



“Crossing the drawbridge”

– £1M for 1000 needed by 2013

Over 18,000 Servicemen and Servicewomen leave the Armed Forces each year, half of them aged 25 or under. The change in cultures is a dramatic challenge for the vast majority of them, regardless of whether or not they have been involved in combat. For too many, life can become a downward spiral of disillusionment, loneliness, a resort to alcohol or drugs, homelessness, crime and imprisonment – and, in more instances than is generally known, suicide.

Clearly we need to do more to prepare people for the psychological and emotional impact of leaving the Service family. **Remount** is doing just that. We run residential courses to help them build on their undoubted personal qualities and abilities to prepare for the challenge and to take control of their lives. After the courses, which are held at Brathay Hall on the shores of Lake Windermere and Middle Aston in Oxfordshire, they all join our support network 'The 15 Minute Club' which provides on the website a secure forum for the interchange of personal messages, counselling, continuity training, work opportunities and news, and this enables us to monitor and support their continuing wellbeing.

Some 250 people have attended our course in the last couple of years, including some badly wounded Afghanistan veterans. The results have been truly outstanding and can perhaps best be illustrated by just one case study: an Infantry Corporal who had served in Iraq and Afghanistan. He was genuinely close to taking his own life before he came on Remount's course. Not only is he now working full time but also he is (to use his own words) "paying Remount back for transforming his life and saving his marriage" by working as a volunteer to help with as many courses as he can.

Remount the name encapsulates the concept of a re-schooled horse, getting back in the saddle and addressing new challenges and fresh opportunities. It takes a year for young men and women to be trained in the military culture. To expect them to convert to a civilian life they have never experienced, in 24 hours is damaging to their self esteem and can cause psychological injury.



These men and women are the nations assets and like all assets deserve to be trained and encouraged to achieve their full potential as role models in their communities. This is a contemporary issue which demands a modern solution. Remount is leading the way and is supported by many of our most senior service officers.

We are setting up branches in Cheshire, Liverpool and Manchester. If you would like to join the Remount teams please telephone or email any one of the following and see us at our stand in the Military Area.

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We want to run courses for 1000 people a year and to achieve this we need to raise £1 million by the end of 2013.

Remount leads the way in preparing, educating and elevating servicemen and women for their roles in their communities.

MORE INFO AND DONATION FACILITY ON WWW.REMOUNT.NET

