

THE RIPPLE POND NEWSLETTER

New Team Members !

The Trustees and Staff are delighted to welcome 3 new members to the team this month.

Heather McKeown has joined as a Member Employment Service Delivery Officer – part of the operational team with specific responsibility to support the new partnership with The Poppy Factory. Having met The Poppy Factory team face to face already and coming to us with a wealth of experience, Heather is raring to go with promoting the service and making referrals.

Samara Farrow has come on board in the role of Member Service Delivery Officer – again part of the operational team but with specific responsibility for TRP’s work with Op COURAGE, Midlands. Samara is busy connecting with NHS partnership colleagues and getting to grips with all the processes and procedures in her inimitable positive way.

Nabila Haque is our new Marketing and Communications Officer. She has hit the ground running and already come up with so many amazing ideas that we are very excited about. Nabila is passionate about talking with our Members to really identify what they want to hear about and the best ways for us to share information with them that meets their needs.

In addition, Emma Cliff has moved within the team to the role of Development and Engagement Officer. It’s a role she is perfectly suited to with her enthusiasm, passion and knowledge to keep reviewing and improving services as well as connecting with other people and organisations to enable us to have a much wider reach.

We are all looking forward to our first face to face team day together next month.





Menopause Mythbusting With Diane Danzebrink

Diane is the Founder of Menopause Support campaign and is passionate about helping all women know and understand about menopause to be able to seek the best support and treatment for them.

Having listened to our members discussing menopause symptoms alongside caring for a loved one, working, parenting, running a home as well as everything else life throws at us we invited Diane along to help. As well as covering all the physical symptoms, Diane focussed on the psychological impact of menopause on many women and suggests 'micro changes' that are manageable, as well as ways to determine if anxiety is menopause or stress related – a really good question from one of our members.

Feedback from members has been amazing and the talk is now available on catch up for all TRP members along with a whole host of resources that Diane shared with us – including a 4 page booklet for male partners to understand some of it too.



**#Make
Menopause
Matter**



MEMBER EVENTS

BOOK CLUB



Book Club Bonanza

Book Club has been a great success and we're looking at the possibility of creating a larger book club open to any members who wish to take part. If this is you, please get in touch and we will be in contact with more details.

Big and Brassy Concert

We are extremely grateful to Big and Brassy for choosing The Ripple Pond for their fundraising efforts! We had a great time last Sunday with hours of wonderful music including Jack Mason and The Somerleaze Singers choir from The Abbey School.



Armed Forces Community Drop-In

On Monday 17th April, we attended the opening of the Guy's and St Thomas' Armed Forces Community Drop-In. The drop-in aims to reduce isolation by bringing people together and opening conversations around wellbeing and local support organizations. The drop-in will give attendees the opportunity to share advice and lived-experience, within the newly opened Evelina House. The first drop-in will be held on 17th May 2023, 11am-2pm.

You can find the drop-in here:

**Ronald McDonald House
Evelina London House
216 Lambeth Road**

The drop-in will be held **every
third Wednesday of each
month, 11am-2pm.**

A huge thank you to Billy Kelly and Matt Evans for including the Ripple Pond in the launch. For more information, please email: armedforces@gstt.nhs.uk





KING'S CORONATION



Excitement is growing across The Ripple Pond community as the King's Coronation weekend approaches. Whether you're hosting a viewing party, attending a street parade, or participating in a cultural event, we want to hear from you!

Tell us how you are planning to celebrate and your preparations for the big event. Email us at:
submissions@theripplepond.org

In your submissions, tell us about your preparations for the coronation, how you plan to celebrate, and what the coronation means to you. Share your favorite memories of past coronations and what you're looking forward to this year. We also encourage you to include pictures and videos of your celebrations. Your submissions will be featured on our platforms and shared with the Ripple Pond community to commemorate the event.

The Ripple Pond is proud to be supported by the following funders:



It's down to the generosity of these funders that we're able to continue helping the military families who need us most. Thank you for helping us to change lives.