

By the time you read this I will be in Ecuador at the start of the Royal British Legion's expedition in support of the charity's Battle Back Centre. Along with two other MPs and corporate sponsors, I will be walking up and down volcano valley with the ultimate aim of climbing Cotopaxi, an active volcano higher than Kilimanjaro.

The injured soldiers are amazing. Two of the armed personnel on the trip were Royal Engineers and spent time at Chatham barracks. Their tales of what happened to them and how the centre helped is inspiring. It shows what an epic role sport and physical recreation plays in the rehabilitation of these individuals who put their lives on the line for the rest of us as part and parcel of their job.

The Battle Back Centre provides sports and adventurous activities for wounded, injured and sick Service men and women from all three Services. All activities promote self-confidence and improve motivation to aid recovery. The tailored programmes help with both physical and psychological challenges. The Centre helps people achieve their best possible recovery.

Last week also saw tickets for the Invictus Games 2014, hosted in London this September, go on sale. The games are a unique opportunity for the public to support those who have made a personal sacrifice for others but focus on what they can achieve, post-injury in the amazing venue which was home to London 2012 Olympic and Paralympic Games.

While we maybe more than ever aware of the sacrifice that so many make to keep us safe there is still so much more to learn about the amazing role that sport can play in rehabilitation, both for physical and emotional injuries. High profile expeditions such as Prince Harry's arctic challenge show how determined many service personnel are when faced with debilitating injuring. I've seen it already in the young lads on this expedition and it is truly inspiring.