

The House of Commons
London
SW1A 0AA

Dear **(insert name of MP here)**

Re: How The Ripple Pond can help you and your constituents as a military charity

I am writing to you as one of the many, often invisible family members of an injured **serving person/veteran** and a Member of The Ripple Pond, the only military charity that solely provides essential support to adult family members that care for physically, psychologically or emotionally injured service personnel and veterans. The work that they do as a military charity is crucial in offering a lifeline to those like me who often find themselves isolated and struggling to cope with the aftermath of military service.

My story started when **(insert summary of how you came to be in your current position. Speak from the heart - your feelings and story are valid and will help highlight just how crucial it is that families are seen, heard and supported by those making decisions at a policy level, within parliament, the MOD and NHS).**

The Ripple Pond provides a safe, confidential community where individuals can share experiences, find emotional support, and navigate the unique challenges that come with caring for someone affected by military life. **(Insert a couple of sentences about how The Ripple Pond has supported you and where you may have been if we hadn't existed).**

As you may be aware, the mental health and well-being of military family members is an often-overlooked aspect of the consequences of service. We too, have served alongside our loved ones by **(insert how you have supported your loved one, have you attended health care appointments, have you provided emotional support, dealt with any crises etc).**

The NHS is a fantastic organisation, but, it is struggling so nonetheless, we find ourselves in a position where military charities are picking up the pieces. This is wrong, but does provide an opportunity for the government.

This government can leverage charities like The Ripple Pond to enhance social and health outcomes for the whole Armed Forces family, making the UK an even better place for our armed forces and veteran communities. You can support them by:

- Giving them a seat at the table - invite them to relevant All-Party Parliamentary Groups, committees and have input into relevant inquiries and discussions.
- Promoting The Ripple Pond in discussions with constituents, professionals and other MPs and Ministers.
- Work with charities like The Ripple Pond to simplify and streamline processes and policies which have an impact on our families like ours.
- Embedding support for families in all transition programmes for service leavers.

Of course, The Ripple Pond is able to support you in looking after your constituents in return. They can:

- Provide insights into the impact of physical and psychological injuries sustained in service.

- Help you shape policy and advocate - they can work with MPs such as yourself to advocate for better support services. mental health provisions and funding for military families. They can highlight gaps in current support systems.
- You can signpost any constituents who meet their eligibility criteria to The Ripple Pond for peer support and guidance.
- They can collaborate with you to host awareness events in parliament or constituency surgeries.
- They can provide briefing materials for you or your staff to better understand the unique challenges faced by families of injured service personnel and veterans.

I know that their Engagement Officer, Carolyn Aggar would love to meet with you. You can contact her at carolyn.aggar@theripplepond.org.

By recognising and supporting the crucial role of those caring for injured loved ones, you can ensure those that have served our country receive the comprehensive care they deserve, therefore benefitting the entire nation.

Thank you for your time and consideration. I look forward to your positive response and hope to see strong action taken to support The Ripple Pond and the invaluable services it provides.

Yours sincerely

(Insert name here and sign above)