



*Wear an Armed Forces t-shirt on 1st September, donate £5 to charity and support our veterans...*

## Armed Forces T-Shirt Day, 1st Sept 2023

### *When is it?*

On 1st September, all day, each year.

### *What is it?*

AFTD is a non-profit social media organisation intended to raise awareness for the Armed Forces personnel within our communities and to raise money for a chosen military charity every year.

### *Which charity are you supporting this year?*

For 2023 our chosen charity is **COMBAT STRESS** (For Veterans' Mental Health). For over a century **COMBAT STRESS** has been helping former servicemen and women deal with issues like post-traumatic stress disorder (PTSD), anxiety and depression. Today they provide specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues related to their military service.

### *How do you donate?*

Visit our website, [www.armedforcestshirtday.org](http://www.armedforcestshirtday.org) for a donation link to our **COMBAT STRESS** fundraiser. We ask for a minimum £5 pledge.

### *What do you do on the day?*

The concept of the project is simple. On **1st September** every year we encourage our followers to wear any Armed Forces-related t-shirt

for the day as a show of support and to pledge £5 or more to our chosen charity. We ask our supporters to share photos of their **Armed Forces T-Shirt Day** with us and with others on social media so that we can grow the cause, raise awareness within communities and bring in more money for our charities.

### *Who can join in?*

We'd like anyone and everyone to join in, whether a serving member in the armed forces, a veteran, a civilian, a family member, or a friend. Anyone interested in our aims and our charities is encouraged to wear a t-shirt and become part of our growing community.

### *How do you share photos of the day?*

T-shirt photos can be shared on your own Facebook feed by tagging us with @armedforcestshirtday. You can also post them in comments on our own Facebook page - #barearmsforcharity or #armedforcestshirtday or share them on our instagram page [www.instagram.com/armedforcestshirtday](http://www.instagram.com/armedforcestshirtday) and email them to [info@armedforcestshirtday.org](mailto:info@armedforcestshirtday.org)

All of these details and quicklinks to our social media pages can be found on our website...

## [www.armedforcestshirtday.org](http://www.armedforcestshirtday.org)

