



THE  
**RIPPLE  
POND**

YOUR  
FORCES  
FAMILY  
NETWORK

“The Ripple Pond gave me the lifeline I needed,  
and put me in touch with other people  
who 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



[theripplepond.org](http://theripplepond.org)



[help@theripplepond.org](mailto:help@theripplepond.org)

# WE'RE YOUR SUPPORT NETWORK

The Ripple Pond is the only UK charity to exist solely to support the adult family members of physically or psychologically injured British Armed Forces personnel and veterans.

Our supportive community and specialist services are just for you, to help you:

- Reduce your feelings of 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



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