

Royal Navy Royal Marines Welfare (RNRMW)

Newsletter – Central Area

October – December 2018



This community newsletter is produced for the RNRMW Central Area by your RNRMW Specialist Welfare, Information Support and Community Teams located at **RNAS Yeovilton, 40 CDO Taunton, RMB Chivenor and CTRM Lymington** to demonstrate the work achieved over the last few months in support of your communities.

We hope that you will enjoy reading this and if you have any comments or would like more information about your specific area, please let us know at NAVYNPS-PEOPLESPTNRNRMWINFO@mod.gov.uk

RNAS Yeovilton

Halloween Goings On ... and more

RNRMW fully embraced Halloween this year - holding two events, one at Tall Trees Community Centre in Ilchester and at the Wyndham Park Community Hub in Yeovil ...

Tall Trees Community Centre Children's Halloween Party

Tall Trees Community Centre in Ilchester was not the place to be on Friday 26th October if you were of a nervous disposition – as there were all kinds of strangely dressed creatures, witches and ghouls in attendance at the RNRMW Halloween Party. This event was put on for all service families based at RNAS Yeovilton which over 30 families came to take part in.

As in previous years, the Halloween fancy dress theme was embraced, something which Gill, our RNRMW Support Worker also takes very seriously ... planning the elaborate decorations many weeks in advance.

The children were entertained with a disco with fun games and were also 'treated (not tricked)' to a sweet filled goodie bag containing gummy body parts, ghost marshmallows, popping candy, eye balls and other equally delightful treats!

All this was put on free of charge for our community with generous funding secured by RNRMW.

Feedback included: -

'Brilliant night – thank you'

'Well done team, the kids and I are shattered'

'Everyone had a great time'

'Well done on organising another successful event'



Wyndham Park Community Hub Halloween Craft

On the Saturday before Halloween, Wyndham Park Community Hub in Yeovil opened for a Halloween themed craft afternoon. The Hub was suitably decorated with bats, tombstones and pumpkins and activities were led by witches and skeletons!

There was a wide range of activities on offer for people to try including: lantern making, cake decorating, Halloween quiz and making, and decorating, paper ghosts, pumpkins and spiders as well as special green and orange candy floss and Halloween themed glitter tattoos.

Although numbers attending were low, all who came had a great time and had a go at all of the activities, taking their spooky creations away with them at the end of the afternoon.

"Nice choice of activities which were appropriate for the children"
"Nice way to spend the afternoon"
"Good way to keep the kids entertained"

Song Bus at Tall Trees Community Centre

During the October half term, the Song Bus came to the community centre for a fun event aimed at babies to pre-school age, keeping to a small group so that everyone could engage with each other and enjoy some one on one time with mum or dad.

Everyone had a lovely morning singing nursery rhymes and telling stories. The children were able to play musical instruments as they sang along and were introduced to puppets ... 'Charlie the Gorilla' being the most popular. There were grandparents, dads and mums all enjoying this special time with toddlers.

The event was really successful and RNRMW will definitely be holding another group so look out for future announcements via our web forum and Facebook group. Those that came along to this event had this to say

'Fantastic group, really engaged with children, really enjoyed it'

'Very interactive, gets the kids up and about, good to learn new songs'

'Really good event would love to come again'

'Very good interactive and easy for young children to follow and join in. Would definitely bring my grandson again'

'So lovely, really nice just to have a small group singing the songs. Saying hello to all the children by their names and again saying goodbye at the end'

'Really enjoyed it, there is a need for these families' events in Ilchester, the community is very well integrated and sessions like this really help'



RNRMW Deployment Support

RNRMW provide all deploying units and squadrons at RNAS Yeovilton a Pre-Deployment Brief where all service personnel are reminded of the things they need to consider before any lengthy time away from their family and informed what action they need to take in the event of an emergency. The opportunity to request Deployment Information Packs for their family is also offered. It is through these packs that the family have access to useful information, emergency contacts and details of other welfare support that is available.



Part of the support RNRMW provides includes boxes for children with a loved one deployed to put memorable and precious items in so that they are kept safe to share with mum or dad when they get home. All sorts of things can be saved in these boxes, school work, poems, drawings, photographs, postcards, souvenirs ... the boxes can also be decorated by your child to make it extra special.

RNRMW is always committed to providing the Deployment Support that YOU need and, in the past, have run Deployment Support Groups, the last one called 'Great Oaks' with the aim of providing families of those deployed with somewhere to go to talk and share experiences, gain support and also have something to do! However, this group has not been running in the last year as no-one was attending, now this may have been because at the time the deployment tempo was not high enough, or the group was held on the wrong day or time or families did not realise what the group was for. If you would like to see a group of this type re-started next year to provide an understanding, sympathetic environment for families with a loved one deployed where you will be able get support, build resilience, have activities for your child or just the opportunity to have a cuppa with likeminded people – please let us know your ideas of where the group could be held, how often, what day and time and what you would like to do as part of this group.

Email NAVYNPS-PEOPLESPTRNRMWINFO@mod.gov.uk with your suggestions and watch this space ...



Slime & Science Fun

This was a fun filled event for children of all ages, ranging from 2yrs – 13yrs held at the Tall Trees Community Centre in Ilchester on Friday 2nd November. The activities were such that no matter what age the child was they could get involved.

The children had fun making slime ... then adding dyes and glitter resulting in a huge variety of colours. The looks of concentration on the children's faces and squeals of delight as they made things explode and bubble were fantastic.

This was a perfect opportunity to have quality, interactive time with parents doing an activity that was messy, fun and needed mum or dad to join in – and did not involve any mess at home, although what the children did with the slime once they got home was out of our control!

Feedback included: -

"Thank you, kids loved it."

"I want to come again."

"I had a really good time. I liked it when we did the fire work explosion."

"This was amazing, and I hope I can do it again."

"Kids had a really good time, would love to come again."

"Workshop was great, kids had fun and loved experimenting. Please keep them going."



So Why Volunteer? ...

It wasn't quite Nick Knowles and his team but when a member of the RNRMW team needed to help a single mother with ill health who had recently moved in to a new property in poor decorative repair, volunteer help and support was asked for. A shout out to the registered RNRMW volunteers produced a keen volunteer who gave up his free time to move furniture, clean up and paint and generally help out making a smooth transition to the new home possible. This volunteer support made a huge difference to a family in distress and without his support things could have been so different.

Volunteers make a difference and the help and support needed comes in all shapes and sizes, so if you want to give something back and have time on your hands, contact Heather Burton, our Volunteer Coordinator, to register your interest, rnrmwcvc@gmail.com.

RNRMW Volunteer Project Update

The RNRMW Community Volunteer Project (CVP) is a partnership between Royal Navy Royal Marines Welfare and Improving Lives Plymouth (ILP), Plymouth's Quality Accredited Volunteer Centre.

The project has been funded by a £45,000 grant from the Royal Navy Royal Marines Charity (RNRMC) Helping Hands project which enables the employment of four Volunteer Coordinators located in Plymouth, Portsmouth, Yeovilton and Helensburgh where there are many Naval Service families. Their main aim is to recruit RNRMW volunteers and to identify training opportunities for those that have been recruited.

The volunteers will assist RNRMW in the delivery of over 200 community projects to Service families, such as, child and family centred activities and social events. This support is particularly important to Service families during times of separation and operational deployment.

Since the start of the project last year, RNRMW CVP has been working closely with ILP in order to gain the ILP Volunteer Connections Quality Mark. Accreditation was achieved this summer with the project now able to demonstrate a high level of Volunteer Management standards, in support of the 62 registered RNRMW Volunteers.



Chris Burnett ILP Volunteer Connections Manager presents RNRMW staff with Volunteer Connections Certificate of Accreditation.

Heather Burton Vol Coord, Lisa Clarke Vol Coord, Jo Coombes WSW, Helen Howlett Community Bus Manager, Chris Burnett ILP

**Are you an RNRMW Volunteer?
Have you registered for your training?
If not contact Heather Burton our
RNRMW Volunteer Coordinator on
rnrmwcvc@gmail.com**

**Don't miss out on free online training
that includes First Aid, Food Hygiene
and Safeguarding.**

Forces Families Event

As part of RNRMW's Forces Families Event (FFE) Project, RNRMW Central Hub held an FFE on Saturday 24th November for any service family living within travelling distance of RNAS Yeovilton and what a fantastic event it was. Although numbers attending were quite low due to the awful weather, the overall event was extremely successful.



The children were entertained by a Fizz Pop Science Workshop which offered the opportunity for the children to make their own sherbet, glitter tattoo's and candy floss were also provided by RNRMW staff and volunteers.

One of the aims of the event was to provide service families with information about other military agencies and charities that exist to support them, and we were lucky enough to have representatives from SSAFA, Royal British Legion, Naval Families Federation, Royal Navy & Royal Marines Children's Charity and Joining Forces Credit Union in attendance. The families made full use of the free and valuable information that was made available on the day which was all nicely finished off with a variety of home-made cakes, tea and coffee.



Feedback included: -

'Absolutely fantastic, got loads of really good information to help my children and myself when my husband deploys. It is great to find out what is out there help wise'

'Fantastic day. Great organisation and stands which were relevant and really interesting to find out exactly what is available/support while my husband is away but more importantly what is available to us as family'

'Just want to say thank you for a lovely time. Ruby had an amazing time her daddy is away. Lots of friendly faces and lots of amazing stuff to do and take away. Thank you so much'

'Heard about this by word of mouth. Need a little more attention to advertising to increase the quantity of attendance. Overall there was some very useful individuals here, disseminating useful and appropriate information which is of a benefit to all service families'



Keep in touch with Royal Navy Royal Marines Welfare

Subscribe to our National and Local Royal Navy web forums:

www.royalnavy.mod.uk/forums/f371.aspx (National)

www.royalnavy.mod.uk/forums/f370.aspx (Local RNAS Yeovilton)

And/or you can like our National Facebook Page – www.facebook.com/RNRMW

And/or join our official Yeovilton closed Facebook Group - www.facebook.com/groups/RNRMWYeovilton

40 CDO - Taunton

Bonfire Night – Monday 5th November

This was the first time a Bonfire Night event had been held at Norton Manor Camp and 44 Adults and 36 children all turned up, wrapped up against the cold, in anticipation for a spectacular firework display.

Everyone was greeted by Nikki Maynard (CO's Wife) and Jeanette Wood (RNRMW Support Worker) who supplied all who attended with a hot dog, hot chocolate (warm for the children) complete with squirty cream and marshmallows and just in case there wasn't enough sugar in any of that everyone was given a chocolate coated apple!



The adults and children enjoyed their food whilst socialising meeting new friends and old before being supplied with a glow stick to take over to the hardstanding for the firework display.

The firework display was led by Sgt Dave Cussans who also provided a safety brief, WO2 Joyce ensured none of the small guests tried to break through the mine tape!

The fireworks were a great success, with shouts of "More, More" being heard and everyone attending the event gave positive feedback, some of the comments received were

"brilliant fireworks, thank you"

"brilliant event and lovely food, thank you"

"the children really enjoyed the event thank you to all involved".

With a short walk down to the car park, another successful 40 Cdo RM event was concluded.



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RMB Chivenor

Carry on Coping

"Carry on Coping" was an evening of finding out what support is available loved ones are away in the form of an informal pop in session in the Chaplaincy Building at Chivenor.

Families called in after school, giving spouses the opportunity to get together, have a chat, possibly a moan but generally enjoy some moral support for a couple of hours with the RNRMW team and some external agencies who were invited along.

There was a very good turnout and we hope that those who attended received some useful information from the RNRMW Information stand and support. Pete Hawley from the Naval Families Federation was also busy the whole evening, chatting to the families and the service personnel.

There was pizza and hotdogs for the children with squash and teas & coffees, cakes and nibbles for the grown-ups.

All in all this was a successful event for Chivenor and we hope to do it all again mid-February as a Forces Family Event, with the approval and support of our Command.



Chivenor Youth Club

Youth Club has had another busy and enjoyable term. They have been busy making pizzas, cookies, crafting for Remembrance Sunday and lots of other good stuff...

They had a trip out to the North Devon Arena for an evening of Roller Skating, with burger or hotdog and chips prior to burning it off with numerous turns around the skating rink! They had a super evening and the hosts did them proud with their own screen as you can see in the photo.

Youth Club ended this term with a Christmas party, where all enjoyed a few nibbles, music from the sub-woofer with a bit of dancing.



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CTCRM Lymestone

Half Term Family Fun

This joint event with RNRMW, CTCRM Chaplaincy and Aggies saw a half term holiday drop in session held on Monday 22nd October where parents had a chance to relax and chat over a cup of coffee whilst the children participated in a Fizz Pop Science workshop.

The workshop looked at 'Our Senses' focusing on taste. The children had the opportunity to conduct experiments and make their own fizzy sherbet to take home. A snack time was had together and there was also time for some free play with craft and Lego. A lot of fun was had by all.

Feedback included: -

'Gives me and the children time to interact with other military families'

'My child was so excited to share what they had learnt'

'It was a lovely morning, my girls loved it'

'These events are priceless'

'Absolutely loved it and chatted about what he had learnt for the rest of the day'



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For further information on activities and events within your area visit

www.royalnavy.mod.uk