



Andy's Story

Member:

Andy Cliff

Reason for joining C2R:

Depression/Anxiety/Insomnia and ADHD

Service Career

RAF Avionics Technician



Before joining C2R I was under an extreme amount of pressure at work and felt isolated in this role. I missed the camaraderie and teamwork I'd experienced previously in the military and became increasingly and worryingly isolated from family and friends, often living away from home with no friends at all. The shift work I was doing led to chronic and severe depression and insomnia, causing a dramatic deterioration in my mental health, during this time and I was not in a healthy way.

"I felt increasingly isolated from family and friends, often away from home, and the shift work I was doing led to periods of depression and insomnia. My mental health deteriorated rapidly".

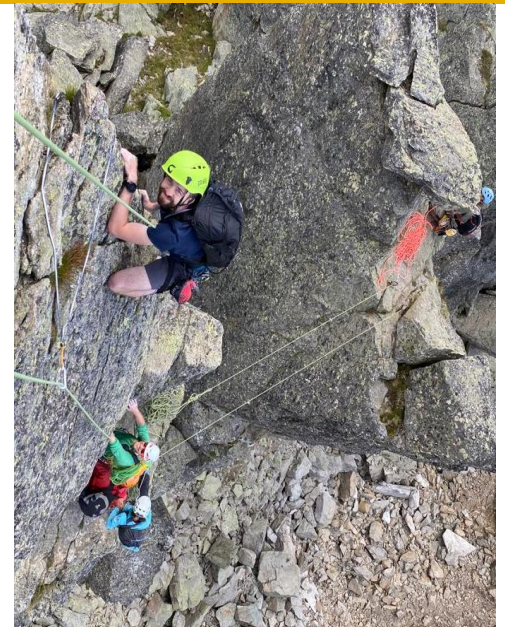
Our Support

I became involved with C2R via another organisation where I had been seeking help

'Since joining C2R my relationships and friendships with others have greatly improved, also I feel as though I have a greater empathy with other members and friends who have gone through difficult periods in their lives, I no longer feel so alone or isolated'.

Andy, who has attended multiple courses all over the UK, the Alps and recently Morocco with C2R over the past two years, says that;

C2R has been an incredible and transformative experience, albeit with its fair share of constructive challenges. I anticipated difficulties in the social aspects, camping, and organising my gear, but being part of such a supportive group has allowed me to continually push my anxiety threshold and other conditions without succumbing to panic attacks. This gradual exposure and the subsequent *reduction in anxiety* over time is an invaluable experience that cannot be overstated.



"I really like the good feel, friendly approach and welcoming environment of C2R members".



My Situation now

My life has genuinely transformed since becoming involved with C2R, my confidence and communication, broader personal development, physical and psychological health are all vastly improved compared to two years ago. Also, I am volunteering at Family Lives, who support vulnerable people, where I am paying forward my new listening and communication skills, my new energy, optimism, and positivity, as a frontline helpline worker, helping others in crisis and turmoil, and in IT support.

"I'm now doing things that I previously thought I wouldn't have been able to do. I am continuing my counselling and therapy, but C2R has helped with anxiety, confidence, and self-belief".

I feel like my 'old self', after developing my confidence and building on past C2R courses.

If I were to advise others who are offered a similar opportunity, I would emphasise that mental resilience is just as important, if not more so, than physical conditioning.

What will stay with me most (since joining C2R) are all the things I never thought I would do, but managed to accomplish, I am genuinely proud of myself for pushing beyond my limits and embracing these new experiences. These experiences, which once seemed distant, now serve as powerful reminders of my personal growth, recovery, and resilience.



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