



Quarterly newsletter to our Friends

Welcome to the New Year

Let's hope it gets better than the last one! You may like to be reminded of our paper "Coping with Lockdown" available on our website found [here](#). You will be interested to know that we have reached our 2996 referral, and continue to receive 7 new ones a week.



A big thank you to all those who donated via the Big Give last November/December. We reached our target of £20,000 very quickly, which prompted us to raise our target this year. So, if you are thinking of donating this year, you could plan to do so on this Big Give in November, and see it doubled

PTSD Resolution Virtual Reception

This was held on 10th November 2020, designed to encourage companies to honour their commitment to the Armed Forces Covenant by raising funds to support us. A video of the event was produced, which can be viewed [here](#).

10 year Impact Report

This answers all the questions we are asked about PTSD Resolution: who we

are and what we do; the sources of our donations and how they are used. There are testimonials, stories on our fundraisers and information on how you can support us in our mission to relieve the impact of trauma for Forces' Veterans, Reservists and their families nationwide. Please use this [link](#) to access our Impact Report. For more information about us please visit www.ptsdresolution.org/key-facts.php



Please consider making your Amazon purchases through Amazon Smile (<https://smile.amazon.co.uk>), because you can choose PTSD Resolution as your donation recipient. **It is really very easy, and will help us keep going.**

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