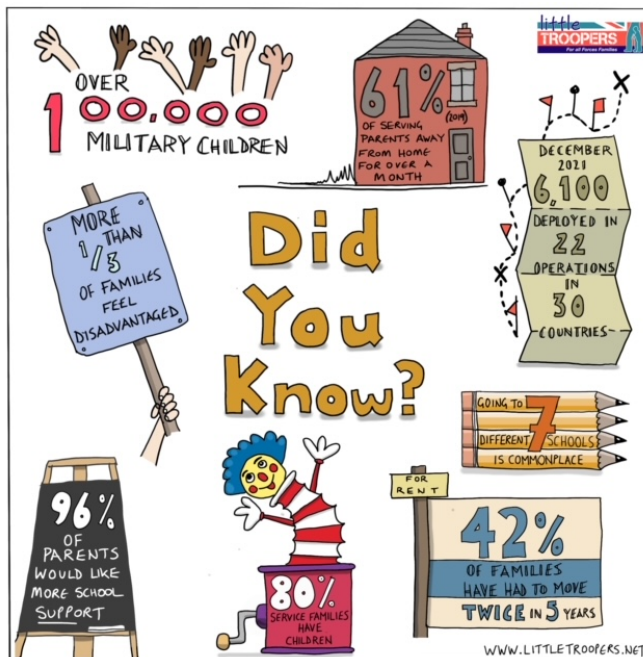




Edition:21



What's coming in 2022?



As I start a new year I love nothing more than to plan ahead. However, the last couple of years have, like many other charities, affected our fundraising. It's been tough for our little charity and funds are running very low, so this has to be our focus for the first part of 2022 and I can't do it without **you**. I'm confident that together we can all make a difference. With just over a week to go [Fundraise February](#) and [Little Troopers](#) needs your help! We have created lots of quick and easy ways you can get involved, find out more below or [click here](#).

This year, we also need

Recently, we created the image above which reminds us, in numbers, why our charity is needed. I have printed it out and it sits above my desk for daily inspiration. When we started out ten years ago, we launched a survey to gather together people's experiences and map out the reality of a day to day life in a military family. This year we have updated the survey and would love you to complete it, just [click here](#).

Sharing your feedback about our charity can help ensure that we continue to provide your little troopers with the best support possible. It also

Rory is our Little Trooper of the Month

Rory Mullan aged 5, has been named 'Little Trooper of the Month' after undergoing brain surgery just before Christmas.

Rory has always suffered with severe headaches and back pain. In 2019 he was diagnosed with Chiari Malformation, a condition that means Rory's brain tissue was extending into his spine. Rory's Dad works at RAF Odiham and like all military personnel, he sometimes has to spend long periods working away from home. In 2020, Rory's headaches got worse and the family were told that surgery was the only hope of stopping the pain. Rory had decompression surgery at Southampton Children's Hospital. Despite being told that it is one of the most painful surgeries they do, Rory has taken it all in his stride and was mobile again just 48 hours after the operation on basic pain relief.

Louise Fetigan, founder of Little Troopers, said: "Our Little Trooper of the Month Award scheme is all about recognising military children who have been exceptionally brave, inspirational or just extra special against all odds. Rory has been all of

your help to spread the word about Little Troopers. Over the last few years we have launched a number of initiatives and projects to help military children and we are asking you to help us share them with schools and other military families. We have five easy ways to help, find out more by reading on.

helps us to plan future projects and demonstrate the need for our work to future funders.

I'm off now to organise and get baking for a [Get Cakey](#) event. I can't wait to see your fundraising ideas. Thank you so much for your support.

Louise x

those things in his short life and especially in the last few weeks. We hope that winning the Little Trooper of the Month will help him feel proud of how brave he has been. He really is a special little trooper."

Rory was sent a special medal, certificate and a £50 voucher from Little Troopers as part of his prize. Thank you to Amazon for sponsoring this [Little Trooper of the Month](#).



Fundraise February We need your help to carry on our work

Throughout February we have a big focus on fundraising. We chose the month of Valentine's day as it reminds us of the love and close bond that helps military families through time apart. Please have a look at the many ways that you and your family can get involved with [Fundraise February](#).

Christy Bailey and her family have kicked off the fundraising for the month. They have organised their own February Fitness Fundraiser, with the aim to walk, cycle or swim each day. Having [raised £225](#) already they are off to a great start!

Louise said "As a tiny charity with a big heart, we rely on our fundraisers. Every single penny of money donated goes directly back into ensuring the support we provide to military children can continue. It funds vital projects, resources and initiatives such as [Little Trooper Treasures](#) and [Little Troopers at School](#). Along with many others, these are fundamental for the children of our British Armed Forces, especially at times when they experience repeated separation from their serving parent(s) and moving home and school regularly."

For inspiration and Fundraise February downloads you can [click here](#). We have also set up a donation page on [Give as you Live](#).



Like a Challenge

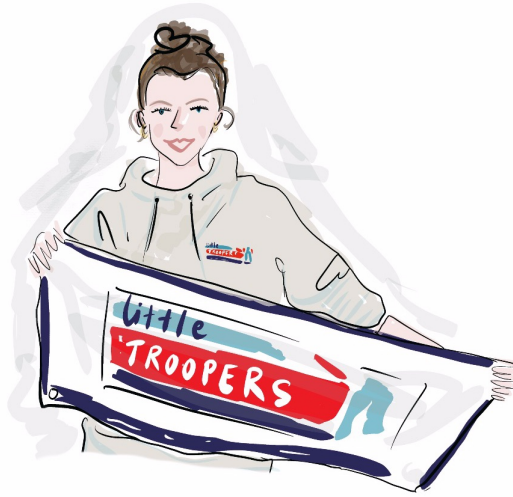
Many people love to start the New Year by setting themselves a new challenge. If you are signing up to a challenge event this year please support Little Troopers. We are so grateful to [Joanne](#), [Hannah](#) and [Michaela](#) who have signed up for a marathon and half marathon and started their fundraising for us already.

If you are signing up for a challenge to can set up your [fundraising page here](#).



Separation Packs

If you or your partner are deploying this year make sure you have one of our



Separation packs to hand. The pack is full to help you through your time apart. You will find chuff charts, diaries for the parent and child along with colour in postcards and much more. Some Welfare Teams bulk buy the packs from us so check with your team first. You can send them this [link](#) or use it to buy one now.

5 ways to help us spread the word

Can you help us spread the word about Little Troopers? One of our key aims for 2022 is to share the resources we have to help even more families. We have five simple ways that you can help:

1. Complete our [family survey](#).
2. Ask your employers if they might be interested in becoming a sponsor or doing some fundraising.
3. Share pictures of your children using our resources on social media. Whether it is a [Separation Pack](#), [Little Troopers Treasures](#), [colour in postcards](#) or [Crafty Little Troopers](#). This helps us to show the impact of our work. Please remember to tag Little Troopers.
4. Share the [At Home link](#) with your welfare teams
5. Share the [At School web page](#) with schools

Louise adds, "If you can do all five that would be fantastic but we truly appreciate any support you can give."

Little Troopers Treasures FREE story recording app - find out more

Louise's Blog Posts

Little Troopers at School

Little Troopers at Home

If you are a teacher or education setting and missed our recent September school specific newsletter you can catch up [HERE](#)



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