



Valley Veterans in Rhondda Valley helps people with PTSD from the Armed Forces. Paul Bromwell started it after equine therapy helped him.



The group has 140+ members. They meet for breakfast club, paperwork help, and horse activities. These help with mental and physical health.



Paul won an award for helping veterans. The group helps veterans feel less alone and gives them support.



The group helps people make friends and with things like forms, housing, and jobs.



The group works with others to help more. The hub is a place to find help and feel part of a community.