

SPORTS RECOVERY

Sport enables our beneficiaries to maintain active, independent and healthy lives, rebuild confidence and find purpose.

Sports Recovery provides opportunities for our beneficiaries through three pathways:

- Recreational: participating in grassroots sport enables more active and independent lives
- Employment, education and training: teaches transferable skills and qualifications as leaders, coaches and officials
- Performance: enables pathways into elite sports events such as the Paralympic and Warrior Games.

Since the Invictus Games launched in 2014, hundreds of wounded British military personnel and Veterans have represented their country, county, city or club in sporting events at home and further afield through the Help for Heroes-run UK delegation.

Since 2014, more than 2,700 wounded, injured and sick Veterans have applied to be part of UK's Invictus team.

“I had lost my identity and confidence since leaving the Army, but the Invictus Games has ignited desire, drive and a commitment to be somebody again. I now have an identity and feel part of something amazing. I finally feel deserving of these opportunities.”

Kelly Ganfield, Veteran

DISCOVER HOW A PASSION FOR SPORT HAS HELPED KELLY THRIVE AGAINST A BACKDROP OF SERIOUS ILLNESS.



Kelly was a young Corporal in the Army when, in 2003, she was diagnosed with a blood disorder that triggered a series of strokes, which led to a medical discharge.

After she was discharged, everything was a battle. Kelly spent 10 years learning to live with the repercussions of her brain injury, which causes visual impairment and memory problems. Still struggling, Kelly approached Help for Heroes for support in 2014.

Within months she was taking part in things she never thought possible. She gained a scuba-diving qualification, learned how to 'join-up' with horses, a known technique which increases confidence and trust. Kelly also ran the London Marathon.

"A few years ago I never thought I'd be able to do the activities I've had the chance to do with Help for Heroes. Since my brain injury I didn't think I could retain, process and remember the things I've learnt. It reinforces that anything is possible."

Kelly trialed to compete in the Invictus Games in 2017. She was selected to represent the UK in Toronto and again in Sydney 2018, competing in athletics and rowing. She needs support using rowing machines as she cannot see the screen and she runs with a guide, but she no longer lets this stop her from training hard. Kelly received specialist coaching from a guide runner.

Sport is so much more than just a pastime: it has the power to transform lives. Your support can help others like Kelly to rebuild their identity, realise their purpose and discover a new future.

"The support I have received from Help for Heroes has helped me to realise that I have potential. It is an honour and privilege to represent my country again."
