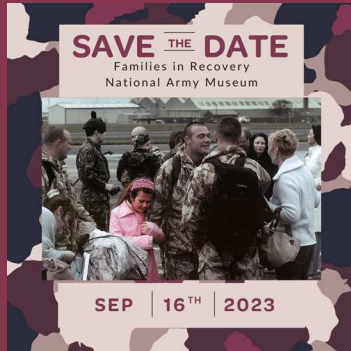


Member Events

Families in Recovery at the National Army Museum

We are delighted to share with you the news of the special event we are hosting in partnership with the National Army Museum (NAM). The Families in Recovery event marks the end of NAM's Road to Recovery exhibition which showcases the challenging journeys taken by soldiers who have suffered a life-changing physical or mental injury, and will focus specifically on the role of families on this journey. The panel event will be hosted by Dr Dan Barnard, Consultant Clinical Psychologist and a specialist in the treatment of complex PTSD. It will feature an open conversation with Members of our very own Ripple Pond community about their experiences of the reality of recovery.

The event will take place on Saturday 16th September at 1pm at the National Army Museum in London, SW3.



Join Our Craft Night!

Calling all Members who can craft! We are looking to set up a craft night for The Ripple Pond community and we need YOU. If you have a knack for creativity and love to craft, please get in touch with us at help@theripplepond.org to express your interest.



Members Employment Survey

A huge thank you to all Members who completed our short survey on employment, your support as always is very much appreciated. There were a couple of Members who expressed they may be interested in receiving more information on The Families Employment Service, however, as the survey was anonymous, we unfortunately do not have your details. If you would like more information, please email help@theripplepond.org.

Emotional Boundaries Talk

Many of our Members often say they have limited or no time for self-care and often describe feeling overwhelmed and burnt out caring for loved ones.

At The Ripple Pond, we are proud to listen to our Members and to source information to help support their resilience and well-being whenever we can. This month, we were delighted to be joined by Laura Mitchelmore from Carers In Hertfordshire, who talked about having an understanding and awareness of our own personal boundaries and how they impact our adult relationships and how we communicate. This talk, specifically aimed at those caring for a loved one, gave helpful advice on how to think about what boundaries we need in place for our personal situation, what conditions support having healthier boundaries, and the dynamics that don't support healthy boundaries. Laura highlighted the importance of carving out protected time for self-care and how this can have such a positive impact on the overall family unit. In Laura's words – 'practising self-care is a boundary and holding boundaries is self-care!' Laura will join us for another talk on assertiveness in October.



THE RIPPLE POND
 IN CONVERSATION WITH...
LAURA MITCHELMORE


 Talking about the importance of creating and keeping healthy emotional boundaries when caring for a loved one.

Team news

Chair of Trustees Made Deputy Lieutenant of Kent

We are proud to announce that one of our Trustees, Brigadier Andy Wood has been appointed as a Deputy Lieutenant of Kent. This prestigious honour is a testament to Andy's exceptional commitment to serving the community and his contributions to making a difference in the lives of others. We extend our heartfelt congratulations to Andy and are privileged to have his continued guidance and experience in our mission to support forces families.

Empowering Our Staff: Training Update

Over the past few weeks, our dedicated Staff team members have been actively engaged in professional development. We have been using the VPPP online platform to undertake essential suicide prevention training from the Zero Suicide Alliance. We have also been participating in live classroom style discussions to share insights and foster collective growth. Additionally, we will also be participating in specialised Domestic Abuse training next month to further increase our knowledge.

Families Employment Services

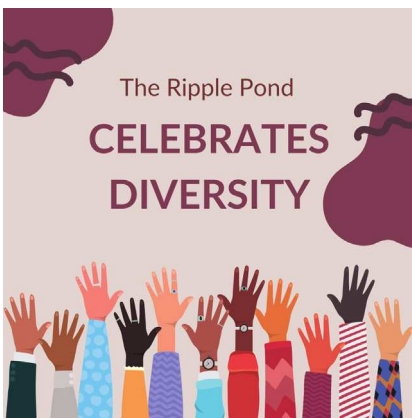


We are thrilled to receive and share this heartwarming testimonial from one of our Members! Our recent partnership with The Poppy Factory in the Families Employment Service has truly had a positive impact, and we can't wait to see what else we can achieve! If you are interested in finding out more about our employment support, then please email help@theripplepond.org



Find out more about the work of our team at www.theripplepond.org

Embracing Diversity: Celebrating Chosen Families!



At The Ripple Pond we champion diversity and inclusion, and we reaffirm our commitment to recognising the importance of chosen families and the essential care and support they provide. That is why we support

the whole chosen adult family. No matter the relationship, no matter the injury, if you are a loved one supporting and injured member of the British Armed Forces community, we are here for you.

Upcoming Dates for Virtual Members Meet Up

VIRTUAL MEMBERS MEET UP

Dates for your diary

- Tuesday 1st August 7.30pm
- Thursday 10th August 2pm
- Tuesday 15th August 7.30pm
- Wednesday 23rd August 8pm
- Thursday 7th September 7.30pm
- Friday 8th September 10am
- Wednesday 20th September 8pm

Please note: these are subject to change at short notice.

Get in touch with us



help@theripplepond.org



0333 900 1028



theripplepond.org