Information about The Ripple Pond

Family members can self-refer.The Ripple Pond will offer a sort of triage intake session (about an hour long) with a member of staff to make sure the charity can appropriately support the new member. New members will be offered:

a) access to on-line forums; and

b) the chance to join a virtual peer group;

c) they can be added to a 'local' WhatsApp group and if the group is large and the new member feels anxious, then they will be given one person from that group as an introduction before joining the bigger group;

d) if they need it, they can be introduced to a 'trained' buddy; and

e) if they are not ‘internet’ minded, they can be offered a phone contact who will help and support them so that they can access the relevant groups and webinars, etc.;

f) again, if needed, they could be offered a mentor: this could be a professional who has volunteered their services or a 'trained' member;

g) they will be given links to appropriate webinars, and/or encouraged to look and see if there are any that would be useful then or in the future; and

h) if they need to be introduced to another charity or are being 'handed on' as it is not felt that The Ripple Pond is the right place at this time, then this would be done by way of a 3-way introduction so that it was more personal and feels less like just being fobbed off/passed on.

Whether the member joins or not a follow up phone call is made about 2-weeks later.

The Ripple Pond is not a therapy group: it is a self-help support network. Members are encouraged to arrange to meet up with others on an *ad hoc* basis as and when they want to.

The cost to become a member is the giving up of time to support others!

Contact details:

Tel: 0333 900 1028

Email: admin@theripplepond.org

Website: www.theripplepond.org

**Support for Parents of Serving Military Personnel - NOT Injured**

A Mum’s War (M.O.M.S) - This organisation offers a Facebook group for support of all (parents, grandparents, parents-in-law and siblings) of those who are currently serving. Those interested in joining the group need to contact them, and an invitation to join the ‘secret’ group will be sent out.

These organisations will give information to ALL adult family members (including parents) of those who are currently serving:

* Army Families Federation <http://www.aff.org.uk/>
* Naval Families Federation <http://www.nff.org.uk/>
* RAF Families Federation <http://www.raf-families-federation.org.uk/>

**Support for Children of Serving & Ex-Serving Military Personnel**

Sometimes the support is not because a parent has been injured, but perhaps a parent is deployed or about to be deployed and the child(ren) is anxious and in need of additional support.

* Little Troopers [www.littletroopers.net](http://www.littletroopers.net)

(Formerly ‘My Daddy’s a Soldier’ - this organisation is only for children of serving personnel)

* Sailors’ Children’s Society [www.sailorschildren.org.uk](http://www.sailorschildren.org.uk)
* HMS Heroes [www.britishlegion.org.uk](http://www.britishlegion.org.uk)

(HMS Heroes & Service Pupils Champions run groups through schools - for more info contact RBL)

* Spurgeons Young Carers [www.spurgeons.org.young](http://www.spurgeons.org.young)-carers
* NSPCC [www.nspcc.org.uk/](http://www.nspcc.org.uk/)
* CAMHS
* Other Young Carers Groups: [www.carersuk.org](http://www.carersuk.org)

[www.childrenssociety.org.uk/Young](http://www.childrenssociety.org.uk/Young)Carers

* Chat Health - Available in Hampshire and Leicestershire

(This is for 11-19 year olds and parents of 0-19 year olds: may go nationwide)

* Reading Force [www.readingforce.org.uk](http://www.readingforce.org.uk) / info@readingforce.org.uk

Books - (Niamh Finley-Howe) *“Mummy Why Does Daddy Cry?”* & *“So What, My Dad Has PTSD”*

Niamh also writes a blog: <http://notesfrom>[niamh.weebly.com/](http://niamh.weebly.com/)

(It may be useful to invite parents to read the blog before involving children)

**Support for Family Members of Wounded, Injured & Sick currently serving, reservist and veterans**

Facebook support run by members for members:

 Military PTSD Support - Spouses & Family Members

 The Ripple Pond

* The Big White Wall [www.thebigwhitewall.com](http://www.thebigwhitewall.com)

(Free to all military personnel and family members)

* The Long Boat Home [www.thelongboathome.co.uk](http://www.thelongboathome.co.uk)

(National database for access to low cost counseling)

* H4H Band of Sisters [www.helpforheroes.org.uk](http://www.helpforheroes.org.uk)
* The Ripple Pond [www.theripplepond.org](http://www.theripplepond.org)

(Tel: 0333 900 1028/Email: admin@theripplepond.org)

(Free to ALL adult family members of serving military personnel, reservists and veterans)

* SSAFA - Families of Injured Service Personnel (FISP)

<http://www.ssafasupportgroups.org.uk/fisp>

*Nearly all the service charities will have support or will know where to find support for the partner/spouse of the injured serviceman or woman: not all of them recognise that support is needed for the wider family also, which is where The Ripple Pond comes in!*