



Sue Green - *Strength*

“ Jason came back
a *whole new man* ”

Sue and Jason from Essex met over 25 years ago just after Jason left the Army after serving twelve years.

Things were hard to start with and over the years things got harder. Drinking was more apparent in the relationship and gambling started to feature more heavily. Jason would disappear for the odd weekends. They moved to Colchester not long after they were married and in 2013 things came to a head after months of Jason gambling his wages away. He ended up on the streets for a short time and went to a drop-in centre for Veterans where they suggested that he may have Post-Traumatic Stress Disorder (PTSD).

No suitable accommodation was available for Jason but they had a course called the 'Warrior Programme' for him. Sue explains he came back a whole new man. "I went on the families' course of 'Warrior Programme' where I was also offered a job as families' coordinator. This is where I found out about military charities and in particular, Help for Heroes."

Jason and Sue both joined Help for Heroes fellowships networks, the Band of Brothers and Band of Sisters.

Sue says, "This has been a great help to me personally. Jason is receiving support from Help for Heroes welfare and psychological team. I enjoy the activities that I attend – respite weekends and pamper evenings and I am also very grateful for the family days that are provided so that I can bring my granddaughter Brooke along." The Band of Sisters offers fellowship, support and a listening ear to the loved ones of our Heroes and Sue has encouraged her daughter Charlotte to sign up as well.

Stress has taken its toll and Sue had to give up her job at the Warrior Programme; "After the loss of my mum and dealing with Jason I couldn't function at work and couldn't give my all to the Veterans I was working with. I have had a few months out and am focusing on myself and getting back into a job that I will love."

Sue named her bouquet 'Strength' in tribute to her mum who she credits with giving her the strength to support Jason and pass that strength on to her husband.



"I chose the lily for my mum, the two white roses for me and Jason, and the two green carnations for our two children; also our surname is Green. I chose the pink carnations for the rest of our family that surround us with love and support. I've put the fern in as this was my mum's surname.

"I chose these flowers as they have been a part of my life growing up, and the carnation was also my mum's favourite flower."