

Future for Heroes

Enhancing their Prospects

'What I do today determines my tomorrow'

WHY: For the transition to civilian life:

- ▶ Thousands leave the Services each year; some will need help in making the move to civilian life.
- ▶ The military offers a resettlement package that addresses the practical side of change. The effects of loss, loneliness and a shift in cultures are not always recognised.
- ▶ The majority leaving receive little help in dealing with emotional and mental changes that transition brings.
- ▶ We help individuals to take control of their lives and achieve their full potential.



HOW: Free, personal change, 4-day residential courses at Brathay in the Lake District. To help delegates:

- ▶ **Assess** the psychological and emotional impact of change.
- ▶ **Prepare** for the physical challenge and emotion to:
- ▶ **Build** on personal qualities and abilities to:
- ▶ **Enable** individuals to take control of their lives.



Trust and Challenge



Tranquillity and serenity - to reflect and think - Brathay



WHAT: F4H provides help for:

- ▶ Service leavers from all 3 services.
- ▶ Veterans from all 3 Services.
- ▶ Spouses or partners of above, where appropriate.



Word Race...a voyage of self-discovery

PLUS:

- ▶ **Mentoring support** during and post-course.
- ▶ **Defence Recovery Capability** sanctions on-duty attendance of serving WIS personnel during resettlement.



www.mydonate.bt.com/charities/f4h

FIND OUT MORE:

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