



HELP for HEROES

Support For Our Wounded

Concrete Repairs Limited
Cathite House
23a Willow Lane
Mitcham
Surrey
CR4 4TU

Dear Tony & Staff @ CR,

6th July 2015

Thank you so much for your donation of £2,654.00 to Help for Heroes (H4H) raised from your 60th Anniversary raffle.

Generosity like yours enables the Charity to provide the direct, practical support for which it was founded in 2007. Today, Help for Heroes delivers this across five key pillars of Recovery (Medical, Mind, Body, Spirit and Family) via a national network of financial support, recovery services and specialist charity partners.

Thanks to donations like yours, Help for Heroes has recently created a 'Hidden Wounds' psychological wellbeing service, supporting Veterans and military families living with common mental health issues. This is in response to the growing numbers now seeking support for psychological wounds.

One person who has benefitted from this service is Veteran Alex Ford, who felt enveloped by feelings of failure that he did not do enough for his comrades during his tour in Afghanistan. Alex says, "I felt I didn't do enough. This nagging doubt in my mind says 'you could've been better'. I had feelings of desperate depression; I couldn't see a way out of the fog that had enveloped me."

Although he still has bad days, Alex said the Help for Heroes 'Hidden Wounds' service has helped him gain perspective and gives him reassurance someone is there to talk to.

Alex has taken the first step on his recovery journey. But, there will be more steps for Alex and the thousands like him. Help for Heroes is determined to be by their sides for as long as they need. This is simply not possible without people like you. So thank you, so much, for your continued support.

Best wishes

Dorey

Volunteer at Help for Heroes

On behalf of Bryn & Emma, Co-Founders - Help for Heroes

Thank you for the donation of money from your raffle. I hope you all enjoyed the celebrations of 60 years trading.

Tel: 01725 513212 Email: info@helpforheroes.org.uk www.helpforheroes.org.uk