

We CAN'T always control what happens to us

We CAN learn to be resilient

A new, free, online masterclass in resilience exclusively for Somerset military veterans, reserves and their families, including people living with PTSD, launches on Wednesday 29 September.

The inspirational, informative and interesting masterclass is funded by the NHS. Designed and led by Bernard Genge, former Royal Navy medic, trainer, coach and published author, it will help you:

- Take control of excessive worrying
- Become more decisive and confident
- Respond more effectively to challenges
- Adjust to life outside the military
- Prepare for the next unpredictable event that comes along.

Reactions and responses will be explored. Practical, easy-to-use tools will be shared that can be very helpful in everyday life. There will be time to reflect and try out new techniques. All in a safe space, with the opportunity to connect with people who have similar experiences.

The course will run fortnightly for around 1.5 hours each time, over a total of 17 sessions. Former service people will be in one group; families in a separate group. It would be really helpful for everyone who signs up to attend the first session as this gets you thinking about how resilient you currently are; thereafter, you can choose to join specific sessions if you wish. **Please spread the word to anyone who could benefit.**

While in the Royal Navy Bernard served before, during and after the Falklands conflict. Being a medic made him very interested in helping people develop their resilience to cope with challenges. Since then he has run over 100 marathons, completed the ironman triathlon, trekked across the Namib Desert, cycled across Vietnam, from John O'Groats to Land's End, through Europe and helped build a community school in Tanzania. For the last 13 years he has managed a not-for-private profit social enterprise learning and development company. During the coronavirus pandemic he set up a voluntary phone buddy service for elderly and vulnerable people in his local community.

Bernard looks forward to warmly welcoming you and supporting you to improve your personal resilience.

To book a place on the resilience masterclass:

- Login or register on Somerset Recovery College website – visit <https://someretrecoverycollege.co.uk/login/>

OR

- Call the Somerset Recovery College admin team on 07342 063 735

For full course outline and any queries, please email Bernard: bernard.genge@gmail.com