

HELP for HEROES

SUPPORT FOR OUR WOUNDED

Mr Graham Shapiro
The Graham Shapiro Foundation
The Tudor House
73 Welsh Row
Nantwich
Cheshire CW5 5EW

Dear Graham

I am delighted to confirm safe receipt of your generous donation of from the The Graham Shapiro Foundation. Thank you for your continuing support, which will ensure that together, we can continue rebuilding lives. Please pass on our grateful thanks to the Trustees.

Help for Heroes supports those affected by their Service in the British Armed Forces, no matter when they served. Every course, every activity aims to empower beneficiaries to look beyond illness and injury, regain their purpose, reach their potential and have a positive impact on society.

"H4H has turned my life around. They've given me back my focus, determination and commitment. They've helped me to keep mobile, get qualifications to work again and keep the hobbies I would have given up. My life is so much more positive and holds a future thanks to H4H." Help for Heroes Beneficiary

We have supported

22,285

individuals and their families
since 2007*

Please allow me to introduce you to Glyn and Julie, a Help for Heroes beneficiary who got support from our Hidden Wounds programme.

After serving in the military for 22 years, Glyn's career was cut short when during a paragliding competition in June 2015, he began suffering with chest pains. Nothing could have prepared him for a diagnosis of Triple Vessel disease, which resulted in an emergency quadruple heart bypass.

"My world just collapsed. All I could think about were my wife and kids, leaving them behind."

His wife, Julie, found herself having to remain strong for her husband and children which ended up taking its toll on her own mental health.

"I became angry, I couldn't help but thinking – why him, why us, why me? Glyn was always the pillar of strength in our family, but he was limited in what he could do – it got him down. I had to be strong for not only my husband, but also for my children."



Julie knew that Glyn would have a long road to recovery, so contacted Help for Heroes to get him the support he needed. It was when Glyn started to become a bit more independent that Julie's own mental health began to suffer, and she found out Help for Heroes could also support her.

"I though, he doesn't need me anymore. I've spent all this time helping him and now I don't know I need to do in life. But Help for Heroes gave me the time to find myself and get my own mental health back up to scratch."

Julie accessed the Help for Heroes Hidden Wounds service at her local recovery centre in Wiltshire, where she gained confidence and learned how to be stronger for her family and herself. Julie has also studied horticulture with the charity, which has led her to getting a job in gardening world.

"The support I've had from Help for Heroes has been a blessing. I would never have had the confidence to that 18 months ago, I was a shadow of who I am now. Luckily, I was given the confidence to put in an application and I was offered the job."

The private despair these family members suffer had largely gone unnoticed until Help for Heroes launched its Hidden Wounds service.

"Stigma continues to be a big barrier in coming forward for support for serving personnel and veterans but also their families. This is a concern. We need to reach these families to let them know if they support, we are here for them. When veterans are struggling, their loved ones can be a force for good. We need to remind families that they are an important part of their veteran's support network and they are just as deserving of support as their veteran." Head of Psychological Wellbeing, Help for Heroes

Your support has made a difference to the lives of thousands like Glyn and Julie. If you would like any further information on our work, please do not hesitate to contact me.

On behalf of everyone at Help for Heroes, our beneficiaries and their families we would like to once again say thank you to everyone at The Graham Shapiro Foundation.

*Please also find enclosed a copy of our latest insight report colling time on mental health stigma among veterans which I hope you will find of interest. I look forward to sharing information on our psychological wellbeing programme shortly. Best wishes
Holly Gould | Trust & Foundation Partnerships Manager*

*As of 30 September 2018

**Ministry of Defence, Annual Medical Discharge in the UK Regular Armed Forces, published July 2018

If you would like to change the way in which you hear from us, you can do so at any time by contacting me on the details above or writing to us at Unit 14 Parkers Close, Downton Business Centre, Salisbury, SP5 3RB. We take your privacy very seriously, we will treat your personal data with respect, keep it safe and never sell it. More information can be found in our [privacy policy](#) on our website.

helpforheroes.org.uk

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Around

1 IN 5

of those leaving the military each year do so wounded, injured or sick and may need support**

1 IN 4

partners or family members of service personnel and veterans say their own mental health and wellbeing has been affected by their loved one's situation*