

# GRANTS

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Help for Heroes provides grants to individuals to help them live secure and healthy lives. Grants are made available for housing adaptations, sports and therapeutic experiences and equipment, vocational and employment opportunities and financial hardship.

We also grant-fund a small number of charity and research partners who provide complimentary services, ensuring our funding has the highest impact and broadest reach. Our Grants programme gives beneficiaries the chance to:

- Adapt to, and manage to the best of their ability the impact of their injury or illness
- Live in safe, stable and affordable homes, adapted to their needs
- Feel safe and secure, and lead productive and purposeful lives.

## LAST YEAR:

- We awarded £1.3 million in individual grants towards 982 requests from our beneficiaries
- We extended £1.1 million to over 45 organisations who support our wounded's ongoing recovery
- Awarded our 10,000th individual grant.

**“I hope I’ll continue to be a positive force in the workplace for Veterans and those with mental health issues. It’s important people know that just because you have a mental illness, it doesn’t mean you should be written off.”**

Rob Shenton, Veteran



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**DISCOVER HOW AN INDIVIDUAL GRANT HELPED ROB TO TACKLE HIS PTSD BY TAKING ON A LIFE-CHANGING ENDURANCE CHALLENGE.**

Despite knowing he suffered from depression and Post-Traumatic Stress Disorder, Rob Shenton's medical discharge came as a blow.

Afraid that talking about mental health issues would affect his civilian career, Rob spoke to Help for Heroes. The Charity's Hidden Wounds service empowered him to take better care of himself and realise that sharing his experiences would help others come to terms with their own issues.

Not only has this positively impacted Rob's health, he has also realised transparency about mental health has opened, rather than closed, doors at work.

"I've joined a mental health executive committee at work and am part of a buddy network for people suffering from mental health issues.

"This has created a network allowing openness and positivity. I'm also setting up a military Veterans' support group to promote the Armed Forces Covenant

and the power and positivity that Veterans can bring into the workplace."

Help for Heroes has also supported Rob to achieve his toughest challenge yet – the North Pole Marathon: "I didn't think it would happen because my focus was on trying to get as well as I could, but Help for Heroes were positive about the challenge. They helped get me to the North Pole. Suffering from a mental illness means I don't have much confidence in my ability. It's key to surround myself with positive people – Help for Heroes is that positive influence."

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**Anyone learning to live with an injury or mental health problem attributable to their service deserves a fair deal – especially when they've served to keep us safe. Grant funding plays a crucial part in the recovery journeys of wounded, injured and sick Veterans and Service Personnel. Your support will help people like Rob access the tools and experiences they need to change their lives.**