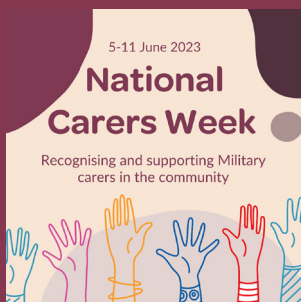


## Member events

### Armed Forces Day

26th June is Armed Forces Day, a national day to commemorate the service of men and women in the British Armed Forces. This day holds profound significance, not only in honouring the service of military personnel but also in recognising the sacrifices made by their families. It is important to reflect on resilience and strength of these families who endure challenges and separations, supporting their loved ones in service to the nation. If you are planning on commemorating Armed Forces Day then please share pictures of your celebrations with us at [submissions@theripplepond.org](mailto:submissions@theripplepond.org)

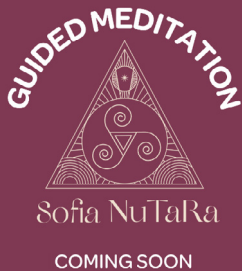
### Carers Week



During Carers Week, our seven-day social campaign recognised unpaid carers' significant role in the Armed Forces community.

We addressed their challenges, shared tips for supporting carers, and assured our Members that they're never alone. We're committed to supporting carers and combating their isolation.

### Members Guided Meditation



Meditation with Clare has returned and is now available for all Members to watch. These short guided sessions are a fantastic resource for times

when you need a quick reset or to unwind after a stressful day. Join Clare and explore the power of meditation in finding calm amidst daily chaos.

## Meet Our Chair of Trustees

In a recent conversation with our Chair of Trustees, Brigadier Andy Wood, we discussed the profound impact of military service on families.



Reflecting on his own experience, he recognised the isolation and hardships his family faced as they attempted to navigate the challenges of his military role: "The military is very good at looking after the military," he expressed, "but who looks after the mum, the dad, the brother, the sister?" Having witnessed the struggles faced by loved ones, Andy was inspired to join the Ripple Pond community in our mission to help meet the needs of Forces families through providing a support system calling it a "no-brainer" decision.

***"As a stand-alone charity, the Ripple Pond uniquely focuses on supporting military families without requiring them to go through the service person. The Ripple Pond stands as a beacon of hope, dedicated to ensuring that the mums, dads, brothers, and sisters of our servicemen and women receive the support they need and deserve."***



## Team news

### GamCare Training

Our Staff recently completed Gambling Related Harm Training with the amazing Hannah Malpass from GamCare. The session proved to be incredibly informative and insightful, equipping us with valuable knowledge and resources. We look forward to using our newfound knowledge to better support our Member's needs. If you're a Member and would like access to the resources please email us at [help@theripplepond.org](mailto:help@theripplepond.org)

### TRP Team Day

Team Ripple Pond recently had a memorable team day on 7th June in London. It was a wonderful experience as we finally had the opportunity to meet all the new additions to our team in person, after remote working. Led by our CEO Rodger, we engaged in team-building workshops and skill development sessions before planning for next year. We can't wait to share news of all the exciting events we have in store for our Members and look forward to our team's growth together.



Find out more about the work of our team at [www.theripplepond.org](http://www.theripplepond.org)

### Drop-in Sessions



We are thrilled to celebrate the success of our drop-in sessions for external organisations where we talk about the services and support we offer to our members. Witnessing the growth from two attendees at our first

session to 30 professionals in our latest session fills us with pride, and we hope to continue raising awareness for our mission. If you would like to come along to one of our sessions, please reach out to us at:

[help@theripplepond.org](mailto:help@theripplepond.org)

### Celebrating Our Volunteers



As we reflect on Volunteer's Week, we are humbled to share the profound impact our exceptional team of Volunteers make.

One of our members beautifully expressed their gratitude, stating, "I would just like to say a big thank

you to The Ripple Pond for providing such a fantastic service to support different people's needs and Sharon for giving me a new perspective on what I was going through and ways to work with it. It was nice not to feel on my own and I really loved that every week Sharon asked me what I had done for myself."

These words demonstrate the invaluable support our Volunteers provide and we extend our heartfelt thanks to everyone for their unwavering commitment to making a difference in the lives of those who need them most.

### We Are Looking For Trustees!



Calling all Members! We are looking for new Trustees and are actively seeking for Members to join our board. As a Trustee you will play a vital role in shaping the future of our organisation and making a positive impact in our community. [Click the link to apply!](#)

### Armed Forces Covenant Fund Survey

The Armed Forces Covenant Trust are holding consultations throughout June and July to shape future funding programmes for the benefit of the Armed Forces community. We encourage all of our Members to participate since it is crucial to raising awareness of the unique needs of Forces Families. By providing your valuable input we can ensure that the funding programme for the next three years are tailored to address the specific concern of Forces families.

[For further information please click on this link.](#)

## Get in touch with us