



**THE  
POPPY  
FACTORY**  
getting you back to work

# HELP US CHANGE 100 LIVES

The Poppy Factory supports veterans who have significant health barriers to employment. 79% are dealing with mental health challenges, often alongside a range of complex physical conditions.

They are, for different reasons, really struggling in life.

With your help, The Poppy Factory can provide the 1:1 support needed for 100 more veterans to find the right jobs, close to home. Jobs that give them back their independence, their dignity and in many cases help to improve their health and wellbeing.

## You can change a life today

Visit [poppyfactory.org/100Lives](http://poppyfactory.org/100Lives) to donate or pledge to raise funds

**READ  
ME**

Our veterans need support through your quizzes, baking and buns, #OperationPicnic, dress-up days and challenging runs. But right now, since isolation's begun, We've been looking for inventive ways to have fun. Join a digital picnic or quiz and put your skills to the test. Thank you so much for helping, you're really the best!

**READ  
ME**



"Picking myself up and asking for help was a massive thing. The support from The Poppy Factory just kept me going."

Vicki, Logistics Manager

"My PTSD is kind of unwinding now and I'm fitting in more, but I'm not quite there yet. My working hours are really good for me."



Team Name.....

ROUND 1	/8

ROUND 2	/8

ROUND 3	/8

ROUND 4	/8

ROUND 5	/8

ROUND 6	/8

ROUND 7	/8

**IT'S NOT ABOUT WINNING  
OR LOSING, IT'S ABOUT  
SUPPORTING A VETERAN  
#100LIVES**