

Aftercare



I hope you are all keeping safe and well. You may be interested to know that PTSD Resolution has nearly reached its 3000th referral. We have been following you up with a phone call or email to see how you are getting on, and to see if you would like to join our post-treatment support network. If you are interested you can email Susan at susanhancock.ptsdr@gmail.com

Armed Forces Veterans' Breakfast Clubs



ARMED FORCES & VETERAN
BREAKFAST CLUBS

If you have not heard of or been to one of these clubs then I suggest you do so by going to <https://www.afvbc.net/> and find out where your nearest one is and when and how to join in. It is a very good way of meeting other ex-service people, and having a damn good breakfast, and maybe even spreading the word about PTSD Resolution and raising some funds to keep us going.

Association of Ex-service Drop-in Centres

I suggest you might also like to know about and find your local ASDIC on <https://www.asdic.org.uk/> . They may have a restricted service at the moment due to the Coronavirus, but it would still be worth your while joining if you haven't done so already.



Veterans' Rail Card



We are very pleased to announce the upcoming launch of a **new Railcard for Veterans!** Like other Railcards the holder will benefit from **1/3 off most rail fares** but an additional companion will also benefit and up to **4 children** can travel with you at a **60% discount**.

The Railcard is due to launch in October for travel from early November at a **special introductory price of just £21**, saving £9 on the original retail price **until 31 March 2021**. It will then retail at £30 a year from 1 April 2021 onwards. A three year card will also be available for £61 instead of the usual price of £70.

To find out more and to check if you are eligible head over to the [Veterans Railcard website](#), where you can also register your interest and we will keep you updated with news on the launch.

Models 4 Heroes



Some of you might also be interested in joining a model making club as a way of meeting other Veterans and having a social connection.

Please use this [link](#) to find out more.

Fundraising



Please support the Veterans Foundation, a partner and sponsor of PTSD Resolution. For just £10 a month on the Veterans' Lottery you can help fund life-changing projects for British veterans in need, with the chance to win cash prizes. Free gift on joining. **VF lottery link: Join today: www.veteransfoundation.org.uk/lottery/join**



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You have asked to join our mailing list to receive our bi-monthly newsletters.

Our mailing address is:

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