



### **Help for Heroes Biographies**

**Peta Todd:** The model and TV personality and patron Help for Heroes, participating in the charity's first official fundraiser in 2008, Big Battlefield Bike Ride, and has also travelled to Afghanistan to boost the morale of the British troops stationed there.

Fiancé of Help for Heroes patron and Hero Ride ambassador world-renowned cyclist Mark Cavendish, Peta will be participating in Hero Ride on 02 June and is on hand to encourage other mums to get out their bike in support of our troops.



### **Lorraine Kelly:**

The well-loved television presenter has been a patron of Help for Heroes and has run four marathons in order to raise funds for the charity since 2009. Lorraine will be supporting riders as they travel towards Blackheath on the day of the ride and is keen to make sure that as many people participate and support Hero Ride to ensure it's a big success for our troops.



**Former SAC Jon-Allan Butterworth (RAF) - Rutland, Leicestershire**

Jon-Allan Butterworth (27) was severely injured when an incoming rocket exploded next to him whilst on tour in Iraq in 2007.

Jon was one of the first wounded individuals to take part in a Help for Heroes challenge - the Band of Brothers Bike Ride from Portsmouth to Paris in 2007. It was on this ride that his interest in cycling was born.

Following the formation of Battle Back in August 2008, Jon attended a military Paralympic sports camp in San Diego. Having already been identified as particularly talented at Paralympic talent ID day in the UK, the team were really interested to put him through his paces in the Velodrome.

Jon's talent for cycling saw him represent his country once again, this time in the London 2012 Paralympics Track and Road Cycling, achieving three silver medals.

Help for Heroes are delighted to have been able to support Jon's rise to success through Battle Back as well as funding specific technical equipment through the Quick Reaction Fund.



**Staff Sergeant Steve Arnold (Royal Engineer) - Colchester, Essex**

*Born: Kings Lynn*

Steve Arnold (33) was carrying out search operations in Afghanistan in 2011 when an IED exploded taking both his legs. Just a year after his injury Steve completed the 3051 Mile Race Across America, (RAAM) supported by Help for Heroes, with seven other wounded Servicemen. Help for Heroes (H4H) have helped Steve financially with his RAAM training and also by purchasing him a Handbike. Steve was recently classified for Handcycling supported by H4H and the British Paralympic Association. His dream is to make the Paralympic Games for 2016 in Rio.



### **Former Mne Andy Grant (Royal Marines) – Liverpool, Merseyside**

*Born: Liverpool*

Mne Andy Grant (25) was injured in Afghanistan when a trip wire attached to 2 IEDs was triggered by the lead man and both IEDs were detonated.

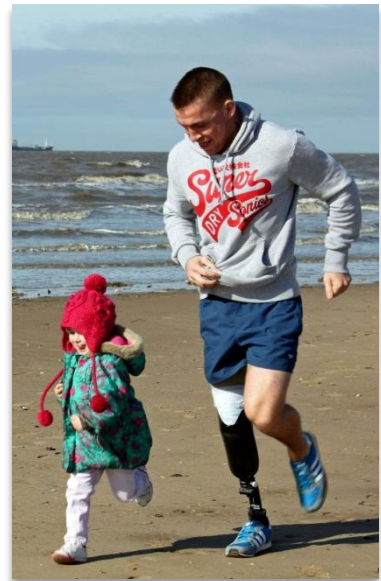
He suffered 27 separate injuries and woke up 2 weeks later from a coma, in Birmingham, at the then Selly Oak Hospital. For the next 18 months Andy spent all his time in and out of the Defence Medical Rehabilitation Centre, also known as Headley Court in Surrey where he began to adjust to life with his injuries.

With wounds to his right leg not healing as it was hoped, he was faced with a life changing and extremely agonising decision. After a few hard months and time spent speaking with surgeons and his family, he had made his decision.

On the 25th of November 2010, aged only 22 years old, Andy had his right leg amputated, just below the knee.

5 days in hospital, and armed with a packet of paracetamol, he was discharged from hospital, and headed back home to Liverpool where he lives with his partner Leonie and children, Payton and Brooke.

Through Help for Heroes (H4H), Andy began to rebuild his confidence by taking part in adaptive sports and has now set up a new career in motivational speaking. H4H were able to support him with the set up costs including a training course and marketing collateral for promotion. Andy has recently classified for Handcycling supported by H4H and the British Paralympic Association.



### **Former PTE Jaco Van Gass (Parachute Regiment) – Henley-on-Thames, Oxfordshire**

*Born: South Africa*

Jaco Van Gass (26) lost his left arm in a rocket-propelled grenade attack while serving with the Parachute Regiment in Afghanistan in 2009. He also suffered a collapsed lung, punctured internal organs, loss of muscle from the upper left thigh, and multiple shrapnel wounds.

In 2011, Jaco successfully trekked to the North Pole for the Walking With The Wounded charity, and was part of an attempt to climb Mount Everest in 2012, which was aborted because of dangerous conditions.

Help for Heroes (H4H) have been able to support Jaco's recovery by providing Cold Weather Compression Equipment & Trainers to support his incredible challenges. H4H have also



supported his interest in Winter Sports by funding his participation in the Salt Lake City Paralympic Bobsleigh Skeleton in 2011 and the Bobsleigh and Skeleton Camp in Utah in 2012.

**LCpl Craig Preece (21 Engr Regt) - Chesterfield, Derbyshire**

*Born in Cardiff - lived everywhere growing up. I currently live in Scarcliffe in Derbyshire. Nearest big town is Chesterfield*

LCpl Craig Preece was injured in an IED blast in August 2010 whilst serving in Afghanistan. The blast destroyed the vehicle he was in, killed four other soldiers and left one paralysed.

Craig legs were badly injured; his right foot and ankle were totally shattered in the blast and was later amputated. With the help of his physiotherapist, he learnt to walk again with the aid of walking sticks. His left leg has never fully recovered and his right leg was amputated following the incident.

Craig has not let his injury stand in his way and he has gone on to complete an Ironman as a part of Team True Spirit, as well as conquering Trois Etapes with the Walking With The Wounded team.



Help for Heroes (H4H) have been able to support Craig with day to day necessities for his recovery including car adaptations and the purchasing of a specialist mattress. Craig has taken a keen interest in cycling and H4H have further been able to support this with a gym membership, a Taxcx Fortius T1940 Virtual Reality Trainer, a specialist bike frame and a top of the range bike. Craig has recently classified for Road cycling supported by H4H and the British Paralympic Association.

**Sapper Ben Zissman (21 Engr Regt) - Walsall, West Midlands**

Sapper Ben Zissman suffered a life-changing spinal injury in Afghanistan when the vehicle he was travelling in hit an IED.

Help for Heroes (H4H) have been able to support Ben's family with accommodation costs enabling them to be by his bedside during his recovery.

Since his injury Ben has taken part in a variety of the adaptive sports supported by H4H including climbing and water-skiing before realising his passion for cycling while training with Team Battle Back for the Race Across America, supported by H4H. Although not able to make the final team, Ben went on to tackle the annual Big Battlefield Bike Ride in 2012 and was recently classified for Handcycling supported by H4H and the British Paralympic Association. His dream is to make the Paralympic Games for 2016 in Rio.

