



# AROUND THE GLOBE IN 80 DAYS!

Steps to recovery from PTSD.  
In aid of The Royal Marines Charity

Gary is a former Royal Marines Musician and Royal Navy Logistics Officer who served 11,993 days in uniform. After years of operational service, Gary faced the unseen reality of PTSD, burnout and long COVID, and the impact this had not just on him, but on his family. When support finally arrived, it came through the Corps family, with The Royal Marines Charity stepping in to provide the right help at the right time.

From 1 Jan 26, Gary is completing 11,993 rehabilitation exercises (one for every day he served), finishing at the Mountbatten Festival of Music, in London. This challenge is about recovery, giving back, and ensuring other veterans and families don't have to wait for life-changing support.

Please consider supporting this outstanding effort using the QR Code.