During my 28 years' of military service, I have commanded a Royal Engineer Bomb Disposal Squadron and seen operational service in Kosovo, Bosnia and Afghanistan.

So to become Patron of the Felix Fund who support personnel involved in bomb disposal, is a tremendous honour.

The Felix Fund provide vital support in terms of welfare and financial assistance for those affected by the trauma of search and disposal. The charity is totally self-funding and achieves this through donations, grants and volunteer fundraising events.

Just last month, a boxing match at the home of Chelsea Football Club, saw the Sappers take on the Gunners. A great evening ensued which helped to raise the profile of this very worthwhile charity. Oh, the Gunners snatched it, by just one round!

For more information about the Felix Fund please visit http://www.felixfund.org.uk/