

Peter Miles

Leicestershire Fire & Rescue

“Sometimes you need someone to tell you something and you have to be receptive to that message”



After 30 years in a job he loved, Peter Miles left Leicestershire Fire and Rescue looking forward to enjoying retirement with his wife. But not long into retired life, his health took a sudden nosedive.

Peter spent four weeks in hospital while staff tried to work out what was causing his organs to shut down, eventually diagnosing pneumonia and pleurisy. He was also told he had osteoarthritis in his ankle, leading to a surgery to have it fused.

“It was a hell of a shock to suddenly be so ill out of no-where, especially when at its worst there were times I thought I was on the way out,” he says. “We had all these retirement plans and all of a sudden, my part in that equation was different.”

Peter was invited to visit Jubilee House for what he thought would be a physical workout. He had no idea he would end up on a life-changing emotional journey while there as well. Having been offered a psychological session, he decided to ‘listen to the mental worms digging away’ and give it a go: “I went in a little bit tight-lipped to start with, but thought, what the hell, and started to open up. It was absolutely fantastic. I realised I thought I was broken; I never thought I was Superman but I’d always been healthy until I wasn’t and I was carrying that baggage around with me.”

Peter says he came out of this session ‘still the same bloke’, but that something had changed: “It was a eureka moment. She held up a mirror saying ‘this is you, this is where you are and this is what you’ve done’. Sometimes you need someone to tell you something and you have to be receptive to that message.

“I’d always known the Charity was good, but it isn’t just good, it’s off the flipping charts. We have to support it. Regular donations? Absolutely. It’s the least I can do. I can’t thank you enough.”

www.firefighterscharity.org.uk/peter-miles

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