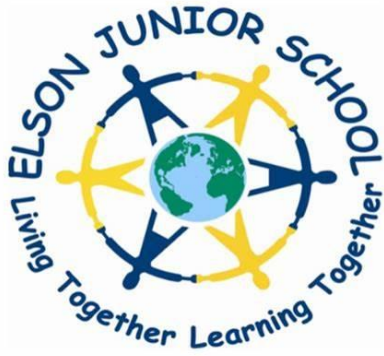




Elson Junior School Service Child & Family Handbook



This handbook has been created in collaboration with children, parents and external organisations.

Our goal was to bring together all the helpful information for Service Families attending Elson Junior School.

Service Child Lead: Mrs Beki Hull
(HSLW / ELSA / Mental Health Lead)

r.hull@elson-jun.hants.sch.uk

023 92583754 / 07572 483197





Elson Heroes

Our weekly club for Service Children. We meet every Tuesday lunchtime in the music room with Mrs Hull.

The aim of this club is to give Service Children the opportunity to celebrate their identity and provide a powerful support network for each other.

As a result of a pupil voice event we have our beautiful logo and every Hero gets a badge to proudly wear and be recognised.

Ocean is the Elson Heroes pet, every week he goes home with another Hero so that they can share some special time together.



Elson Heroes enjoy inviting their parents and families in for special events throughout the year.

We hold Service Family coffee mornings and work with Elson Infant School's service club to make transition successful.



We look forward to seeing you.



The Voice of Elson Heroes

What is it like to be a Service Child?

It is a bit of a struggle because my dad is mainly away most of the time but when he comes home I feel like the 'king of the world'.

It feels like I am on a roller-coast – there are ups and downs.

Sometimes I get to do things that are a privilege – like go on an RAF plane to the Falklands.

I am proud of my dad for helping everyone in our country.

We have developed coping strategies and I think we are more confident and independent than if we weren't service children.

My dad has missed lots of my birthdays – that makes me sad.

I am proud of my dad because he sacrifices seeing us to help our country.

How does Elson Heroes help?

Elson Heroes helps us with our mental health.

We have Mrs Hull to support us and help us.

We can make friends with other children who understand our struggles. We support each other.

It is a safe place to talk about how we feel.

The activities help us to feel happier – it helps take our mind of things when our parents are away.

We get Time Rabbits and books to help us when our parents are deployed. I think that it really nice.

The veterans tell us stories about when they were in the services and they are interested in hearing about our lives.



Two of our upper school Elson Heroes are Service Child Ambassadors. They can be recognised by their purple hoodie.

Part of their role will be to welcome new Service Children to the school.





Elson Heroes proudly collaborate with.....



**STRONGER
TOGETHER
COMMUNITY**



theWI
INSPIRING WOMEN

Naval Families
F E D E R A T I O N

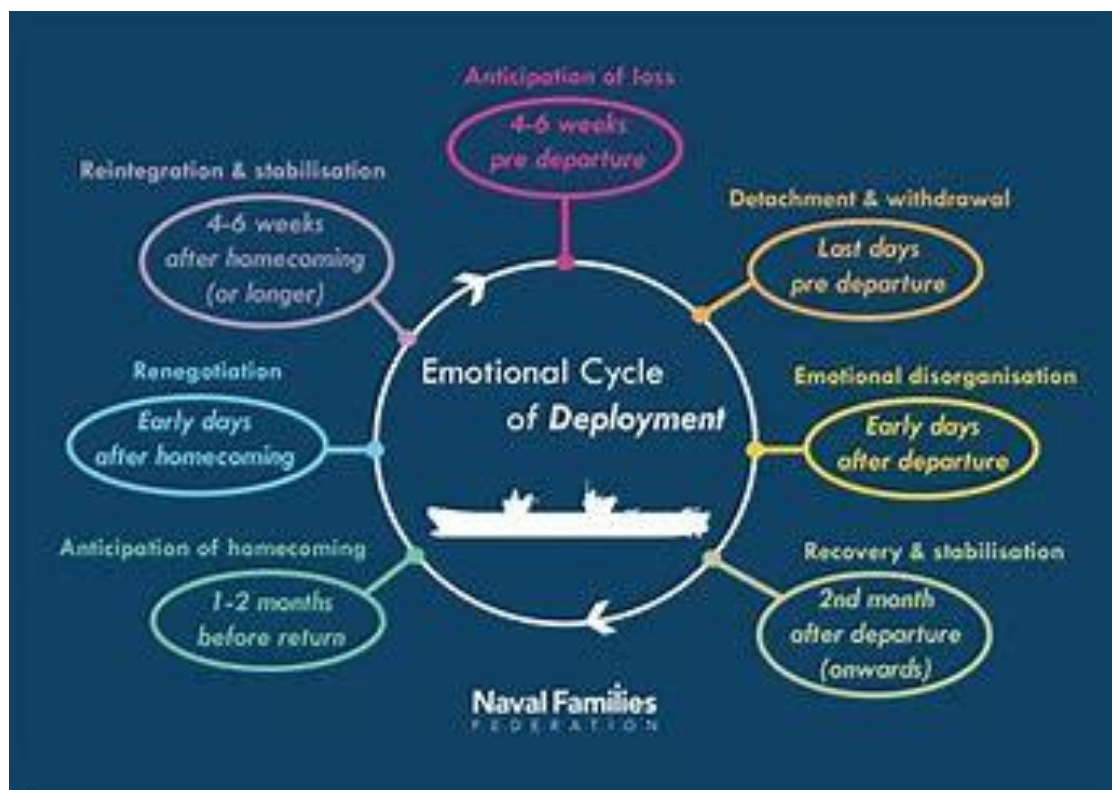


Deployment and Weekending is a challenge faced by many of our Service Children and their families.

It is important that care givers and staff in school understand the deployment cycle.

To support our Elson Heroes we provide them with a Deployment Support Pack.

Parents and families.....Please let us know when a loved one is due to deploy. This is best done by contacting Mrs Hull.



Deployment Support Pack

Deployment Support

Thank you for letting us know that your Elson Hero has a parent deploying.

We understand that this is a difficult time for the whole family.

Your child has been given an Elson Heroes deployment pack containing:

Zoe and the Time Rabbit

a copy of Zoe and the Time Rabbit (if they do not already have one)

Two 'Time Rabbit' toys, one for the child and one for the parent, as a reminder that the time will pass and they will be reunited. Hopefully they can share their adventures by taking photos.

Sometimes

A copy of the book Sometimes, an interactive book to support children when a parent is away for work.

Please see these useful links to resources to support your Elson Hero:

In Partnership with Naval Families Federation the Naval Children's Charity can provide free books:

<https://www.navalchildrenscharity.org.uk/books-for-all/>

You can request a free Wellbeing Box from the Naval Children's Charity:

<https://www.navalchildrenscharity.org.uk/resources/>

The Royal Navy offers some ways to support your child through deployment:

<https://www.royalnavy.mod.uk/families-and-veterans/families/support-for-children>

If you need any further support or information please contact:

Mrs Rebecca Hull - HSLW / ELSA / MH Lead / Service Club Lead

r.hull@elson-jun.hants.sch.uk

A big thank you to the

Stoke Road Sisters WI for knitting / crocheting our supply of Time Rabbits.



Deployment Support

Deployment is when a service person is serving away from home for a period of time. This could be on an operational tour of duty for 6 months or more, a training course or an exercise which could last for a few weeks.

The Families Federations have collaborated with the Service Children In State Schools National Executive Advisory Committee to create this resource with useful links and signposting to raise awareness of the resources and organisations offering support to help children from an Armed Forces background during times of deployment.



[Service Children In State Schools](#) (SCISS) is a voluntary affiliated network of state-maintained schools in England that have any number of service children on roll. SCISS have produced concise, informative [Factsheets](#), including one on [Deployment and Separation](#), aimed to help school leaders who might be new to supporting Service children.



The [RAF Families Federation](#) (RAFFF) work to improve quality of life for the RAF family around the world – at work or at home. The RAFFF have practical guidance for spouses and partners of [deployed](#) Service personnel and information on [Support for Children and Young People](#).



The [Army Families Federation](#) (AFF) provides an independent voice for Army personnel and families and works hard to improve the quality of life for Army families around the world on any aspect that is affected by the Army lifestyle. For information on deployment, see the Families Deployment Support Guide.



The [Naval Families Federation](#) (NFF) listen to, support and guide Royal Navy and Royal Marines families; they exist to give Naval Service families a voice and representation to those who make the policies and decisions that affect them. The NFF provide [parental absence and family support resources](#); these include 'Recommended Reading' and the NFF Parental Absence Resource, which draws together some useful information about parental absence and separation and provides some strategies to help families thrive.



The [RAF Serving Families](#) website highlights that there are many ways to get the help and support before, during and after the operational deployment of your serving family member including information on what to do in a family emergency.

The [RAF HIVEs Service](#) provides an information and welfare referral service to the Armed Services community and support all enquiries including deployment.



The RAF Benevolent Fund is dedicated to supporting all members of the RAF Family, including serving and former serving RAF personnel and their families. There are a number of services which the Fund provides to support children and are relevant during deployment periods. These include the Children and Young People Counselling Service and the youth support programme Airplay. We also offer parenting support through BenPlay/BenParenting and the Building Stronger Families online portal. Lastly, for families who may need time together before or after deployment we offer breaks. Visit rafbf.org to learn more.



The [RAF Association](#) (RAFA) champions a simple belief: no member of the RAF community should be left without the help that they need. To support children and young people during periods of separation, RAFA offer a Doodle Pack service for RAF deployed parents and children who are looking to get creative. Packs include many items such as colouring books, banners, fabric pens with a pillowcase for the deployed parent to take with them. RAFA have recently updated these packs, and new items encourage outdoor activities and include an amazing scrapbook. To request a free Doodle Pack, RAF families can email RAFA at – Doodlepack@rafa.org.uk.



The [Naval Children's Charity](#) provide support to children up to 25 years old of serving and veteran parents/guardians in the Royal Navy, Maritime Reserves and RFA. Support given to improve the wellbeing and development of children/young people, both in response to identifying individual needs of child/family and providing opportunities to improve outcomes in life. Direct support given as financial grants, holistic advice and support working in partnership with other organisations, and free resources for children, families, schools and other organisations, particularly to help with specific challenges around deployment, separation, etc. The charity has a team of caseworkers that work with families to identify and address crisis and issues they are facing, particularly child-centred need.



[Storybook Waves](#) enables personnel serving in the Royal Navy, Royal Marines and Royal Fleet Auxiliary (Regular and Reserves) to record bedtime stories for their children to listen to whilst they are separated. To record a bedtime story personnel should visit their local Aggie's Pastoral Worker who will guide them through the recording process. If an Aggie's Pastoral Worker is not available personnel should contact Storybook Waves via Storybookwaves@aggies.org.uk. You can also find Storybook waves on [Facebook](#).



The Royal British Legion (RBL) offers the Armed Forces community (the Royal Navy, British Army, Royal Air Force, veterans and their families) support for life. We provide expert advice along with practical and financial support. We're there for the Armed Forces community, whatever the need, whenever it's needed. For more information, please visit our website www.britishlegion.org.uk



The [Service Children's Progression \(SCiP\) Alliance](#) bring together practitioners, researchers, policymakers and funders to build a stronger evidence-base, better policy, and enhanced support for Service children's education and progression, placing their voices at the heart of all the Alliance do. The SCiP Alliance have created an [online resource database](#) which collates videos, guidance, toolkits, templates and more from Alliance partners. They have also produced [The Thriving Lives Toolkit](#) - a free evidence-based framework of seven principles to assess, develop and implement a support structure to best allow Service children to thrive.

Service Children's Progression
ALLIANCE



[SSAFA, the Armed Forces charity](#), supports members of the Armed Forces community and provides a [Personal Support and Social Work Service](#) for the RAF community.

ssafa | the
Armed Forces
charity

SSAFA understands that military staff and families face some unique challenges such as regular deployments, having to live apart and frequent moves. Their team provides comprehensive and confidential support, with a special focus on services for adults, but including children, young people and their families.

SSAFA can also support the serving community through its Serving Community Teams, which are volunteer-delivered groups – located in some areas around the UK and overseas – providing practical and emotional support to Armed Forces personnel and family members and financial support by means of one-off grants, direct to individuals or to organisations to fund community projects. sctinterest@ssafa.org.uk

[Forces Children Scotland](#) (FCS) are passionate about supporting children and young people from armed forces and veteran families to realise their potential and thrive. FCS has launched tailored digital support to help young people overcome unique challenges of parental deployment. An interactive [deployment rollercoaster](#) is at the heart of this resource providing lots of information, advice and downloadable resources to help understand how young people may feel at various points of the Deployment Cycle.



[Little Troopers](#) is a registered charity supporting all children with one or both parents serving in our British Armed Forces (regular or reserve). Through its resources, events and programmes, Little Troopers is on a mission to ensure that all military children feel recognised, included and celebrated. The charity has a wide range of [deployment specific resources](#) on its website for families to tap-into at home, including Separation Packs, X-Ray of Feelings worksheets, deployment videos filmed as part of the Little Troopers Therapy Programme and craft activities.



The charity also has a dedicated [Little Troopers At School](#) programme, to help teachers support children and young people through deployment in both primary and secondary schools. Resources include lesson plans, interactive online workshops, a military child wellbeing course template and the charity's SQUAD podcast for military teens.

[Enquire](#) is the Scottish advice service for additional support for learning. Enquire can help Services Families understand how education and support is provided in Scotland, children's rights to additional support for learning, and how to work with schools to get the right support in place.

ENQUIRE

[Reading Force](#) are passionate about using books to bring Forces children and families closer together at home or away. If you work in a HIVE, welfare office, preschool, school, Service children's club, community group, local library, or charity and work with Forces children and their families, Reading Force complements your pastoral support perfectly. All you need to do is allocate one person to become a [Reading Force Ambassador](#) and register with the charity to order your free materials. Armed Forces families can also access support directly from [Reading Force](#).



[Forces Children's Education](#) provide information and resources to help organisations and schools appropriately support Armed Forces children. The Forces Children's Education website was created by the Association of Directors of Education (ADES), in conjunction with the Scottish Government, Local Authorities across Scotland and the Ministry of Defence. Together with children, parents, educators and partners, they have produced a learning resource on [Supporting Armed Forces families](#) which includes guidance on the [Emotional cycle of separation and loss](#).



The Highland Council have a unique dedicated partnership, MLG (Education), that supports [Armed Forces Families Highland](#). The website has a bank of resources to support families, Schools and ELC settings including a "[Learning and Knowledge Hub](#)" which includes an online training resource: [The Emotional Cycles of Deployment and Separation](#), as well as a dedicated section "[Deployment and Parental Absence](#)". Find out more and explore [MLG \(Education\) WHO, WHAT, WHY](#)



SSCE Cymru is a Welsh Government funded programme, managed by the Welsh Local Government Association. Established in 2014, SSCE Cymru works with all 22 local authorities across Wales to provide schools and other educational settings with a better understanding of how they can offer support to the children of Armed Forces personnel living in Wales. SSCE Cymru have created a variety of [resources](#), [training](#) and [funding](#), coordinated by a team who work with schools to achieve their [Armed Forces Friendly Schools Cymru](#) status to embed support for Service children in Wales.



The following pages have been provided by organisations in the community that are here to help and support our Service Families.



One Person Joins, but the Whole Family Serves



Every family needs some extra help from time to time, but the unique pressures faced by the loved ones of all those who serve in the Royal Navy, which exist in almost no other profession, demands a coordinated and comprehensive response.

The Royal Navy and Royal Marines Charity works in conjunction with a whole host of military and civilian charity partners to address the issues faced by Royal Navy families. Throughout pre-deployment, deployment, adaptation to an altered family unit, and post-deployment family reintegration, we are there to ensure that they have the support on the ground they need and deserve.

For more information about the RNRMC, scan the QR code



The Royal Navy and Royal Marines Charity is a company limited by guarantee registered in England and Wales (no. 8047254) and is a registered charity (no. 1117794) and Scotland (SC041816).





Naval Families
FEDERATION

Championing Royal Navy & Royal Marines Families

The Naval Families Federation exists to give Royal Navy and Royal Marines families a voice and representation to the Ministry of Defence, Ministers, other Government Departments, the Chain of Command, and civilian service providers.

As an independent Charity, we provide support and guidance on matters affecting the daily lives of Naval Service families, acting as an advocate when appropriate to resolve complex issues. As subject matter experts we continue to contribute to academic research and implementation of the Armed Forces Covenant, providing evidence and the Naval families' perspective to shape change and influence policy. We have also developed a wide range of resources, tailored to the needs of services families. Please take a look!

Our vision

Our vision is for all members of the RN and RM families to: Have their views heard by those in position of power; Feel valued; Be treated with fairness and respect; Thrive in their communities of choice.

Get in touch

Building 25, HMS Excellent, Whale Island
Portsmouth, Hampshire PO2 8ER

Phone: 023 9265 4374 | **Email:** contactus@nff.org.uk
www.nff.org.uk



Registered charity in England & Wales (1177107)



View our FREE resources

Are you deploying soon with a young person at home? Are you planning to leave the Service? We have just the resource for you. To access all of our tailored booklets visit nff.org.uk/documents or simply scan the QR code below.



How AFF can help the whole Army family

The Army Families Federation (AFF) is an Independent voice for Service personnel and their families. We work to improve the quality of life for the Army family, wherever you are in the world. AFF is Independent of the Army and offers confidential advice.

We are here to support everyone throughout their military journey from day one until you head back into civilian life.

We can help with housing, money and military allowances, visa and immigration issues, education and childcare, employment and training, health and additional needs and many other areas of Army family life.

AFF can help whether you're single, married or in a long-term relationship, Regular or Reserve.

As well as helping you, we highlight problems to the chain of command, defence housing, health and education, and civilian service providers.

As the recognised Independent voice of Army families, we work with them to improve the support they give you.



Get in touch

contact@aff.org.uk

01264 554004

aff.org.uk



Support for RAF personnel and families



We exist to make life better for you – our Service personnel and families - at home and overseas.

We provide reliable information on the topics that matter most to you, support you through to the resolution of problems resulting from Service and make long-term positive changes happen for the Armed Forces Community.

Contact us

W: raf-ff.org.uk

T: 01780 781 650

E: enquiries@raf-ff.org.uk



Supporting the RAF community



Visit the link or use the QR code to find information on all aspects of **education and childcare** for children and young people from an **Armed Forces background**; from early years and schools to Further and Higher Education.
raf-ff.org.uk/education

Useful Resources

These resources demonstrate who we are and what we do - championing those serving in the Royal Navy and Royal Marines and their families. Scan the QR codes to download and view our resources directly on your device!



Family Separation and Wellbeing Guide

To help understand non-operational families separation (weekending) and how they influence family functioning and wellbeing amongst RN & RM families, we commissioned an academic research conducted by King's Centre for Military Health Research. The findings of this research have been used by MOD, senior Armed Forces personnel and charities to help improve support for families.



Parental Absence Guide

Gain a better understanding of the RN & RM lifestyle, the impact of separation and find some strategies to help families thrive! If you are a parent, it could be helpful to give a copy to your child's school or those in your local network to help them understand your circumstances.



Forces Families Jobs

Forces Families Jobs is a free employment training portal for Armed Forces spouses/partners and their adult children. 'Shop' for job vacancies with employers who have signed the Armed Forces Covenant and understand the unique challenges that Forces families face; find the test/discounted training programmes to prepare for your future! Use the free CV builder tool and set job alerts to keep updated. Visit their website **ForcesFamiliesJobs.co.uk** or follow them on Facebook and LinkedIn at **@ForcesFamiliesJobs**.



Naval Families
FEDERATION



Naval Children's Charity

The Naval Children's Charity (NCC) aims to support the wellbeing and development of children and young people, up to the age of 25, from Royal Navy families, serving and veteran across the UK or wherever they may be globally.

How We Help

- **Wellbeing and Development:** Focus on health, wellbeing, security, education, and life chances for our children and young people.
- **Casework Support:**
 - o Experienced caseworkers provide holistic support and process applications for assistance, through challenging times and in times of crisis. Families can come to us for support directly or through other agencies.
 - o **Outreach Caseworkers:** Engagement with local communities in Scotland and the Southwest as well as team at head office in Portsmouth.
 - o **Children/Young People needs at forefront** – does not matter what the family situation is, if they have any contact with the 'Naval' person, separated/divorced etc. All needs are considered on an individual basis by the experienced casework team.
- **Grants are given to provide:**
 - o **Emergency Essentials Grants:** This scheme provides regular charitable payments to alleviate financial hardship brought on by illness, disability, or other factors. The grants can be used for various needs including complex needs such as therapeutic support and disability aids.
 - o **Educational Support:** Grants for further education, uniforms, laptops, IT support, extra lessons, travel and more.
 - o **Neurodiversity:** partnerships with organisations such as the National Autistic Society/Kids UK/Purple House (Scotland) to support children with neurodiversity, the challenges that arise which, combined with the life of Armed Forces families creates additional disadvantage, and gives support and routes to diagnosis and assessment.
 - o **Young Carers:** a particularly hidden group in the Armed Forces sector – do not often identify as such.
- **Wellbeing Packs and Online Resources:** The Charity provides wellbeing packs and online resources to help support with challenges such as separation, deployment or poor mental

health. These resources include books and materials to aid the mental health and development of children and young people, as well as specific support for bereavement and parenting.

- **Life Chances Programme:** A key initiative of the Naval Children's Charity aimed at enhancing the educational prospects and overall development of children and young people from Naval families. The programme offers a series of tailored partnerships that provide unique opportunities to help unlock the spirit of these young individuals, develop transferable life skills such as communication, resilience, and teamwork, and in many cases, lead to recognised qualifications. The Life Chances programme is delivered over three main strands:

Outdoor Horizons: Includes opportunities in areas such as sailing, water sports, adventure holidays, and activity camps.

Creative Horizons: Focuses on the arts and other creative activities.

Future Horizons: Includes opportunities related to Education/apprenticeships and other future career-oriented activities. Working with the Forces Employment Charity to deliver tailored support in turning skills/opportunities into concrete items on CVs, and understanding employment opportunities and pathways.

These strands are designed to complement the range of skills and interests of the children and young people the charity helps, ensuring that they receive support that is both relevant and beneficial to their personal growth and future prospects.

Families can apply directly via:

- Website: www.navalchildrenscharity.org.uk
- Email: caseworkers@navalchildrenscharity.org.uk
- Phone: 023 9263 9534
- Other organisations: RN FPS/SSAFA/RBL/other agencies

Resources available through the website or by contacting ncc@navalchildrenscharity.org.uk



Dame Agnes Weston's Royal Charity for the Naval Service, commonly referred to as Aggie's, supports personnel serving in the Royal Navy, Royal Marines, Royal Fleet Auxiliary and their families. Aggie's network of Pastoral Workers are based in RN and RM establishments across the UK and a Pastoral Worker dedicated to the RFA is based in Whale Island.

Pastoral Workers work outside the chain of command (unless there is a serious safeguarding issue) providing support, comfort and a listening ear, giving personnel the time and a safe space within which to talk. Pastoral Workers are often out and about across the area that they cover but can be found in the Chaplaincy Havens and Coffee bars, you don't need to book an appointment to see them, just pop in, grab a drink and chat.

If personnel are separated from their loved ones due to deployment, training, weekending or Duty, they can use the Storybook Waves project to stay connected to their families through stories. The project enables personnel record stories and poems for their loved ones to listen to whilst they are separated, full details on the project and how to participate can be found at www.aggies.org.uk/storybook-waves

Aggie's team of family pastoral workers are based in Plymouth and Portsmouth and work within service family areas near those base ports. The teams offer a timetable of events and to keep families entertained across term time as well as adhoc events across the school holidays. All events are advertised on Aggie's social media, just search Aggie Westons.

For support please contact Aggie's at:

T: 079 7764 1876

e: office@aggies.org.uk

w: www.aggies.org.uk



Providing pastoral support to the Royal Navy,
Royal Marines, Royal Fleet Auxiliary and their families



Pastoral Workers

Here to listen, encourage, comfort, support, and signpost

Practical Activity

Events, projects and 'home from home' spaces to make life better

Storybook Waves

Record a story for your child to listen to while you're away

www.aggies.org.uk

079 7764 1876 • office@aggies.org.uk

  Aggie Weston's

Faithfully Alongside the Naval Family

Aggies Locations





Support

How can Aggie' support you and your family whilst you are away?



Before Deployment

Aggie's Pastoral Workers are available at RN and RM establishments across the UK, a full list of locations can be found at www.aggies.org.uk/where-to-find-us. Our team work outside the chain of command and can provide confidential support to you and your family, they are there to listen to you, provide comfort and support and signpost you to experts and other charities when needed.

Aggie's Pastoral Workers are also available to help you record stories and poems for your family to listen to whilst you are away. There is a wide range of books to choose from and it can take as little as 20 minutes to make your special record. Your family will receive the recording as an MP3 along with a FREE gift pack. Contact your local PW, or scan the QR code below to book a session and to request a kit to take away with you.

During Deployment

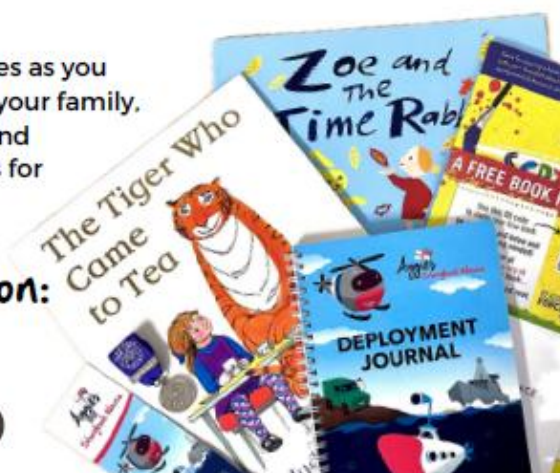
Aggie's Storybook Waves can be used as many times as you like during your deployment. Record stories for all your family, from the special child in your life to your parents, and partner, we have a wide range of books and poems for you to choose from.



For more information:



www.aggies.org.uk





Take Storybook Waves with you

Want to make recordings whilst you are deployed?

Before Deployment

Run a recording session on board.

At Aggie's we know the lead up to a deployment can be busy and you often cannot get away from the ship, so we will bring the recording sessions to you. Contact your local Aggie's Pastoral Worker, or email storybookwaves@aggies.org.uk and we will organise this for you.

Take a Kit with you.

Send an email to Storybookwaves@aggies.org.uk requesting a deployment kit for your ship/unit before you go. The team will ensure that every ship has a kit and a nominated person who knows how to use the kit and return audio to the team

During Deployment

Pop in to see the nominated kit holder who will help you make your recording and return the audio to the Storybook Waves team, who will edit your story, add sound effects and send your special person their free gift pack.

We ensure that all audio is returned to families within 4 weeks of receiving the audio. Please note that there can be delays with audio returned to Aggie's via BFPO.



For more information:



www.aggies.org.uk



YOU ARE INVITED TO

Aggie's

Storybook Waves

Birthday Special

Missing a loved ones
birthday?

Record a Birthday story for them
and we'll send them a book and a
Party Bag to help them celebrate

RSVP to your local Aggie's
Pastoral Worker

For more information

storybookwaves@aggies.org.uk



3, Military Road, Gosport PO12 3BU

023 9261 6017

Come along to Welcome Wednesdays at Gosport Community Hub, A place you can come along meet other Service families, chat, relax and make new connections. A place where you can build your supportive network. All welcome with or without children.

Naval families Federation hold their monthly drop in sessions once a month on a Wednesday Morning at Gosport Community Hub. If you would like to make contact with someone from Naval Families Federation come along to one of the drop in sessions, no need to book just turn up and Natalie will be pleased to see you.

We offer a free yoga session for service personnel, spouses, veterans or parents of those in the military.

Service Community Youth club is for Service or Veterans children of secondary school age. Please see the poster and use the QR code to give consent and details.



Wednesday Mornings




NFF will hold drop in sessions once a month on a Wednesday morning from 9.30-11.00

Pop along and see Natalie at the Gosport Community Hub, Military Road. If you have any questions or need advice pop along. No booking required.

Wednesday's



Service Community Youth Club

4.30pm - 6.30pm

Open to all Service children and veteran children 11-16 year old (secondary school)

Wednesdays







Yoga

FREE SESSION

Serving person, Spouse, Partner or Veteran?




SEASONAL YOGA



LOCAL YOGA CLASSES

BEGINNERS & IMPROVERS

Forces Discounts



<https://nff.org.uk/discounts/>

SERVICE FAMILY FINANCE

<https://nff.org.uk/family-finance/>



<https://swim-free.org.uk>



Anchoring Minds

Supporting Royal Navy and Royal Marines serving personnel and their families

Run by Solent Mind, in partnership with the Royal Navy and Royal Marines Charity, we help families navigate the unique challenges of military life.

We offer:

- A friendly chat with someone who understands what you are going through.
- Free resources to help you manage your mental health and wellbeing.
- Signposting to local services and groups, depending on what's available in your area.

Call **0300 303 1725** or email **anchoringminds@solentmind.org.uk** to speak to a member of the team. For resources, support and more, visit our website at **solentmind.org.uk/anchoringminds**

 Solent **Anchoring Minds**

 **ROYAL NAVY &
ROYAL MARINES
CHARITY**



Military Minds

Supporting Army and Royal Air Force families

Run by Solent Mind, in partnership with The Armed Forces Covenant Fund Trust, we help families navigate the unique challenges of military life.

From coping with deployment to specific support for anxiety, depression, loneliness and stress, we're here to help. We can offer:

- A friendly chat with someone who understands what you are going through.
- Free resources to help you manage your mental health and wellbeing.
- Signposting to local services and groups, depending on what's available in your area.

Call **0303 003 4239** or email **militaryminds@solentmind.org.uk** to speak to a member of the team. For resources, support and more, visit our website at **solentmind.org.uk/military-minds**

 Solent **Military Minds**

 **THE ARMED FORCES
COVENANT FUND TRUST**



Operation welcome

Every second Wednesday of the month from 6pm - 7.30pm at Fareham and Gosport Wellbeing Centre

Join us for a relaxed and welcoming gathering with local military families and serving personnel! Enjoy complimentary tea and coffee as you connect with others in a supportive environment. Our focus will be on building confidence, nurturing relationships, and fostering a sense of community and wellbeing.

Contact us:

01329 281445

militaryminds@solentmind.org.uk





R Hull
May 2025