



“Leadership and culture change in the NHS”

A reception and talk by General Sir Gordon Messenger KCB, DSO & Bar, OBE, ADC in aid of F4H – Future for Heroes

13th September 2022, 17:45

at The Cavalry and Guards Club

General Messenger was appointed in October 2021 to lead a review of leadership in the English NHS. The review considered the "pay and incentives" offered to the service's most senior figures, as well as the "effective systems for intervention and recovery in both providers and integrated care systems, and delivered the report in June 2022. Sajid Javid welcomed the report saying: “The findings in this report are stark, it shows examples of great leadership but also where we need to urgently improve”.

About F4H

Formed in 2008, F4H works with individuals from all ranks of the Army, RAF and Royal Navy. Some do not see a future for themselves after the military. All are examples of individual men and women who have made sacrifices and an enormous contribution to their Country.

Once a military career has ended, a minority of our servicemen and women struggle to re-adjust to life as a civilian, the consequence of which can lead to lack of direction and poor choices. For some this might manifest itself as simple anxiety and nervousness about their future. However, for a few it may be the start of a downwards spiral, beginning with a loss of identity and purpose that leads to a way of life that progresses to disillusionment, uncertainty and/or loneliness. Homelessness, self-harming and depression may follow, with dependency and crime thereafter. Prison may then beckon and ultimately – for a small number – suicide might be considered.

We offer a positive approach and work with the individual’s personal circumstances to help shape their future.

F4H’s aim is to help leavers and veterans to realise their ambitions and build a successful life or a second career on their retirement from the forces. We engage our delegates to reflect on their experiences, skills and knowledge, to consider the options available to them in new and liberating ways and to focus on achieving sustainable change. Our programme helps individuals improve self-esteem as well as reacquire previously attained skills and self-assurance.

Our courses are designed to tackle such life-affirming issues and we work with our delegates to set them on the journey to a positive and successful future. Mentoring is available to those that may wish it for up to 12 months or such time that it may not be required further.

About General Sir Gordon Messenger

General Messenger retired as the UK's Vice Chief of Defence Staff in 2019, after over 36 years' service in the Royal Marines. His career was notable for becoming the first Royal Marine to be promoted to 4* rank for over 50 years, and the first member of the Naval Service to be awarded a Bar to the Distinguished Service Order since the Korean War.

Specialising as a Mountain Leader, his early career was spent predominantly in Commando Units, including several tours of Northern Ireland and Norway. Following Canadian Staff College in 1994, his appointments alternated between command and joint operational posts, primarily in the Permanent Joint Headquarters at Northwood and the Ministry of Defence. Operational highlights involved him as the Chief of Staff to 3 Cdo Bde RM during the early stages of the Kosovo campaign, the Commanding Officer of 40 Commando during the invasion of Iraq in 2003 and the Brigade Commander during the 2008/9 tour of Helmand, Afghanistan. Senior appointments included the 3* operational lead in the UK Ministry of Defence and the Deputy Commander of NATO Land Command in Izmir, Turkey. As Vice Chief of Defence Staff from 2016-2019, he was the second most senior military officer in the UK, responsible for the day-to-day management of the Armed Forces.

Since retiring, he has served on a number of boards and on 6 December 2021 he was appointed [Rear-Admiral of the United Kingdom](#), the first time that a Royal Marine has held the role. In April 2022 it was announced that he had been appointed Constable of the Tower of London.

Event Details

Event location	The Coffee Room, The Cavalry and Guards Club, 127 Piccadilly, London W1J 7PX, UK
Event cost and payment instructions	£75. - Pay on booking via Stripe. Scan code below and that will give you payment instructions - Pay on the day by card - Cheque made out to F4H and send FAO Malvina Baja, The Cavalry & Guards Club, 127 Piccadilly, London W1J 7PX
Timings	17:45: Champagne reception in the Field Marshals' Room 18:30: Introduction by Roger Davis, Chairman of the Trustees and Godfrey Owen, CEO F4H 18:45: Talk starts 19:30: Talk Ends and post talk drinks 20:00: Event ends
Dress code	Jacket & Tie
Contact details	Malvina Baja Malvina.baja@cavgdsclub.co.uk 07757116509

