

helplines and charities



In recognition of their service to the Nation, SSAFA works to ensure that the needs of the Armed Forces, veterans and their families are met in an appropriate and timely way.



<https://www.armedforcescovenant.gov.uk>

The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly.



www.aggies.org.uk

Phone: 023 9265 0505

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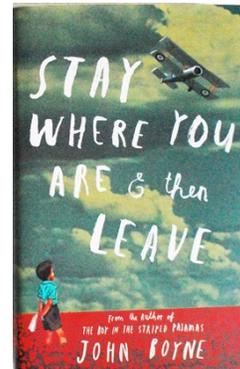
Aggie Weston's is here to help serving members of the Royal Navy, Royal Marines, and their families. We provide pastoral support around the country, and enable families to stay connected through projects.



@BruneParkLRC



Stay Where You Are & Then Leave by John Boyne



The day the First World War broke out, Alfie Summerfield's father promised he wouldn't go away to fight - but he broke that promise the following day.

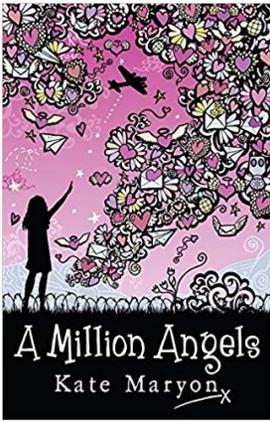
Four years later, Alfie doesn't know where his father might be, other than that he's away on a special, secret mission.

Then, while shining shoes at King's Cross Station, Alfie unexpectedly sees his father's name - on a sheaf of papers belonging to a military doctor. Bewildered and confused, Alfie realises his father is in a hospital close by - a hospital treating soldiers with an unusual condition.

Peace Weavers by Julia Jarman



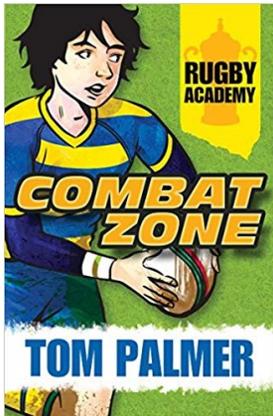
Hilde is furious when her peace-campaigner mother sends her to live with her father on a USAF base. Refusing to go to school, she joins an archaeological dig ("not really her scene"), where she meets Friedman ("definitely not her type"). He's the son of an American fighter pilot. War with Iraq looks inevitable, and Hilde is against it, but believes that protesting is futile. That is, until she steals a gold brooch from the grave of a sixth-century woman - a peace weaver - and suddenly, her feelings begin to change...



A Million Angels by Kate Maryon

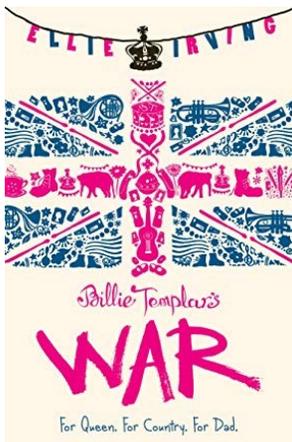
"We talk about everything, Dad and me. About all the mysteries inside of us. About all our wonderings of the world. But tomorrow my dad goes to war. Then what will I do?"

Jemima's dad's in the Army and he's off to Afghanistan again for six whole months. Her mum's about to have another baby and hasn't got the energy to worry about anything else.



Combat Zone by Tom Palmer

First title in a rugby trilogy. Borderlands is no ordinary school - all of the students boarding there have parents in the armed forces, and the UK is drawing perilously close to war in the Middle East. New boy Woody is desperate to escape the school and find his way to his dad's military base, but his dad has been mobilised. He's gone. Worried and unhappy, Woody turns to the only thing that could help get him through - rugby.

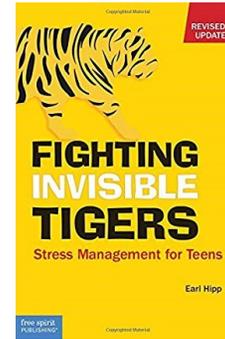


Billie Templar's War by Ellie Irving

Billie Templar desperately wants her dad to come home. He's a soldier and has been away for seven weeks, fighting for 'Queen and country' - but how can the two of them possibly defend their four-year record of winning the three-legged race at the school carnival if he's thousands of miles away?

Then, when one of the other soldiers in Dad's regiment is seriously hurt, the stakes get even higher. Billie needs her dad home, sharpish. There's only one person who can help - Her Majesty. She's in charge of the army, right?

Self Help

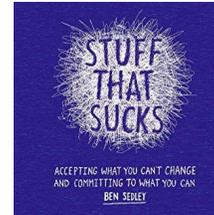


Stress is something we all experience, but research suggests that adolescents are affected in unique ways that can lead to increases in impulsive and risky behaviour. While eliminating stress completely isn't realistic, young people can learn to control how they respond to it. "Fighting Invisible Tigers" offers proven techniques that teens can use to deal with stressful situations in any environment - in school, at home, even among friends.

Stuff That Sucks by Ben Sedley

Each of us has thoughts that are painful at times; sometimes the pain is sadness, sometimes worry or anger or shame or grief or some feeling that you don't even have words for.

If you are a young person struggling with your emotions, you do not want to be told that 'everyone feels like that' or that 'you will grow out of it'. You want to feel that your emotions are valid and that the person offering help truly understands how painful life can feel at times.



Get Out of Your Mind and into Your Life for Teens by Joseph Ciarrochi



Get Out of Your Mind and Into Your Life for Teens finally brings these essential skills to teen readers, presenting a comprehensive acceptance and commitment therapy (ACT), positive psychology, and emotional intelligence plan for moving past depression, anxiety, unhealthy behaviours, and simple self-doubt. This engaging book follows the journey of the characters Jess and Sam as they learn to control their impulses and focus on becoming the captains of their own ship.