



Former Viking Opens Boxing Club

A former Viking who suffers from Post Traumatic Stress Disorder has opened a boxing gym in the hopes his story of recovery can help inspire those currently living with the condition.

Adam Ward, originally from Norwich, opened Southwold Boxing Club, at the Scout Hut in Mights Road, Southwold, late last year.

He served in the First Battalion from 2004 to 2011 – completing a tour of Afghanistan in 2007.

It was during this tour of duty that Adam went through the traumatic experiences which led to his PTSD.

He said: “I knew I had a problem from 2010 onwards but you just put it to the back of your mind.”

Over time Adam’s mental health worsened with a pattern of self-destructive behaviour culminating in a suicide attempt in 2016.

However, through the completion of a 16-week course with The Walnut Tree Health and Wellbeing Project in early 2017, the 32-year-old acquired the knowledge and skills to help live with the condition.

“I want people with PTSD to realise if they ask for help there is a life while having it.”

Mr Ward now runs the boxing club six days a week, providing mixed, ladies and junior classes.

He said: “Boxing has so many benefits, it’s not just the fitness side, it allows you to release any stress and anger.

“I’m training around 40 kids at the minute and I love seeing them progress.”

Mr Ward highlighted the importance of the club as he continues to cope with his condition.

He said: “It has given me something to grasp on to. I can’t shut now, I’m doing something the community needed and didn’t have before.”

For more information on the boxing club call 07748 445521 or email southwoldboxingclub@gmail.com





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Regimental Matters

Poulters' Prize Winner

The Regiment warmly congratulates Lt Sam King of the 2nd Bn on being warded the Poulters' Prize for 2017. The prize is awarded annually to the member of the Regiment who is deemed to have done most for our ethos. The prize was warded by Mr George Harris, Master of the Worshipful Company of Poulters at their Christmas Court lunch, at Armourers Hall in the city on the 10th January. Lt Col Bruce Weston spoke after lunch, giving the Poulters a Regimental sitrep, the Poulters generously presented the CO with a magnificent donation to support Regimental Adventurous Training.

Promotions and Appointments

The Regiment congratulates the following Officers on their promotion and appointments, recently published:

- Maj (for Lt Col 18) P N Blanchfield APSG
Andover Aug 18
- Maj (for Lt Col 18) A G Grinonneau NATO MDD
Jan 18
- Lt Col T P D Morris COS MTMC Bassingbourn
Oct 18

The Regiment congratulates the following Warrant Officers on their selection for promotion to WO1

- WO2 C J Holmes
- WO2 SA Hume
- WO2 S J Mactavish

London Gazette Extracts December 2017

Retirements

- Capt A C Peters Jul 17

Diary Dates

February 2018

- 4 Chapel Sunday - Warley
- 7 Veterans Health - Northampton
- 20 Suffolk County Meeting
- 10 Sobraon Day

March 2018

- 4 Chapel Sunday - Warley
- 14 Regt Museum Trustees Meeting -IWM
Duxford
- 14 Burial of WWI Bedfordshire Regt Soldier
- France
- 21 County Colonels Annual Meeting
- 31 Handover of Blenheim House

April 2018

- 1 Chapel Sunday - Warley
- 12 Regt Benevolence Committee Meeting
- 12 Spring Diss Dinner
- 18 Mobbs Memorial Match - Northampton
- 25 Almanza Day
- 28 Regt Band Concert - Northampton

1st Battalion (The Vikings)

B (Suffolk) Company Group

B (Suffolk) Company Group has now returned from Exercise Ajeya Warrior, a combined training exercise with the Indian Army in Rajasthan. The exercise saw the Vikings training alongside 20th Bn The Rajputana Rifles, sharing their respective knowledge and experiences in counterinsurgency operations. It also provided an opportunity for the Vikings to learn about Indian culture, with lessons ranging from snake handling and shooting techniques to martial arts and urban tactics. There was even time for a cultural excursion and a cricket match. The exercise finished with a parade and a joint visit by the Indian Corps Commander and the British High Commissioner to India - a great end to a unique exercise and a once-in-a-lifetime opportunity to visit an amazing country.

Vikings in Nigeria

The Vikings have returned from Christmas leave straight onto operations and exercises. Last week the battalion deployed their latest team to the Nigerian School of Infantry where, for four months they'll assist in running a variety of specialist lessons.

The pursuit of excellence must be relentless, and in addition to running lessons the Vikings have been conducting their own training on close quarter marksmanship. The Nigerians deserve the highest standards from the British instructors.



2nd Battalion (The Poachers)

Our thanks to the Leicester Mercury for publishing this article which sums up the Poachers' year and time so far in Cyprus: <http://www.leicestermercury.co.uk/news/leicester-news/poachers-cyprus-posting-mix-readiness-957946>



3rd Battalion (The Steelbacks)

4 (Lincolnshire) Company

Congratulations and well done to Privates' Dixon, Jackson and Salmon of 4 (Lincolnshire) Company who passed out having completed their Phase I Bravo course at Army Training Regiment (Grantham).

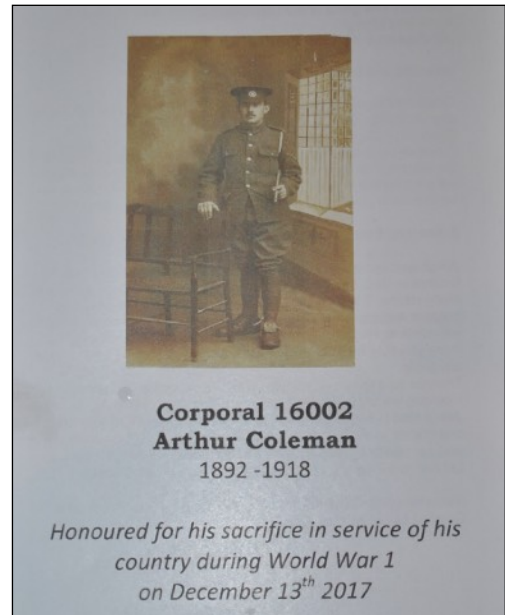


Dedication of a Headstone

The Grave of Corporal Arthur Coleman 1892-1918

On Wednesday 13th December 2017 a moving service took place in the village church in Gretton, Northamptonshire, overlooking the Welland Valley. The reason was that Gretton was home to Arthur Coleman who signed up with The Northamptonshire Regiment in September 1914.

Having survived for much of the war Corporal Coleman was part of the Pioneer Platoon in 1917 when he was kicked by a mule breaking his jaw. He was sent back to England to recover but while in hospital contracted pneumonia, was discharged from the army, and subsequently died. Thus it was that he was buried in his own village churchyard with a simple wooden cross to mark the grave.



Major Tim Brown attended the blessing of the newly dedicated headstone and laid a wreath on behalf of the Regiment.

Following a service in the village church the congregation assembled around the grave which was blessed, the Collect of the Northamptonshire Regiment was read, wreaths were laid and the Last Post sounded to give Arthur Coleman the respect he was due albeit one hundred years late.



Museum News

Museum Curator

Joe Hill, the Regiment's Museum Curator is leaving us after three years of hard and insightful work, the Regiment are grateful for his dedication and in particular his hard work on contemporary conflict. Joe has taken up a post at the IWM in London, Joe has also become honorary member of the Regimental Association.



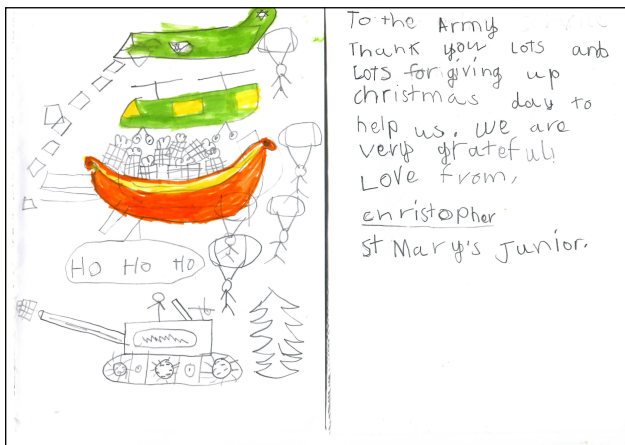
A very cheerful Regimental Secretary handing a Regimental print to an equally cheerful Joe Hill.

Regimental Bulletins

This month RHQ has sent the Regimental family 11 Regimental bulletins, which will also be available on the Regimental Website:

- Bulletin - 134/17 - Death of Colonel P D L Hopper DL
- Bulletin - 1/18 - Death of Ronnie Leatherland
- Bulletin - 2/18 - Vacancy - Dep Chief Exec East Anglian RFCA
- Bulletin - 3/18 - 2 LINCOLNS Battlefield Tour - 18 - 24 March 2018
- Bulletin - 4/18 - POC for the Regt Museum Curator whilst the post is gapped 12 Jan - 2 Feb 18
- Bulletin - 5/18 - Vacancy - Full Time Cadet Exec Officer - May 2018
- Bulletin - 6/18 - Death of James Carter
- Bulletin - 7/18 - Death of Major Michael Barthorp
- Bulletin - 8/18 - 6 R ANGLIAN - Officers Reunion
- Bulletin - 10/18 - Job Opportunities in the Winchester Area
- Bulletin - 11/18 - Death of Bertie Lammas

Christmas Cards



The children of year 4 at St Mary's Junior School, Long Stratton, Norfolk all made Christmas Cards for the Regiment. They arrived just before Christmas, too late to forward to the Battalions so they were displayed at RHQ making an excellent display.

