



This quarterly newsletter is to all previous clients of PTSD Resolution.

I hope you are all well. For those who may not be, I hope you recover soon. And for those who may need our further help, remember you can always call us on 0300 302 0551 or email us on contact@ptsdresolution.org.

And we also need your help whether it is fundraising, volunteering, providing testimonials, promoting us on social media, or offering ideas. Just phone or email for further discussion

Big Give

The logo for 'theBigGive' features the word 'the' in a smaller, lowercase font, followed by 'BigGive' in a larger, bold, lowercase font.

For those of you who may be thinking of fundraising for us, please remember that donations can be doubled if they are sent during the Big Give exercise in November/December. Keep an eye on this website <https://ptsdresolution.org/BIGGIVE.php>

Duncton Mill Fishery

We have been offered reduced rates by Duncton Mill Fishery. If you would like an opportunity for quiet time and fishing, then see the details at <https://dunctonmillfishery.co.uk/> , and just ask.



SMART recovery



If any of you are concerned about any form of addiction, then please consider contacting Smart Recovery - <https://smartrecovery.org.uk/>.

Model for Heroes

If you are interested in model making hobby as a meaningful mindful activity then look at <https://www.facebook.com/modelsforheroes/> to find an activity near you.



Pimento Connection



Pimento Connection is a “multi sector executive placement agency with a strong network, able to support your business as it grows”. If you are job searching try them at <https://pimentoconnection.com/>

Amazon Smile



Help us Fundraise through Amazon Smile,

It really is so easy to go to <https://smile.amazon.co.uk/> , and choose PTSD Resolution as your chosen charity, for Amazon to automatically donate a small % of your payment to PTSDR.

Thank you for your continuing support. Please look at our website [here](#) and our social media and promote and follow whenever you can.



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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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