

“ I AM SO GLAD THAT JON FOUND ME THIS JOB. IT HAS PUT ME BACK ON TRACK WITH A GOOD, REGULAR INCOME. I WOULD NOT BE HERE WITHOUT WWTW, AND I REALLY APPRECIATE EVERYTHING THAT THEY HAVE DONE FOR ME. I NEVER THOUGHT THAT THERE WERE SUCH KIND AND CARING PEOPLE IN THE WORLD. I AM SO HAPPY. I'M OVER THE MOON.”

WWTW Beneficiary, Lal. WWTW Employment Programme



WALKING WITH THE WOUNDED SUPPORTS THOSE WHO SERVED.

WHO WE ARE

Walking With The Wounded is a leading UK Armed Forces charity providing support for veterans and their families.

WHY? Because those who served, deserve.

WHAT WE DO

15,000+ PERSONNEL LEAVE THE ARMED FORCES EACH YEAR.

An estimated 1.85 million veterans live in the UK. Most veterans successfully transition to civilian life. A notable minority do not.



WWTW Beneficiary, Lal.

HELP SPREAD THE WORD

#WalkingWithTheWounded
@WalkingWithTheWounded

WALKING WITH THE WOUNDED (WWTW) IS A LEADING UK MILITARY CHARITY WHICH RECOGNISES THAT THOSE WHO SERVED, DESERVE.

We deliver employment, mental health and care coordination programmes in collaboration with the NHS to get those who served, and their families, whether mentally, socially or physically wounded, the support they need.

HOW WE DO IT: OUR SERVICES



MENTAL HEALTH – WE PROVIDE MENTAL HEALTH THERAPY

Head Start, our mental health programme, is coordinated with NHS mental health services, offering 1-2-1 private therapy for veterans with mild to moderately severe mental health difficulties, for example depression, anxiety and PTSD.



CARE COORDINATION – WE PROVIDE 1-2-1 SUPPORT FOR VETERANS WITH COMPLEX AND MULTIPLE NEEDS

We provide tailored support that helps veterans better manage what is happening in their lives, such as managing debt, accessing benefits and services, managing alcohol and drug abuse to combating loneliness and isolation.



EMPLOYMENT SUPPORT – WE GET VETERANS INTO JOBS

Our Employment Advisors are embedded in NHS regional veteran mental health teams and local communities. They provide personalised employment support for veterans, helping them to secure suitable and sustainable jobs, enabling them to thrive in the workplace and rebuild their lives.

Walking With The Wounded is registered as a charity in England & Wales (No. 1153497) and in Scotland (No. SC047760).



“It was a difficult decision to resign from the Army, but I knew that I had to push myself forward and fight for my future. I had no idea about life outside the military. I had no qualifications but eventually I managed to start a new career working in security.”

THE GURKHA
SOLDIER



LAL'S STORY

Lal was born in a remote village high in the mountains of Nepal. The eldest son of 5 children, his parents looked to him to contribute towards the upkeep of the family farm.

As his education had been minimal, and his social position limited by the Nepalese caste system, the only available way to progress, was to become a soldier. Despite the fact recruitment into the British Army was notoriously hard, Lal was accepted to join the Royal Gurkha Rifles.

Lal served in the Royal Gurkha Rifles as a senior regimental band musician and as a trained combat medic. His career spanned over 18 years until he reached military retirement age. He wanted to continue to work but the rapid onset of the Covid 19 pandemic meant that there were suddenly no jobs available.

As time passed, his financial difficulties increased, and eventually he approached WWTW for help who appointed Jon to be his Employment Advisor.

WWTW used their expertise to track down a suitable vacancy and arranged an interview for Lal. Lal successfully secured the job and began to work in security at Brunel University.



**WE ARE AN ARMED FORCES
CHARITY DELIVERING CHANGE.**

**Your support enables
us to continue to
transform the lives
of veterans and
their families.**



**If you are a veteran looking for support, visit:
walkingwiththewounded.org.uk/ask-for-help**

Keep in touch

[f WalkingWithTheWounded](#)
[X Supportthetwalk](#)
[v WalkingWithTheWounded](#)
[@ WalkingWithTheWounded](#)
[in Walking-With-The-Wounded](#)

Need support?

Visit our website:
www.wwtw.org.uk

[033 00 585 800](tel:03300585800)
info@wwtw.org.uk

Contact

WWTW Head Office
42 Canada Street
Manchester, M40 8AE

North East Hub
Veterans Support Services,
The Walker Building,
North Shields, Tyne & Wear,
NE26 6LL

Norfolk Office
Walking With The Wounded
Stody Hall Barns, Stody, Melton
Constable, Norfolk, NR24 2ED

