



Captain 'Paddy' Patrick MBE
The Yorkshire Regiment

Paddy has completed 23 years' service from Private Soldier to Commissioned Officer and has served on countless operations around the world. He has been formally recognised receiving a Queen's Commendation and most recently an MBE for his community service. Engaging with young offenders and visiting deprived estates, not to recruit, but to offer hope and a way out has been a personal endeavour and one that he is keen to share his views on. In his personal time Paddy enjoys personal training, cycling and strength and conditioning. His interests are reading (nonfiction), music and Podcasts. He has been married to his wife Vicki for 18 years and has 4 Children, Emmie (18), Kien (16), Theo (12) and Alanna (9).