



Jamies Story

Member

Jamie Gregory

Reason for joining C2R

Mental Health Problems & Severe Depression

Service Career

Regular Army service

Jamie served in the Army from 1999 to 2015 during an exceptionally busy operational period, deploying once to Northern Ireland, twice to Iraq, and three times to Afghanistan. Jamie thoroughly enjoyed military life, serving his country with passion and distinction, fully living up to the high standards expected of him, and making the most of every opportunity for recreation and adventure he could.

After leaving the Army Jamie was initially very successful, setting up his own limited building renovation and flooring company. Although hard work, Jamie relished the opportunity to work for himself, the challenges of running his own company, and the physical and creative nature of the work. He was also fiercely proud of being able to support his young family. Nevertheless, Jamie began missing the camaraderie and adventure of military service, which increasingly troubled him.

In 2020, the pandemic had a catastrophic impact on Jamie's company, devastating his work, income and life savings. Although Jamie repeatedly and bravely adapted to these many challenges he felt totally overwhelmed, powerless to act and, ultimately, unable to support his family. Eventually, this led to a dramatic downward spiral in Jamie's mental health, he felt isolated, alone and severely depressed.

At his lowest, and as a keen walker, Jamie went to climb Tryfan in North Wales, alone. To his absolute astonishment the climb eased the worst of his depressive thoughts, he gained some perspective, and had a thoroughly enjoyable day. Immediately after this Jamie reached out to C2R.

C2R has been life-saving for Jamie; being around other veterans with very similar experiences, challenges, and interests in climbing, has been transformative.

"The courses are always full of the most wonderful veterans and service people, and everyone of them wants to get the most out of their time here and learn from each other – on the crag and in the rest of life".

"There is such a wealth of experience within the C2R community, from service life to civilian life, and the C2R team are really understanding, patient and keen to pass on their knowledge and experience."

"It's such a constructive and supportive learning environment where we're all students, we're all learning how to live and do things again with our injuries, illnesses and adversity. It helps me remember that there is life after a diagnosis of depression."



My Situation now

C2R sponsored and supported Jamie through his Rock Climbing Instructor and Mountain Leader awards, and his life has gone from strength to strength since. Jamie is now employed by the Ministry of Defence to train young soldiers in navigation, he delivers Adventurous Training packages to recruits in Army basic training, and is due to begin deliver similar training to the Omani military in Oman. Jamie and his family will be relocating to South Wales imminently, where the majority of his outdoor work now takes place, and where he finds life more peaceful and manageable, and where he can continue his new profession in the outdoors.

These experiences have given Jamie a new optimism, confidence and courage, they have helped him to find his passion and drive for life again, he can support his family once more, and he is happier, healthier, and better able to manage his mental health.

"I feel hugely grateful to be part of such a great charity. C2R gives me the confidence to stand tall and carry on. I am constantly looking forward to the next course and catch up with old and new friends".

Importantly, Jamie explains that for him climbing and mountaineering with C2R has allowed him to focus on himself – to develop his self-awareness and self-compassion, and, in turn, this has helped his whole family. Taking some time out for himself with C2R, surrounding himself with good people and the outdoors, has saved his family and his life.



Jamie enjoying a photo opportunity with ladies from a navigation training day.



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through climbing and mountaineering

