



Royal Star & Garter

Care with courage

FOR IMMEDIATE RELEASE

Veterans inspired by Captain Sir Tom Moore fundraise for Royal Star & Garter

Residents at Royal Star & Garter have raised money for the charity by taking part in a series of challenges over the early May bank holiday weekend, inspired by NHS hero Captain Sir Tom Moore.

They were participating in the national Captain Tom 100 challenge, which aims to build on the legacy of Captain Tom, who last year raised millions for the health service by walking in his garden. Following his death earlier this year, aged 100, The Captain Tom Foundation teamed up with the organisers of the London Marathon to encourage fundraisers to take part in their own challenges around the number 100, between 30 April and 3 May.



John and High Wycombe Royal Star & Garter physiotherapist Louis celebrate their lap around the fountain

At the charity's High Wycombe Home, residents completed a 100-lap challenge around the garden fountain, while in the Solihull Home they completed a 500-piece jigsaw puzzle in 100 minutes, and covered 100 miles on outings over the weekend. In the Surbiton Home, residents wrote down 100 words of kindness.

Staff at the charity's Central Services Office in Hampton also took part, walking a combined distance of 100km over the long weekend.

Royal Star & Garter provides living, compassionate care to veterans and their partners living with disability or dementia.

High Wycombe resident John said: "Captain Tom is an inspiration to us all. It's nice to follow in his steps and walk in our garden to raise money."



The Home in Solihull covered over 100 miles in residents' outings over the Bank Holiday weekend



Royal Star & Garter

Care with courage

Audrey a resident in Solihull, helped with the jigsaw puzzle. She said: "It's an honour to be part of Captain Tom's legacy."

And Bea from Surbiton said: "Captain Tom was a good man, so it is nice to write 100 words of kindness. I'm proud to have helped raise money in his name."



Bea was one of the residents who wrote 100 words of kindness in Surbiton

Senior Community Fundraiser Lauren Baker said: "Residents and staff in our Homes wanted to do something to be part of the Captain Tom 100 challenge. And the Central Services team from our Hampton office also wanted to do their bit. It's great to raise money and celebrate Captain Tom at the same time."

The veterans and staff are aiming to raise a minimum £500. To sponsor them, click on: <https://uk.virginmoneygiving.com/RSGdo100>

[Ends]

For further information please contact:

Goolistan Cooper
Communications Officer
goolistan.cooper@starandgarter.org
0208 481 7669 / 07391 868796

Cally Madden
Marketing & Communications Manager
cally.madden@starandgarter.org
020 8481 7692 / 07881 017299

About Royal Star & Garter

Our charity provides loving, compassionate care to veterans and their partners living with disability or dementia.

Twitter: @starandgarter

Facebook: facebook.com/starandgarter

Website: www.starandgarter.org



Royal Star & Garter

Care with courage



Royal Star & Garter
is a member of the
National Care Forum