



DEAR FAMILY MEMBER

We know that when a loved one reaches out for support, it can often have been a long journey to get there. We also know that behind the scenes you may have been asking for help for some time. Your focus is so rightly on getting your loved one the support that they need. But we want to make sure that you're not forgotten in the picture.

We are here for you to have a conversation with to find out what we do, and for us to listen. Sometimes when life is busy, it's really hard to think about what you need, but taking care of yourself plays a vital role in your loved one's recovery. So let us help take some of the weight off.

When it comes to family support this is what we offer:

- Online connection and peer support with others who are also supporting a loved one who has been injured through their service in the British Military
- Training and Events to understand the journey of supporting an injured veteran, to build resilience and connection with one another.
- Meaningful signposting for local support that could enhance your family life
- A helpline with trained staff to listen and care.

We would love to be able to offer that support to you so:

- Have a look at our website for more information: www.theripplepond.org
- You can email us or call us directly, or complete a self-referral online.

If you have any questions or concerns before doing so, please contact us, so that we can be there for your family on your journey to recovery.

Team Ripple Pond



THE
**RIPPLE
POND**

YOUR
FORCES
FAMILY
NETWORK



0333 900 1028



help@theripplepond.org



www.theripplepond.org