

Member events

More Virtual Members Meet Ups!



As a result of the success and high demand for our Virtual Member Meet-Ups, we are delighted to announce

that we have added more dates to our schedule. The wonderful comments and participation from our Members has been truly amazing and we look forward to offering even more opportunities for connection and community in the future.

Upcoming Emotional Boundaries Event

We will be hosting Laura Mitchelmore from Carers in Hertfordshire to talk to Members on Monday 26th June. Laura will be speaking about how to manage emotional boundaries to create safe, healthy and positive relationships by building confidence, assertiveness and resilience. As always, the talk will be recorded for all Members to access at their convenience.

We Want To Hear From You!



Message to Members – We value your feedback! We want to hear from you on the types of

events you'd like to see us host in the future. Your ideas are important, so please share them with us and help us in creating valuable experiences for our community.

CFF Military Family Charity of the Year Award.

I feel so privileged to be part of a team that has been recognised with the Celebrating Forces Families-Military Family Charity of the Year Award.

We are also very proud that the dedication and commitment of one of our volunteers, Sharon Deans, was also recognised with the Volunteer of the Year Award on the evening. – I think this is known as a double whammy!

This week a senior director from a very established charity congratulated me and asked what our secret was, how were we becoming the charity on everyone's radar? I said it's because we have built a community consisting of our Members, Volunteers, Staff and Trustees. Our community has a shared culture of mutual caring, understanding, and a passion for what we do. It is truly electrifying!

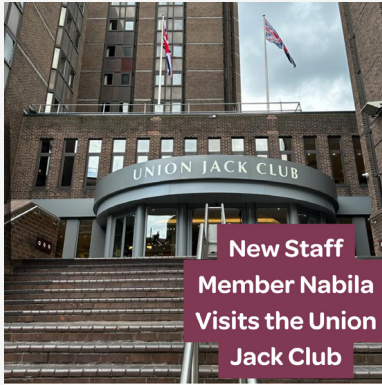
Our Volunteers, Staff and Trustees bring with them a staggering diversity of skills, knowledge, experience, and expertise. However, our biggest asset is our amazing Members. Every single day we are blown away by how our Members genuinely care, support and guide each other through the most difficult times. Everything we do is guided by them and the example of genuine care and support they set. I have never known a community like it – people looking out for each other, checking in on each other when they know someone is particularly struggling, and just being there for each other.

So, thank you to everyone that helps to make The Ripple Pond such an incredible community and for your part in securing our award of Military Family Charity of the Year.

Rodger Cartwright – CEO



Team news



New Staff Member Nabila Visits the Union Jack Club

I recently had the pleasure of experiencing the hospitality and rich history of the Union Jack Club for Armed Forces Serving Personnel and Veterans in London. During my visit to meet with our Chair of Trustees and forces families, I got to hear directly about their experiences, which as a newcomer to the military world, was extremely valuable and insightful.



Partnership with The Poppy Factory

Sara and Lara from the Poppy Factory joined us to discuss our recent partnership with The Poppy Factory Families Employment Service. The service offers intensive one-to-one employment support to adult family members who support or care for members of the Armed Forces community with health conditions. For more information, please contact help@theripplepond.org and one of the team will be happy to explain further.



Launching our First Drop In for Professionals

This month we hosted our first Information Drop In Session, specifically for clinicians and other staff within the Op COURAGE Midlands teams. Our goal is to create a space where professionals can meet the TRP team, learn about what we do as a charity, and hear about new developments within The Ripple Pond. After a great start, look out for the next ones coming up.



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

King's Coronation and The Big Help Out Mental Health Awareness Week

It was wonderful to see communities from all walks of life come together to celebrate the King's Coronation on the 6th of May. It was a real testament to the power of community and the joy of celebrating together.

We were also thrilled to have been part of the Big Help Out – a campaign to mark the King's Coronation and raise awareness for volunteering. As we reflect, we are extremely grateful for our exceptional Volunteers; their commitment and passion are the backbone of the organisation. Without their support we would not be able to fulfil our mission of supporting forces families.



Mental Health Awareness Week provides us with the opportunity to reflect on the often overlooked challenges that Forces Families face on a daily basis, and to bring these to light. The discussions that occurred over the week with Members and Stakeholders were powerful and important, reminding us of the significance of prioritising our mental health. Our commitment to these dialogues, however, does not end there.

Looking ahead, we are eager to continue discussing challenging themes during National Conversation Week from 23rd to 29th May. Communication is vital to our organisation. We are committed to creating a community in which everyone feels empowered to share their story.



Get in touch with us



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