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Help for Heroes supports members of the Armed Forces community to live well after service. So they feel valued, supported, and recognised. Life can be tough when a military career comes to an end, especially if it has been cut short by illness or injury. Overnight, people lose not only their job, but also a support network that's like family. There are many ways the Charity helps veterans, their relatives, serving personnel, and people who worked alongside the UK military. This includes: • Helping people with their physical and mental health needs, and a range of welfare issues. • Helping people get back on their feet, if they're having money problems, need somewhere to live, are struggling to get a job, or don't know how to apply for benefits. • Running a wide range of sporting, leisure and social activities across the UK, and online, to combat loneliness and isolation, and to improve wellbeing. • Providing financial grants for things such as home adaptations and medical equipment, to help people overcome challenges from illness or injury. • Offering free online courses and self-help guides to give people the skills, knowledge and confidence to make a success of life in the civilian world. It's an injustice that people

don't get a fair deal from the country they risked everything for. That's why Help for Heroes campaigns relentlessly and passionately to call on Government and society to do better by the veteran community.

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