

## SMA CONFERENCE 2019

### CONFERENCE KEYNOTE SPEAKER

#### **MARTIN COLCLOUGH BSc (Hons) MSc OBE HEAD OF SPORT RECOVERY AT HELP FOR HEROES**



Martin is Head of Sports Recovery at Help for Heroes. He was a soldier for 34 years before joining Help for Heroes in 2011. Martin's role is to develop sports recovery programmes for veterans and deliver, with our MOD partners, the Help for Heroes funded Adaptive Sports and Adventurous Training programme, also known as 'Battle Back' at the Recovery Centres, including Tedworth House, Wiltshire.

Martin will give some insight into the development of modern recovery programmes, their impact, and how a positive risk taking approach can support, speed up and maintain positive physical and mental health.

Martin started his military career in Aldershot in 1977 as a Junior Para. After gaining his wings in 1979 he worked as a PTI at the Parachute Regiment Depot, Browning Barracks, before transferring to the Royal Army Physical Training Corps in 1985. During his time as the Gymnastics Specialist at the Army School of PT he developed interest in rehabilitation and disability sport. This led to him training as a Joint Service Remedial Instructor (RI) at the Queen Elizabeth Military Hospital, Woolwich, in 1990. The RI course sparked a latent interest in academic pursuits and he gained a BSc (Hons) degree in Sport and Exercise Science, from Manchester Metropolitan University, in 1995 and an MSc in Rehabilitation and Research, from Southampton, 3 years later. He has had two tours at Headley Court, the first being as the OC of the Joint Services School of Remedial Instructors and the second as the 1<sup>st</sup> OC of the Battle Back Programme, which he established in 2008.

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Martin has been associated with disability sport for over 20 years, having worked as a cycling coach and as the Senior Paralympic Performance Manager at UK Athletics. He was a member of the Paralympics GB Core Staff for the Beijing Games in 2008 and was part of the core team for the London 2012 Paralympic Games. Martin has been a competitive sportsman since an early age and has competed at a high level in sports as diverse as gymnastics and cycling. He is currently the Army's chief Hang Gliding & Paragliding Coach and regularly competes in the British National Hang Gliding League. His sporting ambition is to complete a 100km cross-country flight and was to see just one military athlete stand on the podium at the London 2012 Paralympic Games which was achieved.

### **Conference Presentation**

#### **"Post Traumatic Growth: The Role of Sport in the Recovery of UK Military Veterans"**

Since WWII sport has played a fundamental roll in the rehabilitation and recovery of wounded military personnel, the antecedents of which can be traced back to the work of German Neurologist Sir Ludwig Guttmann who established a National Spinal Injuries Centre at Stoke Mandeville.

While sport remained part of military recreational therapy programmes it wasn't until 2008 that that military sports recovery programmes took another leap forwards.

In his talk, Martin will provide some insights into the development of modern day programmes, their impact on the recovery and how a positive risk taking based approach can amplify, accelerate and maintain positive physical and mental health. Throughout the presentation, Martin will reference the evidence base that underpins his team's innovative approach to sport as a catalyst for a successful recovery and will challenge the commonly held views that all veterans are either sad, bad or mad".