

23 February 2022

Mrs Brenda E Coshall
Company Chamberlain No 4 Company
Order of the Fleur-de-Lys

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Dear Mrs Coshall

Thank you to the members of the **Order of the Fleur-de-Lys** for your wonderful gift of **£391.25** including gift aid raised through donations made at your annual banquet. We are honoured to have your support and please pass on our thanks to everyone who kindly donated.

Your generous gift is vital to enable us to provide our specialist treatment to veterans with complex mental health needs. We're 75% reliant on donations from people like you to deliver our life-changing treatment to veterans like Hayden. He served in the Grenadier Guards for almost ten years, undertaking tours all across the world. After leaving the Army, he began struggling with his mental health, but it wasn't until 22 years later that he reached out to Combat Stress. He says, *"I knew I had a problem, but I didn't want to acknowledge it."*

As part of his treatment with us, Hayden was introduced to Art Therapy. In person and weekly online sessions during the pandemic - was a turning point: *"I wasn't able to, or perhaps deep down didn't want to, find the words to express how I was feeling. But suddenly, with a pencil in my hand, I began to open up."*

Art therapy is just one of the ways we help veterans; our specialist services also include psychological therapy, occupational therapy and peer support.

With your help more veterans will receive the specialist mental health treatment they urgently need, thank you.

Kind regards



Darren Jackson
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