITIES & DINNER**
10:00 – 17:00 & 18:00 – 23:30

 **LOCATION**
St Athan

BECOME A MEMBER 

ATTEND THE EVENT 

Optional activities included during the day:

25m Range | Skills House Demo | Skills Tower Demo | Insight Room Tour

SUPPORT OUR PARAS

Welfare Process



It is very important that PRA Branches use the SUPPORT OUR PARAS welfare team for any cases that are reported to them.

The Welfare Team are trained to deal with these cases and will be able to identify the most suitable course of action for an individual in need.



Serving Personnel, please contact your Unit Welfare Officer (UWO) and/or Medical Officer (MO).

Serving Personnel, for those needing career advice contact: Nick Thorogood, Careers Transition Officer (CTO)

✉ CTO@supportourparas.org
☎ 07944 558780

Veterans, please contact: Lisa Stapleton, Welfare Manager

✉ WM@supportourparas.org
☎ 07340 347136

Mental health support and advice please contact: Laura McPhilemy, Head of Welfare

✉ HoW@supportourparas.org
☎ 07702 190685

Financial Assistance Process:

Step 1: Contact SUPPORT OUR PARAS Welfare Team
✉ WM@supportourparas.org
☎ 07340 347136

Step 2: Once needs are established a referral will be completed to a case working organisation, RBL or SSAFA.

Step 3: An allocated caseworker will start an application for assistance, known as 'Form A'.

Step 4: Completed Form A, and any attachments is sent electronically to military charities, including SUPPORT OUR PARAS, for consideration.

Step 5: Successful grants are issued swiftly back to case working organisations for onward payment.

Step 6: Urgent grants can be made on the same day if required.

Step 7: The process is both confidential and transparent, providing an audit trail.