

About Us

We are a small but effective **Dorset based charity** committed to supporting **people living with the lasting effects of stroke and brain injury**, helping them rebuild their confidence and regain independence, **empowering them through practical activity**, alongside the Armed Forces Community.

In 2014 **Mark Bowra, our Founder**, was serving as a Royal Marine Commando when he suffered a **major stroke** and was hospitalised for a year.

His own personal recovery continues, but using his drive, he has created a platform and **community** to encourage other people to **improve their physical and mental health and wellbeing**, aiding their recovery.

“.. inspiring the unrelenting pursuit of recovery..”



Get In Touch

Are you someone living with the effects of **stroke** or **brain injury** and want to empower your own recovery journey through physical activity and peer support?


Do you know someone in the early stages of recovery from stroke or brain injury who might benefit from a **BOWRA Bag**?

Are you a **veteran** interested in being **active** and **reconnecting** with like-minded people?

Would you like to support our brain injured beneficiaries at local activities, **providing encouragement**, sharing stories and **empowering** their recovery journey?

We would love to hear from you!

 www.bowra-foundation.org

 info@bowra-foundation.org

 registered charity no 1185395

BOWRA
FOUNDATION



BOWRA[®]
FOUNDATION

Empowering people living with the effects of stroke and brain injury through physical activity

Vision

With **100,000** people suffering strokes each year* and **356,999** UK admissions to hospital with acquired brain injury in 2019–20**, our charity may be small but has big goals.

Mark's dream is that **everyone who needs a BOWRA Bag, receives one.**

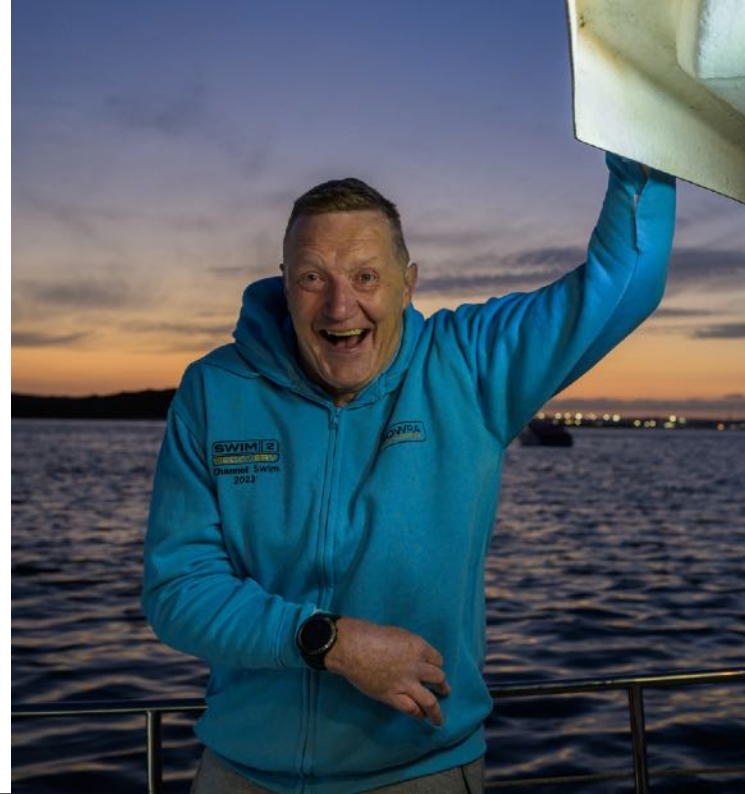
He founded BOWRA Foundation to inspire people to **live to their potential, their best life**, whatever that may look like.

Alongside the Armed Forces Community

Mark's recovery was enriched by the **support of his colleagues**, inspiring the BOWRA Foundation's **Veterans Programme.**

We invite veterans to join activities that promote **physical fitness, reconnect them with comrades, and support brain injury survivors.**

Our mission **brings together** the armed forces community and our brain injured beneficiaries through activities to build **resilience, camaraderie, and well-being.**



What We Offer

BOWRA Bags

A rucksack packed with **practical aids**, 'BOWRA Bags' are sent out to people in the **early stages of recovery** from stroke and brain injury.

Dorset based activities

Adaptive golf, kayaking, cycling, lawn and indoor bowls, our activities are weekly (seasonal), and there really is **something for everyone.**

National events & activities

We also participate in **wider activities** including adaptive surfing and take part in events as a **team.**

How you can help

DONATE: every penny helps us to support people living with brain injury and the armed forces community.

FUNDRAISE: choose BOWRA Foundation as your nominated charity on JustGiving.

HOST AN EVENT: as a small charity these events really do make a big difference.


CORPORATE SUPPORT: please reach out if you would like to work with us.

CHARITY OF THE YEAR: a gesture from you may make a big difference to our community.

As a small charity, your support really does make a difference.

Help us empower our beneficiaries to live their best lives!

“What’s inside Matters”

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