

VETERANS' RESILIENCE PROGRAMME

Developing veterans'
resilience & wellbeing
through physical activity

THE ARMED FORCES
COVENANT FUND TRUST

ROYAL
AIR FORCES
Association

DEVELOPING VETERANS' RESILIENCE THROUGH PHYSICAL ACTIVITY

Loughborough University, in collaboration with the Royal Air Forces Association, deliver a programme of physical activities and wellbeing workshops to strengthen veterans social, physical and psychological resilience.

Utilising our world-class staff and facilities, participants take part in a range of activities, led by experts in developing resilience and enhancing mental health and wellbeing. Expertise includes nutrition, improving sleep quality, social resilience and physical activity.

Throughout the programme participants are encouraged to develop a sense of togetherness through the various activities, which helps to promote positive mental health and reduce isolation following completion of the programme.

At the end of the course participants will have a plan of action to help sustain the improvements they have made, including an opportunity to attend a follow-up meeting with other programme beneficiaries.

Here you can find out what makes the programme special and what beneficiaries have said about the programme.

“It is an overused phrase sometimes, but in this case it’s true, the programme has been life changing. I don’t want to say I’m my old self because you’ll never be the person you were before.

I discovered a Japanese tradition – Kintsugi – which is an art where they’ll deliberately break a pot and put it back together using gold so that the cracks show.

None of us get through life without some cracks, but the cracks aren’t the thing that breaks you. You just need to repair them and carry on and the cracks will then become part of the beauty of your life.

And that’s what’s happened to me in the last year, I have started fixing the cracks, not ignoring them, pretending they aren’t cracks. And it started with this programme.”

BEN WILSON

MILITARY VETERAN AND PROGRAMME PARTICIPANT



Our resilience programme is designed to have a real-world impact on the lives of veterans. Below, those who have already experienced the programme reflect on what makes it so 'life-changing'.

- ✓ Coupling physical activity with academic content, delivered by world leading experts in nutrition, sleep quality, social resilience and physical activity.

"The credibility of the speakers has been exemplary, and I found from experience with other things... counsellors, and talking therapy, for me just doesn't click, but then the highly credible academic stuff that we have here... it's been game changing."

- ✓ Providing an inclusive approach that ensures staff get to know each of the veterans on an individual level, allowing them to provide tailored support.

"It's nice to have staff getting involved with us, sitting with us at mealtimes, getting involved in wheelchair basketball or whatever we did. You got to know us personally as veterans and our problems, rather than just going off on your own."

- ✓ Allowing veterans the chance to share their personal experiences with the group as an integral part of the programme.

"This course sets the standard for how veterans struggling with their mental health should

be helped. You gave me a safe space to work through some incredibly difficult thoughts, whilst also providing practical education in how to get and keep myself well going forward. You gave me the opportunity to succeed, but within my own limits."

- ✓ Giving opportunities to signpost support services are built in throughout the programme.

"I've never really identified myself as a veteran. I've never sought any other help because I assumed I didn't need it, I didn't deserve it. There was real encouragement from the group that not only can you get support, but you deserve it. From this I've felt like part of a group and felt validated."

- ✓ Developing a social network to help veterans feel supported and unjudged during and after the programme.

"What you have done for me has been life changing. This course has provided me with some essential tools as well as a lifeline and network of friends who not only remind me of those tools but are a sounding board. This has provided the light I needed and a compass of where I want to go and how to get there."

HOW YOU CAN ACCESS SUPPORT

Whether you are military veteran yourself or work with veterans looking for support, please get in touch to find out more about the programme and how you can access the expertise on offer at Loughborough University.

HOW YOU CAN SUPPORT US

Our life changing programme would not be possible without the support of our funders. If your organisation offers funding for initiatives which support military veterans, please get in touch with us.

“It is a true honour to provide veterans with the support and life skills that will make a real difference to their quality of life. Seeing the impact of the course makes us more determined to help even more veterans.

“So if you can support this incredible programme, please get in touch.”

DR CRAIG WHITE
PROGRAMME LEAD AND MILITARY VETERAN

STRENGTHENING VETERANS SOCIAL, PHYSICAL AND PHYSIOLOGICAL RESILIENCE

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