

FELLOWSHIP: BAND OF SISTERS

The Help for Heroes Band of Sisters is a fellowship group for the loved ones – men, women and families – of Veterans and Service Personnel who have suffered life-changing injuries or illnesses.

We know that family members are often a driving force in a recovery journey, but it can be stressful and place strain on family relationships. Many find that their own physical and mental wellbeing is also directly affected.

Our fellowship network offers a safe environment to access support and a listening ear, and opportunities to meet others who understand what it's like to care for a loved one living with illness or injury. The Band of Sisters Fellowship helps beneficiaries to:

- Access well-coordinated advice, guidance, care and support

- Feel less isolated and have an increased sense of belonging
- Connect to and spend quality time with family, friends and others in a similar position.

LAST YEAR:

- Membership across the Band of Brothers and Band of Sisters increased by 1,714 to 11,396
- More than 10,000 participants attended just over 600 events across the UK; from respite weekends to mindfulness sessions organised by our team of regional coordinators.

“The Band of Sisters has helped improve my mental, emotional and physical wellbeing, which in turn has benefited the whole family and improved everyday life.”

Enise Davis, Band of Sisters member



DISCOVER HOW ENISE AND HER FAMILY BENEFITED FROM THE SUPPORT OF THE BAND OF SISTERS.

Enise Davis' life was turned upside down when her husband, Jamie, broke seven vertebrae on a parachute exercise. After the accident, the mother of two prepared to bring her husband home in a wheelchair.

"Life was manic, I was stressed out and things could have gone from bad to worse; who knows what toll it would have taken on my health?"

Realising the family needed support, the couple contacted Help for Heroes. Enise joined the Charity's Band of Sisters Fellowship, whilst Jamie regularly visited the gym at our Help for Heroes Recovery Centre in Colchester. The support Enise received has helped her whole family.

"At first I didn't feel I deserved everything the Band of Sisters offered – I thought others needed it more. But it soon became clear the Fellowship would benefit me. I've since tried everything from a photography course to respite weekends. I also pop in for holistic therapy; mindfulness is my favourite and I'm set to try reiki soon.

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I've realised that by looking after myself, I can look after others more effectively."

Thanks to the Band of Sisters, Enise can calmly confront the daily challenges supporting a loved one with a life-changing injury brings. And the whole family has been able to adjust to life outside the military.

"Help for Heroes has given me the tools to learn how to calm down and deal with situations differently."

When a member of our Armed Forces suffers a life-changing injury, the whole family is affected. By simply having access to the camaraderie and support the fellowship networks provide, the road to recovery becomes smoother. Your support could help families like Enise's face their ongoing recovery journey together with positivity.