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We are on our 2830th referral to date and continue to receive 7 new referrals per week.



We have been awarded a grant of £35,000 for the impact on our service provision caused by the Coronavirus Lockdown.

John Halker's new YouTube channel.

Designed to help people develop and maintain really good emotional and mental health, John will add a new video about once or twice a week, and will all be fairly brief and to the point. It may go some way to helping people's emotional health right now, and sustain in the future.

You can find the channel [here](#).

Please view, like, subscribe and share with as many people as possible, which should only take a few minute of your time - thank you.

Quality Network for Veterans' Mental Health.

We are part of a study by the Royal College of Psychiatrists into establishing criteria for effective service provision in to Veterans' mental health.



Cultural Awareness Training

Cultural Awareness Training for the Arab World (discount offer) from Matt Minshall, one of our Trustees, to assist with lock down isolation and for interest and even to assist with future work. Please see <https://www.translucidus.co.uk/cultural-awareness-training>

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Fundraising through Amazon Smile.



Please consider making your future purchases through Amazon Smile. Please go to <https://smile.amazon.co.uk/> to see how. It is really very easy and could be a pain-free way to raise funds for us.

Former Royal Marine Takes on Scottish 500 Mile Cycling Challenge



"Having heard about the life changing work PTSD Resolution is doing, I've decided to raise enough money to pay for the treatment for 20 veterans by pedalling 500 miles on what's known as the North Coast 500."

You can read more about Jonathan's story [here](#).



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