

P3 announces new dates for combat related PTSD treatment

After successfully receiving over £4,000 in sponsorship donations, social inclusion charity P3 has announced the dates of their next PTSD recovery training course, designed to help veterans suffering from Post Traumatic Stress Disorder.

The short course takes place between 2nd-4th June in Bolton, Lancashire and will help four veterans currently battling with combat related Post Traumatic Stress Disorder. The course has been totally funded on sponsorship donations raised by ex-RAF Officer Steve Bradbury who completed the Flora London Marathon in April in just over 4 hours.

Steve Bradbury (35), is also planning to run the Berlin and Dublin marathons later in the year to raise further cash for the charity, who have also attracted the support of a team from the WPA. Berkely Harris, Marcus Cronin (45) and Tim Chappell (59) are all ex-forces and are taking part in the gruelling 30km London Triathlon on 9-10th August 2008.

Their aim is to help raise £64,000 to fund a full course programme which provides 16 veterans with 28 days of PTSD recovery training followed by five months of social rehabilitation. This course is vital for refining the course delivery and preparing for the full pilot scheme which will involve treating 104 veterans and will be nationally accredited.

P3's programme is provided in association with HelpMeOvercome, who deliver the PTSD Recovery Training course which had an 80% success rate during early development. It has been proven to relieve the debilitating symptoms of PTSD for veterans such as Lance Corporal Les Standish who was diagnosed with PTSD in 1993. After suffering a major relapse in 2007, the then suicidal veteran completed P3's PTSD Recovery Training course and has never looked back.

"Having done the course my head feels empty. All thoughts and memories I had are completely shredded and I'm sleeping straight through the night, which is something I have not done for 25 years" says the ex 2 Para who served in the Falklands. "It's great news that another four veterans can receive this ground breaking treatment and I would advise them to go into this training with an open mind and accept everything that you're being asked to do because it really does work".

The 'Once is enough' campaign is being supported by 'King of the Jungle' Christopher Biggins, ex SAS and TV personalities Bear Grylls and Major Ken Hames and Britain's first female fast jet pilot Jo Salter.

For more information on the 'Once is enough' campaign visit www.knuckledownforheroes.com or to sponsor the WPA team at the forthcoming London Triathlon, visit www.justgiving.com/TimChappell.

Ends

Editors Notes

About P3

P3 operates services and creates opportunities for vulnerable people of all ages that offer effective and long lasting routes out of social/economic exclusion and homelessness. Specialising in support for people recovering from mental ill health, P3 has a 25 year track record of operating a range of services, 16 sites across the UK and over 170 staff working every day to provide support to over 1700 people a week. For more information visit www.p3charity.com

About WPA

WPA is a Not For Profit Provident Association founded in 1901. They provide the means for our policyholders to enjoy the very best medical assistance at a time and place of their choice with a consultant of their choosing. WPA Policyholders traditionally enjoy lower premiums and when compared to others. For more information visit www.wpa.org.uk

Celebrity Interviews

Steve Bradbury, David Walters, Jo Salter, Major Ken Hames, representatives from P3, as well as an ex-Falklands veteran who has successfully been treated for PTSD through the new treatment are available for interviews and press/TV appearances.

Please contact Jenna Gould on 01603 283 503 / 07958 263 708 to arrange interviews, request images or for further information.

'Once is enough'

P3 and HelpMeOvercome have developed a revolutionary new treatment for combat related PTSD, which in pilot studies provided relief from symptoms for 80% of those who completed the course.

After a year of refinement and improvement, P3 are now ready to move from a small pilot to a large-scale delivery. It costs £4,000 to provide six months of PTSD recovery training and social rehabilitation support to a PTSD casualty and their spouse/partner – that is just half the cost of six weeks of respite care and only 20% of the cost of a month long stay at the Priory.

PTSD RECOVERY TRAINING – Giving Soldiers Hope

Milestone 1: £64,000

Four 4 person courses will be delivered in 2008 to complete the programme development and finalise the service delivery model, costing £64,000.

Milestone 2: £416,000

In September, P3 will then embark on a year long large scale programme and clinical observation study with Nottingham University, enabling 104 veterans to gain relief from their PTSD symptoms whilst providing us with an independently validated study needed for acceptance by the NHS and the MoD.

Milestone 3: £1,000,000

P3 then plan to expand their service to deliver PTSD recovery and resilience training for 250 casualties each year. To do this they need to raise £1,000,000 from charitable donations to fund these programmes. And this will need to continue until the MoD and NHS accept this training as a credible solution to the problem of PTSD.

The Statistics

- Over 300 Falklands veterans have committed suicide; more than were killed in the fighting.
- Initial indications from Iraq suggested that 2% of regular soldiers and 4% of reservists developed PTSD (Source: King's Centre for Military Health)
- PTSD causes violent outbursts, emotional showdowns and social dysfunction, which affect the lives of family, friends and communities. It places a major burden on social services, the health service, charities and the legal system.
- As many as 7% of the UK prison population (over 6,000 prisoners) are veterans. (Source: The National Ex-Services Association). Vets in Prison believe this number to be as high as 11%.
- Approximately 12% of homeless people are ex-military. (Source: PoppyScotland) Given a conservative estimate for UK homeless population at 300,000, this means that more than 36,000 British veterans could be currently homeless.
- US figures suggest that the incidence of psychological trauma is rising with prolonged combat duty: 38% of regular soldiers, 31% of marines, 49% of soldiers and 43% of marine reservists had symptoms of post traumatic stress, depression, anxiety, and other psychological problems within three months of returning from active duty.

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