HELP for HEROES
SUPPORT FOR OUR WOUNDED

St Peter's RC Primary School
Southey Street
Cardiff
Cardiff
CF24 3SP

Wednesday, 3 December 2025

Wow, thank you St Peter's RC Primary School for all your efforts and for the £167.25 Help for Heroes has recently received!

I'm Vicki, and I'd like to explain why your support of this wonderful charity is so important.

After 22 years in the Royal Signals, I was medically discharged because of severe osteoarthritis in both my knees. The pain and lack of mobility was making my job impossible. But leaving the military still knocked me for six.

As well as the physical injuries, I've had battles with my mental health. I have post-traumatic stress disorder and body dysmorphia. Both caused by my time in the Army.

The support I've had from Help for Heroes has had more of an impact than can ever be described.

It's helped guide me on a path to recovery. It allows me to be around people who get me, who understand without the need for explanation and without judgement. This positive impact ripples out into all areas of my life. It helps me be a better person.

The Charity has helped me get back into competitive sport, through wheelchair rugby. Playing this wonderful sport gives me my freedom back. I get lost in the game. No worries, no pain.

I've also had support from the Help for Heroes' mental health team, Hidden Wounds. My CBT therapist Alisha has been fantastic. It's good to talk to someone who really gets it. Her sessions are having a massive impact in work, at home and on my sport.

Through your support of this charity, not only do you give veterans like me a second chance, but you give their family their Mum back, and a wife back.

Your support is a beacon of hope for so many people. It fills our hearts with a sense of hope and belonging. As a beneficiary of your kindness, I can attest to the life-changing impact your contributions have.

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