



Royal Star & Garter

Care with courage

FOR IMMEDIATE RELEASE

"Freedom carries a price" - A soldier's passionate plea ahead of Remembrance

An Army veteran has made an impassioned plea for current and future generations to continue observing Remembrance.

Michael March, who served in the Royal Tank Regiment, said it was "absolutely fundamental" that the lives lost and sacrifices made during the two World Wars - and in other conflicts since - are remembered in years to come.

The 78-year-old grandfather lives at Royal Star & Garter in High Wycombe. The charity provides loving, compassionate care and support for veterans and their families, living with disability or dementia, and has Homes in Solihull, Surbiton High Wycombe and Worthing. It also provides services reaching into the community, including Lunch Clubs, Day Care and a national Telephone Friendship Service.

Michael was inspired to join the military by his family and tragedy. His father served in India with the Royal Army Medical Corps during WWII and sadly died from an illness thought to have been contracted in Burma shortly after Michael's birth. An uncle was also killed in combat in Italy in 1943.



Michael, now a resident at Royal Star & Garter, served in the Royal Tank Regiment

He joined the Army in 1969, aged 21. He served with Royal Tank Regiment, based in West Germany, commanding a troop of tanks. He attained the rank of Lieutenant.

Speaking at Royal Star & Garter, Michael said it is imperative that Remembrance continues to be observed. He said: "There are the thick end of two million bodies lying around Europe, North Africa

and the Far East - they wanted to come home too, but they couldn't. So, freedom carries a price, it has a very demanding price. And though you go away to war and you come back and you've won and it's all wonderful, it isn't really because the damage that has been done and the price that has been paid to get there is horrendous. It's absolutely horrible."



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Michael said there were barely any individuals or villages in the UK that were not impacted by the two World Wars. He continued: "I think it's absolutely fundamental for ongoing generations that they learn that there is a price payable for freedom. It is important to ensure the duty of Remembrance goes forward through the new generations."

After leaving the Army in 1972, Michael became involved in the Royal British Legion for 40 years, becoming Vice-President of its Gerrards Cross branch and playing a key role in organising local Remembrance services.

He started regular respite breaks at Royal Star & Garter in 2024 after developing Parkinson's disease. By this time his wife was caring for him and he said: "My short-term stays here gave her a chance to get a bit of her life back."

Now a Royal Star & Garter resident, he is kept physically and mentally active at the Home: "I love the quizzes and the other things we do in the daily coffee mornings, like the newspaper crossword," said Michael. "It's vital for people like me to keep our brains engaged and that is something that's very much concentrated on here. And I enjoy my time with the physiotherapist. It's immensely important to help offset the effects of Parkinson's."

Residents from Royal Star & Garter Homes will attend the National Service of Remembrance at the Cenotaph on Remembrance Sunday, 8 November.

Each Home will also hold its own Armistice Day service on 11 November, which will include hymns, readings and a two-minute silence.

To donate to Royal Star & Garter this Remembrance, go to www.starandgarter.org/remembrance.

Royal Star & Garter is welcoming new residents into its Homes. For more information on this, its other services or to work at the charity, go to: <https://starandgarter.org>

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Video: To view and download Michael's Remembrance video, go to <https://vimeo.com/1234362567>



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About Royal Star & Garter

Founded in 1916, Royal Star & Garter provides care, support and friendship for veterans and their families so that they can live well. The charity delivers nursing and dementia care through Homes in Solihull, Surbiton, High Wycombe, and now in Worthing, having recently merged with the military charity Care for Veterans. It also offers a range of services reaching into the community, including Lunch Clubs, Day Care and a national Telephone Friendship Service.

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Royal Star & Garter
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