



HELP for HEROES

Support For Our Wounded

Certificate of Appreciation

Awarded In Recognition Of The Contribution By

Llangwm Local History Society

WW1 A Village Opera

£1,000.00

For Outstanding Fundraising Support



Thank you for supporting Help for Heroes

Bryn Parry Emma Parry

Bryn Parry OBE
CO-FOUNDER

Emma Parry OBE
CO-FOUNDER



HELP for HEROES

Support For Our Wounded

Margaret Bruce
Guildford House
Butterhill, Llangwm
Haverford West
Pembrokeshire
SA62 4JP

24th July 2015

Dear all at Llangwn Local History Society,

Thank you so much for your donation of £1,000.00 to Help for Heroes (H4H) raised from ticket sales at 'WW1 - A Village Opera', which was funded by the Heritage Lottery Fund, Community Covenant, Milford Haven Port Authority and Llangwm Community Council.

Generosity like yours enables the Charity to provide the direct, practical support for which it was founded in 2007. Today, Help for Heroes delivers this across five key pillars of Recovery (Medical, Mind, Body, Spirit and Family) via a national network of financial support, recovery services and specialist charity partners.

Thanks to donations like yours, Help for Heroes has recently created a 'Hidden Wounds' psychological wellbeing service, supporting Veterans and military families living with common mental health issues. This is in response to the growing numbers now seeking support for psychological wounds.

One person who has benefitted from this service is Veteran Alex Ford, who felt enveloped by feelings of failure that he did not do enough for his comrades during his tour in Afghanistan. Alex says, "I felt I didn't do enough. This nagging doubt in my mind says 'you could've been better'. I had feelings of desperate depression; I couldn't see a way out of the fog that had enveloped me."

Although he still has bad days, Alex said the Help for Heroes 'Hidden Wounds' service has helped him gain perspective and gives him reassurance someone is there to talk to.

Alex has taken the first step on his recovery journey. But, there will be more steps for Alex and the thousands like him. Help for Heroes is determined to be by their sides for as long as they need. This is simply not possible without people like you. So thank you, so much, for your continued support.

Best wishes,

Holly Ridout
Donations Assistant
On behalf of Bryn & Emma, Co-Founders - Help for Heroes

Tel: 01725 513212 Email: info@helpforheroes.org.uk www.helpforheroes.org.uk

Help for Heroes is a company registered in England and Wales under number 6363256. Registered charity number 1120920.
Help for Heroes is registered as a charity in Scotland. Scottish charity number SC044984.
Registered Office and Headquarters: 14 Parkers Close, Downton Business Centre, Downton, Salisbury, Wiltshire SP5 3RB.



L-13-2-550
The Royal British Legion
Registered Charity No. 219279
HAVERFORDWEST BRANCH.

21, ASHDALE LANE
LLANGWM
HAVERFORDWEST
PEMBROKESHIRE
SA62 4NU
01646 601750
gmjohnson@btinternet.com

12th July 2015

Mrs Margaret Brace
Guildford House
Butterhill
Llangwm
Haverfordwest
SA62 4JP

Dear Mrs Brace,

On behalf of The Royal British Legion Poppy Appeal I would like to thank you and the Llangwm History Society most sincerely for your generous donation of £1,000. I enclose an official receipt.

The Poppy Appeal is the major single source of revenue for the Royal British Legion's Benevolent Fund. Each year more people come to the Legion for help and the cost of that help is continually increasing; however there will always be a need to provide help to Service and ex-Service men and women and their dependants. That is why your contribution, helping this work to continue, is so valued.

May I wish you and the Society every success in your future projects.

Yours sincerely

Graham Johnson
Poppy Appeal Organiser

Soldiers benefit from sell-out opera



Jane Mills presenting the cheques to June Rowlands and Graham Johnson

LLANGWM'S sell-out opera about soldiers in the First World War has produced benefits for some of today's servicemen, in the form of donations to two armed services charities.

Two cheques for £1000 – proceeds from ticket sales from WW1: a Village Op-

era – were presented during the Llangwm carnival to Graham Johnson, poppy appeal organiser at the British Legion's Haverfordwest branch, and June Rowlands from Pembroke Dock, fundraising coordinator for Help the Heroes.

Presenting the cheques,

Jane Mills of Llangwm Local History Society said: "The opera told the story of the village and some of its young men who fought and died on the Western front, so we felt it was appropriate to donate the proceeds to charities helping today's young soldiers.

"One of our major funders for the production, alongside the Heritage Lottery Fund, was the Ministry of Defence's Community Covenant."

DVDs of the production are available from Llangwm village shop and Victoria Bookshop, Haverfordwest.

(WESTERN TELEGRAPH — 29th JULY 2015.)