

**COMBAT
STRESS**

They fight our wars. We fight their battles.



EX-SERVICES MENTAL WELFARE SOCIETY

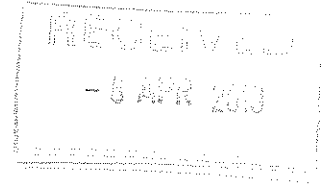
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01 April 2010

Trustees
Towergate Charitable Foundation
3 Smith Way
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Enderby
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Dear Trustees

Towergate Charitable Foundation

We were grateful for Mr Dyer's letter of 29th March 2010, with its enclosed cheque for £2,572.58. This is a most welcome donation, especially as we anticipate no slow down in demand for our specialist services. Please accept this letter as our formal acknowledgement of receipt of your generous donation.

Combat Stress continues to see a growing demand for its services - with new referrals up 26% over the last two years, and up 66% since 2005. Veterans with Service-related psychological injuries are desperate for the specialist therapies that only Combat Stress can provide and with continued deployment in Afghanistan this is likely to continue. Your donation will be used as part of the Combat Stress **Enemy Within Appeal** – to help us seek out, make contact and bring hope to more ex-Service men and women (and their families).

Increasingly, Veterans need help managing the most disruptive and destructive elements of their condition, so anger management, anxiety management and help with alcohol and drug abuse problems are an important feature of our work. Many of those coming to Combat Stress are unable to work or have lost their ability to socialise with others. In addition, a high proportion have resorted to self-medication – mainly in the form of alcohol – to blank out painful times or memories. Donations like this are enabling us to expand our Community Outreach teams across the UK and enhance our dedicated clinical and therapeutic treatment in our three short-stay treatment centres.

Please pass on our sincere thanks to your colleagues at Towergate Charitable Foundation and Towergate Wilsons: your support is much appreciated.

Yours sincerely

Pamela Deakin
Trusts and Foundations Manager
Enc Newsletter

*Thank you for your continued
and generous support
over £13,000 since 2007!*