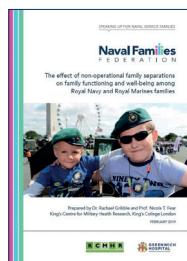


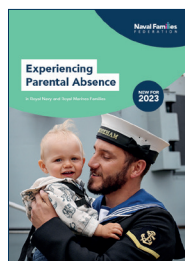
Useful Resources

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!



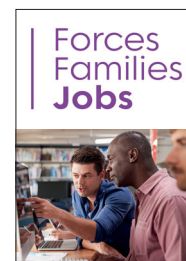
Family Separation and Wellbeing Guide

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.



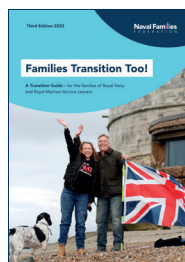
Forces Families Jobs

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 & LinkedIn at **@ForcesFamiliesJobs**.



Strengthening Families

This project aims to raise awareness of the 'holistic offers' provided by numerous charities such as Relate, Aggies, Naval Children's Charity, HOMESTART and more, to our RN & RM families. If you need support in your relationships, for children and young people, community or family support and some financial support, these charities may be able to help.



Families Transition Too! Leaving the Service

Transitioning to Civvie Street can be unsettling and uneasy for some. Our Transition Guide for RN & RM families include all of the information that you need!



Homeport Magazine

Homeport is our quarterly magazine written specifically with serving Royal Navy and Royal Marines families in mind. Find the latest updates on us, RN & RM communities, official policy announcements that may affect you along with advice and humour columns, tempting reader offers & much more!



For more information about the Naval Families Federation and how we can support you, please visit our website **nff.org.uk**

Naval Families
FEDERATION