



THE
**RIPPLE
POND**

SUPPORTING
FAMILIES
STRENGTHENING
FUTURES

for the armed forces community

“The Ripple Pond gave me the lifeline I needed and put me in touch with other people that understood.”

“We share our stories and support each other through good and bad times... it was a vital service for me, in a world where there is limited support and understanding”



0333 900 1028



www.theripplepond.org



help@theripplepond.org

WE'RE YOUR SUPPORT NETWORK

**Supporting adult family members
of physically or psychologically injured veterans
and British Armed Forces personnel**

We are an online hub with the resources you need to build connections, grow your confidence and knowledge, and find a community of like-minded people who truly understand. We provide a variety of peer support options and a safe space with the aim of strengthening the health and social outcomes of the whole armed forces family.

We aim to:

- Reduce feelings of loneliness and isolation
- Strengthen your confidence and self-esteem
- Improve your wellbeing and help you move towards a more positive state of mental health.
- Build your resilience



Scan me!



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