"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



# Research



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 MODELS spread the word of our cause.



- 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

• National Lottery granted £9,000 to run Mental Health First Aid courses for 70



volunteers











Votor



Veterans' Mental Health Complex Treatment Service Veterans' Mental Health Transition, Intervention and Liaison Service



Activity support provided through clinical referral to 8 NHS trusts



SILVER AWARD

### Awards

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





ARMED FORCES





MODELS FOR HEROES

SOS W/F NFED

al Injury P.T.S.L

Part

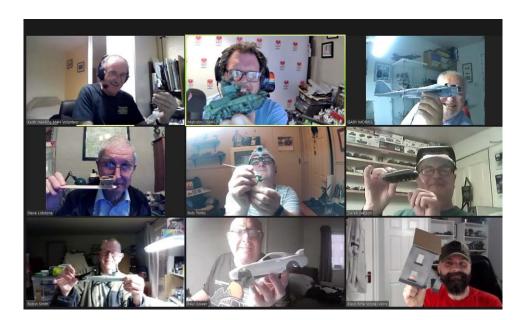
Prime Minister's Office

10 Downing Street





 8 hours a week of online modeling sessions.



# Covid-19



 Supporting vulnerable veterans through distribution centres.

### 5 year Anniversary





# Can you help



- Donate unstarted kits, tools & hobby resources
- Fundraising events



• Sell on 'ebay For Charity'

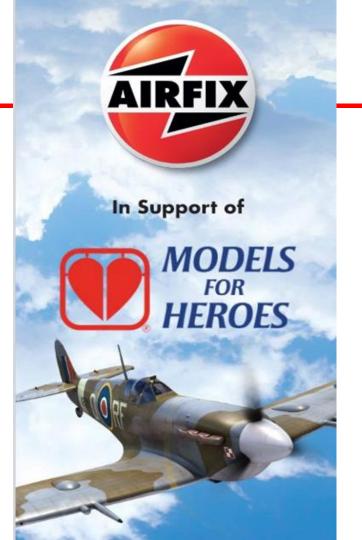
Donate with **JustGiving**<sup>®</sup>



# You can help

#### • Advocate for us





Thank you for listening



### Malcolm Childs & Malcolm Linton-Auteis

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