Remembrance 2024

message house

summary

On Sunday, 10 November, more than 40 veterans, carers, and Help for Heroes colleagues will join 10,000 others at the Cenotaph Parade in London to honour those who made the ultimate sacrifice.

As we remember the fallen, Help for Heroes remains at the side of veterans and their families, fighting for the peace they deserve.

Key messaging

* More than 40 veterans, carers, and colleagues will represent Help for Heroes at the annual Cenotaph Parade on Remembrance Sunday in London. They will join 10,000 members of the veteran community marching shoulder to shoulder in a powerful act of remembrance along Whitehall.
* As we honour the men and women who made the ultimate sacrifice, we also stand with those who continue to fight their own battles today.
* More than 40,000 men and women have been medically discharged from the Armed Forces due to injury or illness over the last 20 years. This number continues to rise, with five individuals being medically discharged every day.
* Help for Heroes remains at the side of veterans and their families who are struggling with painful injuries, mental trauma, and isolation – fighting for the peace they deserve.
* Since 2007, we have supported more than 32,000 veterans and their families. But we know thousands more need us right now, and many will need us for the rest of their lives. Together, we can ensure they find the peace they deserve.

Key stats

* Since 2007, Help for Heroes has supported more than 32,000 members of the Armed Forces community.
* In the last financial year, Help for Heros supported 3,940 veterans and their families, an increase of 13 per cent from the previous year[[1]](#footnote-2).
* On average, five people are medically discharged every day from the Armed Forces due to injury or illness[[2]](#footnote-3).

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Case studies:

Case Study 1 – Paul case

An RAF veteran from Penzance, Cornwall, will prepare for this year’s march past the Cenotaph, in Whitehall, by telling children at Marazion primary school about the importance of Remembrance Sunday.

Paul Case, 45, has been working as a teaching assistant at the school for three years and conducts a special service for the children every year, which includes poppy making and studying the names on their local war memorial.

Paul, originally from Somerset, joined the RAF in 2002, where he worked as an aircraft technician for Sea King, Merlin and C-130 Hercules aircraft. His deployments included Iraq, the Falkland Islands and Afghanistan.

Unfortunately, Paul suffered a traumatic brain injury after falling 15ft, headfirst, while on operations in Afghanistan, in 2011. He was medically discharged in 2014, and, because of his injuries, he now lives with cognitive overloading, acquired chronic fatigue, depression, and anxiety.

He said: "Remembrance Sunday has been part of my life every year since my late dad took me to my first local parade when I was a toddler. We continued this tradition even after I joined up.

“And while serving I took part in several repatriation ceremonies, both in theatre and back in the UK in RAF Lyneham. These were incredibly emotional experiences that will always stay with me, and I was very humbled to be part of the last journeys of these fellow service personnel.

“When I join the parade this year, I will feel nervous and proud, thinking of my dad – who always wanted to take me to London for the parade – and also those who sacrificed everything for us.”

Help for Heroes has supported Paul’s recovery and resettlement through the Hidden Wounds service, which is a mental health therapy service provided for veterans and their families and those who have walked alongside our armed forces. He has also attended sports, other activities and local coffee mornings organised by the Charity. He represented Team UK at the Invictus Games in Düsseldorf in 2023, in archery and indoor rowing, and the Invictus Foundation at the British Rowing Indoor Championships 2023, winning gold and bronze medals.

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Photos [Paul Case](https://help4heroes.sharepoint.com/:f:/s/CommunicationsPublicAffairsteam/Ehj39cVqYWZIgY3NHkm3IhQBSn-NktdGqf9Os9Lt3MD_ww?e=n720A9)

Case Study 2 – Tim Harvey

When former member of the Royal Green Jackets/The Rifles Regiment Tim Harvey marches past the Cenotaph this year, he will be thinking particularly about three of his mates who died in service: Dave Cronin was killed in Kosovo, and Tom Keogh and Daniel Hulme, both in Afghanistan.

Tim, 51, and from Bournemouth, suffered a brain injury and other physical injuries in 2009 while on tour in Afghanistan and has been supported by Help for Heroes since he was medically discharged in 2014. He joined the 3rd Battalion of the Royal Green Jackets when he was 17 years old, did his first tour of Northern Ireland when he was 18 and in Bosnia celebrated his 25th birthday. He was deployed to Afghanistan in May 2009 and was part of the newly formed Fire Support Group. He became famous amongst his colleagues for his hotdog, chips and curry sauce nights, which he held for his team after they had a tough patrol.

He was taking part in a routine operation to re-supply a platoon when the vehicle he was commanding was hit by an improvised explosive device (IED), four days before his 36th birthday. He, and the men he was with, were, thankfully, able to walk away from their vehicle, however, no one realised at the time that Tim had suffered a brain injury as well as other physical injuries.

Tim’s condition means he has problems with his memory and with communication, and the medication he is on affects his immune system, making him more prone to illnesses and infections.

He said: “I attended various Help for Heroes’ courses, which helped me with the transition from military to civilian life and gave me tools and techniques to manage different situations. Now I’m able to participate in a number of the activities organised by the Charity, which have given me a purpose and a new lease of life. Sometimes the pain becomes unbearable, though I will never give up trying, and remain optimistic.”

Tim took part in the Cenotaph march past last year and relished the opportunity to meet up with former colleagues.

He said: “We all met up at the Rifle Brigade Memorial and it was great to be together with them to reflect on the people we'd lost. I know I've been injured, and am still struggling, but I consider myself to be one of the lucky ones. This year's parade will be a sombre day, but it’s important for us all to remember all those who have given their lives to serve their country.”

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Case Study 3 – Caroline

An army veteran from Barnsley will this year be marching with her husband, a serving soldier, as part of the Remembrance Sunday parade. Caroline Buckle is one of more than 40 veterans, carers, and staff from Help for Heroes, who will pay tribute to fallen comrades by joining the Cenotaph march-past in London on 10 November.

The veterans who have all been supported by the Charity, will form part of a Help for Heroes’ delegation at the annual parade, which sees 10,000 members of the veteran community marching shoulder to shoulder in an act of remembrance along Whitehall.

Caroline, aged 45 served in the army for 17 ½ years from 1997 and took part in operational tours of Bosnia, Irag and Afghanistan. She was also posted to Germany, Cyprus and Kenya. Caroline was medically discharged in 2014 due to an injury to her left leg, which has unfortunately led to nerve damage and drop foot. She has also experienced mental health challenges as a result of her time in service.

Caroline explained: “Every day I remember, not just on Armistice Day. However, Remembrance is a day when we all unite to remember and celebrate the lives of those who paid the ultimate sacrifice. I know it’s going to be emotional. I will feel a mixture of sadness, gratitude and pride.

“When I march this year with my husband Raymond, I will be thinking of our close friend, Daz Flowers who served with the Royal Electrical and Mechanical Engineers and was killed in Iraq and my grandad Jack Hanwell who served in Europe during the Second World War from 1944 to 1945 in and the Palestine campaign. I will be marching for my fellow soldiers and friends lost.”

Caroline got in touch with Help for Heroes in 2014 and has taken part in a number of sporting activities organised by the Charity as part of its recovery programme, including completing its coaching course. She most recently competed at the Commonwealth Powerlifting Championships in South Africa.

A spokesman for Help for Heroes added: “As we join the nation to commemorate the men and women who lost their lives while serving our country, Help for Heroes also remembers those still fighting their own battles today.

“We remain at the side of veterans like Caroline and their families who struggle with painful injuries, mental trauma, isolation, and more – providing life-changing support for as long as it takes – fighting for the peace they deserve.”

Help for Heroes champions the Armed Forces community and helps them live well after service. The charity helps veteran families to recover and get on with their lives. Thanks to the generosity of the British public, it has already supported more than 31,000 people and won’t stop until every veteran gets the support they deserve.

The Charity supports veterans and their families, from any branch of the UK military – regulars or reserves – irrespective of length or place of service, and locally embedded civilians who worked under the command of UK Armed Forces.

Photos [Caroline Buckle](https://help4heroes.sharepoint.com/:f:/s/CommunicationsPublicAffairsteam/EuTsdijH16pPs2opX9h27WkBkV-mldiCbAyqOAYbtc0zag?e=cJ5SXK)

call to action:

armed forces community

* We are here for all veterans, no matter when or where you served. Whether your injuries are related to your military service or not, find out how we can support you and your family today.  
  **CTA:** Get Support  
  **Link:** [www.helpforheroes.org.uk/getsupport](http://www.helpforheroes.org.uk/getsupport)

Supporters

* Your generosity has already improved thousands of lives, yet much remains to be done. Together, we can ensure that more veterans and their families find the peace they deserve.  
  **CTA:** Donate now **Link:** [www.helpforheroes.org.uk/donate](http://www.helpforheroes.org.uk/donate)

**For any clarifications or questions on this Message House, please speak to your Help for Heroes account manager.**

1. Help for Heroes Annual Report 2022/2023 [↑](#footnote-ref-2)
2. [MoD’s  Annual Medical Discharges in the UK Regular Armed Forces report](https://assets.publishing.service.gov.uk/media/66953d5dab418ab0555925b9/UK_service_personnel_medical_discharges_financial_year_2023-24.pdf), published 18 July 2024. [↑](#footnote-ref-3)