



Getting Ready for Civvy Street?

The 'Remount' charity was set up by a former soldier who recognised that Armed Forces personnel needed help returning to civilian life. 'Remount' offers a springboard for Service men and women who are preparing to take the next step forward from Military life to civilian life.

The 'Remount Programme' is a four-day residential course based at Brathay Hall, near Lake Windermere in the UK. It is designed to offer personnel of all ranks and status and their dependants the chance to take control of their lives and achieve their full potential. With a mix of physical challenges and classroom learning, participants may discover strengths and weaknesses, and can learn how to harness their ability for a new life. Brathay is also well equipped to cater for amputees and disabled personnel.

Through the help of expert trainers, the courses being run are designed to touch on the subjects of stress and depression and may help service personnel recognise the relevance of the qualifications gained during military service.

The Programme is funded by a trust set up by a majority of ex Service people who understand how to overcome the transition difficulties. They also know how to have a happy, successful life.

The course is free to all serving and ex-members of the Armed Forces, the only expense to the individual will be travel costs.

Places on Remount courses for 2012 are being loaded now for the following dates:

Remount 28	24 Feb – 27 Feb
Remount 29	30 Mar – 2 Apr
Remount 30	27 Apr – 30 Apr
Remount 31	25 May – 28 May
Remount 32	29 Jun – 02 Jul
Remount 33	27 Jul – 30 Jul
Remount 34	31 Aug – 03 Sep
Remount 35	28 Sep – 01 Oct
Remount 36	26 Oct – 29 Oct
Remount 37	23 Nov – 26 Nov

Courses are getting filled quickly so don't hang around. If you'd like to register for a Remount course, visit their website at: <http://www.remount.net> or email Julia.paton@remount.net