



Farnham Herald



enews.co.uk

Vol. 118 No. 41

Friday, 24th April, 2009

Price 50p

Ex-Para aiming to help former servicemen

A FORMER member of the Parachute Regiment and Farnham resident has recently founded a new charity to help ex-servicemen adjust to civilian life following a career in the armed forces.

Major Milos Stankovic MBE has started the Braveheart Programme to offer empowerment coaching using a variety of techniques to help those who find life hard after the Army.

Based at the Trafalgar Inn, Aldershot, the charity will provide help for those returning to civilian life - a service Mr Stankovic believes the UK is sorely lacking.

"This is something that has been on my mind now for a couple of years but I didn't find the right vehicle until I paired up with Gary Grant who owns The Trafalgar," he said.

"Gary was my platoon sergeant and we have a relationship that goes back some 22 years. We now have a very strong fundraising base and I'm hoping to extend this to other pubs in the area.

"People who join the armed forces are usually fairly empowered people but what tends to happen is they end up being retired by the age of 40. It can become very difficult for former military people

to make that psychological transition to civilian life."

The Queen's Head pub in Farnham has already agreed to collect money on behalf of the fledgling charity and interest is constantly growing in the Braveheart Programme.

"We have people fundraising for us already, including one person who is doing a sponsored skydive. We really are in an embryonic state at the moment but we hope to have a charity number by mid-summer and we're getting wrist bands made."

Mr Stankovic added that the Braveheart Programme is not in

competition with other charities but will happily work with and even refer people to others.

"We're just doing our own thing, we're not competing with other forces charities that are also using these coaching techniques. The kind of techniques that we're offering are not usually affordable to ex-servicemen so this is a way of them receiving that essential coaching for free.

"We're doing what we're doing because there is a real need for it."

For more information about the Braveheart Programme visit www.braveheartprogramme.org or call 01252 321032.



Major Milos Stankovic