



WALKING WITH THE WOUNDED

EAST OF ENGLAND AND LONDON

Whether mentally, physically or socially wounded, we support the most in need.

They are the ex-service personnel who have fallen furthest from where they want to be and need a personalised programme to help them get back on their feet, reigniting their sense of purpose and making a positive contribution to their communities again.

DID YOU, OR DO YOU KNOW SOMEONE, WHO SERVED IN THE UK ARMED FORCES? DO THEY NEED SUPPORT?

In the East of England and London Region, Walking With The Wounded 'WWTW' deliver employment, mental health & support care coordination in collaboration

with the NHS to get those who served, and their families, whether mentally, socially or physically wounded, back on their feet & making a positive contribution once more.

Why? Because those who served, deserve.

WWTW & OP COURAGE: THE VETERANS MENTAL HEALTH & WELLBEING SERVICE

Op COURAGE is an NHS mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.

WWTW is a partner of Op Courage in the East of England and London region, providing social support & mental health therapy for ex-service personnel under the care of the NHS.

The logo for Op COURAGE features the word 'Op' in a red, lowercase, sans-serif font, followed by 'COURAGE' in a larger, blue, uppercase, sans-serif font. Below the text are three horizontal bars: a blue bar under 'Op', a red bar under 'C', and a blue bar under 'OURAGE'.

OUR VALUES

Client First: We listen to our ex-service personnel and are driven by what is best for them; this is at the heart of every decision that we make.

Collaboration: In order to provide the best service for our clients, we recognise the importance of collaboration; collaboration across teams, across the sector, within regions and with key partners, such as the NHS.

Respect: We commit to treating our colleagues, clients, supporters & partners with respect. We value everyone and treat people with dignity and professionalism.

Empowerment: We strive to empower our workforce to deliver their role with pride, confidence and quality. We work to empower our clients to take steps for their future.

Integrity: We build trust through responsible actions and honest relationships.



EQUITY, DIVERSITY & INCLUSION: OUR PLEDGE

Walking With The Wounded's core values of Respect and Integrity drive our efforts to seek to promote Equity, Diversity and Inclusion both within our organisation and in our community.

We understand the importance of building a diverse workforce to bring different experiences to our table helping us become more creative, challenge our thinking, and widen our reach. We aspire for people of all backgrounds to see Walking With The Wounded as an organisation where they feel welcome.

Our commitment to this vision will ensure veterans and their families are supported by accessible and inclusive programmes, and our external partnerships are with like-minded organisations.





WHAT WE DO

Whether mentally, physically or socially wounded we support the most in need.

They are the ex-service personnel who have fallen furthest from where they want to be and need a personalised programme to help them get back on their feet, reigniting their sense of purpose and making a positive contribution to their communities again.

Working in collaboration with our clients and partners, we shape bespoke employment, mental health and care coordination programmes that give ex-service personnel, and their families, the emotional and practical support they deserve, every step of the way.

This inspires change and saves jobs, homes, relationships and the lives of veterans who are struggling since leaving the military.

It can be a long journey so, respecting our clients, we walk with the wounded, not for the wounded.

And together we get there in the end.

“Mentally, I was on the floor when I was referred to WWTW. My employment advisor picked me up and changed my life 100 percent. He is worth his weight in gold.” WWTW beneficiary, Brenden.

EMPLOYMENT

We secure positive employment outcomes for unemployed veterans.

WWTW's Employment Advisors are embedded in the community and in NHS regional veteran mental health teams, helping unemployed veterans find employment and rebuild their lives.

WWTW adopted Individual Placement & Support (IPS) as our approach and WWTW is the only UK military charity with IPS Centre of Excellence status.

Our Employment Programme has been independently reviewed and shown to be three times more effective than our nearest comparator.

MENTAL HEALTH

We provide mental health therapy.

Head Start, our mental health programme, is coordinated with NHS mental health services. We provide 1-2-1 private therapy for ex-service personnel with mild to moderately severe mental health difficulties. Therapy is provided through face-to-face and digital sessions, and delivered by accredited private therapists within the veterans' local community.

Our Mental Health Programme has been independently reviewed twice; showing that our therapy has a lasting impact.



CARE COORDINATION

We provide dedicated, 1-2-1 support for those with complex and multiple needs.

Care Coordination provides a dedicated Care Coordinator to a complex needs veteran or family member to support them in navigating the veteran care pathway.

We also work with local partners to improve the care services on offer to 'complex needs' veterans, their families and carers.



WWTW helped me to find ways to manage my trauma. Now, at long last, I'm in a much better, stronger and happier place."

WWTW beneficiary, Martin.



SHAUN'S STORY



“ I just can't thank WWTW enough - you've changed my family's life.”

Shaun was 19 when he joined the Grenadier Guards. He was twice deployed to Afghanistan and experienced significant, traumatic events.

Shaun felt that he had no control in these situations and that he was unable to help himself. The physical demands of military life also took their toll – he had a knee replacement and started to suffer chronic pain in his ankle. Shaun was placed in a rehabilitation platoon; separated from his unit.

As a dedicated soldier with an exemplary record, he found this situation hard to endure and became disillusioned – eventually he handed in his resignation papers.

Shaun returned to civilian life and started to work very long hours. He began to suffer continuous disturbed sleep which was soul destroying and drained every little bit of energy he and his family had.

Shaun was referred to Walking With The Wounded's Head Start programme and began seeing his therapist, Anna, in January 2018.

Over nine months he completed 14 sessions of therapy, and he came out the other side a very different man.

“ The therapy I received from WWTW was outstanding.

I now understand myself better and know how to deal and cope with difficult situations.”

Shaun has run his own business since 2016 and is the Director of Chamber Health and Wellbeing. Half the week he runs a gym and the other half he spends life coaching clients.

He has learnt a lot from his own negative emotions from the past; using this to advise others who might now need help.



OUR TEAM IN THE EAST OF ENGLAND AND LONDON



David Beer
Regional Manager East of England

GET INVOLVED

WWTW is only able to support our veterans thanks to our supporters, and we are extremely grateful and humbled by the extraordinary efforts that so many make on our behalf. If you would like to find out more or get involved, please contact us.



Walking Home For Christmas

Walking Home for Christmas – our annual event - all are welcome!

- Take part solo, with friends and colleagues or loved ones
- No registration fee & no fundraising target
- Walk any distance in any location

walkinghomeforchristmas.com

Employment support.

Our Employment Advisors are well connected in the region, supporting veterans to gain appropriate, sustainable employment.

Care Coordination.

We deliver Support Care Coordination in partnership with the NHS, supporting veterans with wide ranging issues including housing, debt and social inclusion.

Mental Health.

We have fully funded places for mental health treatment (for veterans) and mental health support (for adult family members) in the region.

For any enquiries about our work in the region: Operations@wwtw.org.uk



Cumbria Challenge

Annual flagship fundraising event for individuals & organisations who want to show their support and experience a memorable team-building weekend in the Lake District alongside our beneficiaries.

cumbrianchallenge2024.org.uk



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Need support?

Visit our website:
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Walking With The Wounded is registered as a Charity in England & Wales (No.1153497) and in Scotland (No. SC047760)

