



2017 – A year with Future for Heroes

- ▶ [Future for Heroes](#): 129 individuals attended our 10 courses, 74% army, 14% RAF, 5% RN and 7% welfare organisation representatives/training support. Of which 82% were veterans, 10% serving and 8% partners.
- ▶ Our courses are undertaken in The Lake District with [The Brathay Trust](#). Affording amongst other attributes peace, tranquillity and serenity. Vital aspects of our course, helping to promote discussion, personal reflection and thought amongst our delegates.
- ▶ Some highlights of our year follow.
- ▶ Snap-shots of what we do – helping with transition – are displayed throughout this document.



But first, some feedback from delegates and referrals:
Delegate – a lifestyle:

Coping pretty well as this my normal dip time [December]...

..This year has been so much better than last few and all started when [introduced to] F4H. Since that awesome weekend, have gone from almost house bound and self-imposed isolation, to meeting an amazing bunch of friends, back into work and spent several weekends away from home, Thanks F4H and all involved both working with and attending, all this down to your support, Thank you all

GARY PETTIT PHOTOGRAPHY (FORMER DELEGATE NOW PURSUING HIS OWN PHOTOGRAPHIC CAREER)



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Delegate – The beginning of a journey:

What a great year I've had. Met new friends who have helped open opportunities for me which I have attacked with full force, it's amazing what you can achieve when you put your mind to it. I Remember climbing the pole, jumping and punching the ball and making my commitment to myself. This is just the start for a new beginning and I'm looking forward to 2018. So far:

- ▶ *F4H (Done)*
- ▶ *Lifeworks (Done)*
- ▶ *H4H induction (Done)*
- ▶ *WP Review (Done)*
- ▶ *College Interview (Done)*
- ▶ *Peer Researcher Cse Northumbria Uni (Done)*
- ▶ *[Regtl] Association drinks (Done)*
- ▶ *[Regtl] Association Christmas draw (Done)*
- ▶ *Gone but not Forgotten Christmas Lunch (Done)*
- ▶ *ILM Level 3 Award and Certificate in Coaching (Jan 2018) / Maths (March 2018) / English (May 2018)*
- ▶ *Welding Assessors Course (2018)*

Thanks to all from Future 4 Heroes for showing and helping me find the right path I needed to take.

Veteran Outreach Worker (Changing Lives):

... has come back from the course with a different attitude to when he went. He has plans for his future which he didn't have before and more importantly he is putting them into place, as well as continuing support for his mental health, total responsibility for himself. ... now he has plans for the future, and is now far more proactive in his approach and seems well motivated to achieve his goals.



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Project Nova:

I have to say the feedback from all three Nova delegates [on a specific course] has been outstanding, they were all blown away by how good the course was and how much they got from it, and from XXX and XXX who were sceptical to say the least that is indeed high praise!

Delegate – course feedback report:

you need to bottle what you have here, because it is truly life-changing.

Delegate – another journey (and then some!):

I am ... [an] official runner at the Marathon des Sables on behalf of Walking with the Wounded. And to think this all started with a 4-day course at Brathay and F4H. ... just happened to mention the Windermere marathon and it has gone from there. I am now running the hardest foot race in the world and the fact that I have been selected is all thanks to F4H and this group [closed Facebook page]. Thanks to all of you and hopefully see you next May [2018 Brathay Windemere Marathon].

YouTube – testimonials:

Some very powerful messages on YouTube and testament to what we provide: www.youtube.com/playlist?list=PLgm7J79W0j4WLvnQ9IfGdP8MVu6V764YS

Other than the monthly courses the details of which could take up all this document by themselves – all of which, dare it be said, have been excellent in delivery, support and outcomes – there has been some other stuff going on as well. Highlights of which are below.

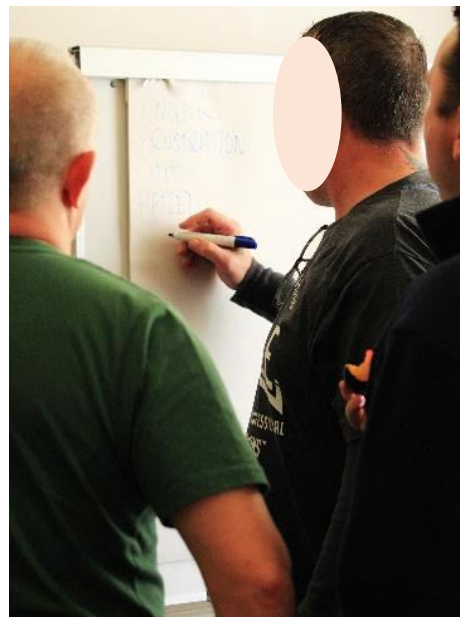
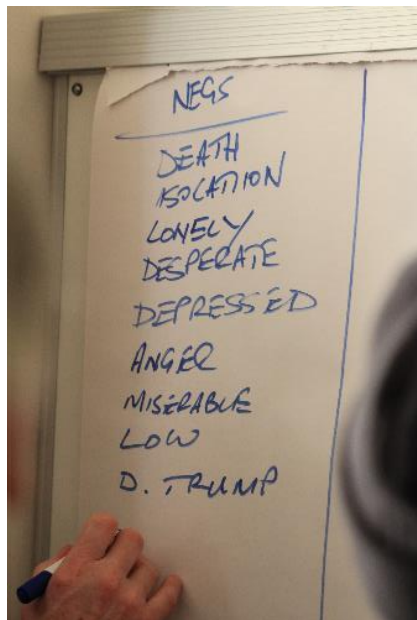


City Championships – supporting F4H as one of 3 charities.

▶ January's End-of-year Celebratory Dinner and fundraising event held in M Restaurant in The City. www.citychampionships.com/index.html.




Some images taken during courses to fill the expansive gap at the bottom of this page!



LOWER 3 IMAGES: GARY PETTIT PHOTOGRAPHY

A New Flyer (e-copies available through admin@f4h.org.uk)



FUTURE FOR HEROES

Taking Control of Tomorrow

The aim of F4H is to **develop the ability** of serving and retired members of the armed forces of all ranks and status – and their spouses or partners – to **manage the dramatic change in cultures** when resuming civilian life, ensuring they are better able to:

- ▶ Identify their own needs
- ▶ Take control of their lives
- ▶ Achieve their full potential
- ▶ Fully participate in society

“I have started college and I am in the process of applying to university.”

“I accepted that the past was indeed the past and that I should move on. This attitudinal change I can only attribute to F4H. I changed my future outlook.”

“I didn't think it would do me any good ... I know what I want to improve but I can't do it....but last night I felt a weight had been taken off my shoulders.”

“The course enabled me to have the courage to ... get back and the strength to ensure it would be done at my pace.”


REPLACE FEAR OF THE UNKNOWN WITH CURIOSITY...

See our website for monthly course dates and other details:
www.f4h.org.uk

Phone: 07702 596226 / 01452 505686
Email: admin@f4h.org.uk
Twitter: @FutureForHeroes

REGISTERED CHARITY (NO. 1126396) REGISTERED COMPANY (NO. 6734674)

LEARN FROM THE PAST. LIVE IN THE PRESENT. PLAN FOR YOUR FUTURE.



F4H provides **free, personal change, 4-day residential courses** at Brathay in the Lake District that helps leavers and veterans to:

- ▶ Take control of their lives.
- ▶ Understand the mental, physical and emotional impact of change.
- ▶ Prepare for the challenges that transition from the Services can bring.
- ▶ Recognise and enhance the personal qualities and capabilities developed whilst serving.

F4H: for the transition to civilian life

- ▶ Thousands leave the Services each year. Some need support in making the leap.
- ▶ The military offers a resettlement package that addresses the practical side of change.
- ▶ Many leaving will benefit from receiving help in dealing with the emotion and, for some, the distress that transition brings.
- ▶ F4H helps veterans and leavers begin their new journey through the building of self-esteem, confidence and resilience in the face of major life changes.

Future for Heroes is grateful for the support of these organisations:



WIS attending our Courses Serving WIS ‘on-duty’ attendance at Brathay. ... *‘ecstatic over the 3 days’*. Paperwork not straight forward – as one might expect – but worth the time spent administrating.

F4H – Annual Symposium

- ▶ Third Symposium for our volunteers and supporters – held at The Brathay Trust (where our courses are run, in The Lake District).
- ▶ With a light lunch – an example of the great food (as well as accommodation and facilities) provided by Brathay for all our courses.



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DELEGATE EN SUITE ACCOMMODATION

DISCUSSIONS, CHALLENGES...AND SOLUTIONS:

F4H Mentoring

- ① * Recruiting the right person
 - ② * Training them in the process
 - ③ * Equipping them with 'signposting' knowledge.
 - Page in booklet (ethical guide line etc)
- Detail
- ①
 - Desirable that they have service background
 - Essential been on a F4H programme
 - " They are interested in personal development
 - " They are empathetic/enthusiastic
 - * Desirable - very 'self aware'.
 - ②
 - Rapport
 - Listening
 - Questioning
 - Understand what they are required to do for F4H.
 - Time boundaries
 - How manage the difficult situations (urgent calls & disruption in a day)

The Brathay Windermere Marathon – the prettiest in the UK (not the flattest!)

- ▶ Where our delegates and supporters return to support the race (c 1000 runners), as well as running, we staff refreshment stands, act as race marshals, and (unexpected) emergency first aiders! Giving Back.
- ▶ This year as part of the revision and recap of course material, it included the inaugural Future for Heroes Stone Balancing competition! Remarkably meditative, therapeutic (and addictive!) – the prize:
- ▶ Why not enter the marathon and run for us? See: <https://www.brathaychallenges.com/events/running/marathon>



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Business Development Day / Open Day

- ▶ Around 30 attendees from across the military charitable sector including serving welfare officers, regimental association reps plus national reps from organisations such as Project Nova. Excellent presentations from our Ambassadors plus honest, heart-rendering 'My Stories' from 2 former delegates now supporters. Introductions to what we do, the activities, experiential learning, and making them happen – both sedentary and mentally challenging. Including a short trip out onto Windermere for *Lake Clue Find – Team Building and Communication*.



Roadshow, Visiting PRUs and other military charity organisations – showcasing our work!

► *Colour Blind* – communication!



RAF Halton:

- Building on a long-standing relationship between Brathay and Halton, NCO instructors from Airmen's Command Squadron and Recruit Training Squadron support our courses, bringing with them their own experience and techniques; taking with them a broader understanding of the issues facing our delegates, as well as building their own command and leadership understanding for management of their own subordinates.
- A number of such individuals have since joined us formally as mentors and trainers under private arrangements.
- Two F4H/Brathay individuals privileged to be guests of the Station Commander to witness the graduation parade of airmen and women at *the very beginning* of their careers.



Media

Richmondshire Today A fantastic write-up covering our course:



► www.richmondshiretoday.co.uk/future-heroes-charity-helping-soldiers-ex-soldiers-transition-civilian-life

New Trustees

- In Autumn, 2 new Trustees joined the team: www.f4h.org.uk/about-us/trustees.
- Thanks to Miramar for the pre-section research and proposals.

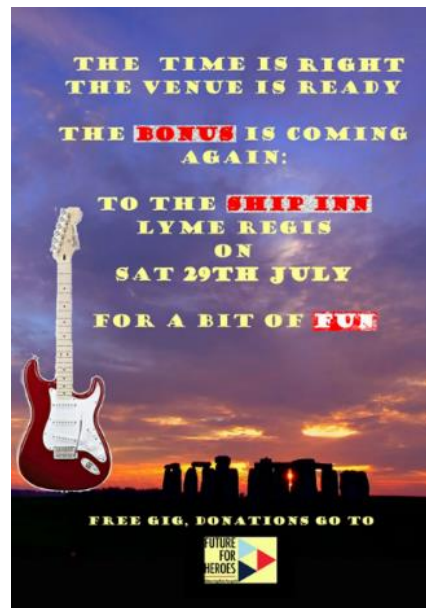
Just some of the brilliant support and supporters through the year (apologies for any missed!)

- Five go Cycling: East Anglia. Four of the 5 served together in the RAF as SAC cooks in the early/mid-80s. Some differences now! The 5th a brother-in-law of one and veteran from Down Under (where similar issues regarding transition can be found).



- Cakes! The very better half of one of our Trustees!

- ▶ 'The Bonus' a band repeatedly returning to The Ship Inn in Lyme Regis, for fun, live music and some great fundraising.



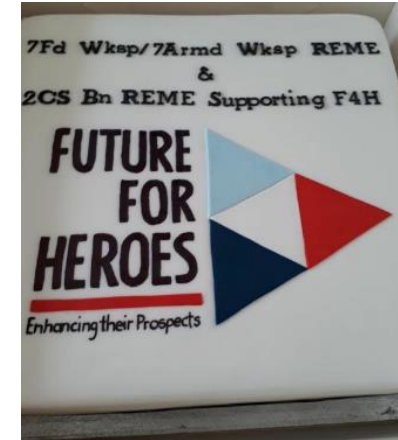
- ▶ Skydive!



- ▶ Filthy Girl mud runs (x2!)



- ▶ 'Adoption' by 7Fd Wksp/7Armd Wksp REME regimental association: 'The Cake'.
- ▶ Huge thanks for all their support and fund raising across the year.



- ▶ Gifting to F4H a photograph of 'Pebbles'. A framed picture, taken when introducing stone balancing during F4H follow-up/reinforcement activity - whilst supporting The Brathay Windermere Marathon.



MIRAMAR

- ▶ Support from [Miramar](#)
- ▶ A global executive search and advisory firm supporting Future for Heroes through donations made through Work for Good, also offering support through bespoke search for new trustees for the charity as well as continued mentoring in social media and website enhancements.

Shellshock – the production



- ▶ Played to packed houses and great reviews across southern England during the summer and later at the Edinburgh Festival
- ▶ Stage play of book written by Neil Blower (ex-RTR), produced by Ryan Gearing.
- ▶ Highlighting the challenges facing one soldier coping with Post Traumatic Stress Disorder after serving in Iraq and Afghanistan.
- ▶ In our former guise, we supported the instigation of the book and its publication – including a mention within its covers.



- ▶ See: <https://vimeo.com/user9821274/review/187164103/d0af0f1581> for a 2-minute video about the production.

And finally, the view from the Sunday's pre-breakfast energiser on our last course of 2017.

To which F4H CEO plus wife and nutter of a Jack Russel had the very great pleasure of joining for some activities when at Brathay for the same weekend. Brathay's location? The lawns and grounds of Brathay can be seen in the middle-foreground, leading to the shores of Lake Windermere.



We are what we are because of our fantastic volunteers and staff.

And, of course, our funders, donors and supporters. A huge thank you to you all.

FUTURE FOR HEROES



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