

PTSD Resolution Pub Hub

Suggested Fundraising Activities

We know that publicans are extremely busy people, but fundraising for PTSD Resolution doesn't need to consume a lot of time and energy. We've compiled this list of suggested activities to make fundraising as easy as possible! Don't forget that we'll do everything we can to publicise your event - no matter how big or small.

Donate the Proceeds:

Coffee Morning
Cake Sale
Bring and Buy
Wine and Snacks Evening
Pub Quiz
Fancy Dress Party
Karaoke Contest

On the Bar:

PTSD Resolution
PTSD Resolution swear box:
fine a customer £1 every time
they swear!
Sell our wristbands.

Pub Activities:

Pool tournament
Drafts tournament
Boules

Sponsored Events:

5K Walk/Sponsored Cycle
Sponsored Head Shave
Community Car Wash

Extreme Challenges:

Skydiving (contact us for
details)
Great North Run
Brighton/London Marathon

All monies raised can be donated online via our JustGiving page:
www.justgiving.com/ptsdresolution
Alternatively, contact us to arrange collection or to pay via bank
transfer :
contact@ptsdresolution.org