

**“To be really happy and really safe,
one ought to have at least two or three hobbies,
and they must all be real.”**

- WINSTON CHURCHILL



What do Models for Heroes do?



Aims

We support the Armed Forces and Emergency Services personnel in the UK.

We provide model making as a meaningful recovery activity that promotes:

- Well Being
- Skill Development
- Social Interaction
- Behavioural Intervention
- Further interests



NICE Guidelines: (National Institute for Health Care and Excellence)

When promoting health and mental wellbeing **a patient's hobbies and interests defines them** as a person as much as family background and religion.

- Encourage Arts and crafts and creative activities
- Discuss activities related to hobbies and interests, education and learning opportunities
- Provide peer support and building friendships
- Try to learn a new craft or skill in a community setting

modelsforheroes.org.uk/research/

Research

Skills for Care:

What is meaningful activity?

Meaningful activity is any physical, social or leisure activity that is tailored to the needs and preferences of the individual.



Why is meaningful activity important?

Meaningful activity is important to those who need care and support. It can help to:

- improve physical fitness
- improve mood and help to combat depression and anxiety
- improve the quality of sleep
- combat loneliness
- reduce falls
- reduce joint pain

Meaningful activity is important to staff. It can help to:

- promote greater staff engagement
- improve job satisfaction
- improve staff morale



Physical Healthy
Positive Mental
Making a difference
Independence
Wellbeing
Engaged
Happy

Defence Medical Rehabilitation Centre. DMRC





- We support 97 charities and organisations.
- 136 Volunteers, half are Veterans
- Provided over 3,000 hours of meaningful recovery activity since 2018.
- 31 Face to face &
- 8 daily Online sessions



Model clubs all over the UK donate kits and raise funds



Model Companies collect donations and help spread the word of our cause.



Grants



- National Lottery granted £9,000 to run Mental Health First Aid courses for 70 volunteers
- The Red Arrows Trust granted £5,000 to create a grant scheme
- Armed Forces Covenant granted £30,000 to run Online sessions and rent premises





Veterans' Mental Health
Complex Treatment Service



Veterans' Mental Health
Transition, Intervention
and Liaison Service



MODELS
FOR
HEROES



Activity support
provided
through clinical
referral to 8
NHS trusts



Awards



- 2018 M4H signed the Armed Forces Covenant.
- 2019 Bronze award for MoD Employer Recognition Scheme.
- 2020 Silver Award
- Points of Light Award



Prime Minister's Office
10 Downing Street



Covid-19

- 8 hours a week of online modeling sessions.



Covid-19



- Supporting vulnerable veterans through distribution centres.

5 year Anniversary



1/76th Airfix
Sherman Firefly
VC & Ammo Box

Martin Moyse, Army.

"I started making models as a child but hadn't been involved with the hobby until about a year or ago when I joined Models for Heroes.

"A few years ago I started to suffer with PTSD at which point my interest and enthusiasm for life went sharply downhill where I was struggling with day to day life. Around the same time a relative bought me a model kit of a Gloster Gladiator. I actually really enjoyed making the model and building it into a diorama. For a long time I had been finding that I lacked motivation and interest in anything much at all but I really got deeply involved with building that model and found that it helped me to relax and enjoy doing something constructive again.

"Since I joined Models for Heroes I have built many models and dioramas, been involved with leading groups and have been active on forums and video sessions which has given me something to look forward to every day.

"Models for heroes is a very supporting charity that provides a forum to receive lots of support and encouragement. They've given me a whole new outlook on life and have provided me with the support and comradeship that many veterans miss when they leave the services."

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The
Display
Table
Book



Can you help



- Donate unstarted kits, tools & hobby resources
- Fundraising events
- Sell on 'ebay For Charity'



Donate with
JustGiving™



You can help

- Advocate for us



In Support of



**MODELS
FOR
HEROES**



Thank you for listening



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