



This is a quarterly newsletter to all those who have expressed an interest in receiving it, so you can keep informed about PTSD Resolution.

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We have reached our 3360<sup>th</sup> referral and continue to receive an average of 8 a week. There was a spike at the time of the Afghan withdrawal, and another when Ukraine was attacked. But despite this we have maintained our prompt and efficient service. We have no waiting list and clients are seen within 2 weeks of their contacting us whether on-line or in-person.

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### **Impact report**

Please see our latest 10 year Impact Report by using this [link](#) which includes important information about PTSD Resolution.

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### **Veterans Journey survey**



If some of you are Veterans and if you haven't done so already, please complete the survey using this [link](#). We want to provide evidence of the various therapy experiences you have had before you found PTSD Resolution.

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## Project 100

We have started collating data for a new project that seeks to compare our therapy treatment results against an equivalent cohort from another agency, using the same measurement criteria. We anticipate collating the data from 100 treatments and publishing the results in about a year.



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## Trauma Awareness Training



We continue to deliver group training on-line and in-person and have recently delivered a training package to Gloucestershire Hospital Trust for over 250 staff. Please get in [contact](#) to discuss any training needs you may have.

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## Jonathan's fundraising bike ride round Wales.

You may like to know about 70-year old Royal Marine Jonathan's [ride around Wales](#) to raise money for PTSD Resolution. I hope this will inspire you to contribute to his fundraising and/or work out how you can do some fundraising yourselves.



## Raising funds



We can continue to support Veterans, Reservists and their family members only if we have the funds to pay our therapists and staff. Each treatment cost averages £750. At the moment, Trevor is paddle-boarding the River Debden; Tanya is climbing the Everest foothills; Matt has just walked the 40kms of a WW2 operation; others are training for marathons and half-marathons. So please think about how you can raise some funds, and let us know so we can support you. Just email [isabelle.mills@ptsdresolution.org](mailto:isabelle.mills@ptsdresolution.org).

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## Raise awareness as well as funds

We really urge you to spread the word as much as possible, so that help can be given in time and suicides can be avoided. Please use all the media at your disposal to help those in need to find us in time.

Many thanks, and best wishes,

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