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Dear Friends and supporters, we hope you are well and coping with the challenges of self-isolation. We are now on our 2757th referral. We are having to cope with an extra demand for our services as a result of the decision by Combat Stress to stop taking referrals in England and Wales until June, in order to redesign their services to align with a reduced income stream. This income stream is still much stronger than ours, paying as it does for salaries, pensions, buildings, etc. We don't even own a paper stapler!



'Government' interest

You will be pleased to note that there is increasing interest in and recognition of PTSDR's services. You may like to see an extract of a debate in Westminster Hall on the 11th March, which could lead to a further debate in the House in April. You can read it [here](#)

You will also be interested in the video extract of the debate in the House, found [here](#). We have also been invited to discuss funding with Mr Mercer's deputy at the Office of Veterans' Affairs. All of this is indicated, but has yet to be delivered, and in a way that we can benefit without difficulty. It remains to be seen. Meanwhile WE CONTINUE TO NEED FUNDS!

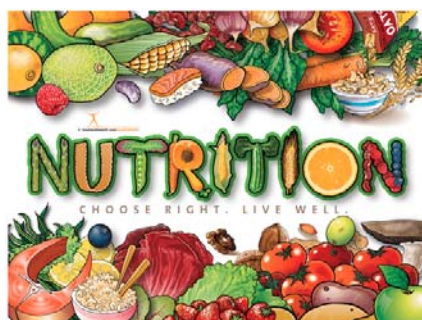
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None of what we do is possible without the help of public fundraisers. You might like to see the story of our latest fundraising hero [here](#) and consider contribution to his VirginMoney [page](#)



Coronavirus Lockin – Online counselling.

We are very grateful to all therapists who are continuing with their existing clients and who are accepting new referrals by delivering counselling online. You might like to see a Sunday Express article found [here](#). You might like to refer to our article on the website [here](#) on **Coping with Self-isolation**.



Boosting Immunity and protective mucosal health

For your benefit, you might like to see an article by one of our therapists, based on her own recent personal experience and her deep knowledge of the subject of nutrition, which can be found [here](#).



Post Treatment Support Network (PTSN)

We have been trialling an initiative to create local networks of ex-clients to provide an opportunity to support each other by engaging in activities. The Lockdown has led us to develop this idea as a virtual network using Zoom. Our first meeting gave us several ideas for further development one of which was to see whether a single network might become separate networks each led by a therapist and comprising his or her ex-clients. The next Zoom meeting will be on **22nd April at 6.30pm**. If anyone is interested in helping a network, please let us know and we can send you the link.



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