



# HELP for HEROES

*Support For Our Wounded*

4th April 2014

*Dear Donald,*

Thank you so much for your donation of £195.00 to Help for Heroes (H4H) raised by the HardRiver rock band charity gig at The Cluny, Newcastle upon Tyne. Your support is making a huge difference to the lives of some truly inspirational people.

Marine Arthur Williams was paralysed from the waist down in a road traffic accident. After slowly coming to terms with what had happened, Arthur moved on to his rehabilitation. H4H provided a grant towards a pilot training course for Arthur in partnership with the disabled flying scheme, Aerobility. Arthur has also benefitted from the H4H supported Battle Back programme, visiting a Wounded Warriors camp in San Diego in the summer of 2010 and the Vancouver Winter Paralympics in 2010. Both events inspired him to become more involved in Paralympic sport. You may recognise Arthur as one of Channel 4's London 2012 Paralympics presenting team and he has since gone on to forge a successful career in television presenting. In September Arthur won a BAFTA 'Breakthrough Brits' award.

As a fiercely independent and inspiring individual, Arthur prides himself on not having to rely on the financial support of Help for Heroes, but takes comfort knowing the support is only a phone call away. He says: 'they saved my life – I owe them an un-repayable debt. Knowing that there are so many lovely people out there looking out for you makes a huge psychological difference. Life is tough enough for everybody, let alone those living with a disability, but Help for Heroes takes a huge weight off my mind.'

The battle will continue for Arthur and several like him. With your support, we will ensure that they won't face these battles alone. Thank you for helping us to help our heroes.

Yours sincerely,

*BP Gwen*

*Thanks again.*

Bryn & Emma  
Co-Founders - Help for Heroes

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