



STRENGTHENING FAMILIES BY YOUR SIDE

THE RIGHT SUPPORT AT THE RIGHT TIME

Every family needs a bit of support from time to time, and getting the right support, at the right time, can make all the difference. The Royal Navy and Royal Marines Charity (RNRMC) and the Naval Families Federation (NFF) have a heightened sense of awareness of the sacrifices that families make. We also know that sometimes families feel a difference in support if they are living away from base ports.

That's why we are delighted to launch a new offer of support for all currently serving Royal Navy and Royal Marines families.

'Strengthening Families- By Your Side' has been developed by the RNRMC and the NFF, in partnership with the Royal Navy, Aggie Weston's, Home-Start UK, KIDS, Kings Active Foundation, the Naval Children's Charity and Relate.





STRENGTHENING FAMILIES BY YOUR SIDE



Relationship support

relate
the relationship people

UK's largest provider of relationship support:

- Free relationship counselling portal 'Building Stronger Families' for serving RN/RM personnel and their families.

- Free face-to-face, online & telephone counselling.

☎ 01302 380279

🌐 nrnmc.org.uk/relationship-support

🌐 relate.org.uk



Support for children & young people



Pastoral support via phone, social media, at events, or in person at some locations.



02392 650505



aggies.org.uk



Giving disabled children a brighter future

- Support families with disabled young people (aged <25) & young carers (7-19) across England.

- Weekly Staying Positive group (Gosport & Havant) for young disabled people (aged 14-25).



01329 312312



kids.org.uk



Kings Active Foundation

- Sports & activity camps for young people (5-17) during school holidays (fee subsidised by the RNRMC). Available at 10 UK Naval bases + 55 nationwide non-military locations.



01142 632160



kingscamps.org



Community support



Groups for spouses & toddlers, craft sessions, after-school homework clubs, social events, Storybook Waves book clubs, holiday clubs, financial management courses and special interest groups.



02392 650505



aggies.org.uk



- Local community network of trained volunteers and expert support helping families with young people through challenging times, including 1-to-1 sessions, group support, linking to other local support networks.

- 2 hour weekly support session by a volunteer to support families during challenges (e.g. isolation, health, bereavement).



01164 645450



home-start.org.uk



Financial support



Naval Children's Charity

- Offers help to children (aged <25) with a parent/guardian who is a current/former member of the RN (Regular/Reserves) & RFA by providing grants, advice and guidance.

- Free books to help children to understand feelings when a parent goes away.



02392 639534



navalchildrenscharity.org.uk

For more information about this programme, please visit:
www.nrnm.org.uk/how-we-help/families-and-relationships