

## **Well Done Sam! Walking Britain For PTSD Resolution**

Our huge thanks to Sam Doyle who has raised over £6,000 on his truly epic 7,700-mile walk around the coastline of Britain to support Veterans suffering from PTSD (Post-Traumatic Stress Disorder) and related problems. Sam is now on his way to the Isle of Skye

“Due to the overwhelming number of victims and lack of help to sustain the issue, I feel it is my best way to help the cause to the best of my ability by doing the walk! I aim to complete the journey in 800 days (roughly two years and two months) covering on average 10 miles per day. I am hoping this journey helps all PTSD victims but also helps my recovery and for me to find a new way in life,” he says.

Sam left the Forces in 2009 and has suffered from Post-Traumatic Stress Disorder since.

He set off on his 7,700-mile trek in aid of PTSD Resolution in what he says is his last chance to turn his life around.

Sam left Blackpool on May 29, aiming to raise money for sufferers of PTSD and awareness about the condition, and arrived in Helensburgh on Wednesday, October 4, after four months on the road to a warm welcome – from former Armed Forces champion turned politician, Maurice Corry.

Sam said that after leaving the army his life fell apart – losing his home, his job and his girlfriend.

But rather than begging on the streets, he laced up his boots, and decided to get up and walk.

He said: “It wasn’t a decision, it was my last chance. I had nothing left apart from a backpack and a sleeping bag.”

He told the Advertiser: “The whole experience has been totally different to what I thought it’d be and if it wasn’t for the people I’d probably have given up.

“There have been people waiting for me in every town, having seen my social media posts. Facebook and my blog have been my fundamental lifeline so far.

“MSP Maurice Corry stopped me to tell me I had his full support and even invited me to parliament when I get to Edinburgh.

“Councillor Barbara Morgan, [the Armed Forces and Veterans Champion for Argyll and Bute Council] also met me for a chat, which was nice.”

Both Mr. Corry and Councillor Morgan were delighted to meet who they described as an “inspirational” man.

Cllr. Morgan said: “I was very humbled and moved by Sam, he has served us and our country and now is walking supporting our veterans. He is truly a good man with a great heart, I felt passion from him for what he is doing.”

Mr. Corry said: “I fully support this and wish Sam the very best for the remainder of his journey. I hope he will visit me in the Scottish Parliament to promote his cause.

“Veterans are not provided with adequate support when they return from service and enter civilian life, this is something I am focussed and committed to help change. I plan to keep in

contact with Sam and ensure that real-life experiences such as his are taken into account to create a better support network for veterans in the future.”

Sam was joined by his “travelling companion and best friend”, Jess, the lurcher whom he rescued in Irvine after speaking to a barmaid whose dog didn’t get on with her boyfriends.

Sam said: “I’d been thinking about getting a dog but rescue centres wanted to check my home was suitable before letting me rescue – so this was good timing for both me and Jess.

This story appeared in the [Helensburgh Advertiser](#)

### **Key Facts on PTSD Resolution**

Free – for all UK Forces’ Veterans and their families

Local – via 200 accredited therapists UK-wide

Effective – fully measured treatment & recovery rates

Brief – an average of just 5 sessions

Inclusive – we also help partners and families

That means everyone - we help those with dependency issues and in prison

Prompt – start of treatment usually within days

Confidential - no GP, clinical or service referrals required

Private – no re-telling of trauma experiences