



Rob Caine is an Air Commodore in the Royal Air Force (RAF) with a distinguished career spanning several decades.

While his early career has been focused on aviation accomplishments, it's his commitment to mental health advocacy that he is passionate about after many personal connections and stories through his time as a commander, with family and with friends.

- Rob joined the Royal Air Force (RAF) in 1994 and became an operational pilot on the Tornado jet in 1999. Throughout his career, he has served on multiple operational tours and held various instructor roles, becoming highly experienced in training and tactics.
- He has been a leader in risk management and organizational development, and has served in several key staff roles, including managing fixed-wing aircraft requirements and working on air systems for the Ministry of Defence (MOD). Rob played a crucial role in training RAF and Royal Navy fighter pilots, culminating in their final qualification to fly front-line aircraft like the Typhoon and F35. On operational missions, Rob has held significant positions, such as an A3 Operational Specialist and as the Chief of Staff, Operations across the Middle East. He has coordinated major air operations, including the UK's response to COVID-19, the G7 and COP26 summits, and various military operations such as Op PITTING the recovery of 15000 people from Afghanistan.
- In February 2022, Rob took command of 6 Flying Training School, overseeing 15 University Air Squadrons and 13 Air Experience Flights across the UK and is now the Head of UK Military Flying Training, dedicated to preparing future pilots and crew. Rob has accumulated over 2500 hours of fast jet flying and is a Central Flying School (CFS) accredited instructor. He was awarded an MBE in 2015 and the Master's Medal from the Guild of Air Pilots in 2019 for his innovative contributions. He also holds an MA from King's College London and is a graduate of the Joint Services Higher Command and Staff Course.
- As a trustee of the **Bear Force Charity**, Rob has witnessed firsthand the transformative impact of their initiatives:
 1. **Bear Buddies Workshops and Teddy Bears Picnics.**
 2. **Accredited Trg for Teachers, Adults and Parents via Dr Sarah Anderson**
 3. **AB Bear's Story:**
 - Rob often shares the tale of **AB Bear** with children. The story weaves emotions, friendship, and the power of talking openly.
 - Seeing kids engage with AB Bear's adventures—whether in books or during storytelling sessions—reinforces the belief in the importance of nurturing emotional well-being from an early age. As our CEO, Richard Bland always says, we need to “Talk, Talk, Talk.”
- In his free time, Rob supports his own family as they horse ride, play football, or enjoy walking their black lab, Marley. As a mentor and coach, he emphasizes leadership, high performance, and psychological well-being, whether in sports, equine competitions, or military contexts.