



**November 2015**

### **A new charity to support RAF/ Navy Families**

A charity that provides support to the children of British Army is expanding its support to the families with people serving in the RAF and Navy. My Daddy is a Soldier Adventures will become Little Troopers in November and offering support to all three services.

Louise Fetigan, founder of the charity, said: “As a former soldier and wife of a serving Soldier I could see the impact that deployment and training had on my little girl. When I looked for some support there wasn’t really anything available so I started the charity with a friend. Over the last couple of years we have built up and created a set of resources to help Army families and I am so pleased we can now share these with families across all the UK Forces.”

In a recent survey the charity has found that our Little Troopers (children with a parent serving in the Army, Navy, RAF or Reserves) can have a parent away for up to nine months a year and eight families had their serving parent away for the whole year.

Deployment has many effects on our Little Troopers, the most common being:

- 73% missing the male/female influence in their life
- 50% of children have sleepless nights
- 63% have mood swings
- 41% struggle to speak to their parents while they are away
- 45% get angry at the parent who is at home
- 45% find it hard to settle when their parent returns home

Louise said “while there isn’t the obvious fear associated with a deployment to a warzone at the moment, the time apart from the family still has many effects on both the children and their parents. Our aim is to be there to provide vital support to these families before they reach a crisis point.”

By the end of November the charity will be change its name from My Daddy is a Soldier Adventures to Little Troopers. Families will have access to:

- Resources to help parents while a Serving parent is away
- Advice on re-building the family bond after a long deployment
- Adventures and activities that give children a chance to meet others who know what they are going through.

You can find out more and see the resources at [www.littletroopers.net](http://www.littletroopers.net).

### **Ends**

For further information or to set up an interview please contact Cheryl Randeria on 07810 697957 or email Cheryl@clrcommunications.co.uk.

### **Notes to Editor**

Little Troopers, formerly known, as My Daddy is a Soldier Adventures, is a charity that provides support to children and families who have a Serving Parent away from the family home. These children will quite often celebrate their birthday or Christmas without one or both of their parents and they count down to the day that they will come home. They can be away for six to nine months and often will be in a combat zone.

The charity was born following a very successful fundraising event 'My Daddy is a Soldier Trek 2011' which was arranged by the founder Louise Fetigan. To find out more visit [www.littletroopers.net](http://www.littletroopers.net) or see their blog at <http://mydaddyisasoldieradventures.blogspot.com>