

# Yomp helps Headway as well this year

by Luke Richardson

lrichardson@guernseypress.com

REINFORCING the message that men and women serving in the armed forces may one day need support for seen and unseen injuries was the goal of the fifth annual Yuletide Yomp.

The 13-mile hike around the island took place on Saturday in support of Help For Heroes.

Co-ordinator Pete Burtenshaw was hoping to better last year's march, which raised more than £2,000.

'It reinforces what Help For Heroes is doing for ex-service personnel and makes people aware that we've still got lads and lasses who are still serving in a theatre of war and as well as potential physical injuries in the long term they might suffer post traumatic unseen injuries as well,' he said.

He said he was looking forward to this year's yomp.

'There's always fantastic camaraderie. We get the same faces taking part year in year out, there's the enjoyability for ex-servicemen because it takes them back to when serving,' he said.

'It doesn't matter if it rains or shines, everyone



The annual Yuletide Yomp not only raised money for Help for Heroes this year, but also for Headway Guernsey.

(Picture by Adrian Miller, 6762819)

loves taking part.'

This year as well as Help For Heroes, money raised by the yomp will also go to Headway Guernsey, in honour of late ex-serviceman Dave Hainsworth, who received support from the charity.

'We're really grateful to these guys for including us in their yomp,' said member Iain Timms.

'Headway Guernsey does have a number of ex-servicemen who have experienced head injuries and consequently need support.

'David Hainsworth was one of those and he was a great friend of mine.'

Taking part in the walk was prison officer Daniel Brehaut, 39.

'It's an absolutely fan-

tastic charity and people should do as much as they can to help out,' he said.

'A lot of people I work with are ex-servicemen and I have family members who have served. I thought it would be worthwhile getting involved.'

Zak Petralia, 15, was also looking forward to taking part.

'I just thought I'd give

it a go and see what it's like. I want to go into the military when I'm older,' he said.

'It's important to support Help For Heroes because they are helping soldiers who have been less fortunate and need support themselves, and helping them to have a good life, even though they are in those conditions.'