



THE RIPPLE POND

YOUR FORCES FAMILY NETWORK

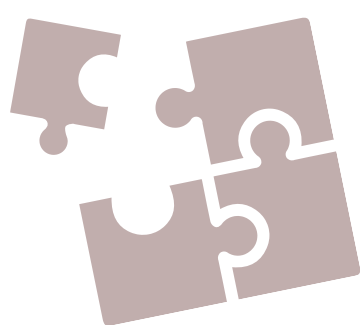


WE SUPPORT ADULT FAMILY MEMBERS OF PHYSICALLY OR PSYCHOLOGICALLY INJURED BRITISH ARMED FORCES PERSONNEL AND VETERANS

- Chosen family member over 18 years old
- Caring for an injured loved one: serving or veteran
- Looking to virtually connect with others in a similar circumstance

- We cannot support:**
- Bereaved chosen family
 - The injured loved one
 - Under 18 year olds

Our Mission



- Reduce isolation
- Build confidence and self-esteem
- Find practical solutions of support
- Create a sense of wellbeing
- Improve resilience and effectiveness

Who We Support

We support chosen family: the whole extended adult family and friends who are caring for a loved one. This includes where the relationship has broken down but they are still impacted.



What We Do

We offer virtual peer support and carer-specific input including:



- Online Member Support Forums
- Virtual Informative Talks
- Online Events and Activities
- Virtual Member Meet Ups
- Intelligent Signposting
- Remote specialist one to one support with volunteers

Joining The Ripple Pond made a massive difference to my life.

I am part of a community, and I no longer feel alone.

Our Impact

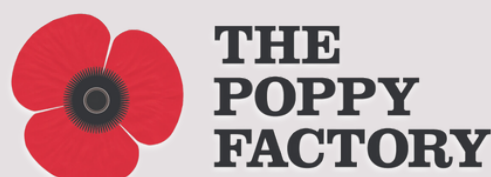
97% rated our services as beneficial

83% reported that they have experienced a sense of community as a member of The Ripple Pond



We all know that families are the unsung heroes who look after veterans in the middle of the night. When everyone else is gone, they are the ones picking up the pieces. Thank you for everything that you do to support our community.

Rt Hon Johnny Mercer MP
Minister for Veterans' Affairs



We are in partnership with The Poppy Factory to support family members to maintain, move or gain employment.



We actively partner with Op COURAGE London and Midlands to provide holistic family care.



We are part of the Op COMMUNITY pilot in London to improve access to services.

The Ripple Pond has played, and continues to play, a key role in ensuring families are recognised, their needs acknowledged and their voices heard.

Prof. Nicola Fear
Director - King's Centre for Military Health Research

How to Refer

<http://>

Those looking for support can self refer on our website



Our preference is that for professional referrals, our referral form is used.

Referrals are usually contacted within two working days. We take time to listen to every person, to understand them and to be able to best support their needs.

0333 900 1028

www.theripplepond.org

help@theripplepond.org

#theripplepond