NEW WAR ON STRESS IS ALL GREEK TO US

Theatre group bid to soothe soldiers

TROOPS from the Royal Highland Fusiliers have become the first UK soldiers to see if 2500-year-old Greek plays can help them cope with combat stress.

Squadron who have served in Afghanistan and Iraq watched readings of plays including Ajax, by Sophocles, at Glenrothes Barracks, Midlothian.

Experts hope the plays can help troops deal with the horrors of war, overcome post-traumatic stress disorder and adapt to life after combat.

The Theatre of War event was presented by Glen Art.

The veterans charity's Fiona MacDonell said: "It went down very well. "The technological face of war may have changed over the centuries but there are project that presents readings of ancient plays as a way to open discussions about the challenges faced by service members, veterans and their families.

"Sophocles can be a terrific way to get military personnel discussing the impact of war on them, their families and the wider community."

American director Bryan Doerries founded Theatre of War and has won acclaim for helping veterans and serving soldiers in the US.

Fiona added: "We're very proud to be involved in Theatre of War, which in Doerries's words "brings comfort to the afflicted and afflicts the comfortable."

"It helps members of the forces to understand PTSD can affect the bravest of the brave and, should they experience symptoms of PTSD, that they are not alone now or across 2500 years."