



Edition:23



Nominate your Little Trooper of the Month

We love to celebrate our military children through our Little Trooper of the Month initiative. The monthly award recognises little troopers who have been exceptionally brave, inspirational or just extra special against all odds.

We know all of the children who have a parent serving in the Armed Forces are incredible. Little Trooper of the Month gives us the opportunity to really celebrate them, hear the special stories and give them the recognition they really deserve.

The monthly winner will receive a £50 voucher, certificate and lasting recognition of a customised, unique medal. .

Anyone can nominate a little trooper; Unit Welfare Offices, Community Development Workers, Schools/Nurseries and of course their parents!

[Click here to nominate](#)

It's Fundraise February!



Fundraise February - Help us reach our target!

This picture fills my heart with joy as it shows why our charity is here and just some of the ways we help. This month is all about our community coming together to raise money and ensure that we can keep helping all of our military children. So many of you have already signed up to fundraise in some way, we're so grateful and wanted to share some of their ideas as there is still time to sign up and help us.

Recently the country focused on Children's Mental Health week. It is

We've had a busy start to 2022, launching new resources to help families and schools. You can read more about our new [Affirmation cards](#) below. Alongside those I have been working on some new information leaflets and bookmarks to share our work.

We recently met with Harper Collins to discuss some new books for our [Little Troopers Treasures](#) app, so watch this space for updates. If you haven't discovered the app yet, take a look. It allows you to record



something that we are always conscious of and many of our resources have been developed with child psychologists. We aim to provide simple tools that support the wellbeing of military children, whenever they need it and wherever they are based in the world. Visit our [website](#) to find out more.

yourself reading a story and the pages of the book magically turn as you watch it back. It has helped thousands of military Mums and Dads stay connected with their little ones during deployment.

Lots of love and keep fundraising,

Louise x

Fundraise February - ways you can get involved



Affirmation cards will give a boost to everyone

As part of Children's Mental Health week we launched a new affirmation and mindfulness resource for military children and their families to use at home.

The set of 35 bright and colourful positive [Affirmation Cards](#) are free to download from our website. Families can print them out and use as many times as they like. Some of the affirmations can be used every day, while others have been picked to support military children during more challenging times such as having a parent deployed or moving home and school.

Alongside the cards you will find an information sheet written by mindfulness expert, Laura Howard, which explains how regular practice of affirmations can support wellbeing. The guide also includes a list of suggested activities to help families incorporate affirmations into everyday life, such as:

- Give an affirmation to your child to pop in their pocket.
- Make an affirmations calendar together as a family.
- Picking affirmations together and talking about them.

[Click here to download the cards now.](#)

Beautiful bangle raises funds this February

The amazing Stanley and Maud have once again created a stunning bracelet especially for our Fundraise February.

The limited-edition design carries the message '**she can, she will**' which beautifully reflects the cause.

You can order yours [here](#)



Supermarket charity tokens

If you have a large supermarket locally please consider nominating Little Troopers for the fundraising token scheme. Tesco have an [online form](#), which you can complete. Asda have a [form](#) that can be downloaded or printed to complete and hand in to the store. For Waitrose you can go into the store and ask for a form.

When completing the forms please talk about the charity but emphasise the need to support military families locally. [You can find out more information here.](#)

Little Troopers
Treasures FREE
story recording
app - find out
more



Louise's Blog
Posts

Little Troopers at
School

Little Troopers at
Home

Raising money for Little Troopers

Fundraise February has got off to a great start, we wanted to share with you some of the amazing fundraising initiatives that have been organised already. If you haven't decided how to fundraise for us this month, read on for some inspiration or help these fundraisers on their journey

- [Millie Foreman](#) is riding her bike throughout February to achieve her target of 15 miles. She has already raised £80!
- Another supporter is making bags of toffees and fudge to sell to friends for £5 each.
- [Christie Bailey's family of four](#) will choose to either walk 2.5 miles, cycle 3 - 4 miles or swim for a 45-minute period every day during the month of February. They have already raised £625!
- Zara, Jasper and Cyrus have signed up for a [Read-a-Thon](#).
- Maddy Cane is completing 10km of Dishforth Airfield, by running, walking, skipping or dancing. To help raise money and awareness for little troopers. [She has already raised an amazing £175](#)
- Oscar, Oliver and Archie are aiming to walk 20km throughout February.
- On Thursday 17th Feb all the children at Wendover C of E Junior School went to school wearing their pyjamas and donated £2 for the Little Trooper Charity raising over £500
- Zac and Ben held a Bake Sale in Bulford raising £118

If you are a teacher or education setting and missed our recent September school specific newsletter you can catch up [HERE](#)

Louise, founder of the charity comments: "Little Troopers might be a small charity but we've done amazing things over the last ten years. 2021 was our biggest year yet. We've got lots of really exciting plans for 2022, but we can only do these things with your support. We need your help to keep Little Troopers going!"



Copyright ©2016 LittleTroopers, All rights reserved.

Our mailing address is:
info@littletroopers.net

[unsubscribe from this list](#) [update subscription preferences](#)



