

# HEALTH AND PHYSICAL WELLBEING

---

A huge portfolio of Health and Physical wellbeing courses and activities is available to beneficiaries and their families. Help for Heroes provides opportunities ranging from art to woodwork, pilates to yoga, music, exercise sessions and crafts.

Many beneficiaries have found relief and purpose through therapeutic activities which have helped them to further their recovery and come to terms with their circumstances.

Last year our Health and Physical Wellbeing teams ran more than 500 different activities and events for over 9,000 participants.

Participants reported the following outcomes:

- 76% are looking forward to the future more
- 94% have made friends
- 83% feel more relaxed
- 73% feel healthier
- 69% are doing more physical activity.

**“It’s opened up a new world to me. Everything I’d done before has been solitary. I’m an artist too, and I’ve always done that alone. My sports have been surfing and long-distance running. I wasn’t a social creature at all. I didn’t go out, I didn’t do anything.”**

Nick Martin, Veteran

---

**DISCOVER HOW NICK ENGAGED WITH NEW ACTIVITIES WHICH HELPED HIM ON HIS JOURNEY TO THE INVICTUS GAMES.**



Nick Martin served in the Royal Navy until 1986. While most of his life at sea was on-board survey ships, he saw action in the Falklands. “I was on the Atlantic Conveyor when she was hit, which is why my participation with Help for Heroes came about.”

PTSD had a huge effect on Nick’s everyday life. He didn’t go out or take part in anything but solitary activities. Since approaching Help for Heroes, he’s had support to engage with others and take part in group activities such as the Invictus Games Choir, baking and sporting events.

This gave him the confidence to apply for the 2018 Invictus Games. Having watched the past two Games, the 62-year-old felt inspired to take part.

“I realised that I want to challenge myself,” said Nick. “I’ve allowed my Post Traumatic Stress Disorder to control the way that I have seen and led my life over many years. I now see life as a blessing not a burden. I’ve changed things.

“I try new things. It isn’t easy to get out of the rut but I’m peering over the parapet. I am ready to live a productive, healthy life again.”

As well as taking part in the Games, Nick exhibited his artwork at our Creative Force exhibition, a showcase of the power of creativity in recovery, in 2018, and sings with the Invictus Games Choir. “Help for Heroes has been like having a big brother who just looks after you. The feeling of self-worth that I am part of an organisation that helps others and helps me is just brilliant.”

**As time passes, more and more Veterans are seeking help to combat the problems that they have been struggling with, often over many years. Your support could help others like Nick to find ways to deal with their hidden wounds and to live lives with purpose again.**

**“I’ve allowed my Post Traumatic Stress Disorder to control the way that I have seen and led my life over many years.”**