

Army vet with PTSD who is helping others

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AN ex-Army veteran who had a breakdown after suffering from PTSD is now hoping to help others on the road to recovery.

Loz Moore, 36, who is from Stockport and now lives in Hyde, joined the army in 2006 - serving with the Cheshire and Mercian regiments - and did tours of Northern Ireland, Iraq and Afghanistan.

But he was discharged in September last year after he struggled to cope and says his life 'imploded'.

"I was based down south at the time and was

married to a woman down there," he said. "My kids were in Stockport and I was trying to keep up my relationship with them, my marriage and my career - everything was spinning out of control."

"I went into quite a dark place for about two years and I couldn't find anything to help me. I had therapy but it was not fixing the elements of me that needed to be fixed."

Loz says he started to use alcohol as a crutch and eventually his marriage broke down and he left the Army.

"It's hard because the Army sends you home on sick leave and you lose your sense of identity," he said. "You go from being

someone with a lot of

responsibility and authority to just sitting on the sofa.

"It is quite a miserable experience. I realised I was declining quite quickly and I needed to find a way to fix myself before it came to something like suicide."

Loz identified that the things that made him feel better were being around people who shared the same problems, doing adventurous activities outside and reconnecting with his spirituality.

"I was the guinea pig in my own experiment, and I started to realise I was on to something," he said. "I can now say I am completely recovered and have never been in a better place."

He has moved back up

north, given up drinking and repaired his relationship with his three sons - and now he hopes to help others.

Loz has set up Nomad Adventure Therapy, an online support community and he posts videos with tips that have helped him and also runs bushcraft courses.

He said: "It's about reconnecting with nature, but you don't have to go to the Himalayas to find peace, you can go to your local park."

"Anyone who wants to get involved can do."

For more information visit nomad-at.com. There is a fundraising mind, body, spirit event taking place at Bredbury Hall on Saturday, March 25.



● Loz Moore set up Nomad Adventure Therapy to help veterans after he left the Army with PTSD

A chance to sample genuine street food

A NEW street food night is due to start up in Heaton Moor next month.

The fortnightly event will take place at Time and Place Bar on Shaw Road, with the first one on April 5.

They will feature a different street food vendor at each event, many of whom also take part in the weekend markets in Heaton Moor.

The idea was the brainchild of Georgina Donnelly from Time and Place and Jim Khor from Nasi Lemak and he will be setting up his kitchen in the bar for the first event.

This will be followed by What's Your Beef on April 19, Wallace and Son on May 3, Oh My Glaze on May 17, Little Cheesy Things on June 7 and Que Delicia on June 21.

The events will be between 5.30pm and 9.30pm and all are welcome, including children, to sample some street food.

Understanding dementia



If you are caring for a loved one living with dementia or are keen to learn more about the condition, Care UK can help.



Care UK runs over 100 care homes across the UK, and cares for some 7,000 older people, many of whom are living with dementia.

Abney Court is one of Care UK's purpose-built homes providing quality specialist care for older people living with dementia. The dedicated team undergoes regular training in techniques and approaches in caring for people with the condition, while finding tailored ways to help each resident to get the most out of each day.

Care UK also plays an active role in communities, running seminars for those who are caring for a loved one at home.

At their next free session at Abney Court, a dementia specialist will help you understand what it might be like to live with dementia, as well as offering some practical advice.

- Understand what dementia is and how memories are lost
- Learn about language changes and overcome communication barriers
- Positive approaches to living with dementia
- Enjoy complimentary refreshments, meet other carers and share experiences

The sessions are also a great opportunity to tour the home and to pick up your free copies of Care UK's handy dementia care guides.

To book your place at the next event on:

30th March 2017, 2pm - 4pm

Call **0161 820 4740** or email pamela.wilson@careuk.com