



## Laurence – The Former Naval Police Officer

Having served in the Royal Navy for 13 years, first as a communications systems specialist and then as a Naval police officer, Laurence's career was cut short when he was medically discharged owing to a knee injury. Struggling to adapt to civilian life and the loss of a job he had always wanted to do, he found himself facing an uncertain future. Laurence faced further heartache when he was diagnosed with cancer.

Accepting an invitation extended to Help for Heroes by Mission Motorsport, he attended a Goodwood Invitational. It was here that Laurence began to engage with the team and started to attend various events. From karting, skidpan sessions to supercar passenger rides at track days, Laurence began to regain his confidence and socialise again.

His involvement with the charity re-ignited a passion for all things automotive, and, in 2020 Laurence enrolled on a fulltime IMI L3 Diploma Light Vehicle Maintenance and Repair course held at the Mission Motorsport Training Wing. Working hard, both in the classroom and in the workplace, Laurence passed the industry-recognised course in 2021 and has since found full-time employment that he enjoys as a mechanic / Technician at a JLR dealership.

Speaking about Mission Motorsport, Laurence said, *"Mission Motorsport has been a real lifesaver. At a time when I didn't know who to turn to, they welcomed me with open arms, helped and supported me in my darkest moments. Having people that understand my situation really helped."*

*"Without the support they gave me, I would never have been able to pick myself up, much less complete a qualification which allows me to do a job I love. The opportunities they have provided have been life-changing and for that I will be forever grateful. I also have peace of mind that should I need help in the future, they will always be there."*