



Student **SPOTLIGHT**

Award-winning VTCT learner

helps servicemen combat adversity



Former VTCT student Zoe Warner won an FHT Excellence in Education Student of the Year award in 2014 in recognition of her commitment to further training.

Zoe gained her first VTCT qualification, a Level 3 Diploma in Complementary Therapy at Stroud College in 2011, which she has used as a stepping stone to a degree in health and complementary therapy.

Zoe, a wife and mother of six, runs two successful therapy businesses - Vanilla Moon and Pamper and Relax Us.

Zoe is listed on the FHT's Complementary Healthcare Therapist Register and is also the founder of not-for-profit organisation Therapies4Forces, which offers free complementary therapy treatments to injured service personnel, veterans, carers and families.

Former VTCT student Zoe Warner and her family have faced huge life-changing challenges when her husband and father of their children was injured in a roadside explosion whilst serving in the army, but from the hardship came an opportunity...

Established in 2011, this organisation is particularly close to Zoe's heart, as it was created as the result of a personal experience.

Zoe's husband was injured in a roadside explosion while serving in the army and at the time, they couldn't access free complementary therapy services.

Zoe explained, "This would have helped us hugely as a family. The journey is a long and difficult one, from injury to medical discharge and becoming a civilian, the loss of a wage, and the partner being thrown into the role of carer are life changing experiences."

Therapies4Forces has grown significantly since its launch, with referrals coming in from across the UK. Zoe has recruited dozens of volunteer complementary therapists, each of whom she matches to specific clients wherever possible, to meet their individual needs.

Whether the clients access deep tissue massage or reflexology, all of these interventions contribute to their recovery and rehabilitation, helping them on a physical, mental and emotional level. It also allows those working on behalf of Therapies4Forces to thank their clients for their commitment and bravery.



Above: Zoe was presented her award by Jennifer Wayte, President of FHT