



**'Show Your Support' on Armed Forces Day – Saturday 26 June 2010**

Armed Forces Day is an annual opportunity for the nation to **Show Your Support** for the men and women of the Armed Forces community, which includes serving personnel and their families, veterans and the Cadet Forces. It is happening on **Saturday 26 June 2010**.

**The day aims to raise awareness of and support for the Armed Forces community and highlight the outstanding contribution they make to this country.** People across the UK will have the chance to celebrate the achievements of British servicemen and women past, present and future on the second annual Armed Forces Day on 26 June.

**Armed Forces personnel are engaged in Afghanistan and other operations in the service of the country,** often in difficult and dangerous conditions. Your support for them and their families is really important to sustain that success.

The **Armed Forces Day national event** will be held in Cardiff and will include a parade through the city centre, exciting displays and an opportunity for the public to go onboard the frigate HMS KENT.

There are lots of easy ways to Show Your Support:

- **There are hundreds of local and community events** taking place across the UK. Events will be registered and advertised on [www.armedforcesday.org.uk](http://www.armedforcesday.org.uk) and include street parties, parades and concerts.
- **'Fly a Flag'** for Armed Forces Day (online shop [here](#)). All Local Authorities in mainland UK will hoist the flag on Monday 21 June to demonstrate their support and you can do the same.
- Follow us on **Facebook** ([www.facebook.com/armedforcesday](http://www.facebook.com/armedforcesday)). Post photos and leave messages of support for the Forces and veterans on the website, and on our Flickr and YouTube pages.

- Armed Forces Day **window stickers** will be available to you for free through the website once you register your support online.
- Reservists and cadets are being encouraged to wear their **uniform to work or school** on Friday 25 June to highlight the role in the Armed Forces within our communities. Veterans will be encouraged to wear their **veteran's badge with pride** during the Armed Forces Day period.

A range of household names have already signed up to support the day, including past and present forces' sweethearts **Dame Vera Lynn** and **Katherine Jenkins**, stars such as **Ray Winstone** and **Jason Statham**, England rugby manager **Martin Johnson** and the England World Cup football team. Double Olympic gold medallist **Dame Kelly Holmes** and author and former SAS soldier **Andy McNab** are both famous veterans who are also supporting Armed Forces Day.

**Our Armed Forces make personal sacrifices to defend the UK** and its interests and contribute to international peace and security. They are keen to play their part so **Show Your Support**.

For further information about Armed Forces Day and to find out how you can support events taking place across the UK, visit [www.armedforcesday.org.uk](http://www.armedforcesday.org.uk).

## NOTES

- Armed Forces Day now occurs annually on the **last Saturday in June**.
- Become a fan of Armed Forces Day on **Facebook** at [www.facebook.com/ArmedForcesDay](http://www.facebook.com/ArmedForcesDay).
- The Armed Forces Day **logo** and other resources are at [www.armedforceday.org.uk](http://www.armedforceday.org.uk).
- Details of the National Event in **Cardiff** are available from [www.armedforcesdaycardiff.co.uk/](http://www.armedforcesdaycardiff.co.uk/)
- Official Armed Forces Day **flags and party packs** are available from [www.zephyr-tvc.com](http://www.zephyr-tvc.com).
- **Veterans Badges** are available to entitled personnel through [www.veterans-uk.org](http://www.veterans-uk.org).
- More information on the MOD and Armed Forces can be found at [www.mod.uk](http://www.mod.uk).
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