

# FELLOWSHIP: BAND OF BROTHERS

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The Help for Heroes Band of Brothers is a Fellowship group for Veterans, Service Personnel and those who have served alongside our Armed Forces who have suffered a permanently life-limiting or career-ending injury or illness attributable to their Service.

We know that many wounded, injured and sick Veterans suffer from isolation as a result of their circumstances, and that many miss the camaraderie and stability of the Armed Forces framework which they have had to leave behind.

The Band of Brothers Fellowship offers lifelong access to all the Charity's services, as well as providing events and opportunities to meet others who are living through similar experiences.

Membership is free, confidential and offers access to opportunities all around the UK.

Of those who attended regional Fellowship events and completed an evaluation survey in 2017-18:

- 93% met new people and 62% will keep in touch with members that they have met for the first time
- 46% talked about things they don't normally talk about
- 50% found out about support available to them that they didn't know about before (85% will contact Help for Heroes for support).

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**DISCOVER HOW FIVE MILITARY TOURS CHANGED  
CARL'S LIFE, AND HOW HIS LIFE HAS TURNED AROUND  
WITH SUPPORT FROM HELP FOR HEROES.**

**“Being a Band of Brother and spending time at the Charity’s Recovery Centres has boosted my recovery. I’ve been on courses, including one on nutrition, relaxed in the beautiful gardens and got away from it all.”**

Carl Shadrake, Veteran



During his first tour of Afghanistan in 2007, Carl Shadrake's carotid artery was punctured – he lost eight pints of blood. Following six months in recovery, Carl continued to serve and returned to Afghanistan in 2012, where an IED blast left him with shrapnel wounds, facial burns and shoulder damage.

A month after his second injury, Carl learned that his brother Jamie – also serving in Afghanistan – had been killed. Devastated, his life took a downward spiral:

“I started to struggle psychologically. Jamie joined my unit and I constantly thought ‘was he only there because of me?’”

Together, Carl and his wife tried to carry on with life as best they could, but it was clear they needed help. Carl's injuries and experiences had changed him, and it was affecting their lives. Hearing about Help for Heroes, Carl joined the Band of Brothers Fellowship. Since becoming a member, his life has been turned around:

“Being a Band of Brother and spending time at the Charity's Recovery Centres has boosted my recovery. I've been on courses,

**“The family plays such a crucial role, so it's great to know that people are supporting families as well as Service Personnel and Veterans.”**

including one on nutrition, relaxed in the beautiful gardens and got away from it all. The staff and the atmosphere are great, they help you instantly relax.”

Carl's family has also received support through the Help for Heroes Band of Sisters Fellowship – which Carl feels is exceptionally important:

“The family plays such a crucial role, so it's great to know that people are supporting families as well as Service Personnel and Veterans.”

**Countless ex-Forces families struggle with the transition to civilian life. By simply having access to the camaraderie and support the Help for Heroes Fellowship networks provide, the road to recovery becomes smoother. Your support will help families like Carl's face their ongoing recovery journey together with positivity.**

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