



**VETERANS MOVING  
FORWARDS:  
BUILDING A  
BRIGHTER FUTURE**

A Recovery College Course  
Co-designed by Veterans for Veterans

**THE TRAINING OFFER**

# What is the Veterans Moving Forwards course?

The Help for Heroes Recovery College has created the Veterans Moving Forwards course, designed by Veterans for Veterans. This course is suitable for all military Veterans, regardless of when or where they served. By the end of the course, students should understand the true impact of their military experience and be equipped with the right skills to move forward in their recovery journey. Focus will be placed on both psychological and physical wellbeing tools to ensure students can navigate life's challenges and build a brighter future.

The course covers the following:

	Title
Module 1	<u>Introductions, Ways of Working and Individual Aims</u>
Module 2	<u>The Military Mindset</u> Understand how the human mind works and the impact of how your mind is shaped by your experiences.
Module 3	<u>Breathe, Sleep, Move</u> Review your health and wellbeing and the positive changes you can make to your lifestyle.
Module 4	<u>Learning to Prioritise</u> Learn and apply different tools to help you review your priorities and set actions.
Module 5	<u>Overcoming obstacles to your progress</u> Recognise barriers to change and discover benefits of thinking/planning ahead and review reflection skills.
Module 6	<u>Sustaining Positive Change</u> Refresh and recap on your learning, review your support networks and develop an action plan for your future.

The Veterans Moving Forwards course has been co-designed using material extracted from 5 current Help for Heroes Recovery College courses including The Pathfinder Experience, Preparing to Take Positive Action and Mind, Mood and Body. Each module has been developed for face-to-face delivery, to last 3-3.5 hours (as per your current delivery models) and it has been designed to run over 6 consecutive weeks.

# So, what are we offering?

Help for Heroes has extensive experience working with injured Veterans and those with long term health conditions, and their families, delivering services and courses to help them to lead a productive and purposeful life.

The Help for Heroes Recovery College was established in September 2019 and follows the principles and fidelity criteria of NHS Recovery Colleges. The main difference is that it was designed specifically by and for Veterans and their families and is open to anyone eligible for Help for Heroes services across the whole of the UK.

We wanted to extend the reach of the Help for Heroes Recovery College content, subsequently increasing the availability of specialist Veteran content across the Recovery College network and crucially improving accessibility for Veterans in their communities. The Veterans Moving Forwards course has been designed to be delivered by NHS Recovery Colleges.

To prepare you to deliver the Veterans Moving Forwards course in your Recovery College, Help for Heroes will provide:

- Training (Train the Trainer) over 4 consecutive days to your Recovery College staff, we recommend up to 4 staff including a Veteran peer. This is provided by experts who have been involved in the co-production of the course and will be experiential delivery of the course's modules, preparing you to deliver in your own Recovery College.
- Training will be free of charge at a pre-agreed location.
- Upon completion of the Train the Trainer each attendee will receive certification and badging to confirm they are trained and approved to deliver the course in their Recovery College setting.

Once staff and peers have completed the Veterans Moving Forwards Train the Trainer, Help for Heroes will provide:

- Support preparing your Recovery College to deliver the programme independently with the guidance and knowledge from the Help for Heroes Recovery College team.
- Ongoing assistance whilst you work to embed the programme in your own Recovery College.
- Veteran Peer support with our own Veteran peer group at Help for Heroes.

# FAQs & Considerations

## FAQs

What financial expenses can our Recovery College expect?

- Train the Trainer will be provided free of charge to staff and peers over 4 days. Accommodation and expenses will not be provided, and costs need to be met by each organisation as per their own policy arrangements.
- Should you plan to deliver the Veterans Moving Forwards course, your Recovery College will be expected to recruit a Veteran Peer to provide the valuable lived experience and to support the students throughout the programme. Support and guidance regarding recruitment of a suitable peer is available from the Help for Heroes Recovery College.

Is the Veterans Moving Forwards course suitable for Veteran's families and carers?

- This course is designed for Veterans. Content may be suitable for other groups to attend but it would be important to consider potential changes this could have on the group dynamic and how this could impact those attending the course.

Are there any ongoing requirements for our Recovery College?

- All staff and peers who deliver the Veterans Moving Forwards course will be required to undergo an annual refresher day virtually, which will be organised by Help for Heroes.

What are the optimum student numbers?

- Optimum student numbers are 6-8.

Have you trialled this programme?

- Regular Train the Trainer events for the Veterans Moving Forwards course are delivered and attended by community-based Recovery College staff. At time of writing (February 23), training had been attended by staff from 8 NHS-based Recovery Colleges across England.

## Considerations - things to think about

- Do you have any current content specifically designed for Veterans?
- Do you have a large Veteran presence in your area?
- Do you have a potential Veteran peer you could work together with to deliver this course?
- Do you have capacity to run this course?

# Feedback

**The following feedback was provided by NHS colleagues who have completed the Train the Trainer for Veterans Moving Forwards: Building a Brighter Future -**

"The train the trainer course for Veterans Moving Forward was wonderful! The course was run over 4 days which was the perfect amount of time, it was well spaced out with breaks and opportunity for group discussion. It was very informative and run by knowledgeable, understanding and patient people who made space for banter! The course itself is extremely well written and covers many areas without being too overwhelming. We finished the 4 days feeling confident and fully ready to roll out the course within our college. Since attending the course H4H have maintained their contact with us and continue to check in with our progress and offer advice and support where it may be needed, they are contactable and ready to answer any questions that we have."

"I thought the facilitators were excellent, knowledgeable and friendly. They created a really immersive and safe space. It made for real feeling and depth of learning... I think its a really well developed course with a real wealth and depth of knowledge. I feel like I will be supported going forward and it will make a positive impact to veterans in our communities."

"This course sits perfectly within the recovery college ethos and any help we can give to vulnerable hard to reach members of society."

"I just would like to say thank you for the opportunity to be part of this course which I personally believe will uplift so many veterans who need to find their own voice to move forward. This course explains clearly and parts are a real game changer. 100% worth attending super excited to deliver."

## To find out more...

For more information regarding the Veterans Moving Forwards Course, please contact the Help for Heroes Recovery College Partnership Lead, Sarah Kirkby ([sarah.kirkby@helpforheroes.org.uk](mailto:sarah.kirkby@helpforheroes.org.uk)).