

Adrian Martin

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Turn To Starboard

How T2S is helping to rebuild my life

My military background has been quite varied over a period of twenty years, incorporating both Regular and Reserve Army service. My reservist career ran comfortably alongside my civilian job as an aviation Fire Fighter for some time. However both careers came to an abrupt end as a result of an ankle injury sustained during an operational tour in 2009 and although I briefly pursued a new career as a training auditor, this also ended suddenly in 2013 due to mental health issues linked to a separate tour in 2005. Luckily my GP at the time recognised my symptoms and referred me to Combat Stress, through whom I have been receiving treatment for PTSD (Post Traumatic Stress Disorder).

Initially I was reluctant to seek help from military connected charities as I felt that my injuries were not severe enough to warrant this type of support; nevertheless, after speaking to other veterans at Combat Stress's Audley Court in Shropshire, my mind was put at rest and I applied to become a member of the Band of Brothers through Help for Heroes.

This move, I have to say, has made such a difference to my life; especially since being introduced to Turn to Starboard through the Band of Brothers team! After registering my interest to attend the Zero to Hero Yacht Master program back in February, I was invited to join the T2S Flagship, the 'The Spirit of Falmouth' for a trip to the Scillies in April, which was absolutely fantastic; for the first time in a long time I was able to relax and engage with similar minded people who understand the complexities of service related injuries.

Shortly after completing the Scillies trip, my funding was approved to attend the Yacht Master program, then in May I was invited onto a privately owned Yacht organised by T2S, for what I can only describe as an awe inspiring trip to the Fastnet Rock (just off the Southern coastline of Ireland) and back in the biggest seas I have ever experienced!

I am very grateful to have been given this opportunity, after what I can only describe as a hellish existence for the last few years. I can now see a light at the end of what has been a very long tunnel and feel extremely confident that the Zero to Hero program will contribute towards being able to better manage my health issues and hopefully lead to pursuing a new career in the sailing industry some day!