

Royal Navy Royal Marines Welfare (RNRMW)

Newsletter – Central Area

January – March 2019



This community newsletter covers community activities within RNRMW Central Area which are supported by RNRMW Specialist Welfare Workers, Information & Communication Support and Community Teams located at **RNAS Yeovilton, 40 CDO Taunton, RMB Chivenor and CTCRM Lympstone.**

We hope that you will enjoy reading about the work that has been achieved over the last few months. If you have any comments or need more information, email NAVYNPS-PEOPLESPTNRNMWINFO@mod.gov.uk

RNAS Yeovilton

Schools Forces Groups Breakfast Clubs



For the last 12 months, RNRMW has been building connections with local schools – both Primary and Secondary, to raise awareness of RNRMW and the support offered to service families, within schools whilst also engaging with service families that do not necessarily live in Service Families Accommodation.

This project has seen 3 schools – Ilchester Primary, Oaklands Primary and Milford Juniors in Yeovil start up Service Pupil Premium funded Breakfast Clubs. These enable service families to meet up once every half term to promote mutual support and the sharing of experiences, for their children to meet other service children that they might not necessarily connect with and for the families to have the

opportunity to ask any questions, raise issues or gain information from the RNRMW team that attends. We have seen the success of these groups inspire other local schools to make contact to request similar schemes to be set up in their schools and we are now working with King Arthur's Secondary School in Wincanton and Charlton Mackrell Primary School.

This project has also seen a number of local schools identify a 'Forces Champion' within their staff who will actively engage with RNRMW to keep up to date with information pertinent to service families. Further support has been provided to 42 local schools through the distribution of the RNRMW Schools Resources Pack.

For more information about this project, please call RNRMW on 01935 455277 or contact your child's school to see if they are taking part in some way.

Seasons For Growth

We are now getting ready to run our first two Seasons for Growth groups immediately after the Easter break.

Seasons for Growth is a structured programme designed to help children understand how change, loss and grief impacts upon our lives and provides coping strategies as well as peer support through groups, giving young people the opportunity to "share their story" with other young people who have experienced or are experiencing similar.

As the Armed Forces is a transient community, children are often faced with changing school, parents deploying, parent's separating etc and this program helps support children to overcome these obstacles and provide techniques to help them build resilience in the future.

Seasons for Growth as a programme runs for 8 weeks with each session lasting 40-50 minutes and ends with a 'Celebration' session.

Our first groups are being run at Milford Junior and Ilchester Primary and we are confident that it will be a valuable learning experience for those involved and are very excited to get started!



Deployment Support Group

We are extremely pleased to be able to let you all know that we will be starting a Deployment Support Group in May to help those families with loved ones away. Following the feedback we received on our live Facebook group chat, we will be holding the first group as an after-school event on **Tuesday 21st May from 1600-1800 at Tall Trees Community Centre in Ilchester.**

The event will provide some children's activities which will include them making their own pizza to have for tea. The adults will also be provided with refreshments as well.

We are hoping to have some external agencies present (NFF, Aggies) who will be able to provide you with information about how they can also support you during a deployment as well as having all our RNRMW information, deployment packs, memory boxes and booklets available.

It is hoped that if there is sufficient demand for this group, it will be held on a monthly basis but the format does not need to remain the same. We are open to suggestions about what the group does, when and where so please let us know your thoughts.

Put a date in your diary for 1600 on Tue 21st May and we will look forward to seeing you there.

Junior Youth Club

The Junior Youth Club held at Tall Trees Community Centre has enjoyed a term full of fun and exciting times.

They have made good use of the Cinema Club at the Channel Dash complex on the base taking in two of the latest films.

The children have also had fantastic science evenings, learning how to create erupting volcanoes, making slime, breaking open dinosaur eggs followed by making their own egg. Pamper gifts for Mothering Sunday were included in one of the evenings activities in which the children made glitter soap, bath bombs, and coloured bubble bath.

As the weather is now starting to improve, we have taken advantage and given the children the opportunity to play outside, getting involved in group games and running off plenty of energy.



The next term of Junior Youth Club will be the last in its current format which has been running for over 20 years. A new exciting activities night will be starting in September on a monthly basis which we are sure will be as successful and inspiring for the service children in Ilchester. Look out for more information about this via our Facebook group or Yeovilton RN Website Forum.



Wincanton Coffee Mornings

It has been fabulous to see this group thrive and grow over the last few months since the inaugural Christmas coffee morning. The aim of the coffee morning is to provide service families living in the Wincanton area, either in Service Families Accommodation or in their own homes, with a place to meet up in a relaxed and informal environment to get to know each other and build on positive engagement. It also affords the opportunity for families to gain information, ask any questions or raise any issues with the RNRMW staff present.

We have toys available for children and refreshments on tap, including some pretty delightful biscuits and cakes most times. There is no charge for attending and everything is provided free.

If you are new to the Wincanton area or would simply like to come and join us for cuppa, chat and catch up please do come along. The group is held on the last Wednesday of each month (with the exception of the next one in May which will be on the 22nd May as RNAS Yeovilton is holding the Station Families Day on the 29th) from 1000-1130 at the Wincanton Sports Pavilion.



40 CDO

Cinema Bus

On the 20th February 40 CDO was host to the 'Movie Machine' provided through Services Sound & Vision Corporation (SSVC) which treated the families of 40 CDO to the Lego Movie 2 – for the kids and Escape Room – for the adults.

This project benefitted the service community by giving families of deployed personnel and those service personnel in the rear party an opportunity to socialise in the wider service community. Everyone was able to socialise and engage as a group outside cinema whilst eating ice creams from Operation Ice Cream, kindly provided through BFBS. Local Nursery children were also able to attend the event with their Key Workers.

71 people thoroughly enjoyed this experience with some great feedback and we look forward to organising this again.

"Great idea"



"It was awesome"

RMB Chivenor

Carry On Coping – Take 2

Carry on Coping Take 2 was a deployment support event, inviting different agencies along to provide coping strategies at many levels. It was an informal drop-in event on a Saturday morning from 1000-1200, with a Children's entertainer to keep the children entertained while the parents could chat and gain information. Refreshments were provided for all who attended.

The event aimed to provide Service families with support, coping strategies and networking opportunities, meeting others who are going through similar events. RNRMW & UWO 24 Cdo Engr Regt were there to offer support and there was a RNRMW Deployment Information stand showing resources available to them.

Carry on Coping Take 2 was put on to help families build a better resilience by providing them with a

greater understanding of why their spouses are away and showing them a variety of coping strategies. The deployment tempo is steadily increasing at Chivenor, and this was a deployment support event with a difference.

The families who came along networked with each other and spoke with the agencies who had attended with their information.

The event was a success for those who were there, albeit numbers were low, it was worthwhile for those who did come along.

The agencies who came along, CEAS, RNRMCf, RBL, DAS & Perinatal, NFF, Action for Children and the Chivenor Welfare Team all networked with each other and picked up information from each other's stands which helped us all to understand each other's roles.

The children enjoyed a science workshop of Air Mazing Air hosted by Fizz Pop Science.

We also borrowed the candy floss machine from Yeovilton which was thoroughly enjoyed by all the children (as you can see in the photos!) and some of the grown-ups too!



Youth Club

We have had to reduce the sessions for Youth Club to every other week, due to a lack of willing volunteers to help out.

The young people all thoroughly enjoy themselves at the sessions. This term they have made pizzas, pancakes for pancake day, done some arts & crafts, played on the Xbox, pool and table football.

We are looking forward to the warmer, drier weather so we can play in the garden, plant some flowers and possibly grow some tomatoes.

A huge thank you to Ian and the rest of the Welfare team for enabling this to continue 😊

Coffee Morning

This group is running really well at this time, the parents all enjoy having a cuppa while their children play with all the toys. Welfare attend on a regular basis and we answer quite a few questions on a number of topics from what is going on in the area to queries about their SFA. We always take up a box full of useful information ranging from deployment packs, upcoming events and activities and the latest magazines, along with a pot of pens which always seem to go!

Movie Machine

We were very privileged to get a visit from the SSVC Movie Machine with everyone beaming like Cheshire Cats when the truck turned into an 80-seat cinema, very amazing to watch it happening.

The first movie, "Lego Movie 2" was a "sell-out" with all tickets being allocated quite quickly. The later movie, "Alita Battle Angel" was just over half "sold-out", and all those who went said how good it was.

After the children's film everyone was treated to an ice cream from the BFBS Op Ice Cream van.

It was good to see the older children come to see Alita on their own, all being over 12, it made them feel "grown up" which was lovely to see.

A few of the feedback cards we got had the following comments:

"Very good set up and friendly helpful staff. We thoroughly enjoyed the film"

"Really good film, good seats, great staff, thank you"

"Thanks to the Welfare team for organising the cinema. The little one loved the experience. She talked about it most of the night. It was a good thing for the camp seeing all the usual school faces sat around in a small community that we are. Having the latest movies on was a treat. Thanks again and hope to see the mobile cinema again. Well done. The ice cream outside at the end, free, was a special treat for the kids, they loved it 😊"

For further information on activities and events within your area visit
www.royalnavy.mod.uk/community-and-support