

CAREER RECOVERY

The Help for Heroes Career Recovery programme offers courses, qualifications, work experience, networking, training and volunteering, providing our Veterans with the opportunities to gain:

- The skills, knowledge and experience to thrive and lead meaningful, active, fulfilling and independent lives with purpose
 - The confidence to access opportunities, set goals and be optimistic about the future.
- LAST YEAR:**
- Our Career Advisors supported 78 Veterans who asked for help to find work. Those with the greatest need for support from the Careers Advisors reported a 100% increase in scores for aspiration; 86% increase for job search skills;
 - 75% increase in basic skills and a 60% increase in stability
 - 64 Veterans participated in our Pathfinder Course. We also ran a pilot course for members of the Help for Heroes Band of Sisters
 - 62 Veterans attended our Business Experience course; between October 2017 – September 2018 there were 74 start-ups.

DISCOVER HOW KEV USED HIS CAREER RECOVERY TO ENTER A NEW WORLD OF WORK.

“Help for Heroes allowed me to reach my potential and provided me with the tools to get there. There are many Veterans in the community with an abundance of skills and talent which should be nurtured.”

Kev Gray, Veteran



Medically discharged in 1995, following a diagnosis of Post-Traumatic Stress Disorder (PTSD), Kev Gray struggled with the abrupt end of a career that had seen him serve around the world.

“I was distraught. The only thing I’d ever wanted to be was a soldier. To have that taken away from me due to a mental health disorder was very difficult to deal with.”

Following his discharge, Kev threw himself into charity work, but continued to struggle with his mental health.

During a particularly tough period nearly 17 years later, Kev contacted Help for Heroes. As part of his Career Recovery journey, the Charity enrolled him on a seven-month rocking horse making course at their Catterick Recovery Centre.

His time on the course introduced him to fellow Veterans facing similar challenges, which helped his mental health. And after 17 years spent seeking purpose, Kev discovered his hidden potential.

“I was distraught. The only thing I’d ever wanted to be was a soldier. To have that taken away from me due to a mental health disorder was very difficult to deal with.”

Through this course, Kev acquired the skills to set up his own business. Today, he makes rocking horses to order:

“Help for Heroes has allowed me to reach my potential and provided me with the tools to get there. There are many Veterans in the community with an abundance of skills and talent which should be nurtured.”

Kev is one of many wounded, injured and sick Veterans navigating a new path in life. Many have not yet even started their journey. Your support will help more like Kev to unleash their potential and allow them to use their skills to live proud and purposeful lives once more.
