

IMPACT



REPORT

2023



“

**IF IT WEREN'T FOR
WWTW, I WOULDN'T
BE HERE. THEY WERE
WITH ME EVERY STEP
OF THE WAY.**

”

WWTW beneficiary Martin

WWTW.ORG.UK

OUR 2023 HIGHLIGHTS

January

Vicky Wales, our North East Regional Manager was awarded the British Empire Medal (BEM) in the 2023 List of Honours for meritorious service.



Vicky Wales receiving her BEM award

March

WWTW presented the results of the independent review of their employment and mental health programmes looking at the impact on Wellbeing at the Forces in Mind Trust (FiMT) annual conference.

April

WWTW is confirmed a partner in all seven regions for the recommissioned NHS Op COURAGE service, providing social support through Care Coordination.



Darren raised £5k for WWTW

May

Darren walked 10 days through Death Valley, USA unsupported and raised over £5,000 for the charity. Darren's transition from the infantry to civilian life was challenging. He received support through the charity's mental health programme, Head Start and feels strongly that this enabled him to get back on track and wanted to give something back to support others like him.

WWTW recruited new Employment Advisors thanks to the funding from Barclays and Call of Duty Endowment.

2023 was WWTW's 10th year doing the Cumbrian Challenge. Over 195 teams took on the fells around Grasmere raising money for those who served.



WWTW's 10th Cumbrian Challenge in Grasmere



Dales Eades 'Heavy Mettle' challenge

June

As part of WWTW's Longest Day Challenge: Dale Eades took on his "Heavy Mettle" challenge. Dale served in the British Army for nine years and received support from WWTW. Dale walked 10 miles in a full suit of steel plate armour. The weight was in excess of 35Kg, a visual representation of the 'invisible' mental weight carried by some veterans struggling with their mental health.

Long term supporter Gilly Nichols cycled from Lands End to John O'Groats.

WWTW Ambassador Sally Orange supported our legacy giving programme for Armed Forces Day.

July

Tony Hulton joined WWTW as CEO.

WWTW joined Pride in Veterans Standard (PIVS).



Ambassador Sally Orange

July Continued...

Mervin Thomas took part in the world's largest march, the Nijmegen March Challenge across the Netherlands covering up to 50km each day.

August

Steve Thompson cycled over 2200km from the Ukrainian border to South Shields finishing his challenge by completing the Great North Run on 10 September 2023. Steve raised over £3,000 for the charity.

September

WWTW Core VLSO Paul Haigh was nominated and shortlisted for the Community Award at the National English Veterans Awards.



Army Cadet Force raised over £5,500 for WWTW via our Walking Home For Christmas campaign

WWTW fundraiser Simon Hearn embarked on an expedition following in Ernest Shackleton's footsteps across South Georgia in the Sub-Antarctic raising over £25,000.



Simon Hearn's South Georgian expedition in the Sub-Antarctic

December

Now in its 10th year, Walking Home For Christmas attracted participants from across the UK, with individuals and groups all flying the flag for wounded veterans and their loved ones in local communities. 2023 saw over 1,300 participants don their Santa Hats to raise money for WWTW.



Over 1,300 participants took part in Walking Home For Christmas



Op CONNECT fishing event



Veterans Drop-in In Halifax

October

Alie Salford joined WWTW as our Head Start Programme Manager.

November

The North East team launched a Veteran's Drop-in in Halifax.

The hub links veterans into local services and offer remote support in collaboration with the Global Training Partnership. Thank you to their CEO Peter Clark.

OUR YEAR IN NUMBERS


WWTW delivers **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, back on their feet and making a positive contribution once more.

Why? Because those who served, deserve.

4262 cups of tea shared with clients.



WWTW has generated over **£27,309,716** in social value for clients supported in 2023.



For every £1 spent WWTW generated a social value of **£5.58**.

Our service users consistently rate the service they receive from WWTW and their caseworker as excellent (4.7/5).

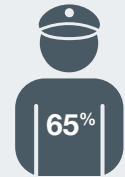
In receiving an excellent service, we see that the impact on service users is that they have received support to address their challenges and will be better equipped to deal with challenges in the future.



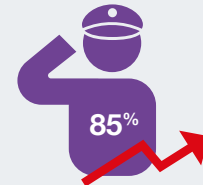
193 clients were supported by one or more WWTW programmes



CARE COORDINATION:



On arrival at WWTW, 65% of veterans did not feel confident dealing with life's challenges.



With support from WWTW 85% felt they now had the skills to navigate these challenges.



768

768 veterans were supported and over £80,000 was issued via our Quick Reaction Fund including funding training courses, emergency accommodation, utility top ups, food shops.

SUSTAINABLE EMPLOYMENT



WWTW supported

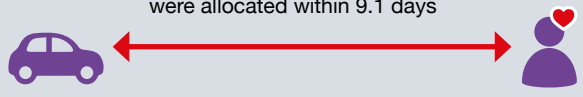


into paid roles.



including courses in 3D printing, logistics, security carpentry, rail engineering, cyber security, project management, wind turbine maintenance

MENTAL HEALTH

On average, mental health therapists were allocated within 9.1 days and 7.2 miles of the client's home.

WWTW delivered **6100 hours of therapy** to veterans and their families.



*Please note some veterans have been supported via more than one WWTW programme.

MARTIN'S STORY

When Martin received a court martial, his mental health and whole family suffered. But thanks to Walking With The Wounded's unique services for mental health and support care coordination, Martin and his wife Kerry are looking forward to a brighter future.

At 17, Martin was proud to join the Army, serving with the 1st Battalion Irish Guards. Two years into his military service, Martin was sent to Iraq, based in Basra. As part of the peace-keeping force, Martin was facing life and death situations every day. But when Martin confronted a group of looters, the encounter left one of the Iraqi men dead and Martin facing a charge of manslaughter. He was court martialled at 19 years old.

Martin's court case lasted for three and a half years and gained high profile media attention. The publicity put incredible strain on Martin and his family, and even though Martin was finally cleared of all charges, the stress of what had happened and the constant attention over the trial took a severe toll on his mental health and relationships, especially with wife, Kerry. His military career was over and his family life was falling apart.

Without knowing it, Martin was suffering from depression, anxiety and PTSD, becoming more

“ I didn't want to say that I was broken and that I badly needed help, but I couldn't go on without support. ”



and more angry with and withdrawn from his family. He'd use alcohol and drugs to help manage his emotions but they didn't help.

Kerry found it impossible to cope with Martin's mental health. She couldn't understand why her husband had become so withdrawn and volatile. She started to suffer from stress, anxiety and low self-esteem, feelings that were made worse by Martin's undiagnosed and unresolved mental health problems.

Kerry and Martin separated, and without her support, Martin's mental health problems became even more severe. Eventually, no longer able to deal with his PTSD symptoms, Martin was hospitalised, and put on medication.



The medication stabilised Martin's mental health, and helped him to begin to reconnect with his family.

Through his GP, Martin was referred to Walking With The Wounded and began working with our Head Start mental health programme. Because we work holistically with veterans and their families, not only did Martin receive support, we were able to provide Kerry with talking therapies as well.

As well as supporting Kerry and Martin through their therapy sessions, WWTW were able to

“ Thanks to WWTW, I have learnt so much about myself and my husband. I have learnt how he is thinking, why he reacts the way he does, and how the brain functions. It has helped me understand his PTSD so much better. ”

Kerry, wife of military veteran Martin

“ The mental health support team at WWTW gave me the help that I needed, they were phenomenal. Carolyn at Head Start was incredible and so supportive. I always knew that if I ever needed her, she was at the end of the phone ready to speak to me. ”

arrange for them to travel to the United States, and attend an intensive Clinical Programme for ex-military personnel. This trip cemented their future together. It was the first time Kerry felt Martin open up about all his thoughts, fears and questions, and they were both able to share their experiences with people who really understood. Kerry made new friends and contacts, giving her a vital support network.

And while Martin will never be entirely free from the impact of PTSD, he is learning how to cope with his thoughts and emotions. He has a new job with a supportive employer TST Group, driving HGVs, and a better understanding of what Kerry and the family have been through.

Martin now understands he can take life one day at a time, and a better future is made one step at a time. He can still talk to Walking With The Wounded when he needs support, and Carolyn, his contact at the charity, is always there for him.

Walking With The Wounded have supported veterans like Martin since 2010 with bespoke mental health, employment support and support care coordination. For those who have served their country and need help finding their place after service, Walking With The Wounded provides essential services that can save lives.

Scan the QR code to watch our film of Martin's journey.





THANK YOU!

Thank you to all our generous supporters in 2023 – our donors, fundraisers, partners, grant funders and volunteers – because of you, we have been able to reignite veterans and their families their sense of purpose, enabling them to make a positive contribution to their communities and lead independent lives.

A special mention to:

- Barclays
- Call of Duty Endowment
- Veterans' Foundation
- Armed Forces Covenant Fund Trust
- Armed Forces Covenant
- Royal Navy and Royal Marines Charity
- Greenwich Hospital
- Army Benevolent Fund
- RAF Benevolent Fund
- Sir James Knott Trust
- The Worshipful Company of Cordwainers
- Dr & Mrs JD Olav Kerr's Charitable Trust

“**Soldiers aren't taught how to do CVs and job interviews. I didn't know what to do, but my Employment Advisor was great and guided me through the whole process. Absolutely superb. My job has given me new purpose in life, and I feel valued. I still have plenty to learn, and I have a lot more training lined up but it's great and it's all progress.**”

WWTW beneficiary

CEO'S STATEMENT

Hello and welcome to Walking With The Wounded.

Our Impact report looks at everything the charity has achieved over the past 12 months and celebrates what our beneficiaries, their families and our staff have accomplished.

2023 delivered exceptional results. Our team has supported thousands of veterans and their families through our Employment, Mental Health and Care Coordination programmes and this report outlines the growing impact we have had on those who served.

I had the honour of taking on the role of Chief Executive at WWTW in July this year and since then have been impressed by both the dedication and compassion of our people and the willingness of those we support to engage with our services. As a veteran myself I feel proud to lead a passionate team striving to support veterans and their families.

After a life dedicated to service and self-sufficiency, many veterans, out of pride, hesitate to seek the assistance they now require. For instance, amidst the ongoing national economic crisis, we are witnessing a rising number of veterans and their families faced with the difficult choice between heating and eating. Additionally, there are those who find it challenging to cover their rent.

The charity's Quick Reaction Fund is an integral part of our Care Coordination programme and is used by our team to provide immediate and targeted support to veterans experiencing a crisis.

Quality, efficient services.

Achieving outcomes for clients with mental health, employment, debt, education, social inclusion.

Ultimately seeing restored faith in services & improved quality of life.



I feel proud to lead a passionate team striving to support veterans and their families.”

The cost-of-living crisis has placed further pressure on finances and veterans are having to make difficult decisions. As one veteran told WWTW, “I was struggling to support my family and working extra shifts to make ends meet. Eventually my mental health suffered. WWTW were phenomenal and my Care Co-ordinator came to my house and said, ‘What can we do to help you today?’. We talked about the situation, and she found the funds to get us through. It relieved the constant stress of how to keep the kids fed and warm. It's still early doors but for the first time in a very long time, I can see a way forward.”

Accessing emergency food support through the Quick Reaction Fund is often just the start of a veteran's journey with WWTW.

In 2023 we supported 2131 veterans and their families across the country via our Mental Health, Employment and Care Coordination programmes in partnership with the NHS. Together we are saving jobs, homes, relationships and in some cases the lives of those who are struggling since leaving the Armed Forces.

To those who support, work for, and assist Walking With The Wounded, thank you for making it such an impactful organisation. We witness every day the enormous gratitude of those whom we help, as they rebuild their lives. I look forward to seeing what more we can accomplish together to help our military veterans thrive.

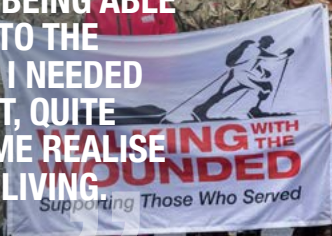
Tony Hulton,
WWTW CEO

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THE SERVICE PROVIDED TO ME OVER THE LAST 18 OR SO MONTHS HAS BEEN SECOND TO NONE.

I'D GO AS FAR TO SAY AT ONE POINT I COULDN'T HAVE BEEN ANY LOWER, AND BEING ABLE TO HAVE ACCESS TO THE THERAPIST WHEN I NEEDED TO TALK THE MOST, QUITE POSSIBLY MADE ME REALISE LIFE WAS WORTH LIVING.

WWTW beneficiary



Keep in touch

-  [WalkingWithTheWounded](https://www.facebook.com/WalkingWithTheWounded)
-  [Supporttthewalk](https://twitter.com/Supporttthewalk)
-  [WalkingWithTheWounded](https://www.youtube.com/WalkingWithTheWounded)
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-  [Walking-With-The-Wounded](https://www.linkedin.com/company/Walking-With-The-Wounded)

Need support?

Visit our website:

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North East Hub

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Shields, Tyne & Wear NE29 6LL

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



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