

NEWSLETTER

August
2023

Celebrating Connections in Our Community

World Friendship Day on August 6th provided the perfect occasion to reflect on the incredible connections that have blossomed within our Ripple Pond Community. From frequent moves, caring responsibilities, and lack of a stable community, loneliness is, unfortunately, a significant part of life for many Forces Families. That is why in this month's newsletter, we are celebrating the friendships that have helped our charity become a ray of hope for Forces Families.



We urged our Members to send their shout-outs and messages of appreciation for any Ripple Pond Community Members who have made an impact on them. Scroll down to read what they said!

Through celebrating the connections made in our community it is clear that our Members are the driving force behind The Ripple Pond; we thank them for making one another feel heard and understood. Please keep doing what you're all doing!

Regards from Team Ripple Pond

“Well I’m kinda new and don’t really know anyone personally enough but just want to say thanks to everyone on this chat that has listened to me and gave me words of support.”

“On the nights especially when you can feel isolated Carolita is often available to respond. She sends out lots of information to help teach and remind us to value ourselves and look after ourselves too. She is an incredibly non-judgmental woman who will go the extra mile to support”

Member Mel about our Volunteer Carolita

“One of the reasons Ripple Pond works so well is the communication. Some of it is serious and some of it is fun. So please let’s keep this wonderful communication going let’s build a family of friends that don’t judge or put each other down let’s continue to build each other up share a comforting word or message and of course, share our wonderful picture that makes us all smile 😊❤️”

Mary Jane

“Thank you to everyone on this group chat for help advice and always knowing I can write a message on here and not be judged”

To Jules from Spain:
“Thoughtful, caring and shares her highs and lows but always has time to support everyone”

“I think the biggest thing this group chat has provided for me is just knowing I'm not alone when dealing with stuff. People in this group understand... without needing to repeat anything. So thanks for that :)”

“I’d like to thank everyone who’s in the group for making us all realise we’re not alone and for us all knowing we have each other just to touch base with especially when it’s getting to feel a bit much. Stay strong everyone and be proud of yourselves for getting through each and every day. Big hugs to all xxx”



**CALLING ALL MEMBERS
WHO CAN CRAFT!**

Winter Crafts

We're pleased to announce that we will be running a series of winter craft sessions hosted by TRP Staff and Members. Thank you to the Members who have come forward already and offered to run a craft session. If you would like to run a session, get in touch at help@theripplepond.org. For those wanting to attend, look out for more details coming your way for sessions and times.

Reading Force Book Club

We're delighted to be teaming up with Reading Force once again this Autumn and offering 12 TRP Members a place on the Reading Force Book Club. Each Member will be posted 3 books to read and keep.

Members will join a 6-weekly book club meeting hosted by TRP Staff, to review the book and chat with other Members.

Registration opens at 10 a.m. on Monday

4th September 2023. Spaces are limited and will be given out on a first come first served basis. We will also be sharing further details on registration via email. We know unexpected things happen, but we do ask you to commit to attending all 3 meetings, to ensure that the book club experience benefits everyone.



Get in touch with us



help@theripplepond.org



0333 900 1028



ripplepond.org



VIRTUAL MEMBERS MEET UP

Dates for your diary

Thursday 7th September 7.30pm
Friday 8th September 10am
Wednesday 20th September 8pm
Monday 2nd October 12pm
Monday 2nd October 7.30pm
Monday 16th October 7.30pm
Thursday 19th October 8pm
Tuesday 31st October 12pm

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

Virtual Member's Meet Ups

Over the last few months, demand for our Virtual Member Meet Ups has risen. Listening to Member feedback, we have doubled our evening sessions and have included more daytime sessions too. These meetings allow Members to connect, laugh and chat, and provide a safe and respectful place for them to ask for advice and support. If you've not attended one before, why not pop along and meet some TRP members.

Virtual Quiz Night

Join us on Tuesday 26th September at 8pm for a fun, virtual quiz night!



Virtual Quiz Night

We are excited to announce that we are hosting a virtual quiz night alongside The Poppy Factory!

Join us at **8pm on Tuesday 26th September** for an hour of fun and trivia! This event is for both Ripple Pond Members and members of The Poppy Factory Employment Service.

Upcoming Talks



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