

BEN CONSTABLE

Veteran | Registered Nurse | World Record Athlete

THE JOURNEY: FROM ADVERSITY TO PRECISION

- Veteran's Foundation: After serving in the RAF as a First Responder, Ben faced the ultimate challenge of transitioning to civilian life.
- Overcoming the Odds: Ben navigated homelessness, rebuilt his life with support from the Royal British Legion, and pursued nursing at age 47.
- Neurodiversity as a Strength: Diagnosed with High Support Autism, Dyslexia, and ADHD during his degree, Ben developed deeper empathy for clients' unique challenges.

CLINICAL & ACADEMIC EXPERTISE

- BSc (Hons) Adult Nursing – University of Lancashire.
- MSc Disaster Medicine (2026) – Advanced studies in high-stakes medical intervention.
- "Men Do Care" Ambassador – Advocate for men in health and care professions.

ELITE ENDURANCE & IMPACT

- Guinness World Record Holder – London Marathon for veteran support and autism awareness.
- 2027 Global Challenge – "Race the World": 7 marathons, 7 continents, 7 days.
- Official Ambassador – Royal British Legion.

EXPERT MEDIA TOPICS

- Resilience & Rebuilding after life-altering adversity.
- The Neurodivergent Professional in high-pressure clinical environments.
- Mental Health Through Movement using running and fitness.

PUBLIC SPEAKING

Ben is available for keynote speaking on:

- The Veteran's Transition: Overcoming homelessness and rebuilding with purpose.
- Neurodiversity in Professional Life: Turning an ADHD/Autism diagnosis into a clinical strength.
- Extreme Resilience: The mindset required for Guinness World Records and Race the World 2027.

THE ARÊTE SHOP (COMING SOON)

- Marathon Mugs – A curated collection celebrating endurance and the "Finisher" mindset (launching on Etsy).

- Squadron Grounds Coffee – Premium coffee inspired by Ben's RAF service, fueling disciplined daily routines.

ASSETS & CONTACT

Media Gallery: High-resolution images available (clinical uniform, marathon finishes, Vice Chancellor's Award ceremony).

Mobile / WhatsApp: 07936 995972

Website: www.aretehealthandwellness.com

Instagram: https://www.instagram.com/autistic_runner2025/

Facebook: <https://www.facebook.com/profile.php?id=100094387163159>

Facebook (Alt): <https://www.facebook.com/profile.php?id=61587015667115>