



This is a quarterly newsletter to all those Veterans, Reservists and family members who have had our services and agreed to receive it. I hope you are well and are maintaining your recovery. You know you can always contact us on 0300 302 0551 if you need further support. You may like to know that we are on our 3360th referral and continue to receive an average of 8 a week. If you hear of anyone needing our support please help them to contact us.

Armed Forces Breakfast Clubs



If you haven't done so already, then please think about going along to your nearest Breakfast Club. You can find out where it is by going to <https://www.afvbc.net/find-a-club/>.

Veterans Journey Survey



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.

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, let us know so we can support you. Just email isabelle.mills@ptsdresolution.org.

Best wishes to all of you.

